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**March 15, 2010**

## 2009-10 PacWest All-Conference Men's Basketball Team

**Player of the Year: Lucas Alves (BYU-Hawaii)\***

**Coach of the Year: Jon Judkins (Dixie State)^**

**Newcomer of the Year: C.J. Jackson (Hawai'i Pacific)**

**Freshman of the Year: Austin Bryan, Dominican (CA)**

*PacWest Co-Champions: BYU-Hawaii & Dixie State*

<u>First Team</u>	<u>Team</u>	<u>P</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Hometown/High School</u>
Lucas Alves-07A, 08A, 09A*	BYU-Hawaii	F/C	Sr.	6-9	230	Casa Branca, Brazil/Colegio Avanco Ensino Progranado
Austin Bryan	Dominican (CA)	G	Fr.	6-4	190	Wenatchee, WA/Wenatchee
Mike Helton	Hawai'i Pacific	G/F	Sr.	6-6	187	El Paso, TX/Montwood
C.J. Jackson	Hawai'i Pacific	F	Sr.	6-8	265	Buena Vista, GA/Tri-County
Justin Smith	Hawai'i Hilo	F	Jr.	6-6	205	Los Angeles, CA.Reseda
Marques Whippy-09B	BYU-Hawaii	G	Jr.	6-5	215	Bua, Fiji/LDS
Tom Whitehead	Dixie State	F	Jr.	6-6	185	St. George, UT/Dixie
<u>Second Team</u>	<u>Team</u>	<u>P</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Hometown/High School</u>
Steven Bennett	Chaminade	G	Jr.	5-6	155	Los Angeles, CA/Dorsey
T.J. Benson	Grand Canyon	G	Sr.	6-0	NA	Tempe, AZ/Corona del Sol
J.R. Buensuceso-09B	BYU-Hawaii	G	Sr.	5-9	170	Eagle Rock, CA/Eagle Rock
Brad Carroll	Grand Canyon	G	Fr.	6-5	NA	Chandler, AZ/Corona del Sol
Tsung-Hsein (Jet) Chang#	BYU-Hawaii	G	So.	6-4	190	Yilan, Taiwan/Sing Rong
Ray Murdock	Hawai'i Pacific	G/F	Sr.	6-3	205	Phoenix, AZ/Pinnacle
Donovan Plunkett	Dixie State	G	Jr.	5-11	160	Oroville, CA/Las Plumas
<u>Honorable Mention</u>	<u>Team</u>	<u>P</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Hometown/High School</u>
Matt Cousins	Chaminade	F	So.	6-8	215	Santa Rosa, CA/Cardinal Newman
Andy Palmer-09B	Dixie State	F	Sr.	6-5	220	St. George, UT/Pine View

07A – 1<sup>st</sup> Team All-PacWest 2006-07

09A – 1<sup>st</sup> Team All-PacWest 2008-09

\*2007-08 & 2008-09 PacWest Player of the Year

#2008-09 Freshman of the Year

08A – 1<sup>st</sup> Team All-PacWest 2007-08

09B – 2<sup>nd</sup> Team All-PacWest 2008-09

^ 2008-09 Coach of the Year

