



Ohio Athletic Conference
4990 Mahoning Ave. Suite C
P.O. Box 4656
Austintown, Ohio 44515
Phone 330-259-9090 • Fax 330-259-9091
E-mail: oac@oac.org • www.oac.org

Timothy W. Gleason, Commissioner

For Immediate Release

Contact: Lindsay Rickel

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John Carroll's Moran and Capital's Stahl Receive OAC Men's Basketball Special Awards

Austintown, OH – John Carroll Coach **Mike Moran** and senior wing **Nate Stahl (St. Henry)** are the recipients of the 2009 Ohio Athletic Conference (OAC) men's basketball special awards. Moran was voted the Men's Coach-of-the-Year and Stahl is the recipient of the Mike Gregory Award. Both awards are voted on by the league coaches.

Mike Moran has been named the OAC Men's Basketball Coach-of-the-Year for the fourth time in his 16-year career. This season the Blue Streaks have won their eighth overall OAC regular-season title and third OAC tournament title under Moran's direction. JCU completed the regular-season with a 16-2 OAC mark (20-4 overall). John Carroll will be making its 11th appearance in the NCAA Division III tournament and its fifth in the last seven years.



Capital senior wing **Nate Stahl** is the recipient of the 2009 Mike Gregory Award. Stahl also earned this honor in 2008. The award is presented to the most outstanding player in the Conference. The award was established in 1957 in honor of Mike Gregory of Denison University, who was a multi-sport standout prior to his graduation in 1929. Stahl is the just the fourth Crusader to garner this award.



Stahl is currently averaging 32.2 minutes, 14 points and 4.1 rebounds-per-game. He leads the Crusaders in blocked shots (23) and steals (31). Stahl has amassed 29 assists and his shooting .716 from the free-throw line.



He currently ranks among the Conference's top-10 in three-point field goal percent and blocked shots. Stahl is a four-time All-OAC pick, including a three-time First Team honoree.

The following page lists the 2009 All-OAC Teams.



2009 Men's Basketball All-OAC Teams



First Team

| Name, School | Yr. | Pos. | Hometown, High School |
|-----------------------------|-----|------|-------------------------------|
| Kyle Meyer, Ohio Northern = | Jr. | W | Columbus Grove |
| Rudy Kirbus, John Carroll | Jr. | F | Willoughby Hills/St. Ignatius |
| Nate Stahl, Capital #+% | Sr. | W | St. Henry |
| Trevor Scott, Muskingum | Sr. | G | Loudonville |
| Ryan Wood, Capital \$* | Sr. | W | Pickerington/Central |
| Justin Gaines, Wilmington | Sr. | G | Cincinnati/Colerain |

Second Team

| Name, School | Yr. | Pos. | Hometown, High School |
|---------------------------------|-----|------|-----------------------------------|
| Andrew Bene, Baldwin-Wallace | Sr. | P | Hinckley/Medina Highland |
| Brian Pollock, Otterbein | Jr. | G | London |
| Tyler Felt, Muskingum * | Sr. | F | Cambridge |
| Maurice Haynes II, John Carroll | So. | F | Cleveland/Villa Angela-St. Joseph |
| Brandon Rogers, Wilmington % | Jr. | F | Xenia |
| Chris Switzer, Mount Union = | Sr. | G | Euclid/Stow-Monroe Falls |

Honorable Mention

| Name, School | Yr. | Pos. | Hometown, High School |
|------------------------------|-----|------|----------------------------------------|
| Kevin Knab, Marietta | Fr. | F | Lakewood |
| Kurtis Brown, Ohio Northern | W | Sr. | Continental |
| Trevor Halter, Marietta | Fr. | W | Malvern |
| Travis Kinn, Heidelberg | Jr. | F | Alvada/New Riegel |
| Quintin Mitchell, Capital | Sr. | P | Toledo/Libby |
| Josh Calver, Heidelberg | Jr. | G | Shelby |
| Ezra Bradshaw, Ohio Northern | Jr. | G | Cincinnati/Princeton |
| David Pellerite, Mount Union | So. | G | Olmsted Falls |
| Chris Zajac, John Carroll | Jr. | G | Brecksville/Brecksville-Broadview Hts. |
| Isaiah Creasap, Marietta \$= | Sr. | G | Wooster/Northwestern |

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2008 First Team %...2008 Second Team *...2008 Honorable Mention =...2007 First Team +...
2007 Second Team ~...2007 Honorable Mention \$...2006 Second Team #