

Glen Oaks Basketball Coach Named 2005 MCCAAC Coach of the Year



CENTREVILLE, Mich.---Steve Proefrock, head basketball coach at Glen Oaks Community College, has been named 2005 Coach of the Year by the Michigan Community College Athletic Association. Proefrock is a Professor of Physical Education at GOCC, teaching a variety of physical education, wellness and fitness lab courses. The Vikings completed one of their best regular seasons in 27 years by winning the MCCAAC's Men's Western Conference Basketball Championship and posting a 24-4 record. The last time Glen Oaks won the western conference title was 1978. The Coach of the Year honor is a double win for Glen Oaks since one year ago Tom Horn was named MCCAAC Athletic Director of the Year. This is the eighth 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 believes student athletes must succeed in the classroom and graduate. He said he likes to see athletes play hard and win basketball games. Over the past eight years his teams have averaged 20 wins a season. In addition, this year several Viking players earned honors: Darren Jones and Tyrone Anderson were named All Region, All State and First Team All Conference, and Mark Galbraith was named All Conference Honorable Mention.