

NEWS RELEASE

For more information contact
Lon Huffman, PR/Marketing Manager
467-9945 or toll free (888) 994-7818
e-mail: lhuffman@glenoaks.edu

FOR IMMEDIATE RELEASE

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Proefrock Named Junior College Coach of the Year for 2010

CENTREVILLE, Mich.---Steve Proefrock, Head Basketball Coach and Athletic Director at Glen Oaks Community College, has been named 2010 Junior College Coach of the Year by the BCAM. Proefrock was given the award at the Basketball Coaches Association of Michigan (BCAM) Hall of Fame Banquet at Lansing's Causeway Bay Hotel on October 1. This is a second Coach of the Year award for Proefrock. He was presented the Coach of the Year award from the Michigan Community College Athletic Association in 2005 and 2010. Proefrock is a Professor of Physical Education at GOCC. Several years ago he also assumed the duties of Athletic Director at the college.

The Vikings completed one of their best regular seasons in 32 years by ending up 9th in the nation, winning the MCCA's Men's Western Conference Basketball Championship and posting a 26-5 record. The last time Glen Oaks won the Western Conference title was 2005. The team was also State Runner-up, and District Runner-up.

This is the 13th season at Glen Oaks for Proefrock who has coaching experience at Division I, II and III colleges. He has held coaching roles at Bemidji State University, Eastern Kentucky University, Colorado College, Ferrum College, and Southwestern Michigan College, as well as Detroit Evangel High School. Proefrock earned his Bachelors Degree from Central Michigan University and his Masters in Physical Education from Eastern Kentucky University. The Three Rivers resident is originally from Reed City, where he was All-State, All-Conference, All-Area, and Captain of the



high school's Class C Championship Basketball Team. He was named Reed City High's Athlete of the Year his senior year.

Proefrock strives to see that student athletes succeed in the classroom and graduate. He said he likes to see athletes play hard and win basketball games. That winning effort this year led to several Viking players earning honors: Domonique Jones received All-Region, All-MCCAA and First Team All-Conference; JaVaughn Acree-Manuel received All-Region, All-MCCAA and First Team All-Conference; Aaron Fluellen and Devan Crain were named to Second Team All-Conference; Zachary Williams received Honorable Mention All-Conference; and Brittany Williams of the Lady Vikings earned an Honorable Mention All-Conference.