



## GULF SOUTH CONFERENCE

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### GSC 2008-09 ALL-GSC TEAMS ANNOUNCED

**Birmingham, AL—West Georgia, Delta State and Arkansas Tech** were the big winners when the 2008-09 All-GSC and other post-season awards were announced today by the Gulf South Conference.

**UWG's Craig Roden** won Coach of the Year honors in the East. **West Georgia's Dominic Cranford** was named Player of the Year for the second consecutive season and **North Alabama's Dana Jackson** earned Freshman of the Year.

In the West, **Arkansas Tech's Amanda Grappe** took the Player of the Year award. **Delta State's Sandra Rushing** earned her fourth straight Coach of the Year award and her rookie forward **Veronica Walker** was the Freshman of the Year winner.

#### WEST DIVISION HONORS

##### ATU'S GRAPPE WINS PLAYER OF THE YEAR

**Arkansas Tech forward Amanda Grappe** capped a stellar career by earning the West Division *Player of the Year Award* in her senior season. Grappe had another fabulous season in the post, improving on several categories from a year ago. The senior was second in the GSC in scoring, putting in 19 per contest. She was also third in the league in rebounding, snatching down eight rebounds a game. Grappe is also in the top five in steals (2.38 pg) and field goal percentage (54.2).

##### DSU'S WALKER EARNS WEST FRESHMAN OF THE YEAR

**Delta State forward Veronica Walker** was named the West Division *Freshman of the Year*. Walker played a big role on a Delta State team that is gunning for its fourth straight GSC Championship. Walker poured in 11 points a game while leading the GSC in field goal percentage (69.4). The Indianola, Miss., native also added 1.4 blocks per game, a top four mark in the conference.

##### DSU'S RUSHING EARNS COACH OF THE YEAR

Seventh-year Delta State head coach **Sandra Rushing** now has been named Coach of the Year in more than half of her seasons on campus in Cleveland, Miss. The DSU coach earned her fourth straight *GSC Coach of the Year Award*. Rushing has the Lady Statesmen on top the West Division once again, with an 11-1 conference mark and a 22-6 tally over. DSU also sits atop the South Region standings after advancing all the way to the NCAA Final Four in 2008.

#### EAST DIVISION HONORS

##### UWG'S CRANFORD REPEATS AS EAST DIVISION PLAYER OF THE YEAR

**West Georgia guard Dominic Cranford** earned the *Player of the Year Award* for the second straight season. Cranford is at the helm of a Wolves squad that won their second consecutive East Division title. The senior guard was named GSC East Division Player of the Week four times this year, and leads the conference in scoring at 19.1 points per game. Cranford scored at least 20 points in 11 of her games, while shooting just a hair under 50 percent from the floor for the year.

##### UNA'S JACKSON EARNS EAST FRESHMAN OF THE YEAR

**North Alabama guard Dana Jackson** was named the East Division *Freshman of the Year*. Jackson wasted no time showing the conference her outstanding shooting ability, scoring 12 points per game in her rookie campaign. Jackson found her comfort zone behind the three point line, hitting 45 percent (64-for-142) from deep, the fourth highest mark in the GSC. Her 64 treys made were also a top five mark in the league.

### UWG'S RODEN NAMED COACH OF THE YEAR

Another year, another award for **West Georgia head coach Craig Roden**, as he was named East Division Coach of the Year. Roden's team captured their second East Division championship, are the top seed in the East going into this year's tournament. West Georgia is 21-5 on the year, and is currently fourth in the South Regional poll.

### 2009 ALL-GSC WOMEN'S BASKETBALL FIRST TEAM

EAST DIVISION				
Pos	Player	School	Year	Hometown
G	Ashley Boykin	UAH	Sr.	Haleyville, Ala.
G	Alicia Lewis	UM	Jr.	Youngsville, La.
F	Amber Rutherford	UNA	Sr.	Hatton, Ala.
G	Dominic Cranford	UWG	Sr.	Jackson, Miss.
F	Ashley Huff	UWG	Sr.	New Market, Tenn.

**East Division Freshman of the Year**—Dana Jackson, North Alabama  
**East Division Player of the Year**—Dominic Cranford, West Georgia  
**Coach of the Year**—Craig Roden, West Georgia

WEST DIVISION				
Pos	Player	School	Year	Hometown
G	Andrea Dubose	UAM	Sr.	Newton, Miss.
F	Monica Perkins-Miller	UAM	Jr.	Houston, Texas
F	Amanda Grappe	ATU	Sr.	Benton, Ark.
G	Sarita Cooper	DSU	So.	Indianola, Miss.
F	Stacey Owens	HU	Jr.	Russellville, Ark.

**West Division Freshman of the Year**—Veronica Walker, Delta State  
**West Division Player of the Year**—Amanda Grappe, Arkansas Tech  
**Coach of the Year**—Sandra Rushing, Delta State

### 2009 ALL-GSC WOMEN'S BASKETBALL SECOND TEAM

EAST DIVISION				
Pos	Player	School	Year	Hometown
G	Jameica York	UNA	Jr.	Mobile, Ala.
F	Brittany Hudson	VSU	Sr.	Tallahassee, Fla.
G	Leschelle Matthews	VSU	Jr.	Columbus, Ga.
F	Valerie Harris	UWA	Sr.	Lake, Miss.
G	Amy Drake	UWF	Jr.	Niceville, Fla.
G	Tia Jackson	UWG	Sr.	New Market, Ala.

WEST DIVISION				
Pos	Player	School	Year	Hometown
G	Moe Bell	DSU	So.	Madison, Miss.
F	Lamaesha McAdory	DSU	Sr.	Coldwater, Miss.
F	Veronica Walker	DSU	Fr.	Indianola, Miss.
F	Ashley Anderson	HU	Sr.	Cabot, Ark.
G	Goldie White	SAU	Jr.	Hampton, Ark.

Head Coaches voted for All-Conference honors. Ties were not broken.