



CAPITAL ATHLETIC CONFERENCE PRESS RELEASE

Salisbury's Kyle Sterling Named CAC Men's Soccer Player Of The Year; Otto Picked As Rookie Of The Year; Gordon And Plevyak Share Coaching Award

YORK, Pa. - Salisbury senior forward **Kyle Sterling** was named to the Capital Athletic Conference all-star team for the third-straight year, but added to his trophy case with his first Player of the Year award, and Stevenson freshman **Ansgar Otto** was picked as a first-team all-star and Rookie of the Year, to lead the 2009 All-CAC Men's Soccer team.

Sterling, the seventh Sea Gull to be named CAC Men's Soccer Player of the Year since 1996, is one of seven Salisbury players named to the 2009 All-CAC squad. He was joined on the first team by senior midfielder **Alex Hargrove** and senior defender **Justin McGrath**. Hargrove gained his second-straight first-team nod by the CAC coaches while McGrath is a three-time first-team all-star.

The Sea Gulls, who won the 2009 CAC regular-season title and will compete this week in the NCAA Championship Tournament for the third-straight year, placed four players on the All-CAC second team, including junior forward **Chris Finney**, senior forward **Nick Malone** and junior defenders **Justin Lambert** and **Casey Rector**.

Otto is the first Stevenson player to be named CAC Rookie of the Year and the second from the program to earn first-team All-CAC honors. Goalkeeper Eric Lowman was picked as a first-team all-star in 2007, the first year Stevenson (then-called Villa Julie) was a member of the CAC.

Otto was one of four All-CAC honorees for the Mustangs, who advanced to the 2009 CAC Championship match and gained an ECAC playoff berth. Second-team All-CAC honors were awarded to sophomore defender **Samuel Bryant** and sophomore keeper **Ryan Flannelly**.

The fourth post-season honoree for Stevenson was **John Plevyak**, who was named the CAC Co-Coach of the Year with Mary Washington veteran mentor **Roy Gordon**. It is the first Coach of the Year award for Plevyak while Gordon collects the honor for the eighth time since the inception of the CAC in 1991.

Five of Gordon's UMW players were named to the All-CAC team. Senior keeper **Emmett Rutkowski**, senior defender **Peter Toohey** and freshman midfielder **Duke Mensah-Abrampah** were all selected as first-team all-stars while forwards **T.L. Tutor** and **Will Gallop** were second-team picks. Tutor, a second-team choice in 2008, is the only returning all-star for the Eagles.

York, which finished second in the regular season standings, won the conference playoff title and earned its fifth-straight trip to the NCAA Tournament, was rewarded by the CAC coaches with a conference-best eight positions on the all-star team.

Two-time CAC Player of the Year, senior midfielder **Jon Ports** (2007-08), was named to the first team for the third-straight year. He was joined on the first team by forwards **Mike O'Connell**, **Kemal Nuspahic** and defender **Adam Good**. Nuspahic was the 2008 Rookie of the Year and a first-team all-star. Representing York on the All-CAC second team are midfielders **Lucas Emil**, **Mike Gill**, **Travis Williams** and defender **Scott Becker**. Emil was a first-team all-star in 2008.

St. Mary's players gained two nods on the 2009 All-CAC second team, including sophomore forward **Ted Scharfenberg** and sophomore midfielder **Brian Payne**, both first-time all-stars.

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2009 All-CAC Men's Soccer Team

<u>First Team</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Team</u>	<u>Hometown/High School</u>	<u>Previous All-CAC Honors</u>
Kemal Nuspahic	So.	For	York	East Petersburg, Pa./Hempfield	1st & ROY in '08
Mike O'Connell	Jr.	For	York	Bowie, Md./Archbishop Spalding	
Ansger Otto	Fr.	For	Stevenson	Willingboro, N.J./Willingboro	
Kyle Sterling	Sr.	For	Salisbury	Salisbury, Md./James M. Bennett	1st in '08, 1st in '07
Alex Hargrove	Sr.	Mid	Salisbury	Clarks Summit, Pa./Abington Heights	1st in '08
Duke Mensah-Abrampah	Fr.	Mid	Mary Washington	Gainesville, Va./Battlefield	
Jon Ports	Sr.	Mid	York	Baltimore, Md./McDonogh	1st & POY in '08, 1st & POY in '07
Adam Good	Jr.	Def	York	Elizabethtown, Pa./Elizabethtown	
Justin McGrath	Sr.	Def	Salisbury	Perry Hall, Md./Perry Hall	1st in '08, 1st in '07
Peter Toohey	Sr.	Def	Mary Washington	Newton, Mass./Newton North	
Emmett Rutkowski	Sr.	GK	Mary Washington	Culpeper, Va./Culpeper	
<u>Second Team</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Team</u>	<u>Hometown/High School</u>	<u>Previous All-CAC Honors</u>
Chris Finney	Jr.	For	Salisbury	Columbia, Md./Oakland Mills	
Will Gallop	So.	For	Mary Washington	Charlottesville, Va./Charlottesville	
Nick Malone	Sr.	For	Salisbury	Salisbury, Md./James M. Bennett	
Ted Scharfenberg	So.	For	St. Mary's	Holbrook, N.Y./St. John The Baptist	
T.L. Tutor	Jr.	For	Mary Washington	Islesboro, Maine/Gould Academy	2nd in '08
Lucas Emil	Jr.	Mid	York	Parsippany, N.J./Morris Catholic	1st in '08
Mike Gill	So.	Mid	York	Baltimore, Md./Archbishop Spalding	
Brian Payne	So.	Mid	St. Mary's	Baltimore, Md./Calvert Hall College	
Travis Williams	Sr.	Mid	York	Springfield, Pa./Springfield Twp.	
Scott Becker	Sr.	Def	York	Hockessin, Del./Salesianum	
Samuel Bryant	So.	Def	Stevenson	Burlington Twp., N.J./Burlington Twp.	
Justin Lambert	Jr.	Def	Salisbury	Silver Spring, Md./Paint Branch	
Casey Rector	Jr.	Def	Salisbury	Ellicott City, Md./Loyola Blakesfield	
Ryan Flannelly	So.	GK	Stevenson	Middlesex, N.J./Middlesex	

2009 CAC Player of the Year:

Kyle Sterling, Salisbury

2009 CAC Rookie of the Year:

Ansger Otto, Stevenson

2009 CAC Co-Coaches of the Year:

Roy Gordon, Mary Washington (8th time, also 1991-93; 1995-97; 2001)
 John Plevyak, Stevenson (first time)