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FOR IMMEDIATE RELEASE

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Travlos, Hernandez, Irvine and Dru Garner Top NorPac Honors

STANFORD, Calif. –Longwood's Julia Hernandez and Stanford's Xanthe Travlos were named East and West Division Players of the Year respectively and Becky Dru of Stanford was tabbed the Maria Whitehead Rookie of the Year at the annual NorPac Conference Awards Banquet held at Stanford University's Arrillaga Family Sports Center. Lesley Irvine of Stanford was honored as the conference's Coach of the Year.

Other awards were handed out as well. In the East, Hernandez was also named Offensive Player of the Year, and Radford's junior goalkeeper Jennifer Wisniewski was named Defensive Player Of The Year. In the West, California's junior forward Natalie Nurnberg and Pacific's senior back Lisa Muhl were named Offensive and Defensive Players of the Year, respectively.

Davidson's Elizabeth Luckey was recognized as the Sheryl Johnson academic award honoree and Stanford goalkeeper Bethany Anne Ridley was presented with the Julie Nagel Extraordinary Teammate Award.

Travlos, a junior midfielder, tallied 10 goals and two assists for 22 points, playing a key factor in the Cardinal's national ranking throughout the season. The junior's goals are ranked second on the team and in the NorPac, while her points put her fourth overall in the conference. The Staffordshire, England native garnered West Offensive Player of the week honors when she tallied a hat trick against league foe UC Davis.

Hernandez is a senior midfielder who tallied six goals and one assist for 13 points. Her six goals were tied for second in the East Division with five of those tallies coming in conference only contests, a division best. Starting every match for the Lancers, Hernandez nabbed East Offensive Player of the Week honors after scoring the game-winning goal against Davidson. A Norfolk, Va. native, Hernandez also notched a game-winner against Appalachian State and found the back of the cage twice against Radford.

Irvine garnered her second Coach of the Year honor, guiding the Cardinal to one of the most successful seasons in school history, recording a 13-4 overall mark behind one of the potent offenses in the NCAA. Stanford also claimed its first division championship, posting a 5-1 mark in the west division. Irvine's Cardinal has been ranked in the NCAA for almost the entire season, climbing as high as a school-record 12th and entering the tournament ranked 15th in the NFHCA poll.

Dru, who hails from Buckinghamshire, England, becomes the third consecutive Cardinal to be recognized as the conference's Rookie of the Year. The freshman defender was a key component in Stanford's potent offense, leading the league with 27 points, while tying for second with 10 goals and tying for fifth with seven assists. The three-time West Rookie of the Week honoree, closed out the season tallying six goals in her final seven matches which included a goal and an assist against No. 1 Maryland.

Luckey, a double major in French and religion, holds a 3.795 overall GPA. The senior midfielder from Richmond, Va., achieved a 3.85 GPA for the 2008-09 academic year and is ranked in the top 10 percent of Davidson's senior class. A three-time NFHCA National Academic squad selection, Luckey earned a Dean Rusk scholarship to study in India and currently is a candidate for the Fullbright program This award is in honor of former Stanford head coach Sheryl Johnson.

Ridley, an Oakland, Maine native, was honored for exhibiting extraordinary care and support of her teammates, while demonstrating a genuine love for the sport and her academic institution. This award, which recognizes a NorPac sophomore, was established in 2005 by Appalachian State University in memory of former Mountaineer Julie Nagel.

East Defensive Player of the Year: Junior Jennifer Wisniewski (Radford): The two time East Division Player of the Week, ranks second in the conference in GAA, third in save percentage and fourth in saves per game. In conference

only matches, Wisniewski leads the league in GAA and save percentage. The Centreville, Va. native recorded a nine-save shutout against Davidson and also made a career-high 12 saves against Longwood, No. 2 North Carolina, No. 9 Boston College and Rider.

West Offensive Player of the Year: Junior Natalie Nurnberg (California): Nurnberg paces the Bears seven goals, seven assists and 21 points. Nurnberg, who hails from San Jose, Calif., earned NorPac Offensive Player of the Week honors after recording five points against UC Davis on Oct. 10. A key component on penalty corners, Nurnberg has earned the majority of her assists on those successful set pieces.

West Defensive Player of the Year: Senior Lisa Muhl (Pacific): Muhl leads the league and sits among the national leaders with eight defensive saves. She grabbed four defensive saves in three games to earn West Defensive Player of the Week honors on Oct.26 and help cement the Harleysville, Pa. native's place as the Pacific's all-time leader with 19.

2009 NorPac Accolades

First Team

Becky Dru (Stanford) Fr., Defender
Camille Gandhi (Stanford) Jr., Defender
Jessie Harris (Appalachian State) Sr., Forward
Julia Hernandez (Longwood) Sr., Midfielder
Katy McDonough (Pacific) Sr., Forward
Alessandra Moss (Stanford) So., Goalkeeper
Nicole Morgan (Appalachian State) Jr., Forward
Natalie Nurnberg (California) Jr., Forward
Courtney Poole (Radford) So., Forward/Midfielder
Xanthe Travlos (Stanford) Jr., Midfielder
Madonna Wadolowski (Radford) So., Midfielder

Second Team

Deanna Kennedy (California) Fr. Midfielder
Olga Knop (Longwood) So., Midfielder
Kiddy Leubane (Pacific) Sr., Forward
Erin Magill (California) So., Defender
Jennie Mostellar (Davidson) Jr., Forward/Midfielder
Lisa Muhl (Pacific) Sr., Defender
Clare Perry (Davidson) Jr., Forward
Marlee Schramm (Radford) So., Midfielder
Midori Uehara (Stanford) Sr., Forward
Lauren Van de Kamp (Longwood) Jr., Midfielder
Jennifer Wisniewski (Radford) Jr., Goalkeeper

East Player of the Year

Julia Hernandez, Longwood

West Player of the Year

Xanthe Travlos, Stanford

East Offensive Player of the Year

Julia Hernandez, Longwood

West Offensive Player of the Year

Natalie Nurnberg, California

East Defensive Player of the Year

Jennifer Wisniewski, Radford

West Defensive Player of the Year

Lisa Muhl, Pacific

Maria Whitehead Rookie of the Year

Becky Dru, Stanford

Sheryl Johnson Academic Award

Elizabeth Luckey, Davidson

Julie Nagel Extraordinary Teammate Award

Bethany Anne Ridley, Stanford