

February 22, 2011

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

Annville, Pa. – The Middle Atlantic Conference has announced the 2010-11 Commonwealth Conference all-conference women's basketball teams. Lebanon Valley swept the special awards. Andrea Hoover was recognized as Player of the Year, Lauren Ruhl was voted Rookie of the Year, and Todd Goclowski earned Coach of the Year honors.

Hoover, back-to-back Commonwealth Conference player of the year, is a first team all-conference member for the third-straight season. She led the conference with 5.6 assists per game and a 1.7 assist to turnover ratio, while ranking in the top 10 in scoring and free throw percentage. Hoover leads the team with 10.9 points per game, 141 assists, and a .793 free throw percentage. She ranks 17th nationally in assists per game and set a new program record for assists with 544 in her career. Hoover also became one of nine players LVC to score 1,000 points in her career.

Ruhl, the program's fourth Rookie of the Year, led the conference in 3-point field goal percentage and 3-pointers made, along with ranking in the top 15 in scoring and field goal percentage. She saw action in 22 games before suffering a season-ending injury. Ruhl averaged 9.9 points per game, good for second on the team, and led the squad with 45 3-pointers made.

Goclowski, back-to-back Coach of the Year, led Lebanon Valley to the Commonwealth Conference regular season title for the second-straight year after posting a 13-1 record. Along with guiding the team to a 20 win season for the second-straight year and third overall, the Dutchmen are making their fourth-straight appearance in the conference tournament. In his fifth season with the Dutchmen, Goclowski holds a 94-39 overall record.

First Team All-Conference

<u>Player</u>	<u>Team</u>	<u>Position</u>	<u>Year</u>	<u>Hometown/High School</u>
Angela Altemose	Alvernia	Center	Junior	Pottsville, PA/Nativity BVM
Lil Carney	Widener	Guard	Sophomore	Narberth, PA/Lower Merion
Kate Dellinger	Widener	Guard	Sophomore	Wrightsville, PA/Eastern York
Dori Gyori	Messiah	Forward	Sophomore	Biatorbagy, Hungary/Mechanicsburg
Andrea Hoover	Lebanon Valley	Guard	Senior	Glen Rock, PA/Susquehannock
Suzie Noyes	Lebanon Valley	Forward	Senior	Princeton, NJ/Hopewell Valley

Second Team All-Conference

<u>Player</u>	<u>Team</u>	<u>Position</u>	<u>Year</u>	<u>Hometown/High School</u>
Jessica McGinness	Albright	Guard	Senior	Norristown, PA/Kennedy Kenrick Catholic
Kaitlyn Ober	Lycoming	Forward	Senior	Lititz, PA/Warwick
Michelle Schleich	Messiah	Forward	Senior	Hanover, PA/Delone Catholic
Megan Strohman	Elizabethtown	Guard	Senior	Lebanon, PA/Lebanon
Kaity Snyder	Elizabethtown	Forward	Senior	Catawissa, PA/Southern Columbia

Player of the Year: Andrea Hoover, Lebanon Valley

Rookie of the Year: Lauren Ruhl, Lebanon Valley

Coach of the Year: Todd Goclowski, Lebanon Valley