

February 21, 2011

2010-11 Commonwealth Men's Basketball All-Conference Teams

Annville, Pa. – The Middle Atlantic Conference has announced the 2010-11 Commonwealth Conference all-conference men's basketball teams. Senior Anthony Trautman of Lebanon Valley earned Player of the Year honors, Lycoming's Kevin Anthony was tabbed as Rookie of the Year, and Lebanon Valley's Brad McAlester was named Coach of the Year.

Trautman led the Commonwealth Conference in scoring at 20.6 ppg, but had his most impressive run during LVC's 10-game win streak to end the regular season. During that span, he averaged 27.0 ppg as the Dutchmen went undefeated through the second half of conference play, climbing from seventh in the league standings to the tournament's second seed. Trautman earned three straight Player of the Week honors and four overall this season.

Anthony, an explosive forward with a knack for finishing at the basket, improved throughout a rookie campaign that has him 20th in the conference in scoring (9.6), ninth in rebounding (6.0), third in field goal percentage (.568), eighth in steals (1.4) and fifth in blocked shots (1.3). The 6-5 Atlanta, Ga., native added nine double-figure scoring efforts, including two in the last three games, scoring a career-high 27 in a 93-77 win over Elizabethtown. He also finished second on the squad with three double-doubles.

McAlester led Lebanon Valley back to the postseason with a 19-6 record, the team's best record since 2004-05. After a tough 1-4 start in conference play, his team reeled off nine straight league wins to finish 10-4 with the second seed in the conference tournament. McAlester coached the league's best backcourt combination with the CC's two leading scorers in Trautman (20.6 ppg) and Joe Meehan (18.5 ppg), and LVC was also the league's best-shooting team, leading the Commonwealth in field goal and free throw percentage. This is McAlester's second Coach of the Year honor.

First Team All-Conference

<u>Player</u>	<u>Team</u>	<u>Position</u>	<u>Year</u>	<u>Hometown/High School</u>
Matt Ashcroft	Albright	Guard	Senior	Reading, PA/Reading Central Catholic
Cory Boone	Alvernia	Center	Junior	Howard, PA/Bald Eagle Area
Will Kelly	Lycoming	Forward	Senior	Williamsport, PA/Loyalsock Township
Joe Meehan	Lebanon Valley	Guard	Junior	Harleysville, PA/St. Joseph's Prep
Anthony Trautman	Lebanon Valley	Guard	Senior	Lebanon, PA/Lebanon

Second Team All-Conference

<u>Player</u>	<u>Team</u>	<u>Position</u>	<u>Year</u>	<u>Hometown/High School</u>
Jack Brennan	Widener	Forward	Junior	Stratford, NJ/Sterling
Joe Flanagan	Elizabethtown	Guard	Senior	Lancaster, PA/Lancaster Mennonite
Keith Fogel	Elizabethtown	Guard	Senior	Mifflinburg, PA/Mifflinburg
Tad Gillis	Alvernia	Guard	Senior	Upper Darby, PA/Upper Darby
Zac Shaeffer	Albright	Guard	Senior	Lampeter, PA/Lampeter Strasburg

Player of the Year: Anthony Trautman, Lebanon Valley

Rookie of the Year: Kevin Anthony, Lycoming

Coach of the Year: Brad McAlester, Lebanon Valley