

May 9, 2011

2011 MAC Women's Lacrosse All-Conference Teams

Annville, Pa. – The Middle Atlantic Conference has announced the 2011 women's lacrosse all-conference teams following a vote of the league's head coaches. Elizabethtown College attack Sarah Cullinan secured the MAC Player of the Year honors, while Messiah coach Heather Greer earned Coach of the Year Honors. Rookie of the Year recognition went to Lizzy Keeney from Messiah.

One of the most prolific scorers in school history, Cullinan led Elizabethtown to a 16-win season and another appearance in the Middle Atlantic Conference Finals. Cullinan matched a career-high with 51 goals this season, adding 47 assists for 98 points. The point total was also a new career-high and ranks third in program history. Cullinan led the MAC in assists per game (2.35), while also ranking in the top five in both points per game and game-winning goals. A dynamic two-way player throughout her Blue Jay career, Cullinan did far more than just rack up the points. This year she set new school records for ground balls (64) and caused turnovers (43) in a season. Cullinan finished her career as E-town's fifth all-time leading scorer with 224 points and joined an elite club comprised of only four other Blue Jays with 200 or more career points. She smashed the school's career mark for ground balls, finishing with 192 of them over four seasons.

Messiah's Lizzy Keeney was named MAC Rookie of the Year, finishing third on the conference champion squad in goals scored (42) and assists (16). Keeney was absolutely critical in the draw control circle for the Falcons, coming up with 41 decisions (tied for third on the squad), but responsible for many more. Keeney took nearly every draw for Messiah on the year, helping the team win 290 of 440 chances.

Falcons' head coach Heather Greer earned MAC Coach of the Year honors, a deserved award after posting a 12-0 record in league play and guiding Messiah to its third-ever MAC title. The Falcons are in the midst of a program-record 13-game winning streak, and outscored MAC opponents by an average of 19.5 to 4.25 per game. It was Greer's second COY honor in just four years at the helm, complementing her 2009 accolade.

First Team All-Conference

<u>Player</u>	<u>Team</u>	<u>Position</u>	<u>Year</u>	<u>Hometown/High School</u>
Sarah Cullinan	Elizabethtown	Attack	Senior	West Chester, PA (West Chester East)
Sarah Frankowiak	FDU-Florham	Attack	Senior	Flemington, NJ/Hunterdon Central
Kara Geiman	Messiah	Attack	Senior	Westminster, MD/Winter Mill
Rachel Dirksen	Messiah	Midfielder	Junior	Glenside, PA/Abington
Grace Gargiulo	Lycoming	Midfielder	Junior	Branchburg, NJ (Immaculata)
Hana Krechel	Lebanon Valley	Midfielder	Sophomore	Fawn Grove, PA/Kennard-Dale
Lindsey Parent	FDU-Florham	Midfielder	Junior	Cinnaminson, NJ/Cinnaminson
Kara Solesky	Elizabethtown	Midfielder	Sophomore	Parkville, MD/Mercy
Rachel Coyle	Messiah	Defender	Junior	Harleysville, PA/Souderton Area
Alexis Morris	Elizabethtown	Defender	Sophomore	Whiteford, MD/North Harford
Stefanie Sanzari	FDU-Florham	Defender	Senior	Fairfield, NJ/West Essex
Taylor Phillips	Messiah	Goalie	Sophomore	Berlin, MD/Stephen Decatur

Second Team All-Conference

<u>Player</u>	<u>Team</u>	<u>Position</u>	<u>Year</u>	<u>Hometown/High School</u>
Meghan Doolittle	Messiah	Attack	Junior	Tabernacle, NJ/Seneca
Grace Griffith	Eastern	Attack	Senior	Amherst, MA/Amherst Regional
Lizzy Keeney	Messiah	Attack	Freshman	Cockeysville, MD/Dulaney
Alyssa Verrillo	Alvernia	Attack	Sophomore	North Wales, PA/Archbishop Wood
Erika Depelteau	FDU-Florham	Midfielder	Senior	West Windsor, NJ/West Windsor Plainsboro North
Bari Rosenstein	Elizabethtown	Midfielder	Freshman	Owings Mills, MD/Owings Mills
Felicia Sippel	Alvernia	Midfielder	Senior	Philadelphia, PA/Saint Hubert
Katie Scheurich	Elizabethtown	Midfielder	Junior	Lancaster, PA/Conestoga Valley
Breana Kilpatrick	FDU-Florham	Midfielder	Junior	Pennsauken, NJ/Camden Catholic
Megan Corrigan	Alvernia	Defender	Junior	Boyertown, PA/Boyertown
Lindsey Miller	Elizabethtown	Defender	Freshman	Ocean City, MD/Stephen Dectar
Andrea Thomas	Messiah	Defender	Senior	Lancaster, PA/Living Word
Kirstin Betsill	Manhattanville	Goalie	Senior	Parkton, MD/Hereford

Honorable Mention

<u>Player</u>	<u>Team</u>	<u>Position</u>	<u>Year</u>	<u>Hometown/High School</u>
Lindsay Buckman	Lebanon Valley	Attack	Freshman	Palmyra, PA/Palmyra
Becky Porter	Elizabethtown	Attack	Sophomore	Phoenixville, PA/Phoenixville
Megan Bovenzi	Messiah	Midfielder	Senior	Rochester, NY/Irondequoit

Melissa Goncalves	Manhattanville	Midfielder	Sophomore	Holtsville, NY/Sachem East
Samantha Landis	Alvernia	Midfielder	Junior	Watsontown, NJ/Warrior Run
Brooke Strausser	Lycoming	Midfielder	Sophomore	Wernersville, PA/Conrad Weiser
Calina Walz	Widener	Midfielder	Senior	Medford, NJ/Shawnee
Courtney Reinhold	Eastern	Midfielder	Junior.	Adamstown, PA/Cocalico
Kelly Donahue	Arcadia	Defender	Senior	Warrington, PA/Central Bucks South
Kaitlyn Gamber	Arcadia	Defender	Senior	Lansdowne, PA/Archbishop Pendergast
Kelsey Johnson	FDU-Florham	Defender	Freshman	Blairstown, NJ/North Warren
Lindsey Moosey	Eastern	Defender	Senior	Zionsville, IN/Zionsville

Player of the Year: Sarah Cullinan, Elizabethtown

Rookie of the Year: Lizzy Keeney, Messiah

Coach of the Year: Heather Greer, Messiah