



SSC WEEKLY RELEASE

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FOR IMMEDIATE RELEASE

Monday, November 30, 2009

SUNSHINE STATE CONFERENCE PLAYERS OF THE WEEK

WOMEN'S BASKETBALL



PLAYER OF THE WEEK -- Tampa senior forward **Caitlyn Mitryk** (Lake Mary, Fla.) led the No. 17 Spartans to a pair of wins, averaging 15.0 points, 4.5 rebounds, 2.0 blocks, 1.0 assist, and 1.0 steal per game. Opening the week with a 73-67 victory over Valdosta State, Mitryk tallied 17 points, three rebounds, two blocks, and two steals. In a 94-48 victory over Warner, she contributed 13 points, six rebounds, two blocks, and two assists in 23 minutes of action. In that contest, she was a perfect 5-for-5 from the field, including 3-for-3 from three-point range. In two games, Mitryk shot an impressive 73 percent (11-for-15) from the field, 67 percent (6-for-9) from beyond the arc, and 67 percent (2-for-3) at the free throw line.

MEN'S BASKETBALL



PLAYER OF THE WEEK -- Barry junior forward **Willie Whitfield** (Miami, Fla.) averaged a double-double to lead the Buccaneers to a pair of wins, including a victory over a nationally-ranked opponent. Beginning the week with an 86-81 overtime win versus Catawba, Whitfield notched 22 points, 10 rebounds, one block, and one steal. In a 90-70 win over No. 21 West Virginia State, he registered 11 points, 13 rebounds, two blocks, and a steal despite entering the contest feeling under-the-weather. For the week, Whitfield connected on 65 percent (15-of-23) of his field goal attempts.

TAMPA READIES FOR VOLLEYBALL QUARTERFINALS ON THURSDAY



The sixth-ranked University of Tampa (31-2) volleyball team will travel St. Paul, Minn. for the NCAA Division II Women's Volleyball Championship Tournament, to be hosted by top-ranked Concordia University on Dec. 3-5. The Spartans will take on West Region champion Cal State San Bernardino (32-1) in the quarterfinals at 6:00 p.m. ET next Thursday.

A week ago, Tampa earned its 12th regional title, sweeping all three matches against Albany State, Eckerd, and Sunshine State Conference Co-Champion Saint Leo. The Spartans made their last appearance to the NCAA quarterfinals in 2007, losing to host Washburn. UT won the tournament in 2006, claiming the program's first national championship.

The other quarterfinal matches on Thursday will pit East Region champion Dowling (29-6) against Southeast Region winner Flagler (35-8) at 1:00 p.m., followed by South Central Region champion West Texas A&M (34-3) against Atlantic winner California-Pa. (35-4) at 3:30 p.m. UT will play CSUSB at 6:00 p.m., and host Concordia (34-0) will take on Midwest Region winner Indianapolis (35-1) at 8:30 p.m.

On Friday, the first two quarterfinal winners will play at 6:00 p.m. for a spot in the national championship game, followed by the second semifinal game at 8:30 p.m., which will pit the winners of Tampa-CSU San Bernardino and Concordia-Indianapolis. The championship match will take place Saturday at 8:30 p.m. ET.

The Spartans will have their hands full against CSU San Bernardino, as they have lost all four previous matches against the Coyotes, with the last meeting at the 2003 quarterfinals. The only opponent in the quarterfinal field that UT has played this season was Concordia in the semifinal of the Colorado Premier on Sept. 5. The Golden Bears took the match with a 3-1 victory, handing Tampa its first loss of the season.

2009 Sunshine State Conference Volleyball Update (through November 29, 2009)

SSC VOLLEYBALL STANDINGS

	SSC Matches			Overall		
	W	L	PCT	W	L	PCT
Tampa	15	1	.938	31	2	.939
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

Tampa vs. CSU-San Bernardino

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 November 29, 2009)

SSC MEN'S BASKETBALL STANDINGS

	SSC Games			Overall		
	W	L	PCT	W	L	PCT
Florida Southern	0	0	.000	5	0	1.000
Florida Tech	0	0	.000	5	0	1.000
Barry	0	0	.000	4	0	1.000
Eckerd	0	0	.000	4	0	1.000
Rollins	0	0	.000	4	0	1.000
Tampa	0	0	.000	3	1	.750
Saint Leo	0	0	.000	3	3	.500
Lynn	0	0	.000	1	3	.250
Nova Southeastern	0	0	.000	1	3	.250

UPCOMING SCHEDULE

TUESDAY, DECEMBER 1

Trinity (Fla.) at Saint Leo
Barry at Palm Beach Atlantic

WEDNESDAY, DECEMBER 2

Lynn at Florida Memorial
Warner at Rollins

THURSDAY, DECEMBER 3

Christian Brothers at Nova Southeastern

FRIDAY, DECEMBER 4

Saint Leo at Valdosta St.
Eckerd vs. West Alabama (at Montevallo, Ala.)

SATURDAY, DECEMBER 5

ROLLINS AT LYNN
Eckerd at Montevallo
TAMPA AT FLORIDA TECH
FLORIDA SOUTHERN AT BARRY
Saint Leo vs. West Florida (at Valdosta, Ga.)

LAST WEEK'S RESULTS

MONDAY, NOVEMBER 23

Saint Leo 89, Puerto Rico-Bayamon 80
Florida Memorial 77, Tampa 70

TUESDAY, NOVEMBER 24

Eckerd 83, Florida Memorial 55
North Georgia 76, Lynn 70
Rollins 70, Palm Beach Atlantic 58
Florida Southern 111, Puerto Rico-Bayamon 75
Nova Southeastern 78, Flagler 75

WEDNESDAY, NOVEMBER 25

Florida Southern 105, St. Ambrose 72
Florida Tech 82, Ave Maria 63
Tampa 71, St. Thomas (Fla.) 68

FRIDAY, NOVEMBER 27

Eckerd 111, Puerto Rico-Bayamon 70
Lynn 74, West Florida 67
Barry 86, Catawba 81 OT
West Virginia St. 81, Nova Southeastern 78
Tampa 106, Edward Waters 81

SATURDAY, NOVEMBER 28

Florida Southern 87, USC Aiken 74
Tampa 93, Puerto Rico-Bayamon 88
Eckerd 88, Edward Waters 63
Montevallo 65, Lynn 62
Barry 90, West Virginia St. 70
Catawba 77, Nova Southeastern 72
Florida Tech 74, Palm Beach Atlantic 56

SUNDAY, NOVEMBER 29

Florida Southern 80, Armstrong Atlantic St. 70

SSC TEAMS IN RANKINGS

NABC Men's Basketball Poll (11/24):

4. Florida Southern, 16. 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
Willie Whitfield, BU (Jr, F)	2	15-23 (.652)	---	3-8 (.375)	9-14-23	16.5	11.5	0.0	1.5	1.0

Whitfield averaged a double-double to lead the Buccaneers to a pair of wins, including a victory over a nationally-ranked opponent. Beginning the week with an 86-81 overtime win versus Catawba, Whitfield notched 22 points, 10 rebounds, one block, and one steal. In a 90-70 win over No. 21 West Virginia State, he registered 11 points, 13 rebounds, two blocks, and a steal despite entering the contest feeling under-the-weather. For the week, Whitfield connected on 65 percent (15-of-23) of his field goal attempts.

OTHER NOMINEES

	GP	FG-FGA (PCT)	3FG-FGA (PCT)	FT-FTA (PCT)	REBS (O-D-TOT)	AVERAGES				
						PTS	REB	AST	BLK	STL
Myk Brown, RC (So, G)	1	7-10 (.700)	3-5 (.600)	6-8 (.750)	0-4-4	23.0	4.0	1.0	0.0	0.0
Rashad Callaway, UT (Jr, G)	4	28-62 (.452)	8-26 (.308)	29-35 (.829)	3-10-13	23.3	3.3	7.8	0.0	2.0
Simon Cummings, FT (So, G)	2	11-25 (.440)	5-7 (.714)	18-24 (.750)	0-2-2	22.5	1.0	2.0	0.0	3.0
John Harper, EC (Sr, G)	3	20-32 (.625)	12-23 (.522)	8-8 (1.000)	3-7-10	20.0	3.3	1.0	0.0	1.0
Alex Gynes, NSU (Jr, F)	3	10-17 (.588)	1-1 (1.000)	6-11 (.545)	4-20-24	9.0	8.0	0.7	0.0	0.7
Jordan Prais, SLU (Sr, F)	1	12-16 (.750)	0-1 (.000)	10-13 (.769)	3-4-7	34.0	7.0	4.0	1.0	0.0
John Thompson, FSC (Sr, F)	4	25-36 (.694)	---	12-18 (.667)	15-15-30	15.5	7.5	0.8	0.8	0.3

2009 Sunshine State Conference Women's Basketball Update (through November 29, 2009)

SSC WOMEN'S BASKETBALL STANDINGS

	SSC Games			Overall		
	W	L	PCT	W	L	PCT
Lynn	0	0	.000	5	0	1.000
Tampa	0	0	.000	5	0	1.000
Florida Southern	0	0	.000	5	1	.833
Saint Leo	0	0	.000	4	1	.800
Rollins	0	0	.000	5	2	.714
Florida Tech	0	0	.000	4	2	.667
Nova Southeastern	0	0	.000	4	2	.667
Eckerd	0	0	.000	2	2	.500
Barry	0	0	.000	1	1	.500

UPCOMING SCHEDULE

MONDAY, NOVEMBER 30

Florida Memorial at Lynn

TUESDAY, DECEMBER 1

St. Thomas (Fla.) at Barry
Florida Memorial at Tampa
Florida Tech at Palm Beach Atlantic

WEDNESDAY, DECEMBER 2

Barry at Florida International

FRIDAY, DECEMBER 4

Eckerd at West Florida

SATURDAY, DECEMBER 5

Eckerd vs. West Alabama (at Pensacola, Fla.)
TAMPA AT FLORIDA TECH
SAINT LEO AT NOVA SOUTHEASTERN
ROLLINS AT LYNN
FLORIDA SOUTHERN AT BARRY

LAST WEEK'S RESULTS

MONDAY, NOVEMBER 23

Florida Tech 93, Webber International 67

TUESDAY, NOVEMBER 24

Florida Southern 89, Puerto Rico-Bayamon 85
Lynn 62, Palm Beach Atlantic 57 OT
Rollins 59, Puerto Rico-Rio Piedras 30
Nova Southeastern 61, Valdosta St. 57

WEDNESDAY, NOVEMBER 25

Tampa 73, Valdosta St. 67
Florida Southern 82, Puerto Rico-Rio Piedras 60
Florida Tech 57, Ave Maria 50

FRIDAY, NOVEMBER 27

Saint Leo 77, Montevallo 65
Nova Southeastern 69, Puerto Rico-Rio Piedras 58
Eckerd 88, Puerto Rico-Bayamon 58
Clayton St. 75, Rollins 53

SATURDAY, NOVEMBER 28

Montevallo 65, Eckerd 52
Fort Valley St. 83, Florida Tech 58
Lynn 68, St. Thomas (Fla.) 57
Tampa 94, Warner 48
Clayton St. 75, Nova Southeastern 57
Rollins 65, Puerto Rico-Rio Piedras 46
Puerto Rico-Bayamon 73, Saint Leo 72

SSC TEAMS IN RANKINGS

USA Today/WBCA Women's Basketball Poll (11/24):

17. Tampa, Rollins & Nova Southeastern received votes

Women's Basketball Weekly Honor Roll

PLAYER OF THE WEEK

	GP	FG-FGA (PCT)	3FG-FGA (PCT)	FT-FTA (PCT)	REBS. (O-D-TOT)	PTS	AVERAGES			
							REB	AST	BLK	STL
Caitlyn Mitryk, UT (Sr, F)	2	11-15 (.733)	6-9 (.667)	2-3 (.667)	0-9-9	15.0	4.5	1.0	2.0	1.0

Mitryk led the No. 17 Spartans to a pair of wins, averaging 15.0 points, 4.5 rebounds, 2.0 blocks, 1.0 assist, and 1.0 steal per game. Opening the week with a 73-67 victory over Valdosta State, Mitryk tallied 17 points, three rebounds, two blocks, and two steals. In a 94-48 victory over Warner, she contributed 13 points, six rebounds, two blocks, and two assists in 23 minutes of action. In that contest, she was a perfect 5-for-5 from the field, including 3-for-3 from three-point range. In two games, Mitryk shot an impressive 73 percent (11-for-15) from the field, 67 percent (6-for-9) from beyond the arc, and 67 percent (2-for-3) at the free throw line.

OTHER NOMINEES

	GP	FG-FGA (PCT)	3FG-FGA (PCT)	FT-FTA (PCT)	REBS (O-D-TOT)	PTS	AVERAGES			
							REB	AST	BLK	STL
Natalie Basore, LU (Jr, F)	2	8-12 (.667)	---	11-12 (.917)	3-6-9	13.5	4.5	2.0	0.0	0.5
Brittainy Daiger, RC (Sr, F)	3	13-21 (.619)	0-1 (.000)	1-3 (.333)	4-13-17	9.0	5.7	1.0	0.7	0.7
Meloney Fosburgh, NSU (So, F)	3	10-22 (.455)	---	11-14 (.786)	7-8-15	10.3	5.0	0.7	0.0	0.0
Michaela Hawley, FSC (So, F)	2	14-31 (.452)	1-1 (1.000)	7-13 (.538)	5-10-15	18.0	7.5	0.5	0.5	1.0
Emi McCullough, FT (Jr, G/F)	3	14-35 (.400)	13-29 (.448)	4-5 (.800)	5-15-20	15.0	6.7	1.0	0.0	2.3
Jordan Stacey, EC (So, G)	2	6-18 (.333)	1-4 (.250)	3-5 (.600)	7-15-22	8.0	11.0	3.5	1.0	3.5
Willonda Windham, SLU (Sr, C)	2	11-25 (.440)	0-1 (.000)	16-22 (.727)	10-7-17	19.0	8.5	1.0	0.0	2.0