



**Rochester Area College Athletics**

**Lary Bump, Executive Director, RACA Services**

**(972) 832-2099**

**FOR RELEASE Tuesday, March 3, 2009**

**Keuka's Lincoln, RIT's Carson**

**Named RACA Athletes of the Week**

Basketball players Courtney Lincoln of Keuka and Mark Carson of RIT are the Rochester Area College Athletics Athletes of the Week for Feb. 23-March 1.

Lincoln was named the Most Valuable Player in the NEAC Tournament for leading the Storm to the title and a berth in the NCAA Division III National Tournament. The sophomore guard from Waterloo, N.Y. (Waterloo High School) averaged 11.7 points, 5.7 assists, 2.7 rebounds and 2.0 steals per game in Keuka's three victories. On Friday, she had nine points and four assists in a 53-44 triumph over Dallas. The next day, her 16 points and four assists keyed a 58-49 win over D'Youville. In Sunday's championship-game victory over Penn State-Berks, the RACA Female Athlete of the Week scored 10 points and passed off for nine assists.

Carson – a senior center from Voorheesville, N.Y. (Voorheesville HS) also was a conference-tournament MVP as he led the Tigers to the Empire 8's championship and NCAA Division III Tournament berth. Averaging 19.7 points and 14.3 rebounds this season, the RACA Male Athlete of the Week had his 23<sup>rd</sup> and 24<sup>th</sup> statistical double-doubles in RIT's two tournament games. Carson scored 14 points and grabbed 13 rebounds in Friday's semifinal victory over Utica, and came back the next day with 27 points, 13 rebounds and four steals in the Tigers' 76-71 overtime win over Nazareth. He made 11 of 13 field goal attempts. Carson needs just 11 rebounds in the NCAA tournament to break RIT's season record.

Earning Honorable Mention were Rochester softball pitcher Beth Ameno, Hobart lacrosse player Tyler Cassell (Geneva) and SUNY Brockport men's basketball player Mychal Wilkes (Newark, for the second consecutive week).