



Alabama State & Norfolk State Photos

ONES TO WATCH

IN THE SPOTLIGHT: Top NFL prospect (Alabama State's Tytus Howard) and top NCAA hitter (Norfolk State's Alsander Womack).

NICK SABAN COMING TO GRAMBLING STATE; COVINGTON GIVES BACK TO TSU

SCORES

MEAC (4/14)
 Norfolk State 12, UMES 8
 NC Central 6, NC A&T 4
 NC A&T 6, NC Central 4
 Coppin State 11, Delaware State 5
 4/13
 Florida A&M 6, Bethune-Cookman 4
 Bethune-Cookman 8, Florida A&M 2
 4/12
 Norfolk State 24, UMES 5
 Norfolk State 20, UMES 4

SWAC (4/14)
 Alabama State 23, Alcorn State 15
 Grambling State 8, Prairie View A&M 4
 Jackson State 16, Alabama A&M 3
 4/13
 Alabama State 13, Alcorn State 1
 Alabama State 21, Alcorn State 2
 Jackson State 12, Alabama A&M 5

MEAC

MID EASTERN ATHLETIC CONFERENCE

	CONF			ALL		
	W	L	T	W	L	T
NORTHERN						
Coppin State	11	4	0	18	14	0
Norfolk State	10	5	0	14	18	0
Delaware State	6	9	0	11	19	0
Maryland-E. Shore	3	12	0	9	30	0
SOUTHERN						
North Carolina A&T	9	5	0	19	16	0
North Carolina Central	7	7	0	15	19	0
Florida A&M	7	8	0	15	23	0
Bethune-Cookman	7	8	0	14	24	0
Savannah State	5	7	0	7	17	0

PLAYERS OF THE WEEK

PLAYER
Alsander Womack, So., IF, NSU - Hit .667 (12-for-18) with 11 RBIs in 3-1 week including a 3-game sweep of UMES. Had at least two hits in each UMES game and was 10-of-14 at the plate. Had .778 slugging percentage and .684 on-base percentage. Leads the nation in hitting at .463.

PITCHER
Garrett Lawson, Sr., P, DSU - Gave up just two hits and struck out a career-high 14 in complete game 10-0 shutout of CSU.

ROOKIE
Robert Robinson, Fr., FAMU - Went 6-for-15 (.400) with 3 RBIs in four games. Had game-winning single in 10th inning vs. B-CU.

SIAC

SOUTHERN INTERCOLLEGIATE ATHLETIC CONFERENCE

	CONF		ALL	
	W	L	W	L
EAST				
Albany State	13	1	21	17
Benedict	8	9	13	16
Morehouse	6	8	9	22
Clark Atlanta	6	9	10	21
Paine	4	12	9	24
WEST				
Spring Hill	15	3	22	14
Miles	11	5	19	17
Kentucky State	9	7	19	14
Lane	9	11	15	20
Tuskegee	4	7	11	20
LeMoyne-Owen	0	14	1	16

PLAYERS OF THE WEEK

PLAYER
Alex Bentley, Sr., OF, MILES - Winning 3 of 4 games from Lane, hit .636 (7-for-11) with two doubles, 3 RBI, 6 runs, 4 SB.

PITCHER
Jacob Schuster, Sr., MILES - Threw 10th complete game of career in 18-2 win over Lane allowing just four hits and two runs with one walk and 11 Ks, a season high. He is 6-2 with 51 Ks in 48 2.3 innings.

SWAC

SOUTHWESTERN ATHLETIC CONFERENCE

	DIV				ALL			
	W	L	W	L	W	L	W	L
EAST								
Alabama State	13	3	19	15				
Jackson State	9	6	22	18				
Alabama A&M	8	9	12	27				
Miss. Valley State	5	9	6	16				
Alcorn State	4	12	10	22				
WEST								
Southern	10	2	19	15				
Grambling State	11	7	16	19				
Prairie View A&M	8	9	13	25				
Texas Southern	7	8	11	22				
Arkansas Pine Bluff	2	14	6	27				

PLAYERS OF THE WEEK

HITTER
Yamil Pagan, ALBU - Hit .423 (11-for-26) with 13 runs scored over seven games. Had .426 slugging% and .545 OBP. Was 9-for-166 in four games vs. Alcorn State with 10 runs, 11 RBI batting leadoff. Also had a triple and 3 HR in the series.

PITCHER
Eli Finney, SOUTHERN - In 7-2 win over LSU, pitched 7 complete innings with 7 Ks allowing one hit and one earned run. Had a no-hitter into the 7th inning. He's the third Southern pitcher to beat LSU.

UNDER THE BANNER

WHAT'S GOING ON IN AND AROUND BLACK COLLEGE SPORTS

SABAN TO SPEAK AT GRAMBLING:



Saban

GRAMBLING, La. | The Grambling State University Department of Athletics, in conjunction with the Eddie G. Robinson Museum, announced a very special event in the continuing celebration of what would have been legendary Grambling State University head football coach Eddie Robinson's 100th birthday this year.

"A Town Hall with Coach Nick Saban" has been scheduled for Tuesday, May 7, 2019 at the Eddie G. Robinson Museum. Saban is a two-time Eddie Robinson Coach of the Year recipient (2003 and 2008) and guided the Alabama Crimson Tide to its sixth SEC Championship and a berth in the National Championship game.

The event is sponsored by Hunt, Guillot, and Associates and Hunt Forest Products, LLC. Doors will open at 11 a.m. and the program will begin at 12 p.m.

"We are very excited to have Nick Saban on our campus and have him as a guest speaker for this town hall meeting," Grambling State head coach Broderick Fobbs said. "Coach Saban is a well-respected coach across the nation, who has won numerous championships and has coached at outstanding college programs as well as in the NFL. It is an honor to bring him on the campus, not just to see Grambling State, but to see the history and legacy of what Eddie G. Robinson has built."

The format of the hour-long town hall with Saban will be a moderated Q&A session with prepared questions and there will be a few questions taken from the attendees.

A very limited number of tickets are available for this event at <http://tinyurl.com/eddierobinson100-saban>

Saban, who earned the Eddie Robinson Coach of the Year Award at LSU and Alabama, became the first coach in college football history to win a national championship with two different Football Bowl Subdivision (FBS) schools since the inception of the AP Poll in 1936. Saban and Paul "Bear" Bryant are the only coaches to win an SEC Championship at two different schools.

In 2013, Saban was inducted into the Alabama Sports Hall of Fame and is considered by many to be the greatest coach in college football history. He currently is tied with Bryant for most major college football national championships for a coach in the modern era.

A native of Fairmont, W.Va., Saban played at and graduated from Kent State University. His coaching career spans five decades, with stops at Kent State, Syracuse, West Virginia, Ohio State, Navy, Michigan State, Houston Oilers, Toledo, Cleveland Browns, Michigan State, LSU, Miami Dolphins and Alabama.

SWAC Tennis three-peats for ASU

NEW ORLEANS – Alabama State completed a three-peat sweep as the Hornets and Lady Hornets took home Southwestern Athletic Conference Tennis championships this weekend.

The Lady Hornets defeated Alcorn State 4-0 in the 2019 women's finals Sunday morning at City Park/Pepsi Tennis Center.

The men handled in-state rival Alabama A&M 4-1 Sunday afternoon in the men's finals.

Maria Popova was named the women's Tournament Most Valuable Player for her efforts during the weekend, highlighted by a dramatic three-set win in comeback fashion during the semifinals that propelled Alabama State to the finals.

After a loss in doubles, Tournament Most Valuable Player Ion Efrim tied the men's match with a 6-1, 6-0 win over Alabama A&M's Hsiang Yi Wang, and from there, the defending champions cruised as Alexis Collard, Tomas Fernandez and Alejo Calvis wrapped up the title with singles wins.

ASU's Anuk Christiansz was named Coach of the Year. Along with Efrim, the Hornets had three additional all-tournament honorees: Fernandez, Calvis and Juan Rodriguez.

WOMEN'S ALL-TOURNAMENT TEAM

Ariel Dickson, Jackson State; Stefany Grlri, Anastasia Vaganova, Alcorn State; Reka Szentes, Urska Velec, Maria Popova (MVP), Alabama State

MEN'S ALL-TOURNAMENT TEAM

Ion Efrim, (MVP), Alejo Calvis, Juan Rodriguez, Tomas Fernandez, Alabama State; Nishangan Nadaraja, Shakir Elvin, Alabama A&M

BCSP Notes

Robert Covington donates \$75,000 to Tennessee State men's basketball

Nashville, Tenn. --- Minnesota Timberwolves' forward and Tennessee State University alumnus Robert Covington announced Saturday afternoon at TSU's annual Blue and White spring football game his donation of \$75,000 to the university's men's basketball program.

Current men's basketball head coach Brian "Penny" Collins took the time to receive the check.

"I just wanted to give back, said Covington. "My guy, Penny, has been a great dude. I've been giving back continuously for years. I just felt like now is the time to make things happen. It's a time for change and progression. I'm in a great place to give back more than I normally have and I feel like it was my calling."

"We are incredibly grateful for the continued support Rob has given our program over the years," said Collins. "This transformational gift will dramatically improve the student-athlete experience and assist TSU in its quest to take over the OVC. The success of our student-athletes and our program relies on the extraordinary generosity of our supporters and Rob has been instrumental in elevating Tennessee State basketball to unimaginable heights."

Covington played at TSU from 2009-13, finishing his four-year career as a Tiger with 1,750 points, 876 rebounds, seven Ohio Valley Conference awards and three Boxtow/CollegeInsider.com All-American titles.

After graduating from Tennessee State, Covington joined the Houston Rockets during the 2013 NBA Summer League before signing a deal with the team, playing seven games in his rookie year. Since then, he's catapulted himself to being named to the NBA All-Defensive First Team last



Tennessee State Sports Photo

GIVING BACK: Tennessee State men's head basketball coach Brian "Penny" Collins (l.) poses with former TSU and current NBA hoops stand-out Robert Covington (r.) after Covington presented Collins with a \$75,000 check at the TSU Blue and White Spring Football game Saturday.

season, five successful seasons with the Sixers before being traded to the Timberwolves' roster where he started 22 games, averaging 13.3 points, 5.5 rebounds and 1.3 assists.



Alsander Womack

5-8, 210
 Soph, IF/DH
 Norfolk State



Tytus Howard

6-5, 322
 Sr., OL
 Alabama State



Norfolk State currently sports the leading hitter in all of NCAA Div. I baseball. His name is Alsander Womack, a 5-8, 210-pound sophomore infielder/designated hitter for the Spartans who tops the NCAA batting stats with a .463 average.

Womack, who attended Charlotte (N.C.) Catholic High School, is currently on a 19-game hitting streak and has hit safely in 23 of 24 games this season with 13 multi-hit games. He leads his team in hits (44) and has struck out just six times in 95 at bats.

Womack played and started for NSU in all 48 games a year ago and was named a Louisville Slugger Freshmen All-American, the first at the school since 2014. He was a four-time MEAC Rookie of the Week who finished the season hitting .314 with 13 doubles, two triples, five home runs and a team-leading 31 RBI and 13 stolen bases.

Alsander is the son of former Major League standout Tony Womack, who played 13 seasons in the big leagues. The elder Womack was drafted as a shortstop in the 7th round of the 1991 Draft by the Pittsburgh Pirates and became the Pirates' everyday second baseman in 1997, his first full year in the majors. That year, he led the National League in stolen bases (60) and played in his only All-Star Game. In 1998, he again led the league in steals (58) but in 1998 was traded to the Arizona Diamondbacks. In 1999, he led the major leagues with 72 steals.

He was an important part of the 2011 Diamondbacks' World Series Championship team including setting up Luis Gonzalez's game-winning single in Game 7. Womack hit a game-tying double before Gonzalez's game-winner. He went on to play for Colorado, the Chicago Cubs, the St. Louis Cardinals, the New York Yankees and the Cincinnati Reds.

On the NFL level, good offensive tackles are hard to find. With the April 25-27 NFL Draft just a few days away, Alabama State offensive lineman Tytus Howard might be just one of them.

The 6-5, 322-pounder is making a late move up the draft boards. Projected by ESPN's Mel Kiper as the 53rd-best prospect in the draft (Kiper has him going to Philadelphia in the second round), NFL Network Draft Analyst Daniel Jeremiah is even projecting that Howard may sneak into the bottom of the first round.

He is a former Alabama high school quarterback who was recruited to ASU as a 6-3, 235-pound tight end but made the reluctant but fortunate move to the offensive line after adding weight. The athleticism he employed at quarterback and tight end have paid dividends on the offensive line. He played both left and right tackle for ASU.

He opened eyes last season by more than holding his own in a blowout loss to Auburn and then was equally impressive at the Senior Bowl and Combine where he ran the 40-yard dash in 5.05 seconds and bench pressed 225 pounds 21 times. Howard has been lauded for his quickness and his ability as both a run and pass blocker. He has visited as many as 24 teams in the lead-up to the draft.

ANOTHER SCOUT ON HOWARD'S STRENGTHS

Has good lateral mobility and patience; Good foot speed and bend; Has good athletic ability; Good posture; Great wingspan; Plays with good effort

"I always tell guys, 'God always has a plan for you. It's what you do with it,'" Howard said. "Even if you go to Alabama State, you can go to Tuskegee, anywhere -- it's what you do, what you put on film each and every day. Scouts nowadays, they're going to find you wherever you are. You don't have to go to a Power 5 school to be drafted."

CIAA

CENTRAL INTERCOLLEGIATE ATHLETIC ASSOCIATION

	DIV			CONF			ALL		
	W	L	T	W	L	T	W	L	T
NORTH									
Chowan	10	0	15	2	19	20			
Virginia State	6	4	11	6	15	20			
Elizabeth City State	6	4	9	8	12	15			
Virginia Union	4	6	8	9	8	19			
Bowie State	4	6	7	10	7	19			
Lincoln	0	10	1	15	2	28			
SOUTH									
Claflin	10	0	16	0	30	15			
Winston-Salem State	6	2	12	2	24	8			
J. C. Smith	4	4	12	6	12	10			
Shaw	2	4	3	9	3	13			
Fayetteville State	0	6	3	9	3	23			
St. Augustine's	0	4	1	9	1	15			
Livingstone	0	6	0	12	0	20			

PLAYERS OF THE WEEK
OFFENSIVE - Haley Cooper, Sr., IF, CHOW - Was 6-for-14 (.429) with a grand slam, double and 6 RBI in four games with 5 runs vs. BSU and Lincoln. Cheyan Brassauer, So., IF, ECSU - 5-for-14 (.429), HR, double, 7 RBI, 714 slugging % in 3-1 week.

PITCHER - Shannon Buchanan, Jr., CHOW - Pitched eight no-hit innings including a complete game no-hitter vs. BSU. Had 12 Ks with just 3 BBs. Won 7th and 8th games.

ROOKIE - Amya Ferguson, Fr., OF, BSU - Was 6-for-11 (.545), with 2 triples, 1 RBI and 3 runs. Leads league with 6 triples.

MEAC

MID EASTERN ATHLETIC CONFERENCE

	CONF			ALL		
	W	L	T	W	L	T
NORTHERN						
Norfolk State	6	1	0	21	15	0
Morgan State	6	3	0	15	22	0
Howard	4	4	0	11	23	0
Delaware State	3	6	0	6	26	0
Coppin State	3	6	0	5	22	0
Maryland-E. Shore	2	6	0	6	23	0
SOUTHERN						
Florida A&M	9	0	0	18	23	0
Bethune-Cookman	7	1	0	16	26	0
North Carolina A&T	5	4	0	8	22	0
North Carolina Central	4	4	0	14	22	0
Savannah State	1	8	0	6	23	0
South Carolina State	0	9	0	0	23	0

PLAYERS OF THE WEEK
PLAYER
Cheyenne Smith, Sr., OF, B-CU - Hit .667 (8-for-12) with 4 steals, 8 runs and 2 RBI vs. SCSU.

PITCHER
Stephanie Rundlett, Jr., P, MSU - Had 3 wins and a save in four games with two starts, faced 83 batters with four runs and 10 Ks. In shutout of DSU, allowed four hits.

ROOKIE
Soraya Valdez-Frick, r-Fr., SS, CSU - Hit .308 (4-for-13) with two runs, 4 RBI, a double and an HR. Had .615 slugging percentage.

SIAC

SOUTHERN INTERCOLLEGIATE ATHLETIC CONFERENCE

	CONF		ALL	
	W	L	W	L
EAST				
Benedict	12	6	19	17
Albany State	9	2	13	24
Fort Valley State	7	8	13	18
Clark Atlanta	6	6	10	15
Paine	0	13	2	22
EAST				
Spring Hill	10	2	18	18
Kentucky State	8	4	15	17
Lane	8	7	16	14
Tuskegee	5	4	10	22
Miles	4	8	6	29
LeMoyne-Owen	1	10	1	18

PLAYERS OF