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For Immediate Release

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March 2, 2010

OAC Announces 2010 Women's Basketball Special Awards and All-Conference Teams



OAC Coach-of-the-Year: Dixie Jeffers, Capital

Capital Head Coach Dixie Jeffers has been named the 2010 OAC Women's Basketball Coach-of-the-Year for the sixth time in her 23-years at the helm of the Crusaders. The Crusaders claimed their 12th regular-season title (15-3) and entered the OAC Tournament as the number one seed, where they advanced to finals.

Capital currently sits among the top of the Conference in scoring defense (1st/59.2), field-goal percent (2nd/.425), steals (2nd/10.70), assists (3rd/14.04) and turnover margin (2nd+3.57).



OAC Helen Ludwig Player-of-the-Year: Kristen Richardson, Capital

Capital senior guard Kristen Richardson (Oxford/Talawanda) is the recipient of the 2010 *OAC Helen Ludwig Award*. The award is presented to the most outstanding player in the Conference.

This season, Richardson led the Crusaders to a 15-3 OAC mark (20-8 overall) and an appearance in the OAC Tournament finals, where she was named to the all-tournament team. Richardson is currently among the League's top-10 in scoring (4th/15.8), assists (8th/2.72) and steals (.1st/.2.88).

Richardson is the ninth Crusader to be awarded this honor and has earned First Team All-OAC honors for the second time.



OAC Freshman-of-the-Year: Rosa LaMattina, Mount Union

Mount Union freshman guard Rosa LaMattina (Westlake) is the recipient of the 2010 *OAC Freshman-of-the-Year* award. LaMattina helped to lead the Purple Raiders to their second OAC Tournament title and was named tournament MVP for her efforts. Mount Union will look to LaMattina as it makes its fourth NCAA Tournament appearance. She is averaging 24.5 minutes, 11.6 points, 2.9 rebounds, and 2.6 assists-per-game.

LaMattina ranks among the top of the League in field-goal percent (6th/.483), assists (9th/2.67), steals (3rd/2.22) and three-point field goals made (4th/1.70)

LaMattina has earned Second Team All-OAC honors.

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2010 Women's Basketball All-OAC Teams



First Team

Name, School	Yr.	Pos.	Hometown, High School
Caitlin Elsass, Capital +#@	Sr.	F	Batavia/Clermont Northeastern
Liana Jennings, John Carroll #@	Jr.	G/F	Stow
Kortney Kin, Wilmington ^%	Sr.	P	Upper Sandusky/Riverdale
Kristen Richardson, Capital #%	Sr.	G	Oxford/Talawanda
Amanda Schroeder, Baldwin-Wallace %	Jr.	G	Columbus Grove
Tessa Pohovey, Mount Union @	Sr.	G	Strasburg/Tuscarawas Valley

Second Team

Name, School	Yr.	Pos.	Hometown, High School
Ariel Brough, Baldwin-Wallace \$	Sr.	C	Powell/Olentangy Liberty
Caitlin Sureck, John Carroll \$	Sr.	F	Medina/Walsh Jesuit
Aleisha Guiler, Marietta	Fr.	P	Lower Salem/Monroe Central
Rosa LaMattina, Mount Union	Fr.	G	Westlake
Jeanne Bockey, Ohio Northern	Jr.	G/F	Delphos/St. John's
Katy Miller, Otterbein \$	Sr.	F/G	Delaware/Rutherford B. Hayes

Honorable Mention

Name, School	Yr.	Pos.	Hometown, High School
Jenny Miller, Heidelberg	Jr.	F	Tiffin/Clyde
Kori Wiedt, Mount Union \$	So.	G	North Olmsted
Hannah Nelson, Muskingum	So.	P	Salesville/Buckeye Trail
Amanda Dobbins, Muskingum	So.	P	Zanesvilles/West Muskingum
Kara Dysert, Ohio Northern \$	So.	F	Ada
Kristi Kotterman, Otterbein	So.	G	Wharton/Riverdale
Shea McCoy, Otterbein	So.	G	Mansfield
Olivia Waters, Wilmington	Jr.	W	Cincinnati/Purcell Marian
Allie Meranda, Wilmington	Jr.	G	Georgetown

KEY:

2009 First Team %...2009 Second Team @...2009 Honorable Mention \$
 2008 Second Team # ...2008 Honorable Mention ^
 2007 First Team +