



For Immediate Release
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COURTNEY COOK HEADLINES SKYLINE ALL-CONFERENCE WOMEN'S LACROSSE SQUAD

New York, NY – Senior Courtney Cook of Farmingdale State has been named the 2012 Skyline Conference Women's Lacrosse Player of the Year in voting conducted by the league's nine head coaches.

In addition, the coaches selected Tierney Conlon of Montclair State as Rookie of the Year and her coach, Nicol Parcelluzzi, as Coach of the Year. The Team Sportsmanship Award was earned by The Sage Colleges.

Cook, a goalkeeper from Deer Park, NY, was a true stalwart in the net this season, as she led the Rams to the regular season crown with a perfect 8-0 league mark and 13-2 overall. A starter in every game, she allowed only 79 goals in the regular season, a 6.03 goals against average, 2nd in the nation, and a .551 save pct., 4th nationally. In Skyline games, she allowed a mere 4.38 goals with a .532 save pct. and 7.50 saves per game.

Conlon, a freshman attack from Caldwell, NJ, has had a superb rookie season, helping lead the Red Hawks to a 7-1 Skyline mark in the regular season. In 15 regular season games, she scored 37 goals and contributed 55 assists, the latter which ranks 2nd in the league and 4th nationally. The three-time Rookie of the Week also added 24 ground balls.

Parcelluzzi guided Montclair State to an outstanding regular season, posting a 7-1 league record. In her 8th season at the helm of the Red Hawks, she now has compiled a 84-41 mark, including a sterling 46-2 Skyline record. By winning the Skyline Tournament, she has now led her team to its third consecutive NCAA Tournament.

The 2012 All-Conference First Team consists of Conlon and teammate Kailee Beal at attack, along with Lyndsey Cannon of Kean and Krystin Shand of Farmingdale State; midfielders Cora Delfini and Kelly Schoneveld of Montclair State, Ela Igdeler of Mount Saint Mary and Christy Thoden of Farmingdale State; defenders Marisa DeAngelis of Kean, Brittany Dilger of Montclair State, Andrea Kiefer of Farmingdale State, and Nicole Lyman of St. Joseph's – L.I.; and goalkeeper Tiffani Henderson of Montclair State. Seven student-athletes on the First Team are freshmen, including all the defenders, as well as Conlon, Igdeler, and Thoden.

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The All-Skyline Second Team is comprised of Amanda Barretta of Ramapo, Nicole Marzocca of Farmingdale State, Kathleen Spadaro of Mount Saint Mary, and Lisa Terry of St. Joseph's –L.I. at attack; Nicole Flores of Mount Saint Vincent, Jordyn Hasemann of Farmingdale State, Kristen Saporito of Maritime, and Adrianna Tepedino of Ramapo at midfield; Nicole Cacioppo of Mount Saint Mary, Stephanie Cantillo of Montclair State, Gina Ciaravino of Farmingdale State, and Colleen Walsh of Mount Saint Vincent at defenders; and Erin O'Connor of St. Joseph's – L.I. in goal.

2012 SKYLINE WOMEN'S LACROSSE ALL-CONFERENCE TEAM

FIRST TEAM	School	Cl.	Pos.	Hometown
Kailee Beal	Montclair State	Jr.	A	Succasunna, NJ
Lyndsey Cannon	Kean	Jr.	A	Delran, NJ
Tierney Conlon	Montclair State	Fr.	A	Caldwell, NJ
Krystin Shand	Farmingdale State	Sr.	A	Massapequa Park, NY
Cora Delfini	Montclair State	Sr.	M	New Egypt, NJ
Ela Igdeler	Mount Saint Mary	Fr.	M	Islip, NY
Kelly Schoneveld	Montclair State	So.	M	Denville, NJ
Christy Thoden	Farmingdale State	Fr.	M	Bayport, NY
Marisa DeAngelis	Kean	Fr.	D	Hamilton, NJ
Brittany Dilger	Montclair State	Fr.	D	Ocean, NJ
Andrea Kiefer	Farmingdale State	Fr.	D	Centereach, NY
Nicole Lyman	St. Joseph's-L.I.	Fr.	D	West Babylon, NY
Courtney Cook*	Farmingdale State	Sr.	GK	Deer Park, NY
Tiffani Henderson	Montclair State	Jr.	GK	Landing, NJ

SECOND TEAM

Amanda Barretta	Ramapo	Sr.	A	Roseland, NJ
Nicole Marzocca	Farmingdale State	Fr.	A	West Babylon, NY
Kathleen Spadaro	Mount Saint Mary	Jr.	A	Islip, NY
Lisa Terry	St. Joseph's – L.I.	Fr.	A	Manorville, NY
Nicole Flores	Mount Saint Vincent	Jr.	M	Bethpage, NY
Jordyn Hasemann	Farmingdale State	So.	M	Farmingdale, NY
Kristen Saporito	Maritime	Sr.	M	Rocky Point, NY
Adrianna Tepedino	Ramapo	Jr.	M	Freehold, NJ
Nicole Cacioppo	Mount Saint Mary	Fr.	D	Glen Cove, NY
Stephanie Cantillo	Montclair State	Jr.	D	Clifton, NJ
Gina Ciaravino	Farmingdale State	Sr.	D	Levittown, NY
Colleen Walsh	Mount Saint Vincent	So.	D	Manchester, VT
Erin O'Connor	St. Joseph's – L.I.	Jr.	GK	Nesconset, NY

***PLAYER OF THE YEAR:** Courtney Cook, Farmingdale State

ROOKIE OF THE YEAR: Tierney Conlon, Montclair State

COACH OF THE YEAR: Nicol Parcelluzzi, Montclair State

TEAM SPORTSMANSHIP AWARD: The Sage Colleges