



The ACCA Today

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SPECIAL POINTS OF INTEREST:

- The Art of a Play-in Game
- OKC Must Sees...
- Results from 7th annual skills competition
- "Don't get caught watching the paint dry (in the lane)"
- Opening Round Action Recap
- ACCA 2009-10 Academic All-Americans
- Top Eating Destinations in OKC

The Art of a Play-In Game Sights and Sounds of OKC

While many teams are settling into hotel rooms and eating a "light" dinner (after a huge lunch from Swadley's), some teams are fighting for their lives entrenched in opening-night action. These teams have been thrust into a seemingly impossible challenge of winning four straight days in order to hold up the hardware. Most of the time the lower seeds are looked over anyway; however, when you're a play-in team, that is what you have to do, play to be in the eight team tournament.

The improbable still does happen sometimes. Take last year's eventual D-II winner, the Champion Baptist Tigers. Although, not a true play-in game, #7 Champion vs. #2 Barclay offered one of the most exciting games of the tournament, with Champion prevailing 77-69. This goes to show that Wednesday night games in the city can end up with some wild finishes. This year's play-in game between the Lady Tigers of Grace Bible and the Lady Conquerors of AFLBS, although not quite as exciting, starts what Grace hopes is a run for a title. They have earned their right to face the #2 seed in the Women's bracket, the Rhema Lady Eagles.

Oklahoma City is a very diverse and growing place to live. At the crossroads of the two great highways that connect this nation, Oklahoma City has undergone a complete make-over in the past 10 years. The city's M.A.P.'s project has spear-headed an effort to revitalize the downtown area. This has led to many unique businesses and even large companies calling OKC home. However, the most attention-calling move made by OKC took the form of an NBA franchise with the acquisition of the Oklahoma City Thunder by Oklahoma businessman Clay Bennett. Here are just a few of the other sights and sounds of OKC:

- Oklahoma City National Bombing Memorial: In the heart of OKC, the Alfred P. Murrah building memorial is a life changing experience. You've got to see it.
- Bricktown: Houses the OKC Riverwalk, countless restaurants, as well as businesses like Bass Pro and Harkins Theater which houses the largest screen in OK.
- National Cowboy and Western Heritage Museum: At least now if someone asks, you can say that you did see a cowboy in Oklahoma.

Recap: 7th Annual Skills Competition

After many of the student-athletes and coaches alike enjoyed a very filling and tasty Swadley's Bar-B-Q lunch, there was only one thing left to do that afternoon...show-off some skills. As always, in any skills competition, the most looked forward to event was the dunk contest. This skills competition was no different. Here is a summary of the action that took place at the Pickens-Springer Gymnasium on the Campus of Southwestern Christian yesterday afternoon:

Dunk Contest Winner:

- Aaron Perez, Hillsdale College: With a signature behind the backboard dunk that must have made his coach cringe

Free Throw Winners:

- Whitney Duflo, Grace Bible: Pulled away in the contest with a streak of 11 straight.
- Nathan Frew, Nebraska Christian: Concentration is key when watching corn stalks grow. By the way, you do not want to foul this guy.

3-Point Winners:

- Christian Lawyer, Dallas Christian: Crafty sharp-shooter from the big city to the south
- Kristy Hill, Hillsdale College: Hit an amazing 11 treys within the allotted 45 seconds

3 Seconds in the Lane...

Women's Division I

Game Two

#7 Grace Bible Tigers

#10 AFLBS Conquerors

High Scorers:

AFLBS: Shelby Kinneberg 17
 Grace: Jessica Sikorski 17

High Rebounders:

AFLBS: Shelby Kinneberg 11
 Grace: Jessica Sikorski 17

Telling Stat:

29.4% vs. 45.8% shooting in the 2nd half

The Difference:

Two much Jessica Sikorski to end the 1st

Tournament Notes:

- Check out the ACCA website at www.accaathletics.org for all tournament information, brackets and statistics.
- Follow the ACCA on Twitter at: www.twitter.com/2010acca
- Live tournament webcasts and stats are available at that ACCA website and clicking on the "Webcasting" link.
- Tournament Gear: Remember to purchase your T-shirts and hoodies early because supplies are limited.
- Programs: Pick up a tournament program and keep track of your teams game times and locations.

Today's Game of the Day:

Men's Division I

Game Two

#4 Hillsdale Baptist College

#5 Multnomah University

7:00—Hillsdale Gymnasium

Key Match-up:

- Aaron Perez, Hillsdale vs. Nick Kamlade, Multnomah. A match-up of All-Americans

Storylines to Watch:

- Hillsdale's Athleticism vs. Multnomah's run and shoot mentality

Overall Edge:

- Hillsdale wins a close high scoring affair in their own gym

Hungry between games? Top Eats in OKC:

Breakfast

What: Jim's Restaurant
 Where: 39th and Council Rd.
 Why: Best breakfast value
 Must Have:
 Ask for the Dueces (two eggs, two pancakes, two slices of bacon). Also try the Original Route 66 Scrambler, one heaping pile of breakfast goodness (ham, sausage, eggs, bacon, hash-browns, and biscuits, all topped with sausage gravy.

Lunch

What: Swadley's Bar-B-Q
 Where: 39th and Rockwell and in Moore
 Why: Hands-down the best Bar-B-Q in Bethany
 Must Have:
 The Ultimate Bar-B-Q Sandwich...The name speaks for itself. Hoagie roll with pulled pork, sliced brisket, bacon, smoked sausage, cheddar cheese, and Swadley's special sauce...Enjoy...

Dinner

What: Ted Café Escondido
 Where: Locations in OKC, Moore, and Norman
 Why: Most authentic Mexican food in the metro area
 Must Have:
 Everything is good; however you cannot go wrong with their classic fajitas. Also, do not forget to ask for a sopapillas. If you love Mexican food or have never had Mexican food, this is a must.

2009-10 ACCA Academic All-Americans

Men

James Alongi	Calvary Bible College
Michael Baker	Ohio Christian University
Timothy Baker	Ohio Christian University
Sasha Goncharenko	Crossroads College
Damon Grego	Champion Baptist College
Travis Hendershot	Champion Baptist College
Loren Larsen	Multnomah University
Josh Laughlin	Nebraska Christian College
James Manthe	Champion Baptist College
Ryan Milliken	Ozark Christian College
Trent Mullikin	Barclay College
Jesse Moan	AFLBS
Patrick Porras	Crossroads College
Matt Quanbeck	AFLBS
Daniel Rinehart	Emmaus Bible College
Marcus Troy	Crossroads College
Stefan Vasiloff	Ohio Christian University

Women

Southwestern Christian
 Crossroads College
 Ohio Christian University
 Crossroads College
 AFLBS
 Calvary Bible College
 Hillsdale Baptist College
 Emmaus Bible College
 Ohio Christian University
 Barclay College
 Grace Bible College
 Ozark Christian College

