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For Immediate Release

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November 4, 2009

John Carroll Men and Capital Women Picked To Finish First In OAC Preseason Basketball Polls



Austintown, OH- The John Carroll men and Capital women were tabbed as the basketball favorites in preseason voting by the Ohio Athletic Conference (OAC) coaches.

John Carroll tallied 81 points (nine first-place votes) in the men's coaches' poll, followed by Wilmington with 62 points and Ohio Northern and Capital (one first-place vote) each earned 58 points. John Carroll was the 2008-2009 OAC regular-season champion with a 16-2 (25-5) record and the OAC Tournament Champion. The Blue Streaks return 13 letterwinners and five starters this season. They will look to senior forward **Rudy Kirbus (Willoughby Hills/St. Ignatius)**, who was a First Team All-OAC pick a year ago. Kirbus averaged 14.8 points and 5.0 rebounds-per-game. Also returning will be junior forward/center **Maurice Haynes (Cleveland/VASJ)**, who received Second Team All-OAC honors last season. Haynes contributed 12.4 points, 1.1 blocks and 5.4 rebounds-per-game.

"We are honored to be the number one selection, but in this competitive league, it is like being chosen first to stand in front of the firing squad," said 17th-year John Carroll Head Coach Mike Moran.

On the women's side, Capital tallied 79 points (seven first-place votes) by the women's coaches, followed by Wilmington with 69 points (two first-place votes), Baldwin-Wallace with 65 points and Mount Union with 61 points (one first-place vote). The Crusaders finished last season with a 15-3 (22-6) record to claim the OAC regular-season title and the OAC Tournament crown.

Capital returns 12 letterwinners and three starters from last year's squad, including First Team All-OAC selection, senior guard **Kristen Richardson (Oxford/Talawanda)**, who contributed 14.4 points, 2.3 assists and 2.1 steals-per-game. Also returning, will be Second Team All-OAC pick senior forward **Caitlin Elsass (Batavia/Clermont Northeastern)** who added 12.5 points, 6.6 rebounds and 1.0 block-per-game.

"Being picked to finish first in this conference is a lot easier at the beginning of the season," commented 24th-year Capital Head Coach Dixie Jeffers. "It will be difficult to accomplish, since our league is so balanced."

Below is a complete summary of how all 10 OAC schools fared in the preseason Conference coaches' polls.

Women's Coaches' Poll			Men's Coaches' Poll		
Rank	School (First Place Votes)	Points	Rank	School (First Place Votes)	Points
1.	Capital (7)	79	1.	John Carroll (9)	81
2.	Wilmington (2)	69	2.	Wilmington	62
3.	Baldwin-Wallace	65	3.	Capital (1)	58
4.	Mount Union (1)	61	3	Ohio Northern	58
5.	John Carroll	45	5.	Marietta	49
6.	Otterbein	43	6.	Baldwin-Wallace	48
7.	Ohio Northern	35	7.	Heidelberg	41
8.	Heidelberg	22	8.	Otterbein	21
9.	Muskingum	21	9.	Mount Union	20
10.	Marietta	10	10.	Muskingum	12