



# SSC WEEKLY RELEASE

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FOR IMMEDIATE RELEASE

Monday, December 7, 2009

## SUNSHINE STATE CONFERENCE PLAYERS OF THE WEEK

### WOMEN'S BASKETBALL



**PLAYER OF THE WEEK** -- Tampa senior forward **Tiara Cook** (Holiday, Fla.) led the No. 16 Spartans to a pair of wins, including a victory in their SSC opener. Cook averaged 20.0 points, 8.5 rebounds, 5.0 steals, 1.0 assist, and 1.0 block per game. In a 72-39 win over Florida Memorial, she tallied 21 points, eight rebounds, five steals, one assist, and one block. In a 75-57 conference win at Florida Tech, she notched 19 points, nine rebounds, five steals, one assist, and one block.

Cook got to the free throw line a whopping 18 times in the contest and converted 15 of the opportunities. For the week, she shot 67 percent (10-of-15) from the field and 77 percent (20-of-26) at the line.

### MEN'S BASKETBALL



**PLAYER OF THE WEEK** -- Florida Southern senior forward **John Thompson** (West Cola, S.C.) notched a double-double to lead the No. 4 Moccasins to an 83-77 win at Barry in the teams' SSC opener. He registered 19 points and 12 rebounds, with most of his damage coming on 15 points and nine boards in the second half. Thompson's second-period efforts helped FSC overcome an eight-point deficit, and his block on Barry's final possession of the contest helped seal the win. In the contest, he shot 7-of-16 (44 percent) from the field and 5-of-6 (83 percent) at the free throw line.

### SSC NOTES OF INTEREST

- Lynn head men's basketball coach **Scott McMillin** picked up his 150th career win with the Fighting Knights' 73-52 win over Florida Memorial last Wednesday. McMillin is currently in his seventh season at the helm in Boca Raton.
- Lynn junior forward/center **Michel Vidal** tied the school's single-game record with 19 rebounds in Saturday's 61-50 loss to Rollins. Vidal's performance on the boards tied a program mark that has stood since the 1993-94 season.
- Nova Southeastern sophomore forward **Stevie Kamp** pulled down 13 rebounds, including 11 offensive boards, in Saturday's 69-66 overtime loss to Saint Leo. Kamp's 11 offensive rebounds set a new school single-game record, eclipsing the previous mark of nine offensive rebounds, which was set by Jessica Pate on two separate occasions.
- Lynn's 69-67 overtime victory over Rollins in Saturday's SSC women's basketball opener marked the Fighting Knights' first win over the Tars since January 15, 2005. Lynn has defeated Rollins only three times in 26 meetings since 1994.

## TAMPA FALLS IN VOLLEYBALL QUARTERFINALS



Despite gaining an early lead, the sixth-ranked University of Tampa Spartans fell in four sets to No. 2 Cal State University San Bernardino in the NCAA Division II Quarterfinals. Tampa lost by scores of 25-21, 20-25, 22-25, 20-25 and was held to a season-low .222 hitting percentage. The Spartans conclude their season at 31-3.

CSUSB scored the match's first point raced to a 13-9 lead when Tampa found a groove and rode a 7-1 run to take the advantage, 16-4. The Coyotes battled back to tie things up at 17, when Tampa went on a 6-0 run aided by two **Kaleigh Cunningham** aces. From there, the Spartans would manage two more points to take the opening set 25-21. **Meghan Sherman**'s 13 assists aided the Tampa offense to a .455 hitting percentage for the game.

The Spartans would find themselves down again to start the second game as San Bernardino led 6-4. However Tampa took the next eight of 10 points to build a 14-8 lead, and forced the Coyotes to burn both their timeouts. After a few adjustments, San Bernardino rallied with a 10-3 run to regain the lead 18-17. The Coyotes held the momentum for the rest of the set and went on to tie the match at one with a 25-20 win.

Tampa struggled in the third set as it could not find a way to get around San Bernardino's blockers, committing an uncharacteristic six attack errors to fall behind 14-8. The Spartans regrouped and managed to close the gap at 18-17, and eventually tied it at 22. From there though it would be all Coyotes, picking up a block and a kill to close out the game 25-22.

The fourth game saw the score tied at 11 when the Coyotes slowly began to pull away and built the largest lead of the match for any team at 21-13. Although Tampa put a 6-1 run together, the hole was too much to overcome for the Spartans as CSUSB closed the match out with a 25-20 win.

Although UT led the nation in hitting percentage, it was held to a season-low .222 as CSUSB blocked Tampa 10 times, the most the Spartans have allowed all year. The Coyotes extend their dominance over Tampa, extending the all-time series record to 5-0.

Two-time South Region Player of the Year **Melissa Vanderhall** slammed a match-best 18 kills for 21 of Tampa's points. Cunningham finished the match with 14 kills and **Eva Dupay** chipped in with 10 on .333 hitting. Meghan Sherman surpassed the 2,000 career assist mark in the first set, and finished with 42.

**Julie Howlett** anchored the Tampa defense with 20 digs, reaching that plateau for the fourth time this season. **Molly Krull** came off the bench to scoop up 10 balls and recorded two service aces.

### 2009 Sunshine State Conference Volleyball Update (through December 6, 2009)

#### SSC VOLLEYBALL STANDINGS

	SSC Matches			Overall		
	W	L	PCT	W	L	PCT
Tampa	15	1	.938	31	3	.912
Saint Leo	15	1	.938	30	4	.882
Nova Southeastern	10	6	.625	19	11	.633
Eckerd	9	7	.563	20	12	.625
Lynn	7	9	.438	20	12	.625
Barry	6	10	.375	15	12	.556
Florida Southern	5	11	.313	14	18	.438
Florida Tech	3	13	.188	12	15	.444
Rollins	2	14	.125	15	20	.429

#### UPCOMING SCHEDULE

##### THURSDAY, DECEMBER 3 - NCAA QUARTERFINALS

Hosted by Concordia, St. Paul

Cal St. San Bernardino 3, Tampa 1 (21-25, 25-20, 25-22, 25-20)

#### NCAA SOUTH REGION CHAMPIONSHIP

Hosted by the University of Tampa

##### THURSDAY, NOVEMBER 19

No. 3 West Fla 3, No. 6 Lynn 2 (25-20, 25-17, 20-25, 23-25, 15-10)  
 No. 2 Saint Leo 3, No. 7 North Alabama 0 (25-20, 25-18, 25-19)  
 No. 4 Eckerd 3, No. 5 Nova SE 1 (22-25, 25-21, 35-33, 25-20)  
 No. 1 Tampa 3, No. 8 Albany State 0 (25-20, 25-10, 25-13)

##### FRIDAY, NOVEMBER 20

No. 2 SLU 3, No. 3 West Fla 2 (28-30, 25-18, 22-25, 25-21, 15-9)  
 No. 1 Tampa 3, No. 4 Eckerd 0 (25-14, 25-20, 25-11)

##### SATURDAY, NOVEMBER 21

No. 1 Tampa 3, No. 2 Saint Leo 0 (25-23, 25-20, 25-19)

#### SSC TEAMS IN RANKINGS

AVCA Coaches Poll (11/9):

7. Tampa, 12. Saint Leo

## 2009 Sunshine State Conference Men's Basketball Update (through December 6, 2009)

### SSC MEN'S BASKETBALL STANDINGS

	SSC Games			Overall		
	W	L	PCT	W	L	PCT
Florida Southern	1	0	1.000	6	0	1.000
Rollins	1	0	1.000	6	0	1.000
Tampa	1	0	1.000	4	1	.800
Eckerd	0	0	.000	5	1	.833
Saint Leo	0	0	.000	5	4	.556
Nova Southeastern	0	0	.000	2	3	.400
Barry	0	1	.000	5	1	.833
Florida Tech	0	1	.000	5	1	.833
Lynn	0	1	.000	2	4	.333

### LAST WEEK'S RESULTS

#### TUESDAY, DECEMBER 1

Saint Leo 98, Trinity (Fla.) 52  
Barry 75, Palm Beach Atlantic 63

#### WEDNESDAY, DECEMBER 2

Lynn 73, Florida Memorial 52  
Rollins 79, Warner 49

#### THURSDAY, DECEMBER 3

Nova Southeastern 80, Christian Brothers 75

#### FRIDAY, DECEMBER 4

Valdosta St. 80, Saint Leo 55  
Montevallo 63, Eckerd 56

#### SATURDAY, DECEMBER 5

ROLLINS 61, LYNN 50  
Eckerd 77, West Alabama 75  
TAMPA 77, FLORIDA TECH 70  
FLORIDA SOUTHERN 83, BARRY 77  
Saint Leo 84, West Florida 75

### UPCOMING SCHEDULE

#### WEDNESDAY, DECEMBER 9

Tampa at Benedict  
Barry at Florida Memorial

#### THURSDAY, DECEMBER 10

Ave Maria at Florida Southern  
Palm Beach Atlantic at Lynn

#### SATURDAY, DECEMBER 12

Carver Bible at Florida Tech  
Tampa at Valdosta St.  
Barry at St. Thomas (Fla.)  
Webber International at Rollins  
Saint Leo at American International  
Florida Southern at Palm Beach Atlantic  
Florida Memorial at Lynn

#### SUNDAY, DECEMBER 13

Saint Leo at Southern New Hampshire  
Northwood (Fla.) at Nova Southeastern

### SSC TEAMS IN RANKINGS

#### NABC Men's Basketball Poll (12/1):

4. Florida Southern, 13. Rollins

## Men's Basketball Weekly Honor Roll

### PLAYER OF THE WEEK

	GP	FG-FGA (PCT)	3FG-FGA (PCT)	FT-FTA (PCT)	REBS. (O-D-TOT)	AVERAGES				
						PTS	REB	AST	BLK	STL
<b>John Thompson, FSC (Sr, F)</b>	1	7-16 (.438)	---	5-6 (.833)	5-7-12	19.0	12.0	0.0	1.0	0.0

Thompson notched a double-double to lead the No. 4 Moccasins to an 83-77 win at Barry in the teams' SSC opener. He registered 19 points and 12 rebounds, with most of his damage coming on 15 points and nine boards in the second half. Thompson's second-period efforts helped FSC overcome an eight-point deficit, and his block on Barry's final possession of the contest helped seal the win. In the contest, he shot 7-of-16 (44 percent) from the field and 5-of-6 (83 percent) at the free throw line.

### OTHER NOMINEES

	GP	FG-FGA (PCT)	3FG-FGA (PCT)	FT-FTA (PCT)	REBS (O-D-TOT)	AVERAGES				
						PTS	REB	AST	BLK	STL
<b>Ross Allsop, NSU (Jr, C)</b>	1	4-6 (.667)	1-1 (1.000)	8-9 (.889)	4-7-11	17.0	11.0	2.0	1.0	0.0
<b>Myk Brown, RC (So, G)</b>	2	5-12 (.417)	1-4 (.250)	15-15 (1.000)	0-12-12	13.0	6.0	2.0	0.0	1.0
<b>Erick Nsangou, BU (Sr, G)</b>	2	19-35 (.543)	---	17-19 (.895)	4-11-15	27.5	7.5	2.0	0.5	0.5
<b>Jordan Prais, SLU (Sr, F)</b>	3	18-29 (.621)	1-2 (.500)	15-19 (.789)	4-23-27	17.3	9.0	0.7	0.0	2.0
<b>Justin Sedlak, FT (Jr, F)</b>	1	6-15 (.400)	1-5 (.200)	5-8 (.625)	1-5-6	18.0	6.0	0.0	0.0	2.0
<b>Michel Vidal, LU (Jr, F/C)</b>	2	10-17 (.588)	---	8-15 (.533)	16-18-34	14.0	17.0	0.5	3.5	0.5

## 2009 Sunshine State Conference Women's Basketball Update (through December 6, 2009)

### SSC WOMEN'S BASKETBALL STANDINGS

	SSC Games			Overall		
	W	L	PCT	W	L	PCT
Lynn	1	0	1.000	7	0	1.000
Tampa	1	0	1.000	7	0	1.000
Florida Southern	1	0	1.000	6	1	.857
Saint Leo	1	0	1.000	5	1	.833
Eckerd	0	0	.000	3	3	.500
Florida Tech	0	1	.000	5	3	.625
Rollins	0	1	.000	5	3	.625
Nova Southeastern	0	1	.000	4	3	.571
Barry	0	1	.000	2	3	.400

### LAST WEEK'S RESULTS

#### MONDAY, NOVEMBER 30

Lynn 73, Florida Memorial 50

#### TUESDAY, DECEMBER 1

Barry 58, St. Thomas (Fla.) 51

Tampa 72, Florida Memorial 39

Florida Tech 61, Palm Beach Atlantic 52

#### WEDNESDAY, DECEMBER 2

Florida International 65, Barry 43

#### FRIDAY, DECEMBER 4

West Florida 69, Eckerd 62

#### SATURDAY, DECEMBER 5

Eckerd 76, West Alabama 68

TAMPA 75, FLORIDA TECH 57

SAINT LEO 69, NOVA SOUTHEASTERN 66 OT

LYNN 69, ROLLINS 67 OT

FLORIDA SOUTHERN 68, BARRY 60

### UPCOMING SCHEDULE

#### WEDNESDAY, DECEMBER 9

Palm Beach Atlantic at Tampa

#### FRIDAY, DECEMBER 11

Northwood (Fla.) at Barry

#### SATURDAY, DECEMBER 12

Nova Southeastern at Benedict

Florida Southern at Palm Beach Atlantic

Flagler at Eckerd

Tampa at Florida Memorial

#### SUNDAY, DECEMBER 13

Saint Leo at Georgia Southwestern St.

### SSC TEAMS IN RANKINGS

#### USA Today/WBCA Women's Basketball Poll (12/1):

16. Tampa, Rollins & Nova Southeastern received votes

## Women's Basketball Weekly Honor Roll

### PLAYER OF THE WEEK

	GP	FG-FGA	3FG-FGA	FT-FTA	REBS.	AVERAGES				
		(PCT)	(PCT)	(PCT)	(O-D-TOT)	PTS	REB	AST	BLK	STL
<b>Tiara Cook, UT (Sr, F)</b>	2	10-15 (.667)	---	20-26 (.769)	7-10-17	20.0	8.5	1.0	1.0	5.0

Cook led the No. 16 Spartans to a pair of wins, including a victory in their SSC opener. Cook averaged 20.0 points, 8.5 rebounds, 5.0 steals, 1.0 assist, and 1.0 block per game. In a 72-39 win over Florida Memorial, she tallied 21 points, eight rebounds, five steals, one assist, and one block. In a 75-57 conference win at Florida Tech, she notched 19 points, nine rebounds, five steals, one assist, and one block. Cook got to the free throw line a whopping 18 times in the contest and converted 15 of the opportunities. For the week, she shot 67 percent (10-of-15) from the field and 77 percent (20-of-26) at the line.

### OTHER NOMINEES

	GP	FG-FGA	3FG-FGA	FT-FTA	REBS	AVERAGES				
		(PCT)	(PCT)	(PCT)	(O-D-TOT)	PTS	REB	AST	BLK	STL
<b>Quanisha Dixon, LU (Jr, G)</b>	2	10-23 (.435)	0-3 (.000)	5-7 (.714)	1-6-7	12.5	3.5	3.5	0.5	2.5
<b>Mariessa Green, BU (Sr, F)</b>	3	24-34 (.706)	---	11-22 (.500)	11-21-32	19.7	10.7	1.0	1.3	1.3
<b>Chelsea Johnson, FSC (Jr, G)</b>	1	7-9 (.778)	3-4 (.750)	4-4 (1.000)	0-1-1	21.0	1.0	2.0	0.0	2.0
<b>Stevie Kamp, NSU (So, F)</b>	1	6-13 (.462)	---	4-10 (.400)	11-2-13	16.0	13.0	0.0	0.0	2.0
<b>Lynisha Nelson, FT (Jr, G)</b>	2	8-24 (.333)	5-12 (.417)	---	1-3-4	10.5	2.0	2.0	1.0	3.0
<b>Willonda Windham, SLU (Sr, F)</b>	1	6-8 (.750)	---	0-3 (.000)	3-2-5	12.0	5.0	0.0	1.0	0.0