

**East Suburban Catholic Conference
2009-10 Men's Basketball All Conference Selections**

| Name | School | Year | Position |
|--------------------|-----------------|-------------|-----------------|
| Frank Kaminsky | Benet | Jr | Center |
| Matt Parisi | Benet | Jr | Guard |
| * David Sobolewski | Benet | Jr | Guard |
| Breshion Tucker | Joliet Catholic | Jr | Guard |
| * Nick Valla | Marist | Sr | Guard |
| * Ryan Powers | Nazareth | Jr | Forward |
| Quentin Chevious | Notre Dame | Jr | Forward |
| * Shawn Wallace | Notre Dame | Sr | Guard |
| * Mantas Dubauskas | St Joseph | Sr | Forward |
| Wayne Simon | St Joseph | Sr | Guard |
| Courtney Darby | St Patrick | Jr | Forward |
| Jacob Williams | St Patrick | Jr | Forward |
| * Alan Aboona | St Viator | Sr | Guard |
| Richard McLoughlin | St Viator | Sr | Forward |

* *2008-09 East Suburban Catholic Conference Mens Basketball All Conference Selection*

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|---------------------------|------------------|-------|
| Player of the Year | David Sobolewski | Benet |
| Coach of the Year | Gene Heidkamp | Benet |