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Blue Raiders win four of top five league awards; three players named all-conference

Clark earns Player and Newcomer of the Year; Lymon tabbed Defensive Player of the Year; Insell selected Coach of the Year

Athletic Communications

NEW ORLEANS - The Middle Tennessee women's basketball team nearly swept all of the top individual post-season honors handed out by the Sun Belt Conference Tuesday, earning the league's Player of the Year ([Alysha Clark](#)), Defensive Player of the Year ([Chelsia Lymon](#)), Newcomer of the Year (Clark) and Coach of the Year (Rick Insell). In addition, Clark was named first-team all conference and Lymon joined [Brandi Brown](#) on the All-SBC third team.

Clark was voted the league's Player of the Year in her first season as a Blue Raider and becomes the second student-athlete since the program joined the league in 2000-01 to garner the accolade, following Chrissy Givens in 2006-07 and 2005-06. MT had five Ohio Valley Conference selections during its time in the league.

Although the NCAA does not maintain records pertaining to this area, it is believed to be the first time a men's or women's basketball player in NCAA history has received a Player of the Year nod from more than one conference. Clark was named the Atlantic Sun Player of the Year in 2005-06 and 2006-07 while playing at Belmont.

Because she transferred and this was her first season of eligibility at Middle Tennessee, Clark also was picked as the Sun Belt's Newcomer of the Year. She is the second Lady Raider to receive the honor, following Amber Holt in 2006-07.

Clark was joined on the All-Sun Belt First Team by Chastity Reed (UALR), Amber Jackson (North Texas), Kylie Morrissy (Troy) and Arnika Brown (WKU). Second-team honors were handed out to Anshel Cooper (UALR), Monika Bosilj (FIU), Jada Frazier (New Orleans), Shakira Nettles (South Alabama) and Jessica Starling (South Alabama).

Lymon collects the Sun Belt Defensive Player of the Year, giving MT the award for the seventh-straight campaign. She is the fifth Blue Raider in those seven seasons to garner the recognition.

She was one of two Middle Tennessee honorees on the all-league third team, along with [Brandi Brown](#). The pairing was joined by Alexis Green (Louisiana-Lafayette), Lottie Moore (ULM) and Kenzie Rich (WKU).

Insell was tabbed the league's



Rick Insell is the Sun Belt Coach of the Year and had three of his players recognized among the league's postseason awards. (Bradley Lambert)



Coach of the Year
by his peers for
the second time in



his four seasons on the Blue Raider sidelines. He also was selected in 2006-07 and joins Larry Joe Inman as the only Lady Raider coaches in program history to receive the honor more than once. Inman was recognized as the Ohio Valley Coach of the Year in 1979-80, 1982-83 and 1984-85.

Middle Tennessee clinched the No. 1 seed in the upcoming Sun Belt Conference Tournament and will play its first game at 12:30 p.m. Saturday in Hot Springs, Ark., against the winner of Wednesday's No. 8 Florida Atlantic/No. 9 New Orleans matchup. The Blue Raiders will enter the tournament with a 25-5 overall record, including a 17-1 Sun Belt mark during the regular season.

Sun Belt Conference Postseason Awards

Player of the Year - [Alysha Clark](#), Middle Tennessee
Defensive Player of the Year - [Chelsia Lymon](#), Middle Tennessee
Newcomer of the Year - [Alysha Clark](#), Middle Tennessee
Coach of the Year - Rick Insell, Middle Tennessee
Freshman of the Year - Kaetlyn Murdoch, Denver

First Team All-Sun Belt:

[Alysha Clark](#), Middle Tennessee
Chastity Reed, UALR
Amber Jackson, North Texas
Kylie Morrissy, Troy
Arnika Brown, WKU

Second Team All-Sun Belt:

Anshel Cooper, UALR
Monika Bosilj, FIU
Jada Frazier, New Orleans
Shakira Nettles, South Alabama
Jessica Starling, South Alabama

Third Team All-Sun Belt:

[Brandi Brown](#), Middle Tennessee
[Chelsia Lymon](#), Middle Tennessee
Alexis Green, Louisiana-Lafayette
Lottie Moore, ULM
Kenzie Rich, WKU



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