



EMPIRE 8 ANNOUNCES WOMEN'S BASKETBALL ALL-CONFERENCE TEAM

Player of the Year: Kaitlyn Astel, Stevens

Rookie of the Year: Danielle Cleary, Elmira

Coaching Staff of the Year: Ithaca College

First Team

Name	Team	Pos.	Yr.	Hometown/High School
Kaitlyn Astel	Stevens	G	Jr.	Staten Island, NY/Staten Island Tech
Lindsey Kelly	Nazareth	F	Jr.	Doylestown, PA/Central Bucks East
Mary Kate Cusack	St. John Fisher	G	Jr.	Clifton Park, NY/Shenendehowa
Portia Velasco	St. John Fisher	G	Sr.	Vallejo, CA/Carondelet
Ali Ricchiuti	Ithaca	G	So.	New Hyde Park, NY/Herricks

Second Team

Name	Team	Pos.	Yr.	Hometown/High School
Maisie Pipher	Houghton	F	Jr.	Lowman, NY/Twin Tiers Christian
Francesca Cotrupe	Ithaca	F	Sr.	Whitesboro, NY/Whitesboro
Taylor Vonasek	Hartwick	F	Jr.	Willington, CT/E.O. Smith
Mary Miceli	Utica	G	Jr.	New Rochelle, NY/New Rochelle
Amanda Off	Alfred	F	So.	New Berlin, NY/Unadilla Valley
Alex Balara	Elmira	G	Sr.	Marlton, NJ/Gloucester Catholic

Honorable Mention

Name	Team	Pos.	Yr.	Hometown/High School
Ally Mnich	Ithaca	G	Sr.	Holmdel, NJ/Holmdel
Danielle Cleary	Elmira	G	Fr.	Rochester, NY/Our Lady of Mercy
Samantha Klie	Ithaca	G	Sr.	Wyckoff, NJ/Ramapo
Veronica Peck	Nazareth	G	Jr.	Hauppauge, NY/St. John the Baptist
Brittany Washington	Stevens	F	So.	Iselin, NJ/John F. Kennedy Memorial
Bridget Greenwald	Utica	F	Gr.	Wayne, NJ/Wayne Hills
Miranda Ripken	Stevens	G	Jr.	Fallston, MD/John Carroll School

Sportsman of the Year

Name	Team	Pos.	Yr.	Hometown/High School
Emilea Harrison	Alfred	G	Sr.	Conesus, NY/Dansville
Ashley Heiman	Elmira	F	Sr.	Dansville, NY/Wayland-Cohocton
Christina Graziadei	Hartwick	F	So.	Oriskany, NY/Oriskany
Christel Enriquez-Fisher	Houghton	G	Sr.	Colorado Springs, CO/William Mitchell
Ally Mnich	Ithaca	G	Sr.	Holmdel, NJ/Holmdel
Melissa Reeves	Nazareth	F	Sr.	Walworth, NY/Gananda
Meghan Ermi	St. John Fisher	G	Sr.	Rush, NY/Rush-Henrietta
Megan Petuskey	Stevens	F	Jr.	Mays Landing, NJ/Sacred Heart
Adriana Suprenant	Utica	G	Sr.	Utica, NY/New York Mills