



*Today's Scholar-Athletes ~ Tomorrow's Leaders*

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**Patriot League announces women's lacrosse All-League teams  
and major award winners**

*Regular season champ Colgate leads the way with seven All-League selections  
and three major awards*

**CENTER VALLEY, Pa.** – The Patriot League Friday announced its 2005 women's lacrosse All-League teams and major award winners, and while each of the League's seven teams earned at least one award, it was regular season champion Colgate leading the way with seven All-League selections and three major awards. Nine of the 26 All-League selections were seniors.

The Raiders wrapped up their second consecutive undefeated Patriot League regular season with a 9-8 victory over Holy Cross on Saturday, Apr. 23, giving CU the right to host the championship for the second straight year. As a result, Colgate placed seven players on the All-League list, including three on the first team. Junior attack **Katie McVeigh**, junior defender **Heidi Ross** and head coach **Katrina Silva** were all honored with major awards.

McVeigh (Basking Ridge, N.J./Ridge School) is the League Offensive Player of the Year after compiling 58 points during the regular season on 49 goals and nine assists. She led all scorers in League games with 22 points, and produced a team-high three game-winning goals for Colgate. McVeigh, who is ranked among the national leaders in goals per game, was named Patriot League Offensive Player of the Week on two occasions this year.

Her teammate, Ross, was Colgate's anchor on the defensive side of the field. Ross (Berwyn, Pa./Conestoga) played in all 16 games for CU, and led the squad with 38 groundballs. She also caused 14 turnovers for a defensive unit that ranked first in the Patriot League by allowing just 8.31 goals per game. Ross and the Raiders stepped up their play in the PL, allowing opponents to score just 6.83 goals in six victories.

Silva was the choice of her peers as Coach of the Year, earning the recognition for the second consecutive season. Over the past two seasons, Silva's Colgate teams have combined for a 24-12 record to date, including an undefeated 12-0 mark in Patriot League regular season games. CU will try to defend its League Tournament title this weekend. Silva has put together one of the League's best schedules, playing the likes of Temple and Syracuse. Her team succeeded this year despite having just one senior.

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**American \* Army \* Bucknell \* Colgate \* Holy Cross \* Lafayette \* Lehigh \* Navy**

The remaining two major awards went to student-athletes from Holy Cross, by far the surprise team of the year in the League. Picked to finish fifth in a preseason vote of the League's head coaches and sports information directors, head coach **Stephanie Pavlick's** team came in as the No. 2 seed, and is one of two teams in the League to own winning overall records (9-8).

As a result of that success, sophomore **Megan Orr** was given the Patriot League's first-ever Goalkeeper of the Year award and attack **Amy Archambault** the Rookie of the Year. Orr (Wilton, Conn./Wilton) edged out 2004 winner **Sue Bielamowicz** of Colgate for the honor. She was named Goalkeeper of the Week twice during the regular season, and turned in a stat line that included a 9-8 record, 8.69 goals-against average and .571 save percentage, with the latter two numbers ranking among the national leaders. Orr's 190 saves lead the League and are just 28 short of the 10<sup>th</sup>-best single season performance in PL history.

Archambault (West Hartford, Conn./Concord), a three-time Rookie of the Week in the Patriot League, was a big reason for the Crusaders' 2005 success. She tallied 24 goals (two game-winners) and two assists while playing in 14 games alongside the League's leading scorer, **Patricia Sutton**. Archambault was one of eight freshmen on the Holy Cross roster this season, and made a name for herself with four hat tricks including a four-goal outing against nationally-ranked Connecticut.

Colgate and Holy Cross, along with the League's other playoff teams, American and Lehigh, combined for 12 of the 14 first team selections. For the Raiders, McVeigh and Ross were joined by junior midfielder **Kelly Winning** (Oreland, Pa./Germantown Academy), who had 40 goals and 16 assists this year.

Along with Archambault and Orr, the Crusaders placed Sutton and senior defender **Liz Frisoli** on the first team. Sutton (Saratoga Springs, N.Y./Saratoga Springs) was the 2004 Rookie of the Year in the Patriot League. So far in her two years in Worcester, Mass., Sutton has tallied 135 points from her midfield position.

Frisoli (Winchester, Mass./Winchester) combined with Orr to lead a defense that allowed just 8.95 goals per game in 2005, including a meager total of 80 during a stretch of 11 games in March and April in which the Crusaders went 9-2 overall and 3-1 in the League. Frisoli is competing in the first postseason of her four-year career this weekend.

American placed three players on the first team: senior attack **Rebecca Copeland**, junior midfielder **Moriah Linnell** and junior defender **Laura Barnes**.

Copeland (Webster, N.Y./Webster), the League's Co-Offensive Player of the Year a season ago, teamed with Linnell (Antrim, N.H./Contoocook Valley) to score 82 of American's 198 points thus far in 2005. Barnes (Annapolis, Md./Annapolis) scooped up a team-high 52 groundballs. All three have significant postseason experience, taking the Eagles to within one goal of the 2004 Patriot League Championship, before dropping an overtime decision to Colgate. The trio competed in the 2003 NCAA Tournament.

Lehigh sophomore attack **Amy Chamberlain** (Wayne, Pa./Conestoga) and senior midfielder **Barrie Cominsky** (Longwood, Fla./Lake Brantley) were also voted onto the first team. Chamberlain finished the regular season with 61 points (47 goals, 14 assists), the second-highest total in the League. She had three game-winning goals and was named Offensive Player of the Week twice. Cominsky added 33 goals (two game-winners) and nine assists, and also picked up a team-best 46 groundballs.

The final two spots on the first team went to Bucknell. The Bison fell short of the fourth and final playoff spot after losing to American, 14-8 on the final day of the season. Nevertheless, junior defender **Rachel Prowler** (Philadelphia, Pa./William Penn Charter) and junior attack **Emily Burman** (Kensington, Md./Stone Ridge) were voted to the first team.

Burman earned the at-large spot on the first team after contributing 26 points to the Bucknell offense this season. Prowler had 25 groundballs to go along with 15 caused turnovers.

The League's four postseason teams combined to place seven players on the second team. Along with Bielowicz, Colgate's **Megan Janson**, **Tara Casey** and **Lauren Price** all made the second team. In addition, American's **Sarah Milewski** and **Kerri McGinty** and Lehigh's **Sarah Staroneck** (at-large) landed on the second team.

Bucknell's **Andrea Paraud** and **Katie Edge** were also selected, as well as three players from the League's bottom two teams, Villanova and Lafayette.

The Wildcats' **Amy Rocap** and **Becky Gardner** were selected. Rocap (Vienna, Va./Paul VI), a senior attack, was the Offensive Player of the Week in the PL on Apr. 11, and Gardner (Manhasset, N.Y./Harborfields), a sophomore midfielder, is currently fifth in the nation with 3.79 draw controls per game.

Lafayette senior defender **Ashley Dvorak** (Valley Forge, Pa./Phoenixville) was the final player recognized. She produced 30 groundballs and 20 caused turnovers in 13 games.

Of the 26 women's lacrosse student-athletes named first or second team this year by the Patriot League, 14 were honored for the first time in their careers.

The Patriot League, an NCAA Division I athletics conference founded on the principle of admitting athletes who are academically representative of their class, is in its second decade of academic and athletic excellence. A successful Division I-AA football conference since 1986 and an all-sport conference since 1990, membership includes American, Army, Bucknell, Colgate, Holy Cross, Lafayette, Lehigh and Navy, while three additional institutions hold associate membership. Patriot League member institutions are among the oldest and most prestigious in the nation, graduating alumni who are well prepared for life with the ability to make meaningful contributions to their community and society in general. In the most recent NCAA Graduation Rate Report of student-athletes, the Patriot League ranked FIRST among NCAA Division I conferences.

## 2005 Patriot League Women's Lacrosse All-League Teams

### First Team

Pos.	Name, School	Yr.	Hometown/Last School	Previous Honors
A	Rebecca Copeland, American	Sr.	Webster, N.Y./Webster	'04 1 <sup>st</sup> ; '03 2 <sup>nd</sup>
A	Katie McVeigh, Colgate	Jr.	Basking Ridge, N.J./Ridge School	'04 1 <sup>st</sup> ; '03 2 <sup>nd</sup>
A	Amy Archambault, Holy Cross	Fr.	West Hartford, Conn./Conard	--
A	Amy Chamberlain, Lehigh	So.	Wayne, Pa./Conestoga	--
M	Moriah Linnell, American	Jr.	Antrim, N.H./Contoocook Valley	'04 2 <sup>nd</sup>
M	Kelly Winning, Colgate	Jr.	Oreland, Pa./Germantown Academy	'04 1 <sup>st</sup> ; '03 2 <sup>nd</sup>
M	Patricia Sutton, Holy Cross	So.	Saratoga Springs, N.Y./Saratoga Springs	'04 2 <sup>nd</sup>
M	Barrie Cominsky, Lehigh	Sr.	Longwood, Fla./Lake Brantley	'04 1 <sup>st</sup> ; '03 2 <sup>nd</sup>
D	Laura Barnes, American	Jr.	Annapolis, Md./Annapolis	'04 2 <sup>nd</sup>
D	Rachel Prowler, Bucknell	Jr.	Philadelphia, Pa./William Penn Charter	'04 1 <sup>st</sup>
D	Heidi Ross, Colgate	Jr.	Berwyn, Pa./Conestoga	'04 1 <sup>st</sup>
D	Liz Frisoli, Holy Cross	Sr.	Winchester, Mass./Winchester	--
At-Large	Emily Burman, Bucknell	Jr.	Kensington, Md./Stone Ridge	--
GK	Megan Orr, Holy Cross	So.	Wilton, Conn./Wilton	--

### Second Team

Pos.	Name, School	Yr.	Hometown/Last School	Previous Honors
A	Andrea Paraud, Bucknell	Sr.	Bethesda, Md./Georgetown Visitation	--
A	Megan Janson, Colgate	So.	Morristown, N.J./Oak Knoll	--
A	Amy Rocap, Villanova	Sr.	Vienna, Va./Paul VI	--
M	Sarah Milewski, American	So.	Brookhaven, Pa./Cardinal O'Hara	--
M	Katie Edge, Bucknell	So.	McLean, Va./St. Stephans St. Agnes	'04 1 <sup>st</sup>
M	Tara Casey, Colgate	So.	Syracuse, N.Y./Westhill	'04 2 <sup>nd</sup>
M	Becky Gardner, Villanova	So.	Manhasset, N.Y./Harborfields	--
D	Kerri McGinty, American	Sr.	Huntington, N.Y./Harborfields	--
D	Lauren Price, Colgate	Sr.	Short Hills, N.J./Millburn	--
D	Ashley Dvorak, Lafayette	Sr.	Valley Forge, Pa./Phoenixville	--
At-Large	Sarah Staroneck, Lehigh	Sr.	Catonsville, Md./Catonsville	--
GK	Sue Bielamowicz, Colgate	Jr.	Pennington, N.J./Hopewell Valley	'04 1 <sup>st</sup>

\* - Due to ties in voting, there are 14 members of the All-League first team.

**Offensive Player of the Year** – Katie McVeigh, Colgate

**Defensive Player of the Year** – Heidi Ross, Colgate

**Goalkeeper of the Year** – Megan Orr, Holy Cross

**Rookie of the Year** – Amy Archambault, Holy Cross

**Coach of the Year** – Katrina Silva, Colgate (Coach of the Year, 2004)