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FOR IMMEDIATE RELEASE

Adrian's Cowart Repeats as Most Valuable Player, Bulldogs' Lancaster Most Valuable Pitcher in Baseball

ROYAL OAK, Mich. – The Michigan Intercollegiate Athletic Association has named Adrian outfielder Alex Cowart its Most Valuable Player and Adrian righthander Josh Lancaster its Most Valuable Pitcher for the 2010 baseball season.

Cowart, a senior from Dearborn (Edsel Ford HS), becomes the first player to win back-to-back MIAA MVP honors since Calvin's Aaron Wiers accomplished the feat in 2000-01. Last year, Cowart shared MVP honors with teammate Todd Meyers. He set an MIAA record for batting average in a 28-game conference season with a .500 average, and also led the league in hits (43), runs scored (36) and total bases (65) as Adrian repeated as MIAA champions. His 30 RBIs were second in the MIAA and his five home runs were third.

Lancaster, a senior from Saline (Saline HS), tied an MIAA record for pitching victories as he posted a perfect 7-0 mark in league play and a 3.14 earned run average. He struck out 31 batters in 43 innings, threw two complete games and had one shutout.

All-MIAA First Team

- C - Joe Dubina, Adrian* (junior from Canton, Ohio/ Canton South HS)
- 1B - Chuck DeClarke, Albion* (sophomore from Holt/Lansing Catholic Central HS)
- 2B - Brad Laucher, Trine* (senior from Marion, Ohio/Ridgedale HS)
- SS - Cody Meyer, Adrian* (freshman from Deshler, Ohio/Patrick Henry HS)
- 3B - Ryan Smith, Trine* (sophomore from Danville, Ind./Danville HS)
- OF - Alex Cowart, Adrian*** (senior from Dearborn/Edsel Ford HS)
- OF - Erik McCloud, Olivet* (senior from Holly/Holly HS)
- OF - Andrew Anderson, Adrian* (senior from Farmington/Farmington HS)
- UT - Robby Poll, Hope* (senior from Grandville/Grandville HS)
- P - Josh Lancaster, Adrian* (senior from Saline/Saline HS)
- P - Keith Spoelstra, Calvin* (junior from Oakland, N.J./Eastern Christian HS)
- P - Ryan Domschot, Adrian** (junior from Toledo, Ohio/Whitmer HS)

*- number of years First Team All-MIAA

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All-MIAA Second Team

- C – Jon Ponte, Hope (sophomore from Novi/Dearborn Divine Child HS)
- 1B - Beau Felix, Olivet (junior from Hartland/Hartland HS)
- 2B - Steve Vanderheyden, Adrian (senior from Clarkston/Clarkston HS)
- SS - Chris Mattson, Hope (sophomore from Muskegon/Mona Shores HS)
- 3B - Brian Bilius, Adrian (junior from Toledo, Ohio/St. Francis HS)
- OF - Dan Zech, Albion (senior from Rochester/Rochester HS)
- OF - Nate Sarkissian, Adrian (junior from South Lyon/South Lyon HS)
- OF - Tyler Berger, Calvin (sophomore from Grand Rapids/Grand Rapids Christian HS)
- UT - Andrew Bosma, Calvin (junior from Holland/Holland Christian HS)
- P - David Partyka, Adrian (junior from Detroit/Allen Park Cabrini HS)
- P - Mike Schypinski, Albion (freshman from Sterling Heights/Warren DeLaSalle HS)
- P - Lauren Parr, Trine (senior from Kendallville, Ind./Prairie Heights HS)