

May, 5 2009

## Women's Lacrosse All-Conference Teams

The MASCAC Office has released the women's lacrosse All-Conference teams for 2009 as selected by conference coaches.

Katie Foley of Elizabethtown has been awarded Player of the Year honors. Messiah's Rachel Dirksen has been selected as Rookie of the Year and Heather Greer of Messiah has been named Coach of the Year.

In Foley's senior season, she has broken records for career points, career goals and has scored over 200 goals in her career. Foley ended her career as a three-time MAC First Team all-conference selection. Dirksen has enjoyed a fine freshman season with 54 goals and 31 assists. She will help lead her Falcon teammates into the NCAA Tournament. In just her second season at Messiah, Greer has led her team to the MAC Championship and a berth in the NCAA Tournament.

### 2009 Middle Atlantic Conference Women's Lacrosse All-Conference Teams

#### First Team All-Conference

<u>Player</u>	<u>Team</u>	<u>Pos.</u>	<u>Yr.</u>	<u>Hometown (High School)</u>
Rachel Dirksen	Messiah	Attack	Fr.	Glenside, PA (Abington)
Katie Foley	Elizabethtown	Attack	Sr.	Palmyra, NJ (Holy Cross)
Amanda Wayne	FDU-Florham	Attack	Sr.	Bellport, NY (Bellport)
Jessie Basch	Eastern	Midfielder	Sr.	Zionsville, IN (Zionsville)
Megan Bovenzi	Messiah	Midfielder	So.	Rochester, NY (Irondequoit)
Jackie Dando	Messiah	Midfielder	Sr.	West Chester, PA (Reed Henderson)
Laura Gambardello	FDU-Florham	Midfielder	Sr.	Pennsauken, NJ (Pennsauken)
Anna Ford	Elizabethtown	Midfielder	Sr.	Salisbury, MD (Home schooled)
Bri Brennan	Messiah	Defender	Sr.	Swarthmore, PA (Ridley)
Linnea Davis	Eastern	Defender	Sr.	Nyack, NY (Nyack)
Jackie Gale	FDU-Florham	Defender	Jr.	New Vernon, NJ (Madison)
Jen Venter	Messiah	Goalkeeper	Sr.	Crownsville, MD (Annapolis Area Christian)

#### Second Team All-Conference

<u>Player</u>	<u>Team</u>	<u>Pos.</u>	<u>Yr.</u>	<u>Hometown (High School)</u>
Megan Byrnes	Elizabethtown	Attack	Jr.	Lutherville, MD (Towson)
Grace Griffith	Eastern	Attack	So.	Amherst, MA (Amherst Regional)
Megan McIntyre	Lycoming	Attack	Jr.	Baltimore, MD (Mercy)
Katie Caprinolo	Elizabethtown	Midfielder	Jr.	Jarrettsville, MD (North Harford)
Sarah Cullinan	Elizabethtown	Midfielder	So.	West Chester, PA (West Chester East)
Jackie Elliott	Widener	Midfielder	Jr.	Upper Darby, PA (Upper Darby)
Lindsay Parent	FDU-Florham	Midfielder	So.	Cinnaminson, NJ (Cinnaminson)
Justine Titko	Lycoming	Midfielder	Jr.	Wrightsville, NJ (Northern Burlington)
Danielle Gargiulo	Lycoming	Defender	Jr.	Branchburg, NJ (Immaculata)
Lyndsey Reeve	Elizabethtown	Defender	Sr.	Turnersville, NJ (Washington Twp.)
Dana Simmons	Elizabethtown	Defender	Sr.	Flourtown, PA (Plymouth)
Jennifer Hawkins	Elizabethtown	Goalkeeper	Sr.	Havre de Grace, MD (Havre de Grace)

**PLAYER OF THE YEAR:** Katie Foley, Elizabethtown

**ROOKIE OF THE YEAR:** Rachel Dirksen, Messiah

**COACH OF THE YEAR:** Heather Greer, Messiah