Written by Phil Perry
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Appalachian State senior guard Courtney Freeman averaged 17.7 points per game over the first month of the season, scoring in double figures in five of the

Mountaineers' six November contests as the team went 5-1. The Carlton, Ga., native opened the season with 22 points against Lees McRae and followed that up with 11 in a three-point loss at Virginia Tech. She turned in a career-high 26 points in a win over Gardner-Webb on Nov. 20 and added 15 in a win over Norfolk State and 24 in an overtime victory at Xavier. Freeman also averaged 6.2 rebounds per contest, flirting with double-doubles in three contests by posting nine rebounds against both Virginia Tech and Norfolk State and eight against Xavier. Her performance against Xavier, coupled with her efforts in Appalachian State's first December game, in which she reached the 1,000-point mark for her career, helped her earn SoCon player of the week honors. For November, Freeman also averaged 3.0 assists per game and shot 52.7 percent (39-for-74) from the floor. She shot 73.7 percent from the free throw line in the month, going 28-for-38. Other nominees: Latisha Harris (College of Charleston), Sophia Aleksandravicius (Davidson), Ali Ford (Elon), MiMi DuBose (Georgia Southern), Kayla Christopher (Chattanooga) and Daniella Motley (Wofford).

Southern Conference November Athletes of the Month
Men's Basketball -- De'Mon Brooks, Davidson
Women's Basketball -- Courtney Freeman, Appalachian State
Football – Offense -- Jacob Huesman, Chattanooga
Football – Defense -- Darion Sutton, Samford
Volleyball – Offense -- Sloane White, College of Charleston
Volleyball – Defense -- Alexis Bauer, Samford
Wrestling -- Niko Brown, Chattanooga

Photo Courtesy: Courtney Freeman, ASU Athletics