

CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM
SELECTED BY COSIDA



FOR RELEASE:

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<http://www.capitaloneacademicallamerica.com/>

**KRISTA VANSANT OF WASHINGTON HEADLINES CAPITAL ONE
ACADEMIC ALL-AMERICA® DIVISION I VOLLEYBALL TEAM**

AUSTIN, TEXAS – University of Washington senior **Krista Vansant** leads the Capital One Academic All-America® Division I volleyball team as selected by the College Sports Information Directors of America (CoSIDA).

Vansant, who majors in sociology with a 3.30 G.P.A., is the winner of the Academic All-America® of the Year award for Division I volleyball.

Vansant, a 6-foot-2 outside hitter from Redlands, Calif., recently made her third straight appearance on the American Volleyball Coaches Association (AVCA) All-Pacific North Region team in leading the third-seeded Washington (31-2) to the NCAA Division I Volleyball Sweet 16 scheduled for Dec. 12-13, with the Huskies serving as one of the hosts in Seattle.

The two-time Pac-12 Player of the Year, Vansant recently became the Washington career kills leader. She passed Christal Morrison's Husky all-time record of 1,859 kills, despite playing in the 25-point per set era, compared to the 30-point sets of 2001 to 2007. Vansant now stands with 1,878 career kills, and 1,115 digs, while hitting .291 over her career, including a career best .321 this season.

Vansant is coming off one of the best seasons in Husky history in 2013. She became the first Washington player to be named AVCA National Player of the Year. Vansant also won the Honda Award for volleyball as the nation's top player, joining 2005 winner Courtney Thompson as Husky recipients.

In addition, Vansant was an AVCA and Volleyball Magazine All-America first team selection. She was also named the Most Outstanding Player of the 2013 NCAA Los Angeles Regional and voted to the 2013 NCAA Volleyball Championship all-tournament team.

Thirteen of the 18 members of the 2014 Capital One Academic All-America® Division I volleyball team have at least a 3.90 GPA, with five student-athletes sporting a perfect 4.0 G.P.A. The 18 Capital One Academic All-America® Division I volleyball team members have an average G.P.A. of 3.86.

The Capital One Academic All-America® Division I volleyball team features two returning Academic All-America® second team selections. Senior **Annika Foit** of Long Island University Brooklyn moved up to the first-team and senior **Emma Deininger** of Radford University found a spot on the third-team.

Foit is a biology major with a 3.95 G.P.A. from Hausach, Germany. She became the first player in Northeast Conference history to earn three Player of the Year awards. Foit led the Blackbirds to their ninth conference title and trip to the NCAA tournament over the past 11 seasons. She connected for a .244 hitting percentage, averaging 4.18 kills per set. She added 2.96 digs per set, along with 52 total blocks and 29 service aces.

Deininger is an accounting and finance major with a 3.91 G.P.A. The native of Wallingford, Pa., led the Big South with a .393 hitting percentage in league matches this season on her way to her third career all-conference accolade. The Highlanders' standout middle blocker put down 230 kills and rejected 80 attacks. She had nine matches of at least 10 kills and four blocks. Deininger broke the school's rally-scoring record for blocks against East Tennessee State on Sept. 30.

Vansant Leads Capital One Academic All-America® Division I Volleyball Team – Page 2

Ten of the 2014 Capital One Academic All-America® NCAA Division I volleyball team members represent squads which qualified for the NCAA Division I Volleyball tournament.

The Capital One Academic All-America® first team includes four student-athletes whose teams advanced to the NCAA tournament: seniors **Lauren Ford** of Lipscomb University, Vansant of Washington and Foit of LIU Brooklyn, and junior **Sierra Wilson** of the University of Alabama. Rounding out the first team are seniors, **Jill Briner** of Eastern Michigan University and **Meg Riley** of Miami (Ohio) University. Washington advanced to the Sweet 16.

The six-member Capital One Academic All-America® second team includes three student-athletes whose teams advanced to the NCAA tournament: seniors **Anna Dorn** of the University of Illinois and **Savanah Leaf** of the University of Miami (Fla.), and junior **Jordan Burgess** of Stanford University. Round out the second team are seniors **Kym Coley** of Georgia Southern University and **Paige Holland** of Stephen F. Austin State University, and junior **Avery Acker** of Southern Methodist University. Illinois and Stanford advanced to the Sweet 16.

The six-member Capital One Academic All-America® third team includes three student-athletes whose teams advanced to the NCAA tournament: seniors, **Karsta Lowe** of UCLA and **Monika Smidova** of American University, and sophomore **Krystal Rivers** of Alabama. Rounding out the third team are seniors, **Kaylnn Egea** of Nicholls State University, **Valerie El Houssine** of the University of Tulsa and Deininger of Radford. UCLA advanced to the Sweet 16.

About Capital One

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2014 Capital One Academic All-America® Division I Volleyball Team

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Jill Briner	Eastern Michigan	Sr.	Oak Park, Ill.	4.00	Accounting
Annika Foit (2)	LIU Brooklyn	Sr.	Hausach, Germany	3.95	Biology
Lauren Ford	Lipscomb	Sr.	Lenexa, Kan.	3.96	Exercise science
Krista Vansant	Washington	Sr.	Redlands, Calif.	3.30	Sociology
Meg Riley	Miami (Ohio)	Sr.	St. Louis, Mo.	3.97	Mechanical engineering
Sierra Wilson	Alabama	Jr.	Anaheim, Calif.	4.00	English / political science

SECOND TEAM

Name	School	Yr.	Hometown	GPA	Major
Avery Acker	SMU	Jr.	Poth, Texas	3.95	Business / accounting
Jordan Burgess	Stanford	Jr.	Fort Myers, Fla.	3.53	Human biology
Kym Coley	Georgia Southern	Sr.	Aiken, S.C.	4.00	Biology
Anna Dorn	Illinois	Sr.	Munster, Ind.	3.96	Kinesiology
Paige Holland	Stephen F. Austin	Sr.	Magnolia, Texas	3.97	Interdisciplinary studies
Savanah Leaf	Miami (Fla.)	Sr.	San Anselmo, Calif.	3.89	Psychology

THIRD TEAM

Name	School	Yr.	Hometown	GPA	Major
Emma Deininger (2)	Radford	Sr.	Wallingford, Pa.	3.91	Accounting & finance
Kalynn Egea	Nicholls State	Sr.	Peoria, Ariz.	4.00	Interdisciplinary studies
Valerie El Houssine	Tulsa	Sr.	Longchamps, Belgium	4.00	Management
Karsta Lowe	UCLA	Sr.	Rancho Santa Fe, Calif.	3.35	Geography / environmental studies
Krystal Rivers	Alabama	So.	Birmingham, Ala.	3.98	Biology
Monika Smidova	American	Sr.	Plzen, Czech Republic	3.82	Business administration

Capital One Academic All-America® of the Year: Krista Vansant, Washington

(2) - Capital One Academic All-America® Division I Second Team selection in 2013