



St. Andrews
PRESBYTERIAN COLLEGE
SPORTS NEWS RELEASE

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For Immediate Release

Moore, Cooper, and Trovato Highlight SAPC Athletics Banquet

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LAURINBURG, N.C.—Junior Elise Moore (Wexford, Pa.) was honored as the Howard Reichner Award recipient, senior Mitch Cooper (Virginia Beach, Va.) was named the Robert Renfrow “Peanut” Doak Award winner, and senior Alyson Trovato (Cedar Park, Texas) received the Carl F. Ullrich Award to cap the 2009 St. Andrews Presbyterian College Athletics Award Ceremony on Thursday evening in Harris Court.

St. Andrews hosts an Awards Ceremony at the end of every school year to recognize all of the athletics accomplishments for the Knights 16 athletics teams. After a delicious dinner, each sport took time to recognize their respective senior student-athletes, who all received a senior gift. Richard Massey, the official voice of St. Andrews athletics, then announced each squad’s team Most Outstanding Player and Knights Award winners.

At the end of the presentation, St. Andrews then announced three special recognition award winners.

The Howard Reichner Award is given to the individual who, by the vote of the head coaches, is determined to embody the characteristics of a St. Android. This student-athlete demonstrates commitment in the classroom, and carries at least a 2.5 cumulative GPA. The award may be presented to a sophomore, junior or senior. By definition, a St. Android is a student who demonstrates passion for all that is St. Andrews - athletics, academics and extracurricular activities. Howard retired from the Army in 1989 after 29 years of service. He came to St. Andrews in 1992 as a politics instructor. He served as a faculty athletic representative from 1992 until taking the interim position of Director of Athletics in 2004. Reichner continued in this position until 2007 when he returned to the classroom. He is a beloved member of the St. Andrews community.

Elise Moore was selected as the first Reichner Award winner. Moore is a Residence Assistant in the dorms for Residence Life, and serves on the Student Life Committee. She is the founder of “SHIELD”, a new program that will bring student-athletes on campus together, involving counseling and community service. Elise helps out at the barn with Therapeutic Horsemanship. She carries a GPA of 3.3 as well as working with Tri Beta on campus. Lastly, Moore is part of the SAAC and has traveled with SAAC and Coach Burris to off campus events for SAAC leaders. She is a huge leader on the field and off for the women’s lacrosse team and is well known around campus for her willingness to work with all types of students.

The Robert Renfrow “Peanut” Doak Award is presented each spring to the Outstanding Senior Athlete at St. Andrews Presbyterian College. This award is in honor of the legendary Robert Renfrow Doak. The award was established by former student-athletes of Presbyterian Junior College (PJC). PJC merged with Flora Macdonald College in 1958 to form St. Andrews. “Peanut” Doak was a high successful coach at PJC. Doak served as Athletic Director and coach of every team at PJC from 1947-1951. During that time, Doak’s football, basketball, and baseball teams won a total of 111 games. Doak was a three-sport star athlete at North Carolina State University from 1938-1942. He was instrumental in the organization of the N.C. State women’s basketball program in 1970. He was also responsible for the recruitment of Kay Yow to assume the head coaching position at N.C. State. The Robert Renfrow “Peanut” Doak Award was created and is funded by former athletes who admire Doak for the impact he left on the lives of those he coached. The award is given to the individual who, by the vote of the head coaches of each sport, is determined to be the outstanding senior athlete for that year.

Mitch Cooper was named the Doak Award winner after an amazing four-year career on the St. Andrews men’s cross country and track & field teams. Over the past year, Cooper was named the Conference Carolinas Cross Country Runner of the Year and Co-Track Athlete of the Year. Cooper has been a team captain for the past two years and was All-Conference and All-Region all four years. Cooper became the first endurance athlete in the league to compete in the NCAA Division II National Championships for four years. Cooper has won countless conference weekly awards. Mitch is a member of Student Judicial and SAAC. He has been a Residence Assistant for the past two years, been involved in community service projects, volunteered at a preschool, served as an admissions tour guide, and been an SAPC Athletics intern. He has done all of this while maintaining a 3.1 GPA.

The Carl F. Ullrich Award is given to the individual who, by the vote of the head coach of each sport; best demonstrates the characteristics of leadership, courage, integrity, and sportsmanship. Ullrich’s athletic career spans several decades including being on the Cornell University Championship crew team in 1949. He served as the director of athletics at St. Andrews

Presbyterian College from 1995-1997. During that time, he was instrumental in the institution's move to NCAA II status. Most recently, Ullrich again served as the Director of Athletics from 2002 - 2004. He left many lasting impressions on the department. Ullrich was inducted into the Army Hall of Fame in 2007 becoming the first non-athlete ever inducted.

Alyson Trovato was named the Ullrich Award winner after being a three-year standout on the St. Andrews women's cross country and track & field teams. Trovato is a three-time All-Conference and All-Region runner while serving as a team captain each year. Trovato became the first SAPC women's cross country runner to qualify for the NCAA National Championships (2007 & 2008). She has also won countless conference weekly awards and is an All-Conference honoree in three track events. Trovato has been named a USTFCCCA Academic All-American multiple times. Trovato takes special interest in the younger runners and mentors them while also congratulating fellow competitors. Trovato is a member of SAAC, volunteers for community projects, and has a GPA of 3.9763.

Team Awards:

Men's Cross Country

Most Outstanding Player – Mitch Cooper
Knights Award – Tommy Wilson

Men's Soccer

Most Outstanding Player – Jamin Ferris
Knights Award – Chris Weedon

Volleyball

Most Outstanding Player – Galina Podolsky
Knights Award – Jamie Hayes

Men's Basketball

Most Outstanding Player – Joseph Gripper
Knights Award – Zack Garst

Baseball

Most Outstanding Player – J.T. Maguire
Knights Award – Brett Andrews

Men's Lacrosse

Most Outstanding Player – Ethan Young
Knights Award – Phil Hardy

Men's Golf

Most Outstanding Player – Thordur Gissurason
Knights Award – Rafael Garcia

Men's Track & Field – Track Events

Most Outstanding Player – Doug Holt
Knights Award – Jim Walls

Women's Track & Field – Track Events

Most Outstanding Player – Alyson Trovato
Knights Award – Danielle Martin

Women's Cross Country

Most Outstanding Player – Alyson Trovato
Knights Award – Tiffany Williams

Women's Soccer

Most Outstanding Player – Becky Brandenburg
Knights Award – Marie Savage

Wrestling

Most Outstanding Player – Casey Gashaw
Knights Award – Matt Fletcher

Women's Basketball

Most Outstanding Player – Desiree Jones
Knights Award – Jaquese Smith

Softball

Most Outstanding Player – Jasmine Dobbins
Knights Award – Dani Ghramm

Women's Lacrosse

Most Outstanding Player – Kerrie Brown
Knights Award – Courtney Ross

Women's Golf

Most Outstanding Player – Amy Driggers
Knights Award – Mariann Stark

Men's Track & Field – Field Events

Most Outstanding Player – Matthew Rogers
Knights Award – Cameron Cofield

Women's Track & Field – Field Events

Most Outstanding Player – Tyler Lee
Knights Award – Amy Tripson

-GO KNIGHTS-