



CAPITAL ATHLETIC CONFERENCE PRESS RELEASE

Salisbury And Gallaudet Combine For 7 Of 13 All-CAC Volleyball Team Berths; Mary Washington's Lutkenhaus, Gomez And Conway Sweep Individual Awards

YORK, Pa. - Salisbury University placed four players on the 2009 All-CAC Volleyball team and Gallaudet University earned three berths on the squad, but it was Mary Washington University senior **Anne Lutkenhaus (Richmond, Va./Douglas Freeman)**, freshman **Laura Gomez (Charlottesville, Va./Albemarle)** and coach **Dee Conway** who captured the top individual honors.

Lutkenhaus, making her second-straight first-team All-CAC appearance and third-straight year on the all-star team, is the second UMW player to be selected as the Volleyball Player of the Year. Former Eagle Jennifer Wilson captured the honor in 1991, the first year of CAC championship competition.

Gomez, who joined Lutkenhaus to give the Eagles a formidable front line, is the second UMW player to be named CAC Rookie of the Year. Teammate and current sophomore Kate Shiflett was selected for the award last year. Gomez was UMW's second All-CAC honoree this season and earned a berth on the seven-player second team.

They combined with 2009 CAC Coach of the Year Conway to lead the Eagles to a second-place finish in the CAC regular-season standings and an 18-11 overall record. Conway picked up her second CAC Coach of the Year award, her first since 1991.

Four players from the Salisbury University Sea Gulls, who captured their third-straight CAC title and will compete in the 2009 NCAA Tournament, were named to the 2009 All-CAC squad, including first-team seniors **Rachel Downes (Salisbury, Md./Salisbury Christian)** and **Gabby Long (Bel Air, Md./Bel Air)**. Long is a three-time first-team All-CAC selection while Downes made her second-straight first-team appearance. Sea Gulls senior **Nicole Massarelli (Clarksville, Md./Atholton)** and freshman **Chelsea Glowacki (Poolesville, Md./Poolesville)** were second-team choices.

Gallaudet, which placed third in the regular season but advanced to the 2009 CAC Championship match against Salisbury, earned three All-CAC nods, including senior libero **Shana Lehmann (Frederick, Md./Maryland School for the Deaf)** on the first team along with senior outside hitters **Justine Jeter (Noblesville, Ind./Indiana School for the Deaf)** and **Amanda Krieger (Carmel, Ind./Indiana School for the Deaf)** on the second team. Lehmann was also a first-team All-CAC honoree in 2007.

Junior outside hitters **Alysse Beshore (York, Pa./Northeastern)** of York College and **Claire Kodan (Olney, Md./Sherwood)** of St. Mary's College earned the final two berths on the 2009 All-CAC first team. Beshore is a first-time CAC all-star while Kodan gained her third-straight post-season honor and the second first-team award of her career.

The final two second-team All-CAC nods were awarded to juniors **Christina LaVigna (E. Moriches, N.Y./W. Hampton Beach)** of Marymount University and **Alex Mercer (Eldersburg, Md./Liberty)** of Stevenson University. Both are making their first All-CAC team appearances.

Contact: Tom Byrnes, Commissioner
Phone: (717) 654-1716
E-mail: tbyrnes@cacsports.com
Website: www.cacsports.com



CAPITAL ATHLETIC CONFERENCE PRESS RELEASE

2009 All-CAC Volleyball 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>
Alysse Beshore	Jr.	OH	York	York, Pa./Northeastern	
Rachel Downes	Sr.	OH	Salisbury	Salisbury, Md./Salisbury Christian	1st in '08
Claire Kodan	Jr.	OH	St. Mary's	Olney, Md./Sherwood	2nd in '08, 1st in '07
Shana Lehmann	Sr.	Lib	Gallaudet	Frederick, Md./Md. School f/t Deaf	1st in '07
Gabby Long	Sr.	Lib	Salisbury	Bel Air, Md./Bel Air	1st in '08, 1st in '07
Anne Lutkenhaus	Jr.	H	Mary Washington	Richmond, Va./Douglas Freeman	1st 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>
Chelsea Glowacki	Fr.	MH	Salisbury	Poolesville, Md./Poolesville	
Laura Gomez	Fr.	H	Mary Washington	Charlottesville, Va./Albemarle	
Justine Jeter	Sr.	OH	Gallaudet	Noblesville, Ind./Ind. Sch. f/t Deaf	
Amanda Krieger	Sr.	OH	Gallaudet	Carmel, Ind./Ind. School f/t Deaf	
Christina LaVigna	Sr.	H	Marymount	E. Moriches, N.Y./W. Hampton Beach	
Nicole Massarelli	Sr.	MH	Salisbury	Clarksville, Md./Atholton	
Alex Mercer	Jr.	MB	Stevenson	Eldersburg, Md./Liberty	

2009 CAC Athlete of the Year:

Anne Lutkenhaus, Mary Washington

2009 CAC Rookie of the Year:

Laura Gomez, Mary Washington

2009 CAC Coach of the Year:

Dee Conway, Mary Washington (2nd time, also in 1991)