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Thursday, April 23, 2009
FOR IMMEDIATE RELEASE

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SWAC ANNOUNCES 2009 ALL-CONFERENCE SOFTBALL HONORS

HATTIESBURG, MS - The 2009 Softball Championship tournament began Thursday and the Southwestern Athletic Conference announced its All-Conference and All-Academic honors for the 2009 softball season.

Top honors went to Alabama A&M's Re'Quincia Mack, who was voted the 2009 Player of the Year. The senior outfielder from Huntsville, AL led the SWAC in nearly every major statistical category throughout the season. Mack finished the regular season first in batting average (.500), slugging percentage (.793), on base percentage (.539), runs scored (45), hits (58), and total bases (92). For the year, Mack recorded six home runs, six triples, four doubles, and 19 RBIs.

Hitter of the Year honors went to Grambling State's LaQuisha Woods. A 5-foot-6 third baseman, Woods was second in the conference in batting average (.411), third in on base percentage (.496) and RBI's (30), fourth in doubles (12), and fifth in hits (44). Woods, a sophomore from Ruston, LA, also tallied 62 total bases and two home runs this season.

Lisa Jansen of Mississippi Valley State was named the 2009 Pitcher of the Year and Newcomer of the Year. Jansen, a 5-foot-9 junior from Dietzenbach, Germany, led all league pitchers with 117 batters struck out, 31 batters struck out looking, and 12 wins. Jansen also allowed the fewest hits (76), runs (41), doubles (10), and earned runs (35) in the SWAC.

Southern's Audrey Phillips garnered Freshman of the Year honors. From her shortstop position, Phillips recorded a .378 batting average this season, ranking her eighth in the conference. She led the league in triples (8) and was second in stolen bases (23). The Mansfield, TX native also ranked third in the SWAC in hits (48).

2009 First-Team All Conference

Lanaya Jenkins, Southern, P, 5-9, JR, Seattle, WA

Elise Powell, Alcorn State, P, 6-0, SR, Toronto, Canada

Lisa Jansen, Mississippi Valley State, P, 5-9, JR, Dietzenbach, Germany

Megan Hays, Mississippi Valley State, C, 5-7, SR, Houston, TX

Tiana Parks, Mississippi Valley State, 1B, 5-7, SO, Rex, GA

Wendi Reed, Jackson State, 2B, 5-7, FR, Little Rock, AK

Audrey Phillips, Southern, SS, 5-4, FR, Mansfield, TX

LaQuisha Woods, Grambling State, 3B, 5-6, SO, Ruston, LA

Re'Quincia Mack, Alabama A&M, OF, 5-8, SR, Huntsville, AL

Victoria Stewart, Southern, OF, 5-5, SO, Texarkana, TX

Markia Herron, Arkansas-Pine Bluff, OF, 5-8, SR, Monticello, AK

2009 Freshman of the Year

Audrey Phillips, Southern, SS, 5-4, FR, Mansfield, TX

2009 Newcomer of the Year

Lisa Jansen, Mississippi Valley State, P, 5-9, JR, Dietzenbach, Germany

2009 Hitter of the Year

LaQuisha Woods, Grambling State, 3B, 5-6, SO, Ruston, LA

2009 Pitcher of the Year

Lisa Jansen, Mississippi Valley State, P, 5-9, JR, Dietzenbach, Germany

2009 Player of the Year

Re'Quincia Mack, Alabama A&M, OF, 5-8, SR, Huntsville, AL

2009 Second-Team All Conference

Brandi Payne, Grambling State, P, 6-0, SO, Stone Mountain, GA

Tynetta Sims, Jackson State, P, 5-8, SO, Little Rock, AR

Destinee Sanchez, Alabama State, P, 5-6, JR, Colton, CA

Aruba Nichols, Southern, C, 5-5, JR, Stone Mountain, GA

Takeia Edwards, Grambling State, 1B, 5-10, SR, Gulfport, MS

Angelica Wade, Mississippi Valley State, 2B, 5-5, JR, Murfreesboro, TN

Amanda Boggan, Jackson State, SS, 5-5, FR, Grayson, GA

Boshia Richardson, Alabama State, 3B, 5-7, FR, Bunen, WA

Keisha Haggerman, Prairie View A&M, OF, 5-4, SO, Pearland, TX

Rashundra Brass, Mississippi Valley State, OF, 5-7, JR, Philadelphia, MS

Ta'Niya Wallace, Mississippi Valley State, OF, 5-7, JR, Ocean Springs, MS

2009 All- Academic Honors

Quayanna Forte, Alabama State, 3.5, SO, Management

Heather Pecore, Alcorn State, 3.81, JR, English

Rosanna Alvarado, Grambling State, 3.44, SO, Kinesiology

Qumi Kimide, Jackson State, 3.4, JR, Biology

Kimberly Palmer, Mississippi Valley State, 4.0, SO, Elementary Education

Rebecca Martinez, Prairie View A&M, 3.92, SR, Biology

Jasmine Tillman, Southern, 3.31, SO, Accounting

Brittany Duncan, Univ. Arkansas-Pine Bluff, 3.75, SO, Business