

Five Saxons earn Empire 8 indoor track all-conference honors

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ALFRED, NY -- The Empire 8 Conference announced its 2006-07 indoor track and field all-star teams today. Five members of the Alfred University men's and women's teams earned all-conference recognition. All-Conference honors were based on the performance of Empire 8 athletes at the New York State Collegiate Track Conference (NYSCTC) indoor championship meet held Friday and Saturday at St. Lawrence University. AU sophomore Ryan Squillacioti (Smithtown, NY/Hauppauge) was named Co-Field Athlete of the Meet. He earned First Team Empire 8 honors in the shot put, with his toss of 14.26 meters breaking the Empire 8 Conference record he set last season. Squillacioti, a First Team Empire 8 all-star in the shot put as a freshman in 2006, placed fourth overall in the shot put at the state meet. Freshman Lee Consolo (Pleasantville, NY/Pleasantville) earned First Team All-Empire 8 honors in the 500-meter dash, while senior Fontana Fluke (Shaftsbury, VT/Mount Anthony Union) earned Second Team recognition in the 5,000-meter run. Each placed third in their respective events at the state meet. For Fluke, it marks the fourth time he has earned all-conference honors for indoor track. He was a First Team all-star in the 3,000-meter run and a Second Team selection in the 5,000 meters as a sophomore in 2005 and earned First Team all-conference recognition in the 3,000-meter run as a junior in 2006. Fluke and Consolo each qualified to compete in the ECAC championships March 3 and 4 in Middletown, CT. Fluke in the 5,000-meter run and mile run, and Consolo in the 500-meter dash. Senior Kristen Egan (Robesonia, PA/Conrad Weiser) was a Second Team conference all-star in the mile run. She placed 15th in the mile at the state meet, but was the second-fastest runner among Empire 8 runners. Each season, the Empire 8 honors students-athletes from each conference school, who play on teams sponsored by the conference, with Sportsperson of the Year awards. Honorees, chosen by their coaches, exhibited outstanding sportsmanship in keeping with the conference's mission of "competing with honor and integrity." Fluke is the AU's men's team's honoree and senior Kate Ciccone (Brooktondale, NY/Ithaca) is the Alfred women's team's representative. Egan and Ciccone are part of two relay teams (4-by-800 and distance medley) that will compete at next weekend's ECAC championships.