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ALLEGHENY COLLEGE ★ DENISON UNIVERSITY ★ EARLHAM COLLEGE ★ HIRAM COLLEGE ★ KENYON COLLEGE ★ OBERLIN COLLEGE
★ OHIO WESLEYAN UNIVERSITY ★ WABASH COLLEGE ★ WITTENBERG UNIVERSITY ★ COLLEGE OF WOOSTER

NCAC Women's Lacrosse Special

**ALL-NCAC WOMEN'S LACROSSE SQUAD ANNOUNCED;
LAMDIN, WILLIAMS EARN TOP INDIVIDUAL HONORS**

**For Immediate Release
May 13, 2005**

CLEVELAND -- Ohio Wesleyan senior midfield **Carrie Williams (Hingham, MA/Hingham)** and Denison junior defenseman **Molly Lamdin (Darien, CT/Darien)** have been named Offensive and Defensive Players of the Year to highlight the 2005 All-North Coast Athletic Conference women's lacrosse selections.

Williams finished the regular season and NCAC Tournament with 41 goals and 15 assists to lead the Battling Bishops with an average of 3.73 points per game. She currently stands third in the NCAC scoring race, but has a chance to improve her number as Ohio Wesleyan competes in the NCAA Tournament. The Bishops travel to Gettysburg on May 14. Williams, only the Bishop to win an individual award in women's lacrosse, led the team's attack as Ohio Wesleyan won its first NCAC crown. She makes her fourth appearance on the all-NCAC team and her first as a member of the first team.

Lamdin was the defensive cornerstone of a Denison team that finished 13-4 overall and a perfect 6-0 in league play. She led the Big Red in ground balls with 44 and was second in draw controls (22). Ironically, she also leads Denison in shot percentage - she took one shot and recorded one goal, along with an assist. She makes her second consecutive appearance on the first team.

Five repeat selections join Lamdin and Williams on the first team: Allegheny juniors **Emily Deering (Hollis, ME/Hollis)** and **Ashley Rogerson (Fairport, NY/Fairport)**, Denison junior **Courtney Abrams (Washington, DC/Bullis School)** and Wooster senior **Ashley Arnold (Columbus, OH/Worthington)** and junior **Megan Sward (Sewickley, PA/Sewickley Academy)**. Deering, the 2003 Newcomer of the Year, and Abrams both pick up their third straight first team nods.

Denison attack **Quinn Simmons (Medina, OH/Medina)** was voted Newcomer of the Year. The freshman started all 13 of the team's games and was led the Big Red in goals (30), points (35, 2.69 ppg.) and draw controls (23). She is the second straight Denison freshman to win this honor; she follows teammate **Krissy Frost (Wilton, CT/Wilton)**, now a sophomore and a member of the 2005 All-NCAC first team.

Ohio Wesleyan's **Kim Rocheleau** has been named Coach of the Year for the first time after leading the Bishops to their first conference championship and a 12-3 overall record. The 12 wins tie an OWU single-season record. She is 19-98 in her two years at the helm of the OWU program.

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2005 ALL-NCAC -- WOMEN'S LACROSSE

CLEVELAND -- The following performers have earned All-NCAC honors for the 2005 season through balloting by the North Coast Athletic Conference women's lacrosse coaches.

FIRST TEAM

Attack	School	Yr.	G	A	PPG	Hometown/High School
Ashley Hughes	Allegheny	Fr.	27	13	2.86	Wexford, PA/North Allegheny
Quinn Simmons	Denison	Fr.	30	5	2.69	Medina, OH/Medina
Megan Sward *	Wooster	Jr.	26	23	3.77	Sewickley, PA/Sewickley Academy
Midfield						
Carrie Williams %♦*	O. Wesleyan	Sr.	41	15	3.73	Hingham, MA/Hingham
Ashley Rogerson *	Allegheny	Jr.	27	6	2.54	Fairport, NY/Fairport
Emily Deering ✓*	Allegheny	Jr.	26	5	2.21	Hollis, ME/Hollis
Courtney Abrams ✓*	Denison	Jr.	26	8	2.62	Washington, DC/Bullis School
Ashley Arnold *	Wooster	Sr.	35	9	3.38	Columbus, OH/Worthington
Krissy Frost ^	Denison	So.	28	4	2.46	Wilton, CT/Wilton
Defense						
Molly Lamdin ♦*	Denison	Jr.	1	1	0.15	Darien, CT/Darien
Jana Kramer +	O. Wesleyan	So.	4	0	0.27	Columbus, OH/Hilliard Davidson
Caitlin Wells ^	Kenyon	Jr.	0	0	0.00	Sunapee, NH/Kimball Union
Pam Olsen	Wooster	Fr.	1	0	0.11	Powell, OH/Olentangy
Goalie						
Carolyn Hicks ^	Denison	So.	GA 126	SV 153	SV% .548	Gates Mills, OH/Hawken

Player of the Year (Offense): Carrie Williams, Ohio Wesleyan

Player of the Year (Defense): Molly Lamdin, Denison

Newcomer of the Year: Quinn Simmons, Denison

Coach of the Year: Kim Rocheleau, Ohio Wesleyan

SECOND TEAM

Attack	School	Yr.	G	A	PPG	Hometown/High School
Meg Wilcox	Denison	Fr.	28	3	2.38	Sewickley, PA/Quaker Valley
Amanda Drummond	Kenyon	Fr.	41	7	3.69	Mayfield Hts., OH/Hawken
Jamie Blake +	O. Wesleyan	So.	20	12	2.13	Ballston Lake, NY/Shenendehowa
Midfield						
Ashley Lemmon ♦^	Allegheny	Sr.	21	11	2.29	Allison Park, PA/Winchester-Thurston
Mary Risley	Wooster	Sr.	14	0	1.08	East longmeadow, MA/East longmeadow
Jenny Burns	Wittenberg	Sr.	28	12	3.08	Dublin, OH/Dublin Coffman
Melissa Jackson	Wittenberg	So.	31	8	2.79	Worthington, OH/Thomas Worthington
Meg Reitz	Oberlin	Jr.	10	3	0.93	Mansfield, MA/Doherty Memorial
Paula Breen +	O. Wesleyan	So.	20	6	1.73	Worthington, OH/Thomas Worthington
Defense						
Kelly Towns	Allegheny	So.	10	0	0.71	Pittsburgh, PA/Mount Lebanon
Lura Allen	O. Wesleyan	Fr.	20	6	1.73	Hingham, MA/Hingham
Kelley Hubbell	Wooster	Sr.	0	0	0.00	Vienna, VA/James Madison
Goalie						
Sarah Pilzer %	Oberlin	Sr.	GA 173	SV 171	SV% .497	Takoma Park, MD/Georgetown Day

Key: * 1st team 2004; ^ 2nd team 2004; + honorable mention 2004; ✓ 1st team 2003; ♦ 2nd team 2003; < honorable mention 2003; § 1st team 2002; % 2nd team 2002

HONORABLE MENTION

Attack	School	Yr.	G	A	PPG	Hometown/High School
Kari Thomas +	Wittenberg	So.	27	8	2.50	Dublin, OH/Coffman
Liz Hollick *	Denison	Jr.	14	8	1.69	Baltimore, MD/Roland Park Country Day
Kaley Bell ♦*	Kenyon	Jr.	30	16	3.83	Pennington, NJ/Hopewell Valley
Lila Barzegar	O. Wesleyan	Sr.	19	7	1.73	Aurora, CO/Smoky Hill
Helena Iaquina	Wooster	Jr.	32	6	2.92	Nashua, NH/Nashua
Midfield						
Emily Hiscar ^	Wittenberg	Jr.	4	8	0.86	Pataskala, OH/Watkins Memorial
Allie Riordan	Kenyon	Jr.	14	1	1.15	Washington, DC/Maret School
Kaitlin Barrer	Oberlin	Fr.	13	5	1.29	Ann Arbor, MI/Pioneer
Goalie						
Maggie Eichenlaub	O. Wesleyan	Fr.	GA 134	SV 159	SV% .543	Crystal, MN/Robbinsdale Cooper

Key: * 1st team 2004; ^ 2nd team 2004; + honorable mention 2004; ✓ 1st team 2003; ♦ 2nd team 2003; < honorable mention 2003; § 1st team 2002; % 2nd team 2002