



CAPITAL ATHLETIC CONFERENCE PRESS RELEASE

Salisbury's Tara McGovern Named CAC Field Hockey Player Of The Year SMC's Lauriann Parker Wins Rookie Award; Chamberlin Picked As Top Coach Again

YORK, Pa. - Salisbury sophomore defender **Tara McGovern** was selected as the 2009 Capital Athletic Conference Field Hockey Player of the Year and joined **Dawn Chamberlin**, who captured her 13th Coach of the Year award, in leading seven members of the conference-champion Sea Gulls onto the 2009 All-CAC Field Hockey team.

St. Mary's forward **Lauriann Parker**, who set the team record for most points in a season and tied the mark for most goals in a season, was selected as the CAC Rookie of the Year.

McGovern's Player of the Year award marks the eighth-straight year a Salisbury player earned that award and the 13th time in the last 14 years. She helped Chamberlin lead the Gulls to their 15th-straight conference championship and 16th-straight NCAA Tournament berth.

Teammates joining McGovern on the All-CAC first team include senior forwards **Beverly Beladino**, **Lauren Correll** and senior midfielder **Michelle Rowe**. Beladino, Correll and Rowe are all three-time CAC all-stars. Sophomores **Caitlin Walker** and **Katie Fost** are second-team All-CAC players this year, giving the Sea Gulls a CAC-best six players on the 2009 all-star team. Fost earned second-team recognition for the second-straight year.

Mary Washington and York, which tied for second in the regular-season standings, each had five players named to the 2009 All-CAC team.

Senior back **Jaci Marshall** picked up her fourth-straight All-CAC nod to lead the UMW contingent. Marshall earned first-team recognition for the third time in her career and was joined on the top squad by junior two-time all-stars **Emma Jones** and **Heidi Sheehan**. Gaining All-CAC status for the first time were freshman midfielder **Florence George** and junior back **Nicole Conti**.

York's defense earned two first-team All-CAC nods for senior back **Veronica Eltz** and senior goalie **Claire Rekitzke**. Eltz was a second-team all-star in 2008 while Rekitzke picked up second-team honors in each of the past two seasons. Three Spartan forwards, including senior **Megan Spangler** and juniors **Katie Dawkins** and **Allison Roush**, were selected as second-team all-stars. Spangler is a repeat pick from 2008.

Wesley, which was selected to compete in the 2009 ECAC South Championship Tournament, placed four players on the All-CAC squad. Junior forward **Brooke Tadlock** earned her second-straight first-team nod while senior back **Amanda Fisher** moved up to the first team after being named to the second team in 2008. Freshman midfielder **Abigail Hill** and junior goalie **Sarah Johnson** both earned post-season recognition for the first time as second-team all-stars.

Parker, the first St. Mary's player to win Rookie of the Year award since its inception in 1997, was one of three Seahawks to gain post-season accolades. Junior **Allie Skiest** was picked to the All-CAC team as a first-team midfielder while senior **Julia Puzak** was picked as a second-team back. Both Skiest and Puzak are on the All-CAC team for the second-straight year.

Stevenson also earned two second-team nods on the All-CAC field hockey team. Junior back **Natalie DiPaolo** was recognized by the coaches for the first time in her career while sophomore goalie **Kara Zimmerman** is a two-time All-CAC honoree.

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2009 All-CAC Field Hockey Team

<u>First Team</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Team</u>	<u>Hometown/High School</u>	<u>Previous All-CAC Honors</u>
Beverly Beladino	Sr.	For	Salisbury	Putnam Valley, N.Y./Putnam Valley	2nd in '08, 1st in '07
Lauren Correll	Sr.	For	Salisbury	Bridgeville, Del./Sussex Tech	1st in '08, 1st in '07
Emma Jones	Jr.	For	Mary Washington	Yorktown, Va./York	2nd in '08
Brooke Tadlock	Jr.	For	Wesley	Middletown, Del./Middletown	1st in '08
Michelle Rowe	Sr.	Mid	Salisbury	Elkton, Md./Elkton	2nd in '08, 1st in '07
Heidi Sheehan	Jr.	Mid	Mary Washington	Scituate, Mass./Scituate	1st in '08
Allie Skiest	Jr.	Mid	St. Mary's	Arnold, Md./The Seton Keough Sch.	2nd in '08
Veronica Eltz	Sr.	Back	York	Hanover, Pa./Delone Catholic	2nd in '08
Amanda Fisher	Sr.	Back	Wesley	Felton, Del./Lake Forest	2nd in '08
Jaci Marshall	Sr.	Back	Mary Washington	Annapolis, Md./Annapolis	1st in '08, 2nd in '07, 1st in '06
Tara McGovern	So.	Back	Salisbury	Yorktown Heights, N.Y./Lakeland	1st & ROY in '08
Claire Rekitzke	Sr.	GK	York	Seaford, Del./Seaford	2nd in '08, 2nd in '07
<u>Second Team</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Team</u>	<u>Hometown/High School</u>	<u>Previous All-CAC Honors</u>
Katie Dawkins	Jr.	For	York	Easton, Md./Easton	
Allison Roush	Jr.	For	York	Lancaster, Pa./Manheim Township	
Megan Spangler	Sr.	For	York	Myerstown, Pa./ELCO	2nd in '08
Caitlin Walker	So.	For	Salisbury	Fallston, Md./Fallston	
Katie Fost	So.	Mid	Salisbury	Lusby, Md./Patuxent	2nd in '08
Florence George	Fr.	Mid	Mary Washington	Virginia Beach, Va./Princess Anne	
Abigail Hill	Fr.	Mid	Wesley	Dover, Del./Lake Forest	
Nicole Conti	Jr.	Back	Mary Washington	Virginia Beach, Va./Bayside	
Julia Puzak	Sr.	Back	St. Mary's	Arnold, Md./Broadneck	1st in '08
Natalie DiPaolo	Jr.	Back	Stevenson	Baltimore, Md./Perry Hall	
Kara Zimmerman	So.	GK	Stevenson	Odenton, Md./Arundel	1st in '08
Sarah Johnson	Jr.	GK	Wesley	Honeybrook, Pa./Twin Valley	

2009 CAC Player of the Year:

Tara McGovern, Salisbury

2009 CAC Rookie of the Year:

Lauriann Parker, St. Mary's

2009 CAC Coach of the Year:

Dawn Chamberlin, Salisbury (13th time, also from 1995-2005, 2008)