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Appalachian State University women's basketball was picked to finish second in the Southern Conference's preseason coaches and media poll, announced the league office Tuesday afternoon.

The Mountaineers closed out the 2009-10 season with a 23-12 record, including a 14-6 SoCon mark and ended the regular-season tied for second in the conference standings. SoCon Tournament runner-up Samford was chosen to win the regular-season title, making it the first time since the Bulldogs have joined the league that they were selected to do so. The Bulldogs totaled 96 points in the coaches poll, receiving seven first-place votes, while picking up ten first-place votes in the media poll. An all-conference performer from a season ago and league-leader in three-point and free-throw shooting, Samford's Emily London was named the preseason Player of the Year.

Not too far behind the Bulldogs, ASU tallied 91 points, earning two first place votes in the coaches poll and three in the media poll. The Black and Gold had an historic 2009-10 season and posted their best conference finish since the 1995-96 season, along with winning the inaugural postseason Women's Basketball Invitational title. The Apps return all five starters from last year's team and also bring back ten letter winners.

The Mountaineers placed two on the preseason all-conference team, as senior standout Sam Ramirez (Fayetteville, N.C./Southview) and sophomore Anna Freeman (Thomasville, N.C./East Davidson) represent the Apps. Both were all-conference performers last season and Appalachian tied Davidson and Samford with having the most (two) on the preseason all-conference team.

Conference rival Chattanooga was tabbed to finish third in both polls, as the Lady Mocs totaled 85 points, earning two first place votes in the coaches and three first place votes in the media poll. It marks the first time in three years that UTC was not picked to win the conference title, as the team has won or shared the last 11 regular season titles.

A distance fourth place pick, College of Charleston totaled 59 points in the coaches poll, while Georgia Southern, Davidson and Western Carolina were selected to finish fifth, sixth and seventh respectively, accumulating 58, 55 and 46 points.

Elon, UNCG, Furman and Wofford rounded out the coaches' poll, as they were chosen to finish eighth, ninth, 10th and 11th in the conference.

Appalachian begins its 2010-11 season in earnest, as the Apps open up against Marshall, Friday, November 12 at the Longwood Tournament. The contest is slated to begin at 5 p.m. in Longwood's Willet Hall.

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SoCon Women's Basketball Coaches Preseason Poll

Team (1st Place Votes) Total Points

1. Samford (7) 96
2. Appalachian State (2) 91
3. Chattanooga (2) 85
4. College of Charleston 59
5. Georgia Southern 58
6. Davidson 55
7. Western Carolina 46
8. Elon 45
9. UNCG 36
10. Furman 20
11. Wofford 14

SoCon Women's Basketball Preseason All-Conference Team

Anna Freeman, Appalachian State
Sam Ramirez, Appalachian State
Tonia Gerty, College of Charleston
Sophia Aleksandravicius, Davidson
Ashley Lax, Davidson
Ali Ford, Elon
Savannah Hill, Samford
Emily London, Samford
Kayla Christopher, Chattanooga
Emily Clarke, Western Carolina

SoCon Women's Basketball Preseason Player of the Year
Emily London, Samford

SoCon Women's Basketball Media Preseason Poll Team (1st Place Votes)
Total Points

1. Samford (10) 168
2. Appalachian State (3) 153
3. Chattanooga (3) 152
4. College of Charleston 115
5. Georgia Southern 105
6. Davidson 93
7. Elon 84
8. Western Carolina 73
9. UNCG 54
10. Wofford 32
11. Furman 27