



News Release

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MEAC ANNOUNCES BOWLING ALL-CONFERENCE HONORS

UMES' Falbo, Alvarado and NSU's Harrison Earn Accolades

NORFOLK, VA., March 15, 2012-- Maryland Eastern Shore's **T'nia Falbo** was named the Mid-Eastern Athletic Conference (MEAC) Bowling Player of the Year as announced by the conference on Thursday. Teammate **Mariana Alvarado** was named the Rookie of the Year while Norfolk State head coach **Wilhelmenia Harrison** earned Coach of the Year accolades. All awards were voted on by the conference's head bowling coaches and sports information directors.

Falbo guided the No. 5 Lady Hawks to a 29-1 mark in conference play and 94-29 record overall en route to the third northern divisional title. The junior totaled a 9,989 pinfall and averaged 203.8 in 49 games. Falbo bowled a conference-high 280 at the Prairie View Invitational, with a 235.2 average in five games. She was named to three All-Tournament teams this season (Hawk Classic, Kutztown Invitational, and Prairie View Invitational) and earned MEAC Bowler of the Week accolades twice.

Alvarado tallied a 190.8 average in 41 games during her rookie campaign. She recorded 7,826 total pinfall and notched a game-high 242 at a MEAC Northern divisional meet. Alvarado averaged a 185.0 or above in nine of 10 events and bowled above a 190.0 in five events this season.

In her seventh season at the helm, **Harrison** guided the Spartans to an 86-36 regular season record and 24-6 mark in MEAC play. The Spartans won their third southern divisional title and are currently ranked 10th in the nation by the National Tenpins Coaches Association (NTCA). This is the second straight year that Harrison has garnered Coach of the Year accolades.

Joining Falbo on the 2011-2012 All-MEAC First-Team is teammate Angie Ramirez. Tiffany Lebahn of Delaware State, Thea Aspiras of Norfolk State, and Morgan State's Keisheena Waldon complete the first-team selections.

Delaware State's Jazmyne Hefflefinger, Laverne Jones of North Carolina Central, Chelsea Krall of Norfolk State, Staci Hilliard of Bethune-Cookman, and Maryland Eastern Shore's Paula Vilas and Megan Buja earned All-MEAC Second-Team accolades.

The 2012 MEAC Bowling Championship begins Friday, March 16 at the Gate City Lanes in Greensboro, North Carolina with the qualifying rounds.

Play continues on Saturday with teams competing in a best-of-seven Baker series. The championship concludes on Sunday, March 18 beginning with the semifinal round at 9:50 a.m. and concluding with the championship final at 11:45 a.m.

The championship finale will air tape-delayed on ESPNU on March 26 at 10 p.m.



2011-2012 MEAC Bowling All-Conference Honors

Player of the Year: T'nia Falbo, Maryland Eastern Shore

Rookie of the Year: Mariana Alvarado, Maryland Eastern Shore

Coach of the Year: Wilhelmenia Harrison, Norfolk State

First-Team

Name	School	Cl.	Hometown
Anggie Ramirez	Maryland E. Shore	Jr.	Bogotá, Colombia
T'nia Falbo	Maryland E. Shore	Jr.	Greensburg, Pa.
Thea Aspiras	Norfolk State	So.	Chesapeake, Va.
Keisheena Waldon	Morgan State	Sr.	Seat Pleasant, Md.
Tiffany Lebahn	Delaware State	Sr.	Wasilla, Alaska

Second-Team

Name	School	Cl.	Hometown
Megan Buja	Maryland E. Shore	So.	Rockford, Ill.
Laverne Jones	North Carolina Central	Jr.	Goldsboro, N.C.
Chelsea Krall	Norfolk State	Sr.	Virginia Beach, Va.
Paula Vilas	Maryland E. Shore	Sr.	Santo Domingo, Dominican Republic
*Jazmyne Hefflefinger	Delaware State	Sr.	Harrisburg, Pa.
*Staci Hilliard	Bethune-Cookman	Jr.	Port Huron, Mich.

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