



News Release

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Bulldogs' Long and Pirates' Sanchez Earn Top Preseason Honors
South Carolina State Selected as Preseason Favorite for Third Straight Year

NORFOLK, Va., July 30, 2010 - South Carolina State's Malcolm Long and Julio Sanchez of Hampton earned the Mid-Eastern Athletic Conference's (MEAC) top football preseason awards, as announced by the conference on Friday afternoon at the Norfolk Marriott Hotel. Long was selected as the preseason Offensive Player of the Year and Sanchez was named the preseason Defensive Player of the Year by the MEAC head football coaches and sports information directors.

For the third year in row the defending MEAC champion South Carolina State Bulldogs were the consensus pick to win the conference title in 2010. The Florida A&M Rattlers finished second in the preseason poll.

Long led the MEAC in passing last year setting a school record with 2,503 total yards with 20 touchdowns. He completed 64-percent of his passes (208-343) and averaged a conference season high 208.6 yards per game. A second team All-MEAC selection and All-State performer in 2009, Long guided the Bulldogs to their second straight conference title while boasting a record high 19-game MEAC win streak.

A native of Gaffney, S.C., Long accounted for 25 total touchdowns last season, five of them rushing. He set new standards for SCSU in completions (209), attempts (324), and completion percentage (64.5) in addition to total yards. Long was recently named as one of 11 quarterback to the Sports Network's 2010 Payton Award Watch List, which highlights the top offensive player in the Football Championship Subdivision (FCS).

Sanchez, a native of Miami, Florida, finished second in the MEAC last year in total tackles averaging 8.9 per game. He recorded 51 solo, 47 assisted, with 1.5 sacks. He also tallied eight tackles for 23-yard loss, two breakups, one fumble and two fumble recoveries for the Pirates who finished with a 5-6 overall last year.

Sanchez' efforts in the linebacker corp aided the Pirates' defense that finished third in the MEAC in total defense, allowing just 278.1 yards per game, and second in rushing defense, giving up just 117.0 yards on the ground per game.

South Carolina State led all teams with eight players on the preseason All-MEAC first team. The Bulldogs also had six players to make the second team.

<i>2010 Predicted Order of Finish</i>	
1. South Carolina State (15)	315
2. Florida A&M (2)	268
3. Norfolk State	190
4. Hampton (1)	167
5. Morgan State	166
6. North Carolina A&T	150
7. Delaware State	120
8. Bethune-Cookman	68
9. Howard	32

-2010 Preseason All-MEAC Team Listed Below-

2010 All-MEAC PRESEASON FOOTBALL HONORS

Offensive Player of the Year: Malcolm Long, South Carolina State **Defensive Player of the Year:** Julio Sanchez, Hampton

2010 All-MEAC FIRST TEAM

Offense

<u>Pos</u>	<u>Name</u>	<u>CL</u>	<u>School</u>	<u>Hometown</u>
QB	Malcolm Long	Sr.	South Carolina State	Gaffney, S.C.
RB	DeAngelo Branche	r-Sr.	Norfolk State	Norfolk, Va.
RB	Philip Sylvester	Sr.	Florida A&M	Marianna, Fla.
TE	Lamont Bryant	Jr.	Morgan State	Newport News, Va.
WR	Willie Carter	Jr.	Howard	Denmark, S.C.
WR	Isaac West	Sr.	Florida A&M	Tallahassee, Fla.
OL	Johnny Culbreath	r-Sr.	South Carolina State	Monroe, Ga.
OL	Juavahr Nathan	r-Sr.	South Carolina State	Ladson, S.C.
OL	Josh Harrison	Sr.	South Carolina State	Lake City, S.C.
OL	Kendall Noble	Jr.	Norfolk State	Rocky Mount, N.C.
C	Sam Timothy	Sr.	South Carolina State	Portland, Ore.

Defense

DL	Andre Carroll	r-Sr.	Delaware State	Neptune, N.J.
DL	Kenrick Ellis	Sr.	Hampton	West Palm Beach, Fla.
DL	Josh Turner	Jr.	Norfolk State	Chesterfield, Va.
DL	Jayson Ayers	Sr.	South Carolina State	Clio, S.C.
LB	Alvis Graham	r-Jr.	Florida A&M	Orlando, Fla.
LB	David Erby	Sr.	South Carolina State	Rock Hill, S.C.
LB	Julio Sanchez	r-Sr.	Hampton	Miami, Fla.
DB	Qier Hall	Sr.	Florida A&M	Cocoa, Fla.
DB	Justin Ferrell	Jr.	North Carolina A&T	Danville, Va.
DB	Quay Long	Jr.	North Carolina A&T	Charlotte, N.C.
DB	Darren McKahn	Sr.	Morgan State	Miami, Fla.
P	Nicholas Adams	So.	Morgan State	Fayetteville, N.C.
P/K	Trevor Scott	r-Jr.	Florida A&M	Jacksonville, Fla.
Ret	Dwight Fluker-Berry	r-Sr.	Norfolk State	Miami, Fla.

2010 All-MEAC SECOND TEAM

Offense

<u>Pos</u>	<u>Name</u>	<u>CL</u>	<u>School</u>	<u>Hometown</u>
QB	Anthony Glaud	r-Sr.	Delaware State	Sicklerville, N.J.
RB	Jaashawn Jones	r-Jr.	Delaware State	Asbury Park, N.J.
RB	Mike Mayhew	Jr.	North Carolina A&T	Charlotte, N.C.
TE	Sherron Childress	r-Sr.	Norfolk State	Hampton, Va.
WR	Kevin Elliot	r-Jr.	Florida A&M	Orlando, Fla.
WR	Richard Christie	Sr.	South Carolina State	Miami, Fla.
OL	Christopher Sands	r-Sr.	Florida A&M	Tallahassee, Fla.
OL	Michael Ola Folorian	r-Sr.	Hampton	Riverdale, Ga.
OL	Lawrence Brewer	Sr.	Morgan State	Fort Washington, Md.
OL	Calton Ford	Sr.	Norfolk State	Chesapeake, Va.
C	William Falakiseni	Sr.	Norfolk State	Tonga

Defense

DL	Ryan Davis	Jr.	Bethune-Cookman	Tampa, Fla.
DL	Brandon Peguese	r-Sr.	Hampton	Greensboro, N.C.
DL	Micah Stanfield	Jr.	North Carolina A&T	Reidsville, N.C.
DL	Ronnell Ferguson	Jr.	South Carolina State	Lincolnton, Ga.
LB	Reginald Sandilands	Jr.	Bethune-Cookman	Miami, Fla.
LB	Anthony Taylor	Sr.	Norfolk State	Virginia Beach, Va.
LB	Julius Wilkerson	Sr.	South Carolina State	Gaffney, S.C.
DB	Curtis Holcomb	Sr.	Florida A&M	Miami, Fla.
DB	Semaj Moody	Sr.	South Carolina State	Denmark, S.C.
DB	Devonne Quattlebaum	Sr.	South Carolina State	Ridge Spring, SC
DB	Ricardo Silva	r-Sr.	Hampton	Baltimore, Md.
P	Alex Grubb	So.	North Carolina A&T	Lexington, N.C.
P/K	Blake Erickson	Jr.	South Carolina State	Pensacola, Fla.
Ret	Larrone Moore	Sr.	Delaware State	Hyattsville, Md.