

Three Lady Saxons named to Empire 8 women's lacrosse all-conference teams

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ALFRED Three members of the Alfred University women's lacrosse team were named Empire 8 all-stars, the conference announced today. Senior defender Kim Fank (Farmingville/Sachem) was named to the First Team, while junior attack Chris Sanford (Bowdoinham, ME/Mt. Ararat) and senior midfielder Katie Sedgwick (Manlius/Fayetteville-Manlius) were named to the second team. Fank, a four-year starter for the Lady Saxons, bounced back from a knee injury last season to become one of the top defenders in the conference. She led the Empire 8 in groundballs with 73 (5.21 per game) and was fourth in draw controls (39; 2.79 per game) and caused turnovers (22; 1.57 per game). Fank also scored 14 points on nine goals and five assists. She finished her career with 20 goals, nine assists and 141 groundballs. Sanford, a three-year starter, led the conference in points scored (53) and goals (46) and led AU in scoring in 11 of 14 games this year. Her 138 career points and 114 career goals each rank fourth on Alfred's all-time scoring lists. Sedgwick is a four-year starter at AU who ranks among the school's all-time scoring leaders. She scored 33 points this year on 23 goals and 10 assists and picked up 41 groundballs. Her .71 assists per game ranks 10th in the conference. For her career, Sedgwick scored 98 points on 68 goals and 30 assists to go with 117 groundballs. Her points and goals totals each rank in the top 10 all-time at Alfred. The Empire 8 is made up of Alfred University, Elmira College, Hartwick College, Ithaca College, Nazareth College, Rochester Institute of Technology, St. John Fisher College and Utica College.