

## **Thompson leads AU contingent on Empire 8 women's swimming all-conference team**

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ALFRED -- Senior Sara Thompson (Batavia/Batavia) leads a group of several members of the Alfred University women's swimming and diving team to earn all-conference honors from the Empire 8. The Empire 8 announced its all-conference teams this week. The teams were determined by conference swimmers' performance at last week's New York State Women's Collegiate Athletic Association (NYSWCAA) championship meet. Thompson was named First Team All-Empire 8 in the 100 breaststroke and 200 breaststroke. She won the state title in the 100 breaststroke and was runner-up in the 200 breaststroke. Two others from Alfred earned individual all-conference honors. Junior Lauren McCormack (Norwich/Norwich) was named to the Second Team in the 50 freestyle and freshman Erin Collins (Owego/Owego) was named to the Second Team in 3-meter diving. Two AU relay teams also garnered all-conference recognition. The 200 freestyle relay team of McCormack, senior Becca Coppola (Takoma Park, MD/Montgomery Blair), sophomore Rachel Saroka (Groton/Groton) and Thompson and the 400 medley relay team of junior Lacy Clifford (Oil City, PA/Oil City), Thompson, Saroka and McCormack each earned Second Team honors. AU placed sixth at the state meet, concluding a solid 2003-04 campaign in which the Lady Saxons went 6-3 in dual meets (3-2 in the conference). With only two seniors on the team, Alfred is poised for greater success next season.