

2009 All-ACFC Team

The Atlantic Central Football Conference announced its 2009 All-ACFC Teams on Thursday morning. Five-time conference champion Wesley College won two of the four Player Of The Year awards as junior quarterback Shane McSweeney repeated as Offensive Player Of The Year and junior defensive tackle Mike Ward winning Defensive Player Of The Year honors. The Apprentice School took home the Rookie of the Year for the second straight season as defensive back Louis Norwood won the honor. Frostburg State University wide receiver and return specialist Avery Willie won the Special Teams Player Of The Year honor.

McSweeney earned his award after leading a Wesley offense that has soared to a 10-0 record heading into Saturday's NCAA South Region First Round game with N.C. Wesleyan. The Bensalem, Pa. native threw for 1,953 yards and 26 touchdowns. He leads the conference in passing yards, pass efficiency, touchdown passes and total offense, while ranking fifth in the conference in rushing. Ran for a career high 121 yards against NAIA 19th-ranked Ohio Dominican and threw for six touchdowns and 366 yards in a conference win over Frostburg State.

Ward took home Defensive Player Of The Year honors after a stellar season where he had almost a third of his 49 total tackles were for a loss. Those 15 tackles for loss included seven sacks to which he is tied for second in the conference. He is on a six-game streak of at least one sack. The Norwich, Ct. native is part of a Wesley defense that leads NCAA Division III in tackles for loss, third in scoring defense (8.22 ppg), fifth in sacks (3.56/game) and in total defense (230 yards/game).

Norwood stepped into a young defensive backfield for the Builders and recorded a stellar season. The Baker, La. native had eight pass breakups and six interceptions which tied the school record for the Apprentice School. He had 27 tackles, 21 solo, three blocked kicks and one forced fumble. Norwood had two interceptions against Fairleigh Dickinson-Florham and had three breakups against Malone University in his collegiate debut.

Willie earned the Special Teams Player Of The Year award after leading the league in kickoff return yardage (747) and second in punt returns (76). He returned a punt 43 yards for a touchdown against Geneva in the season opener. The Aberdeen, Md. native holds the single-season FSU record for return yards in a season.

Drass won his seventh ACFC Coach Of The Year honor as his third-ranked Wolverines won their eighth ACFC championship and fifth in a row. Wesley enters the NCAA Tournament with a 10-0 record and the number one seed in the South Region.

2009 All-ACFC Team

Award Winners

Offensive Player Of The Year: Shane McSweeney, Wesley, Jr., QB, 6-2, 210, Bensalem, Pa./Bensalem

Defensive Player Of The Year: Mike Ward, Wesley, Jr., DL, 6-2, 315 Norwich, Conn./Norwich Free Academy

Special Teams Player Of The Year: Avery Willie, Frostburg State, Sr., 5-11, 180, Aberdeen, Md./Aberdeen

Rookie Of The Year: Louis Norwood, Apprentice, Fr., DB, 5-9, 170, Baker, La./Baker

Coach Of The Year: Mike Drass, Wesley

First Team Offense

Quarterback: Shane McSweeney, Wesley, Jr., 6-2, 210, Bensalem, Pa./Bensalem

Running Back: Bryan Woolson, Salisbury, Jr., 5-8, 194, Whitehall, Md./North Harford

Aaron Jackson, Wesley, Sr., 5-9, 177, New Brunswick, NJ/North Brunswick

Tight End: Sean McAndrew, Wesley, Jr., 6-4, 250, Lanoka Harbor, NJ/Lacey Twp.

Teo Ellis, Apprentice, Sr., 5-11, 230, Camden, SC/Camden

Wide Receiver: Ellis Krout, Wesley, Jr., 6-4, 195, Dallas, Tex./Roosevelt

Bryan Cain, Apprentice, Jr., 6-1, 180, Baker, La./Baker

Offensive Line: Chris Hutton, Salisbury, So., 6-0, 310, Largo, Md./Largo

Tom Fox, Wesley, Sr., 6-2, 247, Middletown, Del./Middletown

Matt Ferguson, Wesley, Sr., 6-5, 300, Dover, Del./Dover

Ben Crowder, Frostburg State, Sr., 6-1, 300, Boydton, Va./Bluestone

Anthony West, Wesley, Jr., 6-3, 307, Laurel, Del./Laurel

First Team Defense

Defensive Line: Jovan McCamey, Apprentice, So., 6-3, 240, Ft. Washington, Md./Gwynn Park

Paul Cynewski, Salisbury, Sr., 6-3, 245, Moorestown, NJ/Moorestown

Mike Ward, Wesley, Jr., 6-2, 315, Norwich, Conn./Norwich Free Academy

Mike Iheakanwa, Frostburg State, Sr., 6-3, 220, Lantham, Md./Duval

Chris Mayes, Wesley, So., 6-3, 235, Waldorf, Md./Westlake

Linebacker: Jeff Morgan, Wesley, Jr., 6-2, 208, Vineland, NJ/Vineland

Jeremy Drayton, Apprentice, Jr., 6-0, 240, Orlando, Fla./Lyman

Mike Asiedu, Wesley, So., 6-3, 212, Yonkers, NY/Gorton

Defensive Backs: Marcus Wilson, Wesley, Jr., 6-3, 212, Pennsauken, NJ/Camden Catholic

Brandon Hudson, Salisbury, Sr., 5-9, 170, Delmar, Md./Sussex Tech

Aaron Benson, Wesley, Jr., 5-11, 197, Swarthmore, Pa./Strath Haven

Louis Norwood, Apprentice, Fr., 5-9, 170, Baker, La./Baker

First Team Special Teams

Kicker: Tommy Kowalick, Salisbury, So., 5-9, 150, Sterling, Va./Dominion

Punter: Thomas Mason, Apprentice, Fr., 5-10, 180, Disputanta, Va./Prince George

Return Specialist: Avery Willie, Frostburg State, Sr., 5-11, 180, Aberdeen, Md./Aberdeen

Second Team Offense

Quarterback: Phil Caralla, Apprentice, Sr., 5-10, 195, Tarpon Springs, Fla./E. Lake

Running Back: Sam Arnold, Apprentice, Sr., 5-5, 157, Tampa, Fla./King

Anthony King, Frostburg State, Jr., 6-0, 185, Germantown, Md./Northwest

Wide Receiver: Avery Willie, Frostburg State, Sr., 5-11, 180, Aberdeen, Md./Aberdeen

Gene Knight, Wesley, Sr., 5-10, 192, Baltimore, Md./Overleaf

Offensive Line: Alex Smith, Salisbury, So., 6-8, 320, Madison, NJ/Madison

Greg Rhoades, Jr., Frostburg State, 6-3, 290, Frostburg, Md./Thomas Stone

Mike Kinder, Sr., Apprentice, 6-6, 340, Zanesville, Oh./Philo

Patrick Fears, Jr., Frostburg State, 6-2, 285, Washington, DC/Archbishop Carroll

Lamar Johnson, Sr., Apprentice, Sr., 6-2, 263, St. Matthews, SC/Calhoun Co.

Second Team Defense

Defensive Line: Ryan Simmons, Frostburg State, So., x-x, xxx, Bel Air, Md./C. Milton Wright

Alex Bresner, Salisbury, Sr., 6-1, 275, Marblehead, Mass./Marblehead

Carlos James, Wesley, Sr., 6-1, 268, Annapolis, Md./Broadneck

James Lee, Apprentice, Sr., 5-11, 239, Richmond, Va./Varina

Linebacker: Justin Chura, Salisbury, Jr., 5-9, 200, Lothian, Md./Southern

Mana Ohia, Apprentice, So., 5-9, 203, Honolulu, Hi./Aiea

Travis Blair, Frostburg St., So., 6-1, 200, Upper Marlboro, Md./Oxon Hill

George Feiser, Frostburg St., Sr., 6-0, 220, Hagerstown, Md./Smithsburg

Defensive Backs: Ian Turner, Frostburg St., Jr., 5-8, 180, Hanover, Md./Meade

Terryl Monroe, Frostburg St., Jr., 5-11, 200, Temple Hills, Md./DeMatha

Dakevis Howard, Wesley, Jr., 6-2, 200, Wilmington, Del./Concord

Tom Fontaine, Salisbury, Sr., 5-8, 184, Philadelphia, Pa./W. Catholic

Second Team Special Teams

Kicker: Zachary Beukers, Frostburg St., Fr., 5-9, 160, Lusby, Md./Calvert

Nicholas Foor, Apprentice, Fr., 5-11, 160, Huntingtown, Md./Huntingtown

Punter: Nick Payne, Frostburg St., Sr., 6-2, 225, Frostburg, Md./Northern Garrett

Andrew Geisert, Salisbury, Sr., 6-0, 190, White Plains, Md./McDonough

Honorable Mention

Apprentice School: Jeff Leckrone, Sr., OL, 5-11, 247, Chesapeake, Va./Oscar Smith

James Abbs, Fr., WR, 6-2, 185, Stone Mountain, Ga./Tucker

Salisbury: Randall Smedley, So., SL, 5-9, 200, Frederick, Md./St. John's Catholic Prep

D.J. Nelson, Sr., WR, 5-11, 175, Mulilca Hills, NJ/Clearview Regional

Wesley: Jeff Dorsey, Jr., DE, 6-2, 252, Baltimore, Md./Woodlawn

Evan Prichett, Sr., OL, 6-0, 278, Baltimore, Md./Sparrows Point

Frostburg State: James Lohr, So., DB, 6-1, 180, Baltimore, Md./Archbishop Spalding

Christian Cook, Fr., WR, 5-10, 180, Reistertown, Md./Calvert Hall