



## CAPITAL ATHLETIC CONFERENCE PRESS RELEASE

### York's Keli Ward And Betsy Witman Lead 2009 All-CAC Women's Basketball Team; Mary Washington's Katie Wimmer Selected As Rookie Of The Year

YORK, Pa. - York College of Pa. senior guard **Keli Ward (Nottingham, Pa./Oxford)** was named the 2009 CAC Player of the Year and Spartan mentor **Betsy Witman** was selected as CAC Coach of the Year for the second time in her career to lead the 2009 All-CAC Women's Basketball team.

Ward earned post-season recognition from the CAC coaches for the fourth-straight year. In 2006, she was a second-team all-star and Rookie of the Year. In 2007, she moved up to first-team All-CAC. Last year, Ward earned second-team recognition before moving up to the top of the voting on the All-CAC ballot this year to gain Player of the Year recognition. Ward joins 2004 CAC Player of the Year Heather Kessler as the only Spartans ever to win the honor.

Witman, who joined with Ward to lead the Spartans to a 25-2 overall record, including the team record for most wins in a season, most consecutive victories (25) and the first 16-0 conference regular-season record in CAC history. The Spartans moved into the Top 5 in the USA Today/ESPN/WBCA national rankings and are the top-ranked team in the NCAA Division III Atlantic Region. Witman was also the CAC Coach of the Year in 2002.

Joining Ward on the 2009 All-CAC first-team is sophomore teammate **April Sparkman (Walkersville, Md./Walkersville)**, Mary Washington senior guard **Katy Larson (McGaheysville, Va./Spotswood)**, Marymount junior forward **Kathleen Brown (Bethesda, Md./Walt Whitman)** and Wesley sophomore forward **Angie Owens (Seaford, Del./Seaford)**. Brown is the only returnee among the top five players after earning first-team All-CAC honors last year.

Mary Washington forward **Ashton Mitchell (Prince George, Va./Prince George)** and St. Mary's forward **Allie Scott (Laurel, Md./Atholton)** are two of four seniors on the second-team All-CAC squad and the only All-CAC returnees among that group. Mitchell was a first-team all-star in 2008 while Scott earned second-team all-conference recognition all four years playing for the Seahawks.

Seniors joining Mitchell and Scott on the second team are **Kathryn Wilson (Richmond, Va./St. Gertrude)** of Marymount and **Chanel Perez (Biglerville, Pa./Gettysburg)** of York. The only underclassman on the second-team All-CAC squad is Wesley sophomore guard **Cory Boyd (Point Pleasant, N.J./Point Pleasant)**. All three are all making their first appearance on the all-conference team.

Mary Washington freshman **Katie Wimmer (Vienna, Va./James Madison)** was selected by the conference coaches as the 2009 CAC Rookie of the Year. She joins 2004 winner Debbie Bruen as the only UMW players to be named CAC Rookie of the Year.

#### 2008-09 All-CAC Women's Basketball Team

<u>First Team</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Team</u>	<u>Hometown/High School</u>	<u>Previous Honors</u>
Kathleen Brown	Jr.	F	Marymount	Bethesda, Md./Walt Whitman	1st '08
Katy Larson	Sr.	G	Mary Washington	McGaheysville, Va./Spotswood	
Angie Owens	So.	F	Wesley	Seaford, Del./Seaford	
April Sparkman	So.	G	York	Walkersville, Md./Walkersville	
Keli Ward	Sr.	G	York	Nottingham, Pa./Oxford	2nd '08, 1st '07, 2nd & RoY '06
<u>Second Team</u>					
Cory Boyd	So.	G	Wesley	Point Pleasant, N.J./Point Pleasant	
Ashton Mitchell	Sr.	F	Mary Washington	Prince George, Va./Prince George	1st '08
Chanel Perez	Sr.	F	York	Biglerville, Pa./Gettysburg	
Allie Scott	Sr.	F	St. Mary's	Laurel, Md./Atholton	2nd '08, 2nd '07, 2nd '06
Kathryn Wilson	Sr.	G	Marymount	Richmond, Va./St. Gertrude	

**2009 CAC Player of the Year:** Keli Ward, York

**2009 CAC Rookie of the Year:** Katie Wimmer, Mary Washington (Fr., G, Vienna, Va./James Madison)

**2009 CAC Coach of the Year:** Betsy Witman, York (also in 2002)