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## CAPITAL ATHLETIC CONFERENCE PRESS RELEASE

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### Lauren Carrier & Catherine Kennedy Gain Women's Lacrosse Year-End Awards; Jim Nestor Wins 7th-Straight Coach Of The Year Award

YORK, Pa. - The top three teams in the Capital Athletic Conference were all represented as St. Mary's senior midfielder **Lauren Carrier (Crownsville, Md./Old Mill)** was selected as the Player of the Year, Mary Washington attack **Catherine Kennedy (Baltimore, Md./Baltimore Lutheran)** captured Rookie of the Year honors and Salisbury's **Jim Nestor** was chosen as Coach of the Year by the conference coaches.

Carrier, one of five players from second-place St. Mary's on the 2009 All-CAC team, is a four-time member of the women's lacrosse all-star team, including a three-time first-team honoree. Carrier is the fourth SMC player to be named CAC Women's Lacrosse Player of the Year along with two-time winner Gia Trionfo (1998-99), Kathy Holmes (2002) and Carol Schmoeller (2004).

Carrier, who was also named the CAC Women's Soccer Player of the Year during her injury-shortened senior season, is also just the third student-athlete in the 19-year history of the CAC to win two Player of the Year awards in the same academic year. Gallaudet women's volleyball and basketball superstar Rhonda Jo Miller was CAC Player of the Year in both sports during her freshman (1996-97) and sophomore (1997-98) seasons while Goucher running standout Jeff Olenick accomplished the feat in men's cross country and track & field in the 2000-01 academic year.

Kennedy, one of five players on the all-star squad representing Mary Washington, earned first-team All-CAC and is the fourth Eagle to be named Women's Lacrosse Rookie of the Year in 13 years. UMW's Sara Anderson was the first CAC Women's Lacrosse Rookie of the Year honoree in 1997. Former Eagles Kami McNimch (2000) and Stephanie Hearn (2004) were both selected as Co-Rookies of the Year during their freshman seasons.

Nestor, who has guided the Gulls to seven-straight conference titles, won the award for the seventh-straight year. He also has a CAC Women's Soccer Coach of the Year award to his credit (2006). Nestor has compiled a 133-18 overall record in eight women's lacrosse seasons, and his teams have advanced to the NCAA Division III Tournament semifinals or finals in four of the past five seasons.

Including Carrier, nine players on the 24-player 2009 All-CAC squad are return selections from 2008, including first-team defenders **Tricia Kauffman** of Stevenson and **Jess Glazer** of Salisbury.

St. Mary's defender **Karisa Carroll**, a second-team All-CAC choice for the third-straight season, and Marymount attack **SpringAnne Hatfield** join Carrier as the only 2009 all-stars to gain post-season honors three times during their career. Hatfield is a two-time All-CAC pick and was the 2006 Rookie of the Year.

Other second-team choices in 2009 making their second appearance on the All-CAC squad are St. Mary's senior attack **Emily Norris**, Mary Washington sophomore attack **Katie Wallis**, Stevenson junior midfielder **Lauren Zegowitz** and Wesley junior defender **Brooke Bennett**.

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### 2009 All-CAC Women's Lacrosse Team

<u>First Team</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Team</u>	<u>Hometown/High School</u>	<u>Previous Honors</u>
Kim Cudmore	Jr.	Att	Salisbury	Bel Air, Md./Bel Air	
Catherine Kennedy	Fr.	Att	Mary Washington	Baltimore, Md./Balt. Lutheran	
Allie Kimmelman	Fr.	Att	Mary Washington	Burke, Va./Robinson	
Robyn Bishop	Sr.	Mid	Salisbury	Columbia, Md./River Hill	
Lauren Carrier	Sr.	Mid	St. Mary's	Crownsville, Md./Old Mill	1st in '08, 1st in '07, 2nd in '06
Beth Rhodey	Jr.	Mid	Salisbury	Fallston, Md./Notre Dame Prep	
Emily Gallugi	Sr.	Def	Mary Washington	South Windsor, Conn./So. Windsor	
Jess Glazer	Jr.	Def	Salisbury	Ellicott City, Md./Mt. Hebron	2nd in '08
Holly Johnson	Sr.	Def	Salisbury	Germantown, Md./Seneca Valley	
Tricia Kauffman	Sr.	Def	Stevenson	Cockeysville, Md./Dulaney	1st in '08
Sarah McKinley	Sr.	Def	Salisbury	Timonium, Md./Dulaney	
Sonja Stuart	Sr.	GK	Salisbury	Rockville, Md./Good Counsel	

<u>Second Team</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Team</u>	<u>Hometown/High School</u>	<u>Previous Honors</u>
Lisa Baker	So.	Att	Stevenson	Westminster, Md./Westminster	
Kelsey Branch	Jr.	Att	St. Mary's	Jarrettsville, Md./North Harford	
SpringAnne Hatfield	Sr.	Att	Marymount	Crownsville, Md./Old Mill	1st in '08, RoY in '06
Emily Norris	Sr.	Att	St. Mary's	Timonium, Md./Dulaney	1st in '08
Katie Wallis	So.	Att	Mary Washington	Cypress, Texas/Cy-Creek	2nd in '08
Jenny Atmar	Fr.	Mid	Mary Washington	Houston, Texas/Bellaire	
Lauren Zegowitz	Jr.	Mid	Stevenson	Gaithersburg, Md./Damascus	2nd in '08
Allie Zerhusen	Sr.	Mid	St. Mary's	Cockeysville, Md./The Park Sch.	
Brooke Bennett	Jr.	Def	Wesley	Milton, Del./Cape Henlopen	2nd in '08
Karisa Carroll	Jr.	Def	St. Mary's	Long Island, N.Y./Ward Melville	2nd in '08, 2nd in '07
Kelly Vrana	Jr.	Def	York	W. Islip, N.Y./St. John The Baptist	
Ashley Dodge	Jr.	GK	Marymount	Clifton Springs, N.Y./Midlakes	

**2009 CAC Player of the Year:** Lauren Carrier, St. Mary's  
**2009 CAC Rookie of the Year:** Catherine Kennedy, Mary Washington  
**2009 CAC Coach of the Year:** Jim Nestor, Salisbury (7th-straight year, also in 2003-08)