



CAPITAL ATHLETIC CONFERENCE

Rashawn Johnson Selected As 2009 CAC Men's Basketball Player Of The Year; Tarek Ammourey And Julian Watson Share Rookie Award; Marymount's Scott McClary Named Coach Of The Year

YORK, Pa. - Wesley College senior guard **Rashawn Johnson (Selbyville, Del./Sussex)**, who led the Wolverines to the Capital Athletic Conference title in just their second season in the conference, was selected as the 2009 CAC Player of the Year by the conference coaches.

Johnson, who was a first-team All-CAC player in 2008, is a four-time all-region choice and is one of 10 finalists for the 2009 Josten's Award as the NCAA Division III Men's Basketball Player of the Year.

St. Mary's, which edged Wesley for the regular-season CAC title, and Mary Washington both placed two players on the All-CAC first-team with Johnson. Guards **Camontae Griffin (Baltimore, Md./Dunbar)** and **Alex Franz (Catonsville, Md./Cardinal Gibbons)** were first-team picks from St. Mary's while guard **Matt Hale (Centreville, Va./Westfield)** and center **Brandon Altmann (Vienna, Va./James Madison)** earned top honors from UMW. Hale was a second-team all-star in 2008 while Griffin, Franz and Altmann are first-time post-season honorees.

On the second-team All-CAC squad are three junior guards who are all previous CAC men's basketball honorees - Salisbury's **Greg Palmer (Salisbury, Md./Salisbury Christian)**, Stevenson's **Greg Woody (Baltimore, Md./Mt. St. Joseph)** and York's **Nick Brady (Hanover, Pa./Delone Catholic)**. Palmer and Woody were second-team all-stars in 2008 while Brady was the 2007 CAC Rookie of the Year.

Seniors earning second-team all-star recognition for the first time in their careers are Gallaudet forward **Sekoe White (Lexington, Ky./P.L. Dunbar)** and Wesley guard **Evan Martin (Wilmington, Del./Laurinburg, N.C.)**.

Marymount, after finishing fourth in the regular season and advancing to the CAC Championship game, earned post-season recognition in the persons of freshman **Tarek Ammourey (McLean, Va./McLean)**, the CAC Rookie of the Year, and Coach of the Year **Scott McClary**. Ammourey shared the Rookie of the Year recognition with York guard **Julian Watson (Odenton, Md./Arundel)**.

Ammourey is the third Marymount player to win the Rookie of the Year award, joining Bert Rueger in 2000 and Shawn Ingram in 2008. Watson is the fourth Spartan to be named Rookie of the Year, joining Jason Saurbaugh (1997), Chad McGowan (2005) and Nick Brady (2007). McClary is the first Marymount mentor to win CAC Coach of the Year recognition from his peers since Webb Hatch was honored in 1991, the first year of the conference.

<u>First Team</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Team</u>	<u>Hometown/High School</u>	<u>Previous Honors</u>
Brandon Altmann	Jr.	C	Mary Washington	Vienna, Va./James Madison	
Alex Franz	So.	G	St. Mary's	Catonsville, Md./Cardinal Gibbons	
Camontae Griffin	Jr.	G	St. Mary's	Baltimore, Md./Dunbar	
Matt Hale	Sr.	G	Mary Washington	Centreville, Va./Westfield	2nd in '08
Rashawn Johnson	Sr.	G	Wesley	Selbyville, Del./Sussex Tech	1st in '08
<u>Second Team</u>					
Nick Brady	Jr.	G	York	Hanover/Delone Catholic	ROY in '07
Evan Martin	Sr.	G	Wesley	Wilmington, Del./Laurinburg (N.C.)	
Greg Palmer	Jr.	G	Salisbury	Salisbury, Md./Salisbury Christian	2nd in '08
Sekoe White	Sr.	F	Gallaudet	Lexington, Ky./P.L. Dunbar	
Greg Woody	Jr.	G	Stevenson	Baltimore, Md./Mt. St. Joseph	2nd in '08

2009 CAC Player of the Year:	Rashawn Johnson, Wesley
2009 CAC Co-Rookie of the Year:	Tarek Ammourey, Marymount (G, McLean, Va./McLean)
2009 CAC Co-Rookie of the Year:	Julian Watson, York (G., Odenton, Md./Arundel)
2009 CAC Coach of the Year:	Scott McClary, Marymount (first time)