



February 23, 2012

## 2011-12 Freedom Conference Women's Basketball All-Conference Teams

Annville, Pa. – The Middle Atlantic Conference has announced the 2011-12 All-Freedom Conference women's basketball teams. Eastern University swept the special awards. Meghan Nowak earned Player and Rookie of the Year honors along with Nate Davis being named Coach of the Year.

Meghan Nowak enjoyed an enormously successful rookie campaign. An incredibly efficient scorer, the 6' foot forward from Woodbury Heights, N.J. averaged 21 points and 9.4 rebounds per game to help the Eagles to their first Freedom Conference Championship appearance. Through the season, she converted 54.5 percent of her shots from the floor and 77.5 percent of her free throws. She also shot 42 percent from behind the arc. Nowak scored 20 or more points on 13 occasions, and she finished with 10 double-doubles.

Head Coach Nate Davis guided the Eagles to 17 wins and their first postseason appearance since 2005. The second-year mentor inherited a team that had won only 24 games in the previous five seasons. Davis (33-18) relied heavily on four first-year players in the regular rotation.

### First Team

Position	Name	School	Year	Hometown/High School
G	Sondrine Glovas	DeSales	Sophomore	Easton, PA/Wilson
F	Christine Marks	Misericordia	Senior	Milford, PA/Delaware Valley
G	Katlin Michaels	King's	Junior	Berwick, PA/Berwick
F	Meghan Nowak *#	Eastern	Freshman	Woodbury Heights, NJ/Gateway Regional
F	Emily Soper	Delaware Valley	Junior	Selinsgrove, PA/Selinsgrove

\* = Player of the Year

# = Rookie of the year

### Second Team

Position	Name	School	Year	Hometown/High School
F	Paige Carlin	King's	Senior	Scotrun, PA/Pocono Mountain East

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G	Kyra Dayon	FDU-Florham	Freshman	Trenton, NJ/Trenton Central
G	Tyann McDaniel	Misericordia	Junior	Bellefonte, PA/Bellefonte
F	Bekah Roland	Eastern	Senior	Manheim, PA/Manheim Central
G	Samantha Simcox	King's	Senior	Sinking Spring, PA/Wilson
F	Cherelle Simmons	DeSales	Senior	Lancaster, PA/McCaskey

Coach of the year: Nate Davis, Eastern