

An Inside Look at

LEHMAN ATHLETICS

Francis, Nnamani Lead Lightning All-Star Charge

The stars were out at the prestigious Water Club this week, as the City University of New York Athletic Conference (CUNY) held their annual all-star luncheon. Lehman College senior men's basketball player Sekani Francis was named as the conference's Most Valuable Player, while women's basketball star Sally Nnamani was named the conference's Rookie of the Year.

Francis, who also captured the award last season, has led the Lightning to a 13-11 record. The 6'10" center ranks second in the conference with a 19.2 points per game average, while leading the CUNY with an amazing 12.9 rebounds per game.

"It is an honor to be named the conference's Most Valuable Player for two consecutive years," said Francis. "The award is a reward for the hardwork of my teammates and I throughout the season."

Sally Nnamani has been a pleasant surprise for the Lehman

College women's basketball team. The 5'11" freshman from Warick, New York has emerged as one of the premiere players in the conference in her first season on the collegiate level. While leading Lehman with a 16.2 points per game average, which is fifth overall in the CUNY conference. Nnamani is the fifth Rookie of the Year in the eight year tenure of head coach Eric Harrison.

"It is great to be honored as the top rookie in the conference," said Nnamani. "This distinction is something I take great pride in, and am really proud to share this award with my teammates and coaches."

Men's basketball player Willy Vargas was selected as a second team all-star, while Lehman College Hall of Fame member Ray Rankis, the current men's basketball coach at Baruch College was named the CUNY Coach of the Year. Rankis led Baruch to a 12-1 CUNY record, and the top ranking in the Atlantic Region.

2005-06 CUNY Conference Men's Basketball All-Stars

Most Valuable Player - Sekani Francis, Lehman College
Rookie of the Year - Thomas Armstrong, Medgar Evers College
Coach of the Year - Ray Rankis, Baruch College

First Team All-Stars

Louie Karis, Baruch College
Cheick Fadika, Baruch College
Otis Saylee, York College
Dennis Ekkols, College of Staten Island
Shayne Smith, York College

Second Team All-Stars

Willy Vargas, Lehman College
Perry Wilkes, Medgar Evers College
Jeffrey Boone, York College
James Boddie, CCNY
Rob Davidson, Baruch College
Mike Comick, College of Staten Island



2005-06 CUNY Conference Women's Basketball All-Stars

Most Valuable Player - Chiresse Paradise, Baruch College
Rookie of the Year - Sally Nnamani, Lehman College
Coach of the Year - Machli Joseph, Baruch College

First-Team All-Stars

Kim Thompson, College of Staten Island
Melanie D'Ambrosi, College of Staten Island
Lashannen Hogue, John Jay College
Jennifer Ithier, Hunter College

Second Team All-Stars

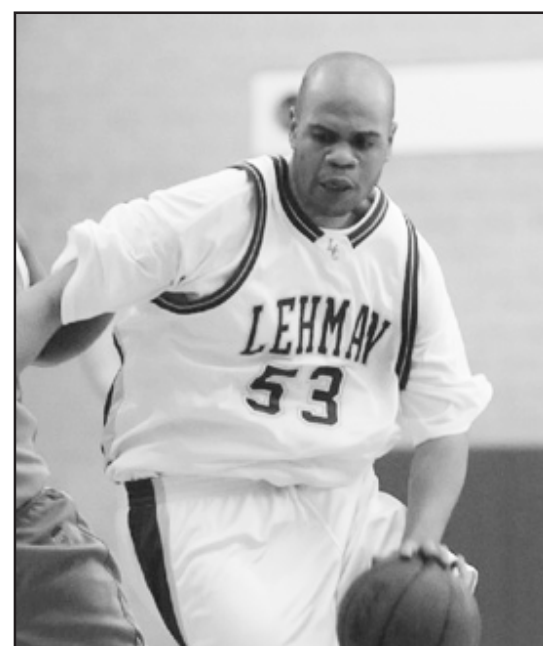
Jaclyn Cavalcante, Brooklyn College
Jenny Deida, York College
Jessenia Marrero, Baruch College
Raquel Reid, Baruch College
Nisha Haire, Medgar Evers College



SALLY NNAMANI



RAY RANKIS



SEKANI FRANCIS