



Mid-Eastern Athletic Conference  
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## 2013-14 MEAC Bowling Weekly Release

Weekly Release - 5  
 November 26, 2013

Contact: Brian Howard, Asst. Director of Media Relations  
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### 2013-14 MEAC Bowling Standings

|                        | MEAC |    |      | Overall |    |      | Baker |    |       |
|------------------------|------|----|------|---------|----|------|-------|----|-------|
| Northern Division      | W    | L  | Pct. | W       | L  | Pct. | W     | L  | Pct.  |
| Maryland Eastern Shore | 9    | 1  | .900 | 30      | 5  | .857 | 19    | 0  | 1.000 |
| Delaware State         | 7    | 3  | .700 | 18      | 15 | .545 | 8     | 10 | .444  |
| Morgan State           | 7    | 3  | .700 | 9       | 11 | .450 | 5     | 5  | .500  |
| Coppin State           | 5    | 5  | .375 | 9       | 14 | .333 | 1     | 5  | .167  |
| Howard                 | 2    | 8  | .200 | 3       | 17 | .150 | 1     | 9  | .100  |
| Hampton                | 0    | 10 | .000 | 1       | 29 | .033 | 0     | 15 | .000  |
| Southern Division      | W    | L  | Pct. | W       | L  | Pct. | W     | L  | Pct.  |
| North Carolina A&T     | 5    | 3  | .625 | 22      | 8  | .733 | 4     | 1  | .800  |
| Florida A&M            | 5    | 3  | .625 | 14      | 15 | .483 | 7     | 11 | .388  |
| Norfolk State          | 5    | 3  | .625 | 17      | 20 | .459 | 10    | 13 | .434  |
| Bethune-Cookman        | 4    | 4  | .500 | 14      | 12 | .538 | 9     | 10 | .473  |
| North Carolina Central | 1    | 7  | .000 | 7       | 13 | .350 | 4     | 8  | .333  |

### Upcoming Matches

#### December 7-8

Coppin State at MEAC Northern Divisional Meet #2 ..... 9 a.m.  
 Delaware State at MEAC Northern Divisional Meet #2 ..... 9 a.m.  
 Hampton at MEAC Northern Divisional Meet #2 ..... 9 a.m.  
 Howard at MEAC Northern Divisional Meet #2 ..... 9 a.m.  
 Maryland Eastern Shore at MEAC Northern Divisional Meet #2 ..... 9 a.m.  
 Morgan State at MEAC Northern Divisional Meet #2 ..... 9 a.m.  
 Bethune-Cookman at MEAC Southern Divisional Meet #2 ..... 9 a.m.  
 Florida A&M at MEAC Southern Divisional Meet #2 ..... 9 a.m.  
 North Carolina A&T at MEAC Southern Divisional Meet #2 ..... 9 a.m.  
 Norfolk State at MEAC Southern Divisional Meet #2 ..... 9 a.m.  
 North Carolina Central at MEAC Southern Divisional Meet #2 ..... 9 a.m.

### Latest Results

#### November 22-24

North Carolina A&T at Virginia Union Invitational ..... 7th place  
 North Carolina Central at Virginia Union Invitational ..... 5th place

Bethune-Cookman ♦ Coppin State ♦ Delaware State ♦ Florida A&M ♦ Hampton ♦ Howard  
 Maryland Eastern Shore ♦ Morgan State ♦ Norfolk State ♦ North Carolina A&T State  
 North Carolina Central

# MEAC MEDIA INFORMATION

## MEAC Bowling Contacts

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## Media Services

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### MEAC Divisional Lineups

The MEAC competes in divisional play in bowling. Listed below is the conference breakdown. Divisional winners will be announced at the conclusion of the regular season.

#### Northern Division

Coppin State  
 Delaware State  
 Hampton  
 Howard  
 Maryland Eastern Shore  
 Morgan State

#### Southern Division

Bethune-Cookman  
 Florida A&M  
 Norfolk State  
 North Carolina A&T  
 North Carolina Central

### MEAC Weekly Honors

The MEAC will select a bowler of the week during the regular season. ***The first weekly honors will begin on Tuesday, October 23, 2012 and will conclude Tuesday, March 12, 2013***

### The Internet: [www.MEACSports.com](http://www.MEACSports.com)

The MEAC's official website can easily be accessed by logging on to [www.MEACSports.com](http://www.MEACSports.com). Information on MEAC volleyball and all other MEAC sponsored sports is available on the site, including up-to-date statistics, weekly releases, and MEAC team information.

### MEAC Websites

Press releases, game notes and features articles from all MEAC institutions are available via the websites listed below:

**Bethune-Cookman**  
[www.bcuathletics.com](http://www.bcuathletics.com)

**Coppin State**  
[www.coppinstatesports.com](http://www.coppinstatesports.com)

**Delaware State**  
[www.dsuhornets.com](http://www.dsuhornets.com)

**Florida A&M**  
[www.famuathletics.com](http://www.famuathletics.com)

**Hampton**  
[www.hamptonpirates.com](http://www.hamptonpirates.com)

**Howard**  
[www.howard-bison.com](http://www.howard-bison.com)

**Maryland Eastern Shore**  
[www.umeshawks.com](http://www.umeshawks.com)

**Morgan State**  
[www.morganstatebears.com](http://www.morganstatebears.com)

**Norfolk State**  
[www.nsuspartans.com](http://www.nsuspartans.com)

**North Carolina A&T State**  
[www.ncataggies.com](http://www.ncataggies.com)

**North Carolina Central**  
[www.nccueaglepride.com](http://www.nccueaglepride.com)

**Savannah State**  
[www.ssuathletics.com](http://www.ssuathletics.com)

**South Carolina State**  
[www.scsuathletics.com](http://www.scsuathletics.com)



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MEACSports

# MEAC HONORS

## 2013-14 MEAC

### Predicted Order of Finish

*As voted on by the Conference's Head Coaches and  
Sports Information Directors  
(First Place Votes In Parenthesis)*

#### MEAC Northern Division

|                                |          |
|--------------------------------|----------|
| 1. Maryland Eastern Shore (14) | 209 Pts. |
| 2. Delaware State (3)          | 177 Pts. |
| 3. Hampton                     | 136 Pts. |
| 4. Howard                      | 132 Pts. |
| 5. Morgan State (2)            | 130 Pts. |
| 6. Coppin State                | 101 Pts. |

#### MEAC Southern Division

|                           |          |
|---------------------------|----------|
| 1. Norfolk State (15)     | 209 Pts. |
| 2. North Carolina A&T     | 159 Pts. |
| 3. Bethune-Cookman (1)    | 154 Pts. |
| 4. Florida A&M (3)        | 150 Pts. |
| 5. North Carolina Central | 126 Pts. |

## MEAC Bowler of the Week

**Kristin Shinn, North Carolina A&T**

Fr., West Columbia, S.C.

Shinn the Lady Aggies and finished tied for first at the Virginia Union University Invitational with a 205.8 pinfall average. Shinn posted her best games of the season when she rolled a 243 in a win against Bowie State. She also averaged a 223 pinfall in a victory over Winston-Salem State and a 202 against Saint Augustine's. The Lady Aggies went 9-0 in the first two days of the invitational before finishing seventh in bracket play.

## 2013-14 MEAC Weekly Accolades

### Player of the Week

| Date | Player           | School             | Cl. |
|------|------------------|--------------------|-----|
| O22  | Briana Bush      | Delaware State     | Jr. |
| O29  | Emily Strombeck  | North Carolina A&T | So. |
| N5   | Sara Pelayo      | Maryland E. Shore  | Fr. |
| N12  | Mariana Alvarado | Maryland E. Shore  | Jr. |
| N19  | Megan Buja       | Maryland E. Shore  | Sr. |
| N26  | Kristin Shinn    | North Carolina A&T | Fr. |

## MEAC All-Time Tournament Champions

|         |                        |
|---------|------------------------|
| 2012-13 | Maryland Eastern Shore |
| 2011-12 | Norfolk State          |
| 2010-11 | Maryland Eastern Shore |
| 2009-10 | Delaware State         |
| 2008-09 | Delaware State         |
| 2007-08 | Maryland Eastern Shore |
| 2006-07 | Maryland Eastern Shore |
| 2005-06 | Maryland Eastern Shore |
| 2004-05 | Bethune-Cookman        |
| 2003-04 | North Carolina A&T     |
| 2002-03 | North Carolina A&T     |
| 2001-02 | North Carolina A&T     |
| 2000-01 | Maryland Eastern Shore |
| 1999-00 | North Carolina A&T     |

## 2013-14 All-MEAC Preseason Honors

**Bowler of the Year:** Thea Aspiras, Norfolk State

| Name             | School                 | Cl. |
|------------------|------------------------|-----|
| Mariana Alvarado | Maryland Eastern Shore | Jr. |
| Thea Aspiras     | Norfolk State          | Sr. |
| Megan Buja       | Maryland Eastern Shore | Sr. |
| Carrie Hopkinson | Florida A&M            | So. |
| Emily Strombeck  | North Carolina A&T     | So. |

## 2012-13 All-MEAC Honors

**Coach of the Year:** Wilhelmenia Harrison, Norfolk State

**Player of the Year:** Anggie Ramirez, Maryland E. Shore

**Rookie of the Year:** Emily Strombeck, North Carolina A&T

### First Team:

| Name              | School                 | Cl. |
|-------------------|------------------------|-----|
| Anggie Ramirez    | Maryland Eastern Shore | Sr. |
| T'nia Falbo       | Maryland Eastern Shore | Sr. |
| Staci Hillard     | Bethune-Cookman        | Sr. |
| Thea Aspiras      | Norfolk State          | Jr. |
| Atoya Leatherbury | Morgan State           | Jr. |

### Second Team:

| Name             | School                 | Cl. |
|------------------|------------------------|-----|
| Megan Buja       | Maryland E. Shore      | Jr. |
| Laverne Jones    | North Carolina Central | Sr. |
| Nicole Bower     | Delaware State         | Sr. |
| Mariana Alvarado | Maryland Eastern Shore | So. |
| Emily Strombeck  | North Carolina A&T     | Fr. |

## 2013 MEAC All-Tournament Team

**Outstanding Performer:** Anggie Ramirez, Maryland E. Shore  
**Outstanding Coach:** Kristina Frahm, Maryland E. Shore

| Name            | School                 | Cl. |
|-----------------|------------------------|-----|
| T'nia Falbo     | Maryland Eastern Shore | Sr. |
| Anggie Ramirez  | Maryland Eastern Shore | Sr. |
| Emily Strombeck | North Carolina A&T     | Fr. |
| Katherine Jones | Florida A&M            | Jr. |
| Rebecca Glazier | Hampton                | Sr. |



## MEAC Team-By-Team Schedules/Results

### Bethune-Cookman Lady Wildcats (14-12, 4-4 MEAC)

| Date .....            | Event .....                             | Time/Result   |
|-----------------------|-----------------------------------------|---------------|
| Oct. 18-20 .....      | at Tulane Invitational .....            | 6th place     |
| Nov. 1-3 .....        | at FDU NJ Jamboree .....                | 15th place    |
| Nov. 9-10 .....       | at MEAC Southern Division #1* .....     | 4th place     |
| <b>Dec. 7-8 .....</b> | <b>MEAC Southern Division #2* .....</b> | <b>9 a.m.</b> |
| Jan. 24-26 .....      | at Kutztown Invitational .....          | 9 a.m.        |
| Jan. 31-2 .....       | at Prairie View Invitational .....      | 9 a.m.        |
| <b>Feb. 7-9 .....</b> | <b>Wildcat Invitational .....</b>       | <b>9 a.m.</b> |
| March 1-2 .....       | at MEAC Southern Division #3* .....     | 9 a.m.        |
| March 7-9 .....       | at Music Classic .....                  | 9 a.m.        |
| March 21-23 ..        | at MEAC Championship .....              | 9 a.m.        |

Home meets in **Bold**  
\*MEAC Match



### Coppin State Lady Eagles (9-14, 5-5 MEAC)

| Date .....        | Event .....                         | Time/Result    |
|-------------------|-------------------------------------|----------------|
| Oct. 19-20 .....  | at Kutztown Fall Classic .....      | No Team Result |
| Nov. 9-10 .....   | at MEAC Northern Division #1* ..... | 4th place      |
| Dec. 7-8 .....    | at MEAC Northern Division #2* ..... | TBA            |
| Jan. 17-19 .....  | at Lady Bulldog Classic .....       | TBA            |
| Jan. 24-26 .....  | at Golden Bear Invitational .....   | TBA            |
| Feb. 14-16 .....  | at James Brown Invitational .....   | TBA            |
| March 1-2 .....   | at MEAC Northern Division #3* ..... | TBA            |
| March 21-23 ..... | at MEAC Championship .....          | 9 a.m.         |

Home meets in **Bold**  
\*MEAC Match



### Delaware State Lady Hornets (18-15, 7-3 MEAC)

| Date .....            | Event .....                         | Time/Result |
|-----------------------|-------------------------------------|-------------|
| Oct. 19-20 .....      | at Kutztown Fall Classic .....      | 3rd place   |
| Nov. 1-3 .....        | at FDU NJ Jamboree .....            | 16th place  |
| Nov. 9-10 .....       | MEAC Northern Division #1* .....    | T2nd place  |
| Nov. 15-17 .....      | at UMES Hawk Classic .....          | 6th place   |
| Dec. 7-8 .....        | at MEAC Northern Division #2* ..... | TBA         |
| Jan. 17-19 .....      | at Lady Bulldog Classic .....       | TBA         |
| Jan. 24-26 .....      | at Kutztown Invitational .....      | TBA         |
| Jan. 31-2 .....       | at Red Flash Invitational .....     | TBA         |
| <b>Feb. 7-9 .....</b> | <b>DSU Capital Classic .....</b>    | <b>TBA</b>  |
| Feb. 14-16 .....      | at James Brown Invitational .....   | TBA         |
| Feb. 22-23 .....      | at MEAC Northern Division #3* ..... | TBA         |
| March 7-9 .....       | at Music City Classic .....         | TBA         |
| March 21-23 ..        | at MEAC Championship .....          | 9 a.m.      |

Home meets in **Bold**  
\*MEAC Match



### Florida A&M Lady Rattlers (14-15, 5-3 MEAC)

| Date .....              | Event .....                         | Time/Result   |
|-------------------------|-------------------------------------|---------------|
| Oct. 18-20 .....        | at Tulane Invitational .....        | No Team Score |
| Nov. 9-10 .....         | at MEAC Southern Division #1* ..... | T1st place    |
| Nov. 15-17 .....        | at Hornet Invitational .....        | No Team Score |
| Dec. 7-8 .....          | at MEAC Southern Division #2* ..... | 9 a.m.        |
| Jan. 11-12 .....        | at Seminole Invitational .....      | 9 a.m.        |
| Jan. 17-19 .....        | at Mid-Winter Invitational .....    | 9 a.m.        |
| Feb. 7-9 .....          | at Wildcat Invitational .....       | 9 a.m.        |
| <b>Feb. 21-23 .....</b> | <b>Rattler Invitational .....</b>   | <b>9 a.m.</b> |
| March 1-2 .....         | at MEAC Southern Division #3* ..... | 9 a.m.        |
| March 7-9 .....         | at Music City Classic .....         | 9 a.m.        |
| March 21-23 ..          | at MEAC Championship .....          | 9 a.m.        |

Home meets in **Bold**  
\*MEAC Match



## **MEAC Team-By-Team Schedules/Results**

### **Hampton Lady Pirates (1-29, 0-10 MEAC)**

| Date        | Event                                            | Time/Result    |
|-------------|--------------------------------------------------|----------------|
| Oct. 19-20  | ..... at Kutztown Fall Baker Invitational .....  | No Team Result |
| Oct. 26-27  | ..... at Hampton Roads Invitational .....        | 10th place     |
| Nov. 9-10   | ..... at MEAC Northern Division #1 .....         | T5th place     |
| Dec. 7-8    | ..... MEAC Northern Division #2 .....            | 9 a.m.         |
| Jan. 18-19  | ..... at SFNY Terriers New Year Knock Down ..... | TBA            |
| Feb. 7-9    | ..... at Capital Classic .....                   | TBA            |
| March 1-2   | ..... at MEAC Northern Division #3 .....         | 9 a.m.         |
| March 21-23 | ... at MEAC Championship .....                   | TBA            |

Home meets in **Bold**  
\*MEAC Match



### **Howard Lady Bison (3-17, 2-8 MEAC)**

| Date        | Event                                           | Time/Result    |
|-------------|-------------------------------------------------|----------------|
| Oct. 19-20  | ..... at Kutztown Fall Baker Invitational ..... | No Team Result |
| Nov. 9-10   | ..... at MEAC Northern Division #1 .....        | T5th place     |
| Nov. 15-17  | ..... at UMES Hawk Classic .....                | 14th place     |
| Dec. 7-8    | ..... at MEAC Northern Division #2 .....        | 9 a.m.         |
| Jan. 17-19  | ..... at Lady Bulldog Classic .....             | TBA            |
| Jan. 24-26  | ..... at Kutztown Invitational .....            | TBA            |
| Feb. 7-9    | ..... at Capital Classic .....                  | TBA            |
| Feb. 14-16  | ..... at Morgan State Invitational .....        | TBA            |
| March 1-2   | ..... at MEAC Northern Division #3 .....        | TBA            |
| March 21-23 | ... at MEAC Championship .....                  | TBA            |

Home meets in **Bold**  
\*MEAC Match



### **Maryland Eastern Shore Lady Hawks (30-5, 9-1 MEAC)**

| Date              | Event                                     | Time/Result      |
|-------------------|-------------------------------------------|------------------|
| Nov. 1-3          | ..... at FDU Invitational .....           | 9th place        |
| Nov. 9-10         | ..... at MEAC Northern Division #1* ..... | 1st place        |
| <b>Nov. 15-17</b> | <b>..... UMES Hawk Classic .....</b>      | <b>1st place</b> |
| Dec. 7-8          | ..... at MEAC Northern Division #2* ..... | Noon             |
| Jan. 24-26        | ..... at Kutztown Invitational .....      | 8 a.m.           |
| Jan. 31-2         | ..... at Prairie View Invitational .....  | 10 a.m.          |
| Feb. 14-16        | ..... at Kat Klash .....                  | 9 a.m.           |
| March 1-2         | ..... at MEAC Northern Division #3* ..... | 1 p.m.           |
| March 7-9         | ..... at Music City Classic .....         | 9 a.m.           |
| March 21-23       | ... at MEAC Championship .....            | 9 a.m.           |

Home meets in **Bold**  
\*MEAC Match



### **Morgan State Lady Bears (9-11, 7-3 MEAC)**

| Date              | Event                                       | Time/Result   |
|-------------------|---------------------------------------------|---------------|
| Oct. 26-27        | ..... at Hampton Roads Invitational .....   | 8th place     |
| Nov. 9-10         | ..... at MEAC Northern Division #1* .....   | T2nd place    |
| Dec. 7-8          | ..... at MEAC Northern Division #2* .....   | Noon          |
| Jan. 24-26        | ..... at Kutztown Invitational .....        | 9 a.m.        |
| Feb. 7-9          | ..... at Wildcat Invitational .....         | TBA           |
| <b>Feb. 14-16</b> | <b>..... James Brown Invitational .....</b> | <b>9 a.m.</b> |
| March 1-2         | ..... at MEAC Northern Division #3* .....   | Noon          |
| March 21-23       | ... at MEAC Championship .....              | 9 a.m.        |

Home meets in **Bold**  
\*MEAC Match



# MEAC Team-By-Team Schedules/Results

## Norfolk State Spartans (17-20, 5-3 MEAC)

| Date              | Event                                  | Time/Result      |
|-------------------|----------------------------------------|------------------|
| Oct. 19           | at Kutztown Fall Baker Invitational    | No Team Result   |
| <b>Oct. 26-27</b> | <b>Hampton Roads Invitational</b>      | <b>7th place</b> |
| Nov. 9-10         | at MEAC South Division #1*             | T1st place       |
| Nov. 15-17        | at UMES Hawk Classic                   | 10th place       |
| Dec. 7-8          | at MEAC South Division #2*             | 9 a.m.           |
| Jan. 17-19        | at Lady Bulldog Classic                | TBA              |
| Jan. 24-26        | at Kutztown Invitational               | 9 a.m.           |
| Jan. 31-2         | at Prairie View A&M Invitational       | 8 a.m.           |
| Feb. 14-16        | at James Brown Invitational            | 9 a.m.           |
| March 1-2         | at MEAC South Division #3              | 8 a.m.           |
| March 8-9         | at USBC Intercollegiate Team Sectional | 8 a.m.           |
| March 21-23       | at MEAC Championship                   | 9 a.m.           |

Home meets in **Bold**  
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## North Carolina A&T Lady Aggies (22-8, 5-3 MEAC)

| Date              | Event                             | Time/Result       |
|-------------------|-----------------------------------|-------------------|
| Oct. 26-27        | at Hampton Roads Invitational     | 1st place         |
| <b>Nov. 9-10</b>  | <b>MEAC Southern Division #1*</b> | <b>T1st place</b> |
| Nov. 22-24        | at Virginia Union Invitational    | 7th place         |
| Dec. 7-8          | at MEAC Southern Division #2*     | TBA               |
| Jan. 24-26        | at Kutztown Invitational          | TBA               |
| Feb. 7-9          | at Wildcat Invitational           | TBA               |
| <b>Feb. 21-23</b> | <b>Aggie Master's Challenge</b>   | <b>TBA</b>        |
| March 1-2         | at MEAC Southern Division #3*     | TBA               |
| March 7-9         | at Music City Classic             | TBA               |
| March 21-23       | at MEAC Championship              | 9 a.m.            |

Home meets in **Bold**  
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## North Carolina Central Lady Eagles (7-13, 1-7 MEAC)

| Date             | Event                                  | Time/Result   |
|------------------|----------------------------------------|---------------|
| Nov. 9-10        | at MEAC Southern Division #1           | 5th place     |
| Nov. 22-24       | at Virginia Union Invitational         | 5th place     |
| Dec. 7-8         | at MEAC Southern Division #2           | 9 a.m.        |
| Jan. 17-19       | at Frederick E. Underwood Invitational | 9 a.m.        |
| Jan. 24-26       | at Kutztown Invitational               | 9 a.m.        |
| Feb. 21-23       | at Aggie Invitational                  | 9 a.m.        |
| <b>March 1-2</b> | <b>MEAC Southern Division #3</b>       | <b>9 a.m.</b> |
| March 21-23      | at MEAC Championships                  | 9 a.m.        |

Home meets in **Bold**  
\*MEAC Match



## 2013-14 NTCA Preseason Poll As of October 2, 2013

| Place      | School (1st Place Votes)      | Points     |
|------------|-------------------------------|------------|
| 1.         | Nebraska                      | 744        |
| 2.         | Vanderbilt                    | 671        |
| 3.         | Central Missouri              | 616        |
| 4.         | Arkansas State                | 597        |
| <b>5.</b>  | <b>Maryland Eastern Shore</b> | <b>594</b> |
| 6.         | Sam Houston State             | 478        |
| 7.         | Fairleigh Dickinson           | 458        |
| 8.         | University of Wisconsin       | 430        |
| 9.         | Stephen F. Austin             | 362        |
| 10.        | St. Francis (PA)              | 245        |
| 11.        | Adelphi University            | 244        |
| 12.        | Kutztown University           | 233        |
| 13.        | Sacred Heart                  | 220        |
| 14.        | Valparaiso                    | 161        |
| <b>15.</b> | <b>Norfolk State</b>          | <b>147</b> |
| 16.        | LIU Brooklyn                  | 111        |
| 17.        | Saint Francis (NY)            | 48         |
| 18.        | New Jersey City University    | 45         |
| 19.        | Prairie View A&M              | 43         |
| <b>20.</b> | <b>Bethune Cookman</b>        | <b>39</b>  |

