UNI's Adam Koch Named Larry Bird MVC Player of the Year

ST. LOUIS -- After helping UNI to a school-record 25 wins and the school's first outright regular-season crown in The Valley, Adam Koch has been named the 2010 Larry Bird MVC Player of the Year. The senior forward is UNI's "glue" this year -- helping the Panthers achieve the highest national ranking in school history (18), while also leading the team to its most-ever league wins (15) since joining the Valley in 1991-92. He is the first player in league history to earn Player of the Year honors after not finishing in the Top 10 in the conference of any of the following statistical categories -- scoring, rebounding, assists, steals, or blocks.

Koch, who was third in the player-of-the-year balloting a year ago, averages a team-best 12.4 points per game and is second for UNI with 4.8 rebounds per game. His free throw shooting is fifth-best in the league as he's converted 120-of-144 from the stripe for 83.3 percent. He has played in 126 games as UNI Panther to rank No. 4 on the all-time games played chart and could establish a school record by season's end. Only Eric Coleman (128), Grant Stout (127) and Brooks McKowen (127) have played more games for the UNI Panthers.

Koch joins Jason Daisy (1997) as the only Panthers to earn the league's top honor.

The league's Newcomer of the Year is Adam Leonard of Missouri State. In his first year at MSU, the junior transfer from Eastern Kentucky ranks second for Cuonzo Martin's Bears in scoring (13.1 ppg.) and leads the league with 87 three-pointers made. That number is tied for third-best among any first-year player in league history. Leonard is the fourth MSU player to win Newcomer of the Year honors. Spencer Laurie was the last Bear to win Newcomer of the Year honors, doing so in 2007.

The league's Freshman of the Year hails from Evansville. Colt Ryan is the league's top-scoring freshman and ranks second only to Illinois State's Osiris Eldridge for the league's top per-game scorer. With 429 points this season (14.8 per game), he surpassed Jason Holsinger's freshman scoring record at UE (365) and he's the most-prolific scoring freshman in the Valley this decade (P'Allen Stinnett with 416 in 2007-08). He's the first Purple Ace to earn the honor, which was first awarded in 1986.

Dinma Odiakosa of Illinois State highlights the league's all-Defense unit, becoming the first Redbird to earn the league's Defensive Player of the Year honor since Dan Muller won two in a row (1996, 1997). Odiakosa has 25 blocks to rank among the league leaders, and he leads the league in rebounding and field goal shooting.

League coaches selected a "Sixth Man Award" recipient, and this season's honor goes to UNI's Lucas O'Rear, for the second-straight year. The honor is presented to the league's top reserve player (one who has started fewer than 25 percent of his team's games). O'Rear averages 4.2 points and 4.5 rebounds and 19 minutes while appearing in 29 games, starting three. He's the first to ever win the award twice.

In addition to the specialty awards, the conference announced it's all-conference units (first-team, second-team and honorable mention), all-newcomer team, all-freshman team, and all-defense team -- as selected by the league coaches. The all-bench and most-improved units have been selected by the league's beat writers and will be announced Wednesday (March 3). A complete listing of all-conference honorees is attached.

--- over ---
### 2010 All-Missouri Valley Conference Men’s Basketball Team

#### First Team

<table>
<thead>
<tr>
<th>Yr.</th>
<th>Pos.</th>
<th>Ht.</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sr.</td>
<td>G</td>
<td>6-3</td>
<td>Chicago (Ill.) Phillips Academy</td>
</tr>
<tr>
<td>Sr.</td>
<td>G</td>
<td>5-11</td>
<td>Holly Springs (Miss.) High</td>
</tr>
<tr>
<td>Sr.</td>
<td>F</td>
<td>6-8</td>
<td>Ashwaubenon (Wis.) High</td>
</tr>
<tr>
<td>Sr.</td>
<td>F</td>
<td>6-8</td>
<td>Akwukwu (Nigeria) Saint Patrick's Model School</td>
</tr>
<tr>
<td>Sr.</td>
<td>G</td>
<td>6-1</td>
<td>Lawton (Okla.) Lawton Christian High</td>
</tr>
</tbody>
</table>

#### Second Team

<table>
<thead>
<tr>
<th>Yr.</th>
<th>Pos.</th>
<th>Ht.</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sr.</td>
<td>C</td>
<td>7-0</td>
<td>Bellevue (Iowa) Marquette High</td>
</tr>
<tr>
<td>Jr.</td>
<td>C</td>
<td>6-9</td>
<td>Oceanside (Calif.) Vista High</td>
</tr>
<tr>
<td>Jr.</td>
<td>G</td>
<td>6-0</td>
<td>Chicago (Ill.) St. Patrick High</td>
</tr>
<tr>
<td>Sr.</td>
<td>G</td>
<td>6-0</td>
<td>Bowling Green (Ind.) Owen Valley High</td>
</tr>
<tr>
<td>So.</td>
<td>F</td>
<td>6-6</td>
<td>Topeka (Kan.) Highland Park High</td>
</tr>
</tbody>
</table>

#### Honorable-Mention Selections

<table>
<thead>
<tr>
<th>Yr.</th>
<th>Pos.</th>
<th>Ht.</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr.</td>
<td>G</td>
<td>6-2</td>
<td>Oakdale (Minn.) Tartan High</td>
</tr>
<tr>
<td>Sr.</td>
<td>G</td>
<td>6-0</td>
<td>Iowa City (Iowa) West High</td>
</tr>
<tr>
<td>So.</td>
<td>G</td>
<td>6-4</td>
<td>Houston (Texas) Klein Forest High</td>
</tr>
<tr>
<td>Sr.</td>
<td>F</td>
<td>6-6</td>
<td>Rapid City (S.D.) Central High</td>
</tr>
<tr>
<td>Jr.</td>
<td>G</td>
<td>6-5</td>
<td>Indianapolis (Ind.) Brebeuf Jesuit</td>
</tr>
</tbody>
</table>

#### All-Newcomer Team

<table>
<thead>
<tr>
<th>Yr.</th>
<th>Pos.</th>
<th>Ht.</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr.</td>
<td>F</td>
<td>6-8</td>
<td>Gastonia (N.C.) / East Carolina</td>
</tr>
<tr>
<td>Sr.</td>
<td>G</td>
<td>6-1</td>
<td>Maywood (Ill.) / Iowa</td>
</tr>
<tr>
<td>Jr.</td>
<td>G</td>
<td>6-1</td>
<td>Lee's Summit (Mo.) / Eastern Kentucky</td>
</tr>
<tr>
<td>Jr.</td>
<td>G</td>
<td>6-3</td>
<td>Jackson (Miss.) / Marion Military Institute</td>
</tr>
<tr>
<td>Fr.</td>
<td>G</td>
<td>6-5</td>
<td>Batesville (Ind.) High</td>
</tr>
<tr>
<td>Jr.</td>
<td>G</td>
<td>6-0</td>
<td>Minneapolis (Kan.) / Arkansas State</td>
</tr>
</tbody>
</table>

#### All-Freshman Team

<table>
<thead>
<tr>
<th>Yr.</th>
<th>Pos.</th>
<th>Ht.</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fr.</td>
<td>F</td>
<td>6-9</td>
<td>Manhattan (Kan.) High</td>
</tr>
<tr>
<td>Fr.</td>
<td>G</td>
<td>6-5</td>
<td>Batesville (Ind.) High</td>
</tr>
<tr>
<td>Fr.</td>
<td>C</td>
<td>6-9</td>
<td>Vineland (N.J.) Apex Academy</td>
</tr>
<tr>
<td>Fr.</td>
<td>C</td>
<td>6-10</td>
<td>Bettendorf (Iowa) High</td>
</tr>
<tr>
<td>Fr.</td>
<td>F</td>
<td>6-7</td>
<td>Eden Prairie (Minn.) High</td>
</tr>
</tbody>
</table>

#### All-Defensive Team (selected by coaches) - 4-way tie for 4th spot

<table>
<thead>
<tr>
<th>Yr.</th>
<th>Pos.</th>
<th>Ht.</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr.</td>
<td>G</td>
<td>6-2</td>
<td>Oakdale (Minn.) Tartan High</td>
</tr>
<tr>
<td>Sr.</td>
<td>G</td>
<td>6-3</td>
<td>Chicago (III.) Phillips Academy</td>
</tr>
<tr>
<td>Sr.</td>
<td>F</td>
<td>6-8</td>
<td>Ashwaubenon (Wis.) High</td>
</tr>
<tr>
<td>Jr.</td>
<td>C</td>
<td>6-9</td>
<td>Oceanside (Calif.) Vista High</td>
</tr>
<tr>
<td>Sr.</td>
<td>G</td>
<td>6-0</td>
<td>Bowling Green (Ind.) Owen Valley High</td>
</tr>
<tr>
<td>So.</td>
<td>G</td>
<td>6-4</td>
<td>Houston (Texas) Klein Forest High</td>
</tr>
<tr>
<td>Sr.</td>
<td>F</td>
<td>6-8</td>
<td>Akwukwu (Nigeria) Saint Patrick's Model School</td>
</tr>
</tbody>
</table>

#### All-Bench Team (selected by beat writers)

TBA (March 3)

#### Most-Improved Team (selected by beat writers)

TBA (March 3)
MISSOURI VALLEY CONFERENCE 2009-10 Men’s Basketball

Coach of the Year

1949 Henry P. Iba, Oklahoma A&M
1950 Forrest “Fordy” Anderson, BU
1951 Henry P. Iba, Oklahoma A&M
1952 Edgar S. “Eddie” Hickey, SLU
1953 Henry P. Iba, Oklahoma A&M
1954 Ralph Miller, Wichita State
1955 Clarence De Boer, Drake
1956 Alden Pasche, Houston
1957 Edgar S. “Eddie” Hickey, SLU
1958 George Smith, Cincinnati
1959 George Smith, Cincinnati
1960 Charles O’Neill, Bradley
1961 Ed Jucker, Cincinnati
1962 Charles Orsborn, Bradley
1963 Ed Jucker, Cincinnati
1964 Maurice “Maury” John, Drake
1965 Gary Crum, Wichita St.
1966 Taylor Baker, Cincinnati
1967 Joe Swank, Tulsa
1968 Maurice “Maury” John, Drake
1969 Ken Hayes, Tulsa
1970 Maurice “Maury” John, Drake
1971 Bob Polk, Saint Louis
1972 Gene Bartow, Memphis St.
1973 Ken Hayes, Tulsa
1974 Danny Crum, Louisville
1975 Joe Stowell, Bradley
1976 Lou Henson, New Mexico St.
1977 Ron Ecker, West Texas St.
1978 Ken Hayes, New Mexico St.
1979 Tom Apke, Creighton
1980 Bill Hodges, Indiana State
1981 Dick Versace, Bradley
1982 Nolan Richardson, Tulsa
1983 Gary Garner, Drake
1984 Weldon Drew, New Mexico St.
1985 Bob Donewell, Illinois St.
1986 Nolan Richardson, Tulsa
1987 Dick Versace, Bradley
1988 J. D. Barnett, Missouri State
1989 Eddie Fogerli, Wichita State
1990 Stan Albeck, Bradley
1991 Tony Barone, Creighton
1993 Tates Locke, Wichita State
1994 Bob Bender, Illinois State
1995 Rudy Washington, Drake
1996 Tubby Smith, Tulsa
1997 Tubby Smith, Tulsa
1998 Jim Molinari, Drake
1999 Eldon Miller, UNI
2000 Kevin Stallings, Illinois St.
2001 Jim Crews, Evansville
2002 Royce Waltman, Indiana St.
2003 Dan Altman, Creighton
2004 Dana Altman, Creighton
2006 Matt Painter, S. Illinois
2007 Mark Turgeon, Maryland
2008 Chris Lowery, S. Illinois
2009 Keno Davis, Drake
2010 Ben Jacobson, UNI

2010 TBD (Thursday)

Larry Bird MVC Player of the Year

1969 Bobby “Bingo” Smith, TU
1970 Jim Ard, Cincinnati
1971 Jeff Halliburton, Drake
1972 Larry Finch, Memphis St.
1973 Larry Kenon, Memphis St.
1974 Junior Bridgeman, Louisville
1975 Junior Bridgeman, Louisville
1976 Mike Glenn, S. Illinois
1977 Roger Phegley, Bradley
1978 Larry Bird, Indiana State

1979 Larry Bird, Indiana State
1980 Lewis Lloyd, Drake
1981 Lewis Lloyd, Drake
1982 Joe Griffin, Tulsa
1983 Antoine Carr, Wichita State
1984 Xavier McDaniel, Wichita St.
1985 Xavier McDaniel, Wichita St.
1986 Jim Les, Bradley
1987 Hersey Hawkins, Bradley
1988 Hersey Hawkins, Bradley
1989 Anthony Manuel, Bradenton
1990 Bob Harstad, Creighton
1991 Chad Gallagher, Creighton
1992 Shaq Amaya, S. Illinois
1993 Curt Smith, Drake
1994 Gary Collier, Tulsa
1995 Chris Carr, S. Illinois
1996 Anthony Parker, Bradley
1997 Jason Duffy, UNI
1998 Rico Hill, Illinois State
1999 Marcus Wilson, Evansville
2000 Nate Greene, Indiana State
2001 Taris Bryson, Illinois St.
2002 Kyle Korver, Creighton
2003 Kyle Korver, Creighton
2004 Darren Brooks, S. Illinois
2005 Paul Miller, Wichita State
2006 Jamaal Tatum, S. Illinois
2007 Adam Emmenecker, Drake
2008 Booker Woodfox, CU
2009 Adam Koch, UNI

Newcomer of the Year

1969 Joe Proctor, Memphis St.
1970 Dana Lewis, Tulsa
1971 Larry Finch, Memphis St.
1972 Seymour Reed, Bradley
1973 Jim Caruthers, Bradley
1974 Wesley Cox, Louisville
1975 Robert Elmore, Wichita St.
1976 Cheese Johnson, Wichita St.
1977 Slab Jones, New Mexico St.
1978 Robert Gunn, New Mexico St.
1979 Mitchell Anderson, Bradley
1980 Lewis Lloyd, Drake
1981 Jaime Pena, New Mexico St.
1982 Phil Pressey, Missouri St.
1983 Steve Harris, Tulsa
1984 John S. Williams, Illinois
1985 Kenny Perry, S. Illinois
1986 Hersey Hawkins, Bradley
1987 David Miller, Drake
1988 Rod Mason, Creighton
1989 Eddie Bird, Indiana State
1990 Dion Thurman, Bradley
1991 Reggie Shields, Tulsa
1992 Reggie Wilson, Illinois St.
1993 Mark Morse, Tulsa
1994 Curt Smith, Drake
1995 Shea Seals, Tulsa
1996 Lorenzo Gordon, Missouri St.
1997 Billy Warnock, Missouri St.
1998 Chris Trelleck, Wisconsin
1999 Taris Bryson, Illinois St.
2000 Kent Williams, S. Illinois
2001 Mike Wallace, Missouri St.
2002 Rolan Roberts, S. Illinois
2003 Charlie Ruff, S. Illinois
2004 Bryant Mullins, S. Illinois
2005 Bryant Mullins, S. Illinois
2006 Dinma Odiakosa, ILS

Freshman of the Year

1986 Bart Friedrick, Drake
1987 Joe Griffin, Tulsa
1988 Eddie Bird, Indiana State
1989 Tony Harvey, S. Illinois
1990 Ashraf Amaya, S. Illinois
1991 James Hamilton, Bradley
1992 Marcus Timmons, SIU
1993 Deon Jackson, Bradley
1994 Tony Harvey, S. Illinois
1995 Dan Muller, Illinois State
1996 Rodney Buford, Creighton
1997 Jason Perez, Wichita State
1998 Ryan Sears, Creighton
1999 Victor Williams, Illinois St.
2000 Kent Williams, S. Illinois
2001 Luke McDonald, Drake
2002 Randy Burns, Wichita St.
2003 David Moss, Indiana State
2004 Blake Ahearn, Missouri St.
2005 Eric Coleman, UNI
2006 Bryan Mullins, S. Illinois
2007 Osiris Eldridge, Illinois St.
2008 Allen Stinnett, Creighton
2009 Kevin Dillard, S. Illinois
2010 Colt Ryan, Evansville

Defensive Player of the Year

1989 Dwayne Praylow, Wichita St.
1990 Michael Scott, Tulsa
1991 Blair Dixon, Iowa State
1992 Ashraf Amaya, S. Illinois
1993 Ashraf Amaya, S. Illinois
1994 Lou Dawkins, Tulsa
1995 Marcus Timmons, SIU
1996 Dan Muller, Illinois State
1997 Dan Muller, Illinois State
1998 Adebayo Akinkunle, BU
1999 Marcus Jenkins, S. Illinois
2000 Nate Green, Indiana State
2001 Jeremy Robinson, Bradley
2002 Rolan Roberts, S. Illinois
2003 Jamaar Howard, Wichita St.
2004 Darren Brooks, S. Illinois
2005 Darren Brooks, S. Illinois
2006 Patrick O’Bryant, Bradley
2007 Randal Falker, S. Illinois
2008 Bryan Mullins, S. Illinois
2009 Bryant Mullins, S. Illinois
2010 Dinma Odiakosa, ILS

Sixth-Man Award

1990 Steve Hansell, Missouri St.
1991 Doug Swenson, Creighton
1992 Curt Begle, Evansville
1993 Joshua Cross, S. Illinois
2000 Mike Wallace, Missouri St.
2001 Terrell Taylor, Creighton
2002 Aaron Hogg, Wichita State
2003 LaMar Owen, Missouri St.
2004 Verson Jones, Missouri St.
2005 Ken Evers, Missouri St.
2006 Keilen Easley, Missouri St.
2007 Deven Mitchell, MU
2008 Booker Woodfox, CU
2009 Lucas O’Rear, UNI
2010 Lucas O’Rear, UNI

Multiple Award Winners

Coach of the Year
4 - Maury John, Drake
3 - Henry P. Iba, Okla. A&M
3 - Ken Hayes, Tulsa (2), N.M. State (1)
2 - Eddie Hickey, Saint Louis
2 - George Smith, Cincinnati
2 - Charles Orsborn, Bradley
2 - Ed Jucker, Cincinnati
2 - Nolan Richardson, Tulsa
2 - Dick Versace, Bradley
2 - Tubby Smith, Tulsa
2 - Dana Altman, Creighton
2 - Chris Lowery, S. Illinois

Player of the Year
2 - Junior Bridgeman, UL
2 - Larry Bird, Indiana State
2 - Lewis Lloyd, Drake
2 - Xavier McDaniel, WSU
2 - Hersey Hawkins, Bradley
2 - Kyle Korver, Creighton
2 - Darren Brooks, S. Illinois

Scholar-Athlete
2 - Kent Williams, S. Illinois
2 - Neil Plank, Illinois State

Back-To-Back Winners

Coach of the Year
George Smith, UC (58, 59)
Bob Knight, DU (68, 69, 70)
Tubby Smith, Tulsa (94, 95)
Dana Altman, CU (01, 02)

Player of the Year
Junior Bridgeman, UL (74, 75)
Larry Bird, INS (78, 79)
Lewis Lloyd, Drake (80, 81)
Xavier McDaniel, WSU (84, 85)
Hersey Hawkins, BU (87, 88)
Kyle Korver, CU (02, 03)
Darren Brooks, SIU (04, 05)

Defensive Player
Ashraf Amaya, SIU (92, 93)
Dan Muller, ILS (96, 97)
Darren Brooks, SIU (04, 05)
Bryan Mullins, SIU (08, 09)

Scholar-Athlete
2 - Kent Williams, S. Illinois
2 - Neil Plank, Illinois State

Prairie Farms Scholar-Athlete of the Year
2002 Kent Williams, S. Illinois
2003 Kent Williams, S. Illinois
2004 Michael Lindeman, CU
2005 Neil Plank, Illinois State
2006 Neil Plank, Illinois State
2007 Jamaal Tatum, S. Illinois
2008 Adam Emmenecker, Drake
2009 Jason Holsinger, Evansville
2010 Bryan Mullins, S. Illinois

2010 TBD (Thursday)