



PACIFIC-10 CONFERENCE

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2008-09 PAC-10 WOMEN'S BASKETBALL HONORS

STANFORD'S APPEL NAMED PAC-10 PLAYER OF THE YEAR

USC'S BRIANA GILBREATH NAMED PAC-10 FRESHMAN OF THE YEAR

ARIZONA STATE'S JANUARY NAMED PAC-10 DEFENSIVE PLAYER OF THE YEAR

STANFORD'S VANDERVEER VOTED PAC-10 COACH OF THE YEAR

WALNUT CREEK, Calif. -- In a vote of the league's 10 head coaches, STANFORD junior **Jayne Appel** was voted the Pac-10 Player of the Year, the second-straight Cardinal to win the honor, Commissioner Tom Hansen announced today. Commissioner Hansen also announced that USC's **Briana Gilbreath** was honored as the Pac-10 Freshman of the Year, while ARIZONA STATE senior **Briann January** wins the Pac-10 Player of the Year honor for the second-consecutive year.

The complete list of honors are listed below:

ALL-PAC-10 FIRST TEAM

Name	School	Pos.	Yr.	Hometown
Jayne Appel**	Stanford	F/C	Jr.	Pleasant Hill, Calif.
Alexis Gray-Lawson**	California	G	Jr.	Oakland, Calif.
Ify Ibekwe	Arizona	F	So.	Carson, Calif.
Briann January**	Arizona State	G	Sr.	Spokane, Wash.
Ashley Walker***	California	F/C	Sr.	Modesto, Calif.

ALL-PAC-10 SECOND TEAM

Name	School	Pos.	Yr.	Hometown
Doreena Campbell	UCLA	G	So.	Alexandria, Va.
Jillian Harmon	Stanford	F	Sr.	Lake Oswego, Ore.
Camille LeNoir*	USC	G	Sr.	Los Angeles, Calif.
Jeanette Pohlen	Stanford	G	So.	Brea, Calif.
Dymond Simon	Arizona State	G	Jr.	Phoenix, Ariz.

ALL-PAC-10 THIRD TEAM

Name	School	Pos.	Yr.	Hometown
Brittney Davis	Oregon State	Sr.	G	Portland, Ore.
Micaela Cocks	Oregon	Jr.	G	Sydney, Australia
Briana Gilbreath	USC	G	Fr.	Katy, Texas
Devanei Hampton****	California	F/C	Sr.	Oakland, Calif.
Kayla Pedersen**	Stanford	F	So.	Fountain Hills, Ariz.

two-time All-Pac-10 honoree; *three-time All-Pac-10 honoree; **** four-time All-Pac-10 honoree

HONORABLE MENTION (receiving at least one point): April Cook (WSU, Fr., G); Sybil Dosty (ASU, Sr., C); Mercedes Fox-Griffin (OSU, Sr., G); Taylor Lilley (ORE, Jr., G); Amina Njonkou (ARIZ, Sr., F); Nadia Parker (USC, Sr., C); Jazmine Perkins (WSU, Fr., G); Talisa Rhea (OSU, So., G); Erica Tukiainen (UCLA, Jr., G); Natasha Vital (CAL, Jr., G); Sami Whitcomb (WASH, Jr., G/F).

ALL-FRESHMAN TEAM

Name	School	Pos.	Hometown
Courtney Clements	Arizona	F	Long Beach, Calif.
Briana Gilbreath	USC	G	Katy, Texas
Atonye Nyingifa	UCLA	G/F	Torrance, Calif.
Nnemkadi Ogwumike	Stanford	F	Cypress, Texas
Jazmine Perkins	Washington State	G	Berkeley, Calif.

HONORABLE MENTION (receiving at least one point): April Cook (WSU, G); Ashley Corral (USC, G); Jasmin Holliday (ORE, F); Amanda Johnson (ORE, F); Kristi Kingma (WASH, G/F).

ALL-DEFENSIVE TEAM

Name	School	Pos.	Yr.	Hometown
Mercedes Fox-Griffin	Oregon State	G	Sr.	La Jolla, Calif.
Jillian Harmon	Stanford	F	Sr.	Lake Oswego, Ore.
Ify Ibekwe	Arizona	F	So.	Carson, Calif.
Briann January**	Arizona State	G	Sr.	Spokane, Wash.
Ashley Walker**	California	F/C	Sr.	Modesto, Calif.

* two-time All-Defensive team honoree

HONORABLE MENTION (receiving at least one point): Brittney Davis (OSU, R-Sr., G); Sybil Dosty (ASU, Sr., C); Briana Gilbreath (USC, Fr., G); Rosalyn Gold-Onwude (STAN, R-Jr., G); Heather Oliver (USC, Jr., G); Jazmine Perkins (WSU, Fr., G); Natasha Vital (CAL, Jr., G); Sami Whitcomb (WASH, Jr., G/F).

PAC-10 PLAYER OF THE YEAR**JAYNE APPEL, JR., F/C, STANFORD**

Junior Jayne Appel maintains Stanford's standard of excellence, becoming the sixth different Cardinal to be voted Pac-10 Player of the Year for the 13th time since 1986-87, with award going to a Stanford player for the second-straight year and five times over the last six years. Helping the Cardinal clinch its ninth-straight Pac-10 regular-season title, the Pleasant Hill, Calif., native ranks third in the Conference in scoring (15.4 ppg) and second in rebounding (9.1 rpg), while boasting the second-best field goal shooting percentage in the nation, knocking down 62.8 percent of her attempts from the floor. The 2007 Pac-10 Freshman of the Year, Appel is named to the All-Pac-10 first team for the second-consecutive year and is now only the seventh player in Pac-10 history to earn Freshman and Player of the Year honors in their careers. A national player of the year candidate for the three major women's basketball honors (State Farm/WBCA Wade Trophy, Naismith Award and John R. Wooden Award) and a Preseason All-Pac-10 selection, she is second in the league with 11 double-doubles and has led the Cardinal in scoring 17 times and 15 times in rebounding this season. In the regular-season finale against then-No. 18 Arizona State, Appel scored a season-high 29 points and grabbed 10 rebounds to clinch sole possession of the Conference regular-season crown. Fifteen points from becoming just the 41st player in Pac-10 women's basketball history to score 1,500 career points, she is among the best rebounders (866) in league history in just three seasons, ranking 20th in total boards. She also recently became Stanford's all-time blocks leader (204), ranking sixth in Conference history with over 200 blocks. Appel was selected the Pac-10 Player of the Week four times this year, the most of any player in the league this season.

PAC-10 FRESHMAN OF THE YEAR**BRIANA GILBREATH, G, USC**

Freshman guard Briana Gilbreath becomes the first USC player to earn the Pac-10 Freshman of the Year honor since Olympic gold medalist and WNBA star Tina Thompson won it in 1994. A McDonald's, *Parade* and WBCA All-American in high schools, the Katy, Texas, native has made an immediate impact on the Trojan squad, ranking in the top 20 in scoring (10.8 ppg) and top 15 in rebounding (5.7 rpg) among all Pac-10 players. Reaching double figures 18 times during the season, she netted a career-high 22 points in the win over Harvard, going 9-for-12 from the floor in that game. A guard, Gilbreath also posted two double-doubles this season, including a 21-point, 10-rebound effort vs. then-fifth-ranked California. A member of the 2007 Under-18 USA Basketball Junior Olympic Development team, she has started in all 29 games for the Women of Troy, shooting 44.5 percent from the floor and leading the team with 51 steals and is second on the team in scoring.

PAC-10 DEFENSIVE PLAYER OF THE YEAR**BRIANN JANUARY, SR., G, ARIZONA STATE**

For the second-straight year, senior guard Briann January was tabbed the Pac-10 Defensive Player of the Year, winning the honor in the inaugural season in 2008. The league's active leader with over 250 career steals, January is second all-time in the

Arizona State record books in career steals. A tenacious defender, she is second in the Conference with 2.2 steals per game average, also helping the Sun Devils limit their opponents to just 54.9 points per game, the second fewest in the Pac-10. A two-time All-Pac-10 honoree earning a first-team spot this year for the first time in her career, January has been the cog of an ASU squad that tied for second in the league standings. Complimenting her defensive skills, she has become a lethal three-point threat this season, shooting nearly 47 percent from long-range, ranking second in the nation in the category while also ranking 12th with a 2.09 assist-to-turnover ratio. The only guard in the league to be voted to the Preseason All-Pac-10 team, she is the Conference's active assists leader, handing out over 500 during her tenure (511), and is sixth among the league's active scoring leaders with 1,249 points.

PAC-10 COACH OF THE YEAR TARA VANDERVEER, STANFORD

Coming off a remarkable season where the Cardinal advanced to the 2008 NCAA Championship game, Tara VanDerveer, in her 23rd season at the Palo Alto helm, guided her 2009 squad to a ninth-straight Pac-10 regular-season title, the 18th overall, and a No. 1 seed in the Pac-10 Tournament, en route to her second-straight Pac-10 Coach of the Year honor, the 10th of her career and the sixth in eight years. Among the most well-respected coaches in NCAA women's basketball, VanDerveer has led her teams to eight-straight 20-win campaigns and an 80.9 winning percentage (598-141) and needs just a pair of victories to notch her 600th as the Stanford head coach. A 2002 Women's Basketball Hall of Fame inductee, VanDerveer is the fifth-winningest coach in NCAA history, having collected 750 wins and a 79.6 winning percentage (750-192) in her 30 years of coaching. During her time on the Stanford bench, she has mentored six different Cardinals who have won 13 Pac-10 Player of the Year honors, including this year's winner Jayne Appel. Her players have also claimed Conference Freshman of the Year award seven times. This year's squad has achieved a No. 2 national ranking in the *Associated Press* and *ESPN/USA Today* Coaches polls. The team also ranks in the top 25 in seven different statistical categories, the most of any Pac-10 team, also boasting the second-best scoring margin (+20.3), rebounding margin (+12.0), assists per game average (18.6 apg) and assist-to-turnover (1.22) ration in the nation.

ALL-PAC-10 FIRST TEAM (listed in alphabetical order)

APPEL is a first team All-Pac-10 honoree for the second-straight year. She is second in the nation with a 62.8 percent shooting percentage, ranking third in the Conference in scoring (15.4 ppp) and second in rebounding (9.1 rpg). Averaging 2.0 blocks per game, she is the Pac-10's leader in the category also helping the Cardinal clinch its ninth-straight league regular-season title and 18th overall.

GRAY-LAWSON earns her first All-Pac-10 first team honor and second All-Conference accolade overall. The junior tallied the highest point total in a Pac-10 game this season, scoring a career-high 37 points in California's victory over Bay-Area rival Stanford. Gray-Lawson averages 12.1 points per game and ranks third in the league in assist-to-turnover ratio (1.5).

IBEKWE vaulted herself from the All-Freshman team last year to an All-Pac-10 first team honoree, as the only player in the league to average a double-double on the season, she has posted a league-leading 15 double-doubles. Ibekwe ranks fifth in the nation and leads the Pac-10 in rebounding, averaging 11.6 boards per game, also netting 15.9 points per game, good for second in the Conference.

JANUARY, known for her tenacious defense, ranks second on the Arizona State all-time career steals list amassing 258 steals over her four-year career. The two-time Pac-10 Defensive Player of the Year also broke ASU's single-season three-point record with 60 3-pointers made so far on the season. With accuracy from beyond the arc, January ranks second in the nation and leads the Pac-10, shooting 46.9 percent from three.

WALKER cemented herself in California's record book becoming the Golden Bear's all-time career rebounding leader, currently with 1,067 career rebounds. The three-time All-Pac-10 first-team honoree also became only the second player in program history to score over 2,000 career-points. Walker is responsible for three of the top-five scoring performances this season in the Pac-10, recording 32, 31, and 30-point games.

ALL-PAC-10 SECOND TEAM (listed in alphabetical order)

CAMPBELL, a member of the All-Freshman team a season ago, earned All-Pac-10 second-team honors in her sophomore campaign after averaging 13.3 points per game to rank 10th in the Conference in the category. Also a key distributor, Campbell ranks fifth in the Pac-10, dishing out 3.8 assists per contest.

HARMON joined an elite company becoming the 29th player in Stanford history to score over 1,000 points. The senior averages a solid 9.9 points per game for the Cardinal and ranks seventh in the Conference making .485 percent of her shots from the field. Starting all 28 games of the season, Harmon also contributes 4.8 boards per contest.

LeNOIR, a consummate leader for the Trojans, paces USC's high-powered offense, scoring 12.7 points per game. The senior guard who earned third-team All-Pac-10 honors a year ago, is sixth in the Conference with 3.8 assists per contest. LeNoir is third on the USC's all-time career assists lists with 450, surpassing Trojan greats Cynthia Cooper and Cheryl Miller.

POHLEN earns her first career All-Pac-10 honor, helping Stanford to its ninth-consecutive Conference regular-season title. The sophomore leads the Pac-10 in 3-point field goals made (71) and was named the Pac-10 Player of the Week for the final week of the season after scoring a career-high 21 points in the Cardinal's title clinching victory over Arizona.

SIMON's 14.3 points in Conference games helped guide Arizona State to a school-record 15-game win streak and a tie for second in the final Pac-10 standings. The 5-5 junior contributes 3.3 assists per game, assisting on 64 percent of ASU's field goals made. Simon has scored in double figures in 24 of the 28 games she has played in, scoring a season-best 22 points at USC on Jan. 17.

ALL-PAC-10 THIRD TEAM

(listed in alphabetical order)

DAVIS ranks fourth in the Pac-10 in scoring with 14.0 points per game. The senior led or tied for the lead in 14 of the Beaver's contests this season, scoring a season-high 25 points at Washington on Jan. 17. Davis has scored in double figures in the last 13-straight games for OSU, averaging 17.3 points per game during that span.

COCKS spear heads Oregon's offense, offering up 13.5 points per game. The Ducks can pride themselves on Cocks accuracy, as the Aussie native shoots 85.4 from the charity stripe and 39.9 from beyond the arc. Cocks has made 67 3-pointers on the season, good for second-best in the Pac-10.

GILBREATH, the first Trojan to win Pac-10 Freshman of the Year since 1994, has made an immediate impact on the USC squad, starting in all 29 of the team's games while averaging 10.8 ppg and 5.7 rpg to rank in the top 20 in the Pac-10 in both categories. Gilbreath has reached double figures 18 times this season, netting a career-high 22 against Harvard.

HAMPTON earns her fourth All-Pac-10 honor, averaging 8.7 points per game for the Golden Bears. Sidelined with a knee injury at the beginning of the season, the 2006-07 Pac-10 Player of the Year has scored in double digits in nine of the last eleven games for California. Hampton is currently two points out of the seventh spot in Cals' career scoring records, tallying 1,528.

PEDERSEN, the 2007-08 Pac-10 Freshman of the Year, is an inside-outside threat, grabbing 7.9 boards per game, fourth-best in the Conference, while shooting nearly 53 percent from long-range over the last three games of the regular season. The sophomore, who earned Pac-10 Player of the Week honors on Mar. 2, has been shooting almost 60 percent from the field in the last four contests for the Cardinal, as well.

PAC-10 ALL-FRESHMAN TEAM

(listed in alphabetical order)

CLEMENTS has come on strong for the Wildcats in the second half of the Pac-10 season. The Wildcats' free-throw shooting leader, boasting a stellar .938 free-throw percentage, Clements has scored in double figures in nine of the last 11 games for the Arizona. In that span, the freshman has averaged 12.4 points, all while playing an average of 30.1 minutes.

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NYINGIFA has stood out in Pac-10 play, leading the Bruins in rebounding (5.6 rpg) in Conference-only games, while shooting 45 percent from the field in thoes games. The freshman has almost doubled her non-conference output on the boards, as well. The guard/forward from Torrence, Calif., has played in all 29 games, earning the starting nod 14 times.

OGWUMIKE, who has only made six starts this season for the Cardinal, has proved to be a valuable "sixth woman." Coming off the bench, Ogwumike averages 9.4 points and adds 5.3 boards per game. In her six starts, the freshman holds a mammoth 79.4 shooting percentage, making 27-of-34 attempts from the floor. Ogwumike currently ranks third on Stanford's single-season field goal percentage list, shooting .632 on the season.

PERKINS, Washington State's leading scorer at 13.9 points per game, leads all Pac-10 freshman in scoring. The rookie became only the second women's basketball player in Washington State history to record 400 points in her debut season and needs just one more point to set the all-time Cougar freshman-class scoring record set in 1989. On the season, Perkins has scored double figures 23 times.

PAC-10 ALL-DEFENSIVE TEAM
(listed in alphabetical order)

FOX-GRIFFIN ranks sixth in the Conference averaging 1.7 steals per game. The senior tied her career high in steals on Feb. 14 against Washington State, recording seven thefts in the contest. Leading the Pac-10 from the free-throw line, Fox-Griffin shoots 88.8 percent, making 71-of-80 free throws on the year.

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