

**Please Note:** Years for awards are spring semester (i.e. 90 for 1989-90)

### **Three-time 1st Team All-PSAC East**

Whis Grant (G) – 2013-15

Jonathan Roberts (C) – 1988-90

### **Two-time 1st Team All-PSAC East**

Lakeem McAliley (F) 2023-24

Carlos Pepin (F) – 2022-23

Rasheed Moore (F) – 2016-17

Matt Tobin (G) – 2014-15

Lonnie White (C) – 1992-93

Earle Greer (F) – 1983-84

Don Bones (G) – 1980-81

John Lehman (C) – 1971-72

Dave MacLaughlin (F) – 1956-57

### **Four-time All-PSAC East, any team**

Rasheed Moore (F) – 2014-17

### **Three-time All-PSAC East, any team**

Lakeem McAliley (F) -2022-24

Whis Grant (G) – 2013-15 (all 1st team)

Duane Johnson (F) – 2011-13

Lonnie White (C) – 1991-93

Jonathan Roberts (C) – 1988-90 (all 1st team)

### **Coach of the Year**

2019 Jeff Wilson

2018 Jeff Wilson

2013 Jeff Wilson

2010 Jeff Wilson

1998 Lynn Ramage

1990 Sal Montesana

### **Athlete of the Year**

2022 Carlos Pepin (F)

2015 Matt Tobin (G)

2013 Whis Grant (G)

1991 Keith Fisher (F)

1990 Jonathan Roberts (C)

1989 Jonathan Roberts (C)

1988 Jonathan Roberts (C)

### **Freshman/Rookie of the Year**

2019 Ryan Smith (F)

2014 Rasheed Moore (F)

2010 Terrance King (F)

2000 Shahad Abdur-Rahkman (F)

1999 Juwan Justice (G)

1995 Luis Ortiz (G)

### **Defensive Athlete of the Year**

2019 Jakwan Jones (G)

### **2023-24**

1st Team – Lakeem McAliley (F), 2nd Team – Jaelen McGlone (G), Justin Paz (G)

### **2022-23**

1st Team – Carlos Pepin (F), Lakeem McAliley (F)

### **2021-22**

#### **East Athlete of the Year – Carlos Pepin**

1st Team – Carlos Pepin (F)

2nd Team – Lakeem McAliley (F)

### **2020-21 - Season canceled due to COVID-19**

### **2019-20**

2nd Team – Kitt Najee Walls (G)

### **2018-19**

#### **East Coach of the Year – Jeff Wilson**

#### **East Defensive Athlete of the Year - Jakwan Jones**

#### **East Freshman of the Year - Ryan Smith**

1st Team – Josh Williams (F)

2nd Team – Jakwan Jones (G), Ryan Smith (F)

### **2017-18**

#### **East Coach of the Year – Jeff Wilson**

1st Team – Steve Harris (F)

2nd Team – Jakwan Jones (G)

### **2016-17**

1st Team – Rasheed Moore (F)

### **2015-16**

1st Team – Jamal Nwaniemeka (G), Rasheed Moore (F)

2nd Team – Will Brown (G)

### **2014-15**

#### **East Athlete of the Year – Matt Tobin**

1st Team – Whis Grant (G), Matt Tobin (G)

2nd Team – Rasheed Moore (F)

### **2013-14**

#### **East Freshman of the Year – Rasheed Moore**

1st Team – Whis Grant (G), Matt Tobin (G)

2nd Team – Rasheed Moore (F)

### **2012-13**

#### **East Athlete of the Year – Whis Grant**

#### **East Coach of the Year – Jeff Wilson**

1st Team – Whis Grant (G), Terrance King (F)

2nd Team – Duane Johnson (F)

### **2011-12**

1st Team – Duane Johnson (F)

2nd Team – Russell Graham III (G), Terrance King (F)

### **2010-11**

2nd Team – Duane Johnson (F), Mike Tobin (F)

### **2009-10**

#### **East Freshman of the Year – Terrance King**

#### **East Coach of the Year – Jeff Wilson**

1st Team – Andy Heimbach (G)

2nd Team – Robby Pines (G)

### **2008-09**

1st Team – Chris Bach (F)

**2007-08**

2nd Team – Chris Bach (F), Channon Easley (F)

**2006-07**

2nd Team – Darron Bradley (F)

**2005-06**

1st Team – Danny Hargrove (F)

**2004-05**

2nd Team – Anthony Ross (G)

**2003-04**

2nd Team – Rich Baker (G)

**2000-01**

1st Team – Juwan Justice (F)

**1999-00****East Rookie of the Year – Shahad Abdur Rahkman**

1st Team – Shahad Abdur Rahkman (F)

2nd Team – Juwan Justice (G)

**1998-99****East Rookie of the Year – Juwan Justice****1997-98****East Coach of the Year – Lynn Ramage**

1st Team – Al Munford (F)

2nd Team – Spencer Poulson (G)

**1996-97**

2nd Team – Al Munford (F)

**1995-96**

1st Team – Joe Williams (C)

2nd Team – Trevin Panaia (G)

**1994-95****East Rookie of the Year – Luis Ortiz****1993-94**

1st Team – Michael Smith (F), Eric White (F)

2nd Team – Howard Flowers (G)

**1992-93**

1st Team – Lonnie White (C)

2nd Team – Eric White (F)

**1991-92**

1st Team – Lonnie White (C), Todd Painton (F)

2nd Team – James Brooks (F)

**1990-91****East Athlete of the Year – Keith Fisher**

1st Team – Keith Fisher (F)

2nd Team – Lonnie White (C), Mike DelGrosso (G)

**1989-90****East Athlete of the Year – Jonathan Roberts****East Coach of the Year – Sal Montesana**

1st Team – Jonathan Roberts (C)

2nd Team – Ed Urie (F)

**1988-89****East Athlete of the Year – Jonathan Roberts**

1st Team – Jonathan Roberts (C)

**1987-88****East Athlete of the Year – Jonathan Roberts**

1st Team – Jonathan Roberts (C)

**1983-84**

1st Team – Earle Greer (F)

**1982-83**

1st Team – Earle Greer (F)