



Date: May 5, 2014

Contact: Janelle Zera, Associate Commissioner

EMPIRE 8 WOMEN'S LACROSSE ALL-CONFERENCE

Player of the Year: Taylor Hughes, St. John Fisher

Goalkeeper of the Year: Tara Prosak, Nazareth

Rookie of the Year: Kathleen Kalbian, Stevens

Coaching Staff of the Year: Ithaca College

First Team All-Conference

Ally Runyon	So.	Ithaca	Attack
Brooke Sullivan	Jr.	Nazareth	Attack
Taylor Hughes	Sr.	St. John Fisher	Attack
Kara Rafferty	Sr.	Stevens	Attack
Molly Fischer	Jr.	Ithaca	Midfield
Samantha Barton	Jr.	St. John Fisher	Midfield
Erika Wilcox	So.	Stevens	Midfield
Megan Kane	Jr.	Utica	Midfield
Jenna Marchinetti	Sr.	Ithaca	Defense
Jill Zerrillo	Sr.	St. John Fisher	Defense
Amanda Ingersoll	Jr.	Stevens	Defense
Tara Prosak	Sr.	Nazareth	Goalie

Second Team All-Conference

Becky Guzzo	Sr.	Ithaca	Attack
Sierra Badger	So.	St. John Fisher	Attack
Rebecca Plunkett	Fr.	Utica	Attack
Ali Sisco	Sr.	Hartwick	Midfield
Amanda Zacchigna	Sr.	Houghton	Midfield
Carly Gates	So.	Nazareth	Midfield
Lindsey Shoales	Jr.	St. John Fisher	Midfield
Kathleen Kalbian	Fr.	Stevens	Midfield
Rebecca Matturro	Sr.	Elmira	Defense
Caroline Stanford	Jr.	Hartwick	Defense
MacKenzie Haley	Jr.	Nazareth	Defense
MaryKate Edmonds	Sr.	St. John Fisher	Defense
Emily Ross	Fr.	Ithaca	Goalie

Honorable Mention All-Conference (minimum two votes required)

Kaitlyn Button	Jr.	Alfred	Attack
Ashton Hogan	Jr.	Elmira	Attack
Moorea Spoljaric	So.	Elmira	Attack
Lauren Rosenberg	Fr.	Hartwick	Attack
Riley Marion	So.	Ithaca	Attack
Amy McIntosh	Sr.	Nazareth	Attack
Morgan DuPont	Jr.	Utica	Attack
Marissa Mongillo	Jr.	Elmira	Midfield
Emily Jweid	Jr.	Hartwick	Midfield
Natalie Lang	Jr.	Ithaca	Midfield
Niki Standera	Jr.	Ithaca	Midfield
Brianna Mancini	Jr.	Nazareth	Midfield
Anya Eckhardt	Sr.	Ithaca	Defense
Katie Long	Sr.	Ithaca	Defense
Logan Barnard	Sr.	St. John Fisher	Defense
Jennifer Rogaski	Sr.	Utica	Defense
Steph Luce	Jr.	Hartwick	Goalie

Sportswoman of the Year

Janelle Gallipeau	Sr.	Alfred
Erin Duffy	Sr.	Elmira
Meg Luce	Sr.	Hartwick
Tyler Reese	Jr.	Houghton
Anya Eckardt	Sr.	Ithaca
Hannah Prince	Jr.	Nazareth
Kristina Lombard	Jr.	St. John Fisher
Sarah Prall	Sr.	Stevens
Vanessa Maines	Sr.	Utica