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--March 3, 2009-- **Midwest Conference Men's Basketball**

***Lawrence's Kroeger Wins Second Consecutive Player of the Year Award***

RIPON, WIS. -- Lawrence guard **Ryan Kroeger** has been named the 2008-09 Midwest Conference Men's Basketball Player of the Year after leading the Vikings to a share of the 2008-09 MWC Championship and a 2009 MWC Tournament Title. Kroeger becomes the third player to win the award multiple times and only the second to win it in back-to-back seasons. Monmouth's **Lance Castle** was named the South Division Player of the Year in '94 and '95 while Lawrence's **Chris Braier** was Player of the Year in the '04 and '06 seasons. Kroeger guided his Lawrence squad to a 19-6 overall record including a 75-59 victory over then-#7 UW-Stevens Point. The Vikings finished 13-3 in conference and missed out on being the MWC Tournament host due to a 101-100 loss to Grinnell on Jan. 23 where Kroeger finished with 28 points, 6 assists, and 5 rebounds. Lawrence would go on to avenge that loss, downing Grinnell 88-69 in the tourney title game on Feb. 28. Heading into the NCAA Tournament, Kroeger currently ranks in the top 10 of the MWC in numerous categories including: points per game (17.7), field goal percentage (.53.9), assists per game (3.6), steals per game (1.32), free throw percentage (77.1), three-point percentage (40.9), and assist-turnover ratio (2.25).

Grinnell's **David Arseneault** and Lawrence's **Joel DePagter** have been named the 2008-09 Co-MWC Coaches of the Year. This marks first time since 2001 and the fourth time overall that Arseneault has received the award, while this is DePagter's first time as a recipient. DePagter also becomes the only person in conference history to ever win Player of the Year (1997 North Division Winner) and Coach of the Year, both have been as a member of the Vikings. Arseneault led his Pioneers to an 18-7 overall record and a 13-3 mark in the MWC en route to a share of the Conference Championship. The 20-year Grinnell Head Coach is one win shy of 250, sitting at 249-208 for his career. In his second season at the Lawrence helm, DePagter's squad split the league title with Pioneers, also finishing 13-3. The Lawrence coach stands with a 41-9 career record and will look to add to his win total when the Vikings take on Washington University in the first round of the NCAA Tournament on March 6.

Joining Kroeger on the First-Team All-Conference list, are two other seniors in Beloit's **Andy Horton** and Grinnell's **John Grotberg**. This is Horton's second straight First-Team selection as the center averaged a double-double (18.7 ppg, 10.2 rpg) while leading the league in rebounds and blocks (1.57 bpg). Grotberg makes his third appearance as a First-Teamer and currently leads the nation in a pair of categories, points per game (31.0) and three-pointers per game (6.2). Carroll junior **John Hoch** and Ripon sophomore **Scott Gillespie** make their inaugural trip to the All-MWC First-Team. The duo rank third (24.1) and fourth (18.9), respectively, in scoring while Gillespie sits third in assists (5.77) with Hoch right behind in fourth (5.17).

Six players, all seniors, appear on the MWC All-Conference Second Team due to a tie. Grinnell guards **David Arseneault** (10.2 apg) and **Bobby Long** (27.2 ppg) were selected as they end their final season ranking first and fourth nationally in their respective categories. St. Norbert also had a pair of big men named to the Second-Team in forward **Brian Fleischmann** (12.2 ppg, 4.1 rpg) and center **Tom Katzfey** (11.7 ppg, 4.6 rpg). Carroll guard **Wes Ladwig** (15.1 ppg, 4.26 apg) and Illinois College guard **Mark Gillingham** (15.6 ppg, 3.8 rpg) round out the Second-Team.

--2008-09 MWC ALL-CONFERENCE--

**MWC PLAYER OF THE YEAR**

Ryan Kroeger, Senior, Guard, Lawrence University

**CO-MWC COACHES OF THE YEAR**

David Arseneault, Grinnell College

Joel Depagter, Lawrence University

**FIRST TEAM**

Player	Pos.	Yr.	School
Scott Gillespie	G	So.	Ripon College
John Grotberg	G	Sr.	Grinnell College
John Hoch	G	Jr.	Carroll University
Andy Horton	C	Sr.	Beloit College
Ryan Kroeger	G	Sr.	Lawrence University

**SECOND TEAM**

Player	Pos.	Yr.	School
David Arseneault	G	Sr.	Grinnell College
Brian Fleischmann	F	Sr.	St. Norbert College
Mark Gillingham	G	Sr.	Illinois College
Tom Katzfey	C	Sr.	St. Norbert College
Wes Ladwig	G	Sr.	Carroll University
Bobby Long	G	Sr.	Grinnell College

**HONORABLE MENTION**

Player	Pos.	Yr.	School
Jayce Apelgren	G	Sr.	Lawrence University
Travis Clark	C	Fr.	Lake Forest College
Matt Goedeke	F	So.	Knox College
Chris Page	F	Sr.	Lawrence University
Nathan Zimmerman	F	Sr.	Carroll University

