



CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM SELECTED BY COSIDA

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SWIMMERS RUBEN GIMENEZ, KRISTIN DAY LEAD CAPITAL ONE ACADEMIC ALL-AMERICA® DIVISION II AT-LARGE TEAMS

YOUNG HARRIS, Ga. –Swimmers **Ruben Gimenez** of the University of Bridgeport and **Kristin Day** of Clarion University headline the 2014 Capital One Academic All-America® Division II Men's and Women's At-Large Teams as selected by the College Sports Information Directors of America (CoSIDA).

The Capital One Division II Academic All-America® program is being financially supported by the NCAA Division II national governance structure to assist CoSIDA with handling the awards fulfillment aspects for the 2013-14 Division II Academic All-America® teams program.

The Capital One Academic All-America® Division II Men's At-Large program includes the sports of fencing, golf, gymnastics, ice hockey, lacrosse, rifle, skiing, swimming and diving, tennis, water polo and wrestling. The Capital One Academic All-America® Division II Women's At-Large program includes the sports of bowling, crew, fencing, field hockey, golf, gymnastics, ice hockey, lacrosse, rifle, skiing, swimming and diving, tennis and water polo.

Gimenez, a junior with a 3.98 G.P.A. as a computer science major, has been named as the Capital One Academic All-America® of the Year for the Division II Men's At-Large program. Day, also a junior and a chemistry major with a 4.00 G.P.A., has been named as the Capital One Academic All-America® of the Year for the Division II Women's At-Large program.

Gimenez is one of four swimmers named to the Capital One Academic All-America® Division II Men's At-Large first team. He is also one of seven selections who had not previously earned Capital One Academic All-America® Division II Men's At-Large honors, as the other eight first team selections are repeat honorees.

A native of Burgos, Spain, he won national championships in the 100-yard breaststroke and 100 freestyle at the 2014 NCAA Division II Swimming & Diving National Championships, helping the Purple Knights to a fifth-place finish in the team competition, the highest in school history. He won the 100 breaststroke with a school-record time of 52.73, then added a second national title with a time of 43.49 in the 100 freestyle.

Gimenez added All-American performances in a pair of relays. He swam a leg of the 200 freestyle relay team which captured second place, and also was a member of the third place 400 medley relay, the latter posting a school-record time. All told, he is a three-time individual All-American and has been part of six All-American relay teams.

Gimenez was selected the Men's Swimmer of the Meet at the 2014 Metropolitan Conference Championships. He won three individual events and swam a leg of three winning relays as Bridgeport took second place.

At the 2013 national championships, Bridgeport took eighth place in the team competition as Gimenez earned All-American honors with a third-place showing in the 50 and 100 freestyle, a fifth-place finish in the 100 breaststroke, along with a second place in the 400 freestyle relay and a third place in the 200 freestyle relay.

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Day had a stellar year in the pool for Clarion, winning two NCAA Division II individual national titles – one-meter and three-meter diving - and helping her team to a 17th-place finish at nationals. The native of Reynoldsville, Pennsylvania, opened competition this year at the national championship by setting a new NCAA record, scoring 539.35 points in the three-meter springboard. She won the title by 52.9 points, surpassing the previous national record by 20.35 points. She came back two days later and won her second national title in the one-meter springboard with 497.05, finishing 30 points ahead of the event's runner-up.

A six-time NCAA Division II All-American, Day was named the 2014 CSCAA NCAA Division II Female Diver of the Year. A three-time Clarion Scholar-Athlete of the Year, Day earned a pair of All-America honors in 2012 (second place in three-meter and fourth place in the one-meter) and in 2013 (third place in the three-meter and fifth place in the one-meter).

Leading the list of eight repeat selections on the men's first team is Wingate University's **Marko Blazevski**, who previously earned first-team Capital One Academic All-America® Division II At-Large honors in 2012 and 2013. Also a swimmer, Blazevski is a native of Skopje, Macedonia. He is a finance major with a 3.84 G.P.A.

A member of 2012 Macedonia Olympic Team, Blazevski won the national championship in the 400 individual medley at the 2014 NCAA Division II National Championships, the third time he captured the event. He previously won it in 2011 and 2012. The senior was a four-time All-American, adding All-American medals in the 200 butterfly with a third-place finish and a sixth-place showing in the 200 IM, along with swimming the anchor leg of the 800 freestyle relay which came in eighth. He added a 12th-place finish in the 500 freestyle to earn honorable mention All-American honors. The Bulldogs finished eighth overall as a team.

In 2013 Blazevski earned All-American honors in the 1,000 freestyle, 400 IM, 200 butterfly, and 800 freestyle relay as Wingate finished seventh as a team. He was a four-time All-American as a sophomore in 2012. He was named Wingate's Male Athlete of the Year in 2012 and 2014.

At the 2014 Bluegrass Mountain Conference Championships, he led Wingate to its seventh straight league crown, winning the 200 butterfly, 500 freestyle and 400 IM.

Senior diver **Luke Calkins** of University of California, San Diego, is also now a three-time Capital One Academic All-America® Division II At-Large honoree. Calkins repeated as a first-team selection after earning a spot on the third team in 2012.

At the 2014 national championships, the Kansas City, Kansas, native was the NCAA Elite 89 recipient thanks to a 3.94 G.P.A. as a mechanical engineering major. He would take eighth place in the three-meter diving competition to earn All-American honors, along with honorable mention All-American showing in the one-meter diving after finishing 11th. He previously won the Pacific Collegiate Swim & Dive Conference championship in both events and was named the PCSC Championships Male Diver of the Meet.

Calkins earned honorable mention All-American status as a junior with a 16th-place finish in the three-meter dive. He was 18th in the one-meter. He was an honorable mention All-American in both events in 2012, placing 11th in the three-meter and 16th in the one-meter. Calkins is an NCAA Postgraduate Scholarship recipient.

The fourth swimmer on the Capital One Academic All-America® Division II At-Large Team is also a repeat first-team selection. Florida Southern College's **Robbie Swan** is a business major with a 3.94 G.P.A.

A native of Snellville, Georgia, the senior was named the Sunshine State Conference's co-Swimmer of the Year and earned six All-American certificates at the NCAA Division II National Championships. He anchored the 400 freestyle relay team that finished second to propel the Mocs into second place in the final team standings, marking the second straight runner-up finish for Florida Southern.

In addition, Swan earned All-American honors in the 100 freestyle with a third-place finish, along with fourth place in the 50 freestyle, seventh as a member of the 400 medley relay, eighth as part of the 200 medley relay, and honorable mention All-American honors in the 200 freestyle relay with a ninth-place showing.

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Swan is a 16-time All-American, winning the national championship in 2013 as a member of the 200 freestyle relay team and swimming a leg of two runner-up 400 freestyle relay teams. He was recipient of the NCAA Elite 89 Award at the 2013 championships. In addition, he was named Florida Southern's Pat McFadden Award Winner as the Male Scholar-Athlete of the Year. He holds school records in both the 50 and 100 freestyle events.

Tusculum College's **Lukas Winkelmann** also earned first team Capital One Academic All-America® Division II At-Large honors for the second straight year. The junior is one of three tennis players accorded first team honors. He is from Boblingen, Germany and has a 3.97 G.P.A. as a pre-medicine major.

Winkelmann led the Pioneers to an 18-5 record while playing number one singles. He had a 23-0 record in singles play and was ranked 10th in the ITA Southeast Region singles rankings. He has a career singles record of 52-7. In addition, he was 19-2 while playing number one doubles. He was named the 2014 South Atlantic Conference Men's Tennis Scholar Athlete of the Year, marking the second season he captured the honor. He was also named the SAC Player of the Year for the second consecutive year.

Three individuals moved up from the second team to earn 2014 first team Capital One Academic All-America® Division II At-Large honors. **Ryan Anderson** of the University of Alaska Fairbanks is one of two competitors in rifle named to the team. A junior from Great Falls, Virginia, Anderson took fourth place in air rifle at the NCAA Championships. He was the Patriot Rifle Conference champion in smallbore and the runner-up in air rifle. He was named a 2014 NRA first team All-American in air rifle and smallbore, and was also a 2014 CRCA first team All-American.

Anderson is a biological sciences major with a 3.92 G.P.A. He was an ISSF World Championship qualifier and was named Alaska Fairbanks' Most Outstanding Male Athlete in 2012-13 after finishing fourth in both smallbore and air rifle at the 2013 NCAA Championships. He was a 2013 NRA first team All-American in air rifle and was selected to the second team in smallbore. He earned honorable mention NRA All-American accolades in smallbore in 2012.

Also moving up to the second team were a pair of golfers, **Zachary Kempa** of Indiana University of Pennsylvania and Lindenwood University's **Greg MacAulay**. Kempa is a senior from Brantford, Ontario, who has a 3.63 G.P.A. as a marketing (economics) major. He was named the Pennsylvania State Athletic Conference Men's Golf Athlete of the Year for the second straight season recently while leading the Crimson Hawks to the match play round of the NCAA Division II Men's Golf Championship for the first time in school history. IUP would fall to Nova Southeastern 3-2 in the match play quarterfinals, with Kempa winning his match by two strokes.

Kempa was recently named to the 2014 Division II PING All-Atlantic Region Team after leading the PSAC with a 73.3 stroke average. He had seven top 10 finishes in 2013-14, including victories at the Hal Hansen Invitational and Glade Springs Intercollegiate Championships. He played 10 of his 29 rounds below par, including a low round of 68 in the opening round of the 2014 NCAA Division II Atlantic/East Region Championships. His birdie putt on the final hole at the end of the third round of the national championships clinched a berth in the match play round. He finished the tournament in a tie for 19th place with a nine-over-par 222.

He is a two-time Division II PING All-American, with first-team honors in 2012 and second team in 2013. He also was the 2013 NCAA Division II Atlantic/east Super region individual champion and was the 2012 PSAC individual champion. A three-time All-PSAC selection, he finished with seven victories and 24 top-five finishes in 45 career events. In 107.5 rounds he has a 73.73 scoring average.

MacAulay is a senior from Stratford, Prince Edward Island, who led Lindenwood with a 74.7 average. Like Kempa, he recently earned Division II PING All-Region honors, being named to the All-Central Region team. He paced the Lions to a sixth-place finish in their first ever appearance in the NCAA Central Region tournament, finishing tied for 13th in the individual standings with a three-round total of 223.

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A finance major with a 4.00 G.P.A., MacAulay won the Washburn Invitational and the Embassy Suite Invite during the season. He fired a career-low round of 62 in the final round of the Washburn Invitational. He also finished in the top five three other times. During the postseason he finished in ninth place at the MIAA Tournament.

The final individual to earn Capital One Academic All-America® Division II At-Large honors for the second time is **BJ Boldog** of Lewis University, who moved up from the third team to the first team in 2014. A standout on the volleyball team, Boldog is a graduate student from Palatine, Illinois. He is working on his MBA after receiving his bachelor's degree in marketing and has a 3.95 G.P.A. (3.80 undergrad).

Boldog is the second Flyer to become a three-time AVCA All-American, as he was named to the second team for the third straight year. In addition, he is a three-time Midwestern Intercollegiate Volleyball Association first team honoree and earned second team accolades in 2011. He led Lewis to a 23-8 record, as the 10th-ranked Flyers fell to Penn State 3-1 in the 2014 NCAA Championship Tournament. He finished the year with 1,029 assists as the team's setter, good for 10.29 average. He also averaged 0.47 kills, 1.0 digs, and 0.86 blocks.

He holds the career record for career assist with 4,385 since rally scoring was implemented, and ranks third overall. He added 299 career block assists and 338 career total blocks, ranking in the top 10 in both categories. He was named a Volleyball Magazine 2013 second team All-American and was an MIVA All-Tournament selection the last three years.

In addition to Winkelmann, the Capital One Academic All-America® Division II At-Large First Team includes two other tennis players – seniors **Rodrigo Avila** of King (Tenn.) University and Colorado State University-Pueblo's **Saul Shrom**.

Avila is a native of Cuernavaca, Mexico, and has a 3.99 G.P.A. as a double major in mathematics and physics. He helped the Tornado finish with a 14-8 record while mainly playing at number two singles and number one doubles. He ended the year with a 19-9 record in singles competition and 16-8 in doubles. He was selected the King Male Athlete of the Year, and also was awarded the Conference Carolinas' top award, the Murphy Osborne Award, which is awarded to a senior student-athlete based on their academic, athletic, and service accomplishments.

Avila garnered first team All-Conference Carolinas honors for the third straight year. As a junior he had a 13-7 singles record, mainly at the number one singles position, and was 13-8 in doubles while mainly playing on the number one team.

Shrom is from Winnipeg, Manitoba, and mainly played number one singles and number one doubles for the ThunderWolves. He had a 5-19 record in singles play and was 11-12 in doubles competition. As a junior, he went 8-10 in singles and 6-11 in doubles, and he posted a 12-12 chart in singles action and 9-4 in doubles as a sophomore.

A psychology major with a 3.99 G.P.A., Shrom was awarded the Rocky Mountain Athletic Conference Summit Award Winner, given to the student-athlete with the highest G.P.A. at the championship tournament. He was accorded second team All-RMAC honors in doubles in 2013, and was the recipient of the "Spank" Blasing Award, given to the department's top male student-athlete.

Rifle also has a second representative, with **Mats Eriksson** of Alaska Fairbanks named to the Capital One Academic All-America® Division II At-Large First Team. The junior from Malung, Sweden, maintains a 3.96 G.P.A. as a business administration major and was the recipient of the 2014 NCAA Elite 89 Award for rifle. He competed for the Swedish Shooting Team at the 2014 ISSF World Cup USA.

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Eriksson finished 25th in the smallbore at the 2014 NCAA Championships, and had the eighth-highest smallbore score in the country (587) during the regular season. He finished fifth in the air rifle and 11th in the smallbore at the PRC Championships. He earned 2014 NRA second team All-American honors in air rifle and CRCA second team All-American accolades. He also was a 2014 NRA first team All-American in smallbore. He was an NRA honorable mention All-American in both the smallbore and air rifle in 2013, and earned the same honor in air rifle in 2012. A three-time NCAA qualifier, he finished eighth at the 2012 NCAA Championships.

The sport of lacrosse also has two representatives on the Capital One Academic All-America® Division II At-Large First Team, graduate student **Nick Watson** of Adelphi University and Limestone College's **Todd Nakasuji**.

Watson was one of the key performers in an outstanding campaign for Adelphi. The Panthers would finish with a 17-2 record, advancing to the NCAA Division II semifinals before falling to LIU Post 12-9. While playing in 14 games at attack, he finished with 55 points on 37 goals and 18 assists. He was named a third team United States Intercollegiate Lacrosse Association All-American and was also a first team All-Northeast-10 selection after earning second-team honors in 2013. He recently participated in the USILA/LAXWORLD North/South Division I/II All-Star Game and was named an USILA Scholar All-American.

The native of Manchester, England played two seasons at Adelphi after previously attending the University of Leeds. He was a member of England's national lacrosse team in 2008, 2010 and 2012. In 2013 he had 26 goals and 20 points for 46 points for Adelphi. Watson is a sports management major with a 4.00 G.P.A.

Nakasuji was able to advance a step further than Watson, as he helped Limestone to its third NCAA Division II national championship, defeating LIU Post 12-6 in the championship game. A senior attack from Ajax, Ontario, Nakasuji was a key performer for a Saints' team which finished at 19-1. He had two goals and an assist in the title game, and all told finished as the second-leading scorer with 67 points on 43 goals and 24 assists while starting all 20 matches. He was selected an honorable mention USILA All-American. In addition, he was a 2014 All-Conference Carolinas pick.

A business major with a 4.00 G.P.A., Nakasuji was the recipient of the Elite 89 Award at the NCAA Championships, becoming the first individual in men's lacrosse at any level to win the award twice. He previously received it in 2012.

As a junior, Nakasuji finished with 31 goals and 17 assists for 48 points, and as a sophomore he recorded three goals and seven assists as the Saints finished as the national runner-up.

Junior **Corbin Bennetts** of Western State Colorado University completes the Capital One Academic All-America® Division II At-Large First Team. The lone wrestler on the first team, he is from Buena Vista, Colorado, and has a 3.94 G.P.A. as a biology major. He was the 2014 NCAA Elite 89 Award recipient, along with the 2014 RMAC Summit Award winner, and was named the Rocky Mountain Athletic Conference Male Scholar Athlete of the Year for the second straight year.

On the mat, he posted a 21-12 record with three falls while competing at 141 lbs., qualifying for the NCAA Division II National Championship following a second-place finish at the RMAC/Region IV Championships. He helped lead Western State to the RMAC Dual Championship as well as the RMAC/Region IV Tournament title. He finished fifth at the 2013 Regionals.

The 15 members of the 2014 Capital One Academic All-America® Division II Men's At-Large First Team have an average G.P.A. of 3.93, with three student-athletes with a 4.00 G.P.A. All told, seven members of the Capital One Academic All-America® Division II Men's At-Large first, second and third teams had a 4.00 G.P.A., while the 45-member team had a combined 3.81 G.P.A.

The 2014 Capital One Academic All-America® Division II Women's At-Large First Team was dominated by the sport of swimming, with six of the 15 first-team selections going to swimmers. Three schools had a pair of first-team selections, including California University of Pennsylvania, Florida Southern and Lynn University.

The first of two Capital One Academic All-America® Division II Women's At-Large First Team selections from Lynn was **Jessica Bradley**, a junior golfer from Bishops Nympton, England. Bradley succeeded on the course and in the class this season, capped off by leading Lynn to its second-consecutive NCAA Division II title. The 2014 SSC Golfer of the Year led her squad with a 73.27 stroke average, bolstered by three individual medalist honors during the season and a second-place individual finish at the national championship. The 3.88 G.P.A. sport management major is a two-time all-conference honoree and a 2012-13 WGCA All-America second team selection. Bradley, who finished in the top 10 in all 13 tournaments this season, was named the 2014 WGCA National Player of the Year and first team All-American.

Lynn's second Capital One Academic All-America® Division II Women's At-Large first team honoree is Bradley's teammate **Ellen Chambers**, a senior from Petrie, Australia. Chambers ranked fourth on the Fighting Knights' roster with a 76.16 stroke average and completed her four-year playing career with six top-10 finishes. The international relations major was named Lynn's 2014 Female Scholar-Athlete of the Year as she finished her career with a 4.00 G.P.A. The four-time SSC Commissioner's Honor Roll member was also a 2014 Elite 89 recipient and a two-time WGCA All-American.

Senior **Lindsay Brown** from Slippery Rock University is the next member of the Capital One Academic All-America® Division II Women's At-Large First Team. The standout field hockey player finished her final season of play with a career-best 33 points (13 goals and seven assists). The native of Mountain Top, Pennsylvania, became the second player in program history to earn NFHCA All-America honors when she was named to the second team this season. A three-time NFHCA National Academic Team member and PSAC Scholar-Athlete, finished her studies in bio-chemistry and pre-pharmacy with a 3.95 G.P.A., thanks to completing his last four semesters with a 4.0 G.P.A. She is foregoing her senior athletic season to enter into a postgraduate program in pharmacy.

Limestone College's **Maia Czarnecki** is the first of two lacrosse representatives on the Capital One Academic All-America® Division II Women's At-Large First Team. The native of Oswego, New York, anchored Limestone's No. 2 nationally ranked defense and she finished second on the team in ground balls (56) and caused turnovers (33). Her play helped Limestone post five victories in 2013 over nationally-ranked opponents. She maintained a 4.00 G.P.A. in biology and chemistry and became Limestone's second student-athlete to be named the NCAA Elite 89 winner last season. She finished her playing career ranked seventh in program history with 70 caused turnovers.

The first of seven repeat selections to the Capital One Academic All-America® Division II Women's At-Large Team is Wingate's **Valerie Dembny**, who was named to the third team in 2012 and second team in 2013. The swimming standout earned All-America honors in the 200-yard freestyle relay with a sixth-place finish in the 2014 NCAA Division II National Championship. In her free time, the native of Bremen, Germany, serves as a campus tutor and age-group swim coach. Dembny is four-year volunteer for Wingate's award-winning Special Olympics swimming venue. The elementary education major with a 3.92 G.P.A. was a six-time All-BMC honoree this year. She holds program records in the 100 butterfly and 200 IM.

Senior **Clarissa Enslin** is the first of two Capital One Academic All-America® Division II Women's At-Large First Team representatives from California (Pa.). The geology major with a 3.99 G.P.A. is making her second consecutive appearance on the Women's At-Large First Team after earning the same team placement in 2013. The native of Dalview, South Africa, is a three-time PSAC champion in the 200-yard freestyle and a two-time conference champion in the 100-yard freestyle. The senior is a seven-time NCAA honorable mention All-American (50, 100 and 200 freestyle) and four-time All-America honoree in the 100 and 200 freestyle and 200 and 400 freestyle relay.

The lone tennis selection on the Capital One Academic All-America® Division II Women's At-Large First Team is **Sabine Goge** from Florida Southern. The first of two Mocs to make the Women's At-Large First Team, Goge capped off her career by posting a 16-2 singles record in 2014 where she ranked No. 44 in the nation, while ranking No. 15 in the country with a 15-5 doubles record. The native of Cesis, Latvia, Goge was named the FSC Pat McFadden Female Student-Athlete of the Year in 2014 after finishing her finance degree with a 3.98 G.P.A. She ranks second in Florida Southern's annals with 63 singles wins and third in school history with 59 doubles victories.

Florida Southern's second representative on the Capital One Academic All-America® Division II Women's At-Large First Team is **Katie Hammerer**. The second of three lacrosse Women's At-Large First Team selections earned IWLCA All-America first team honors in goal for the Mocs after ranking No. 36 in the country in saves (125) and No. 17 in goals against average (8.92). Originally a native of California, Maryland, Hammerer helped Florida Southern to a 16-2 record during her senior year and a final national team ranking of No. 10. The graphic design major with a 4.00 G.P.A. is the recipient of the IWLCA Division II C. Markland Kelly Award winner and was selected to the IWLCA/DeBeer Division II North/South All-Star game.

Jenny Konop from University of Indianapolis is making her second consecutive appearance on the Capital One Academic All-America® Division II Women's At-Large First Team. The native of Green Bay, Wisconsin, led the Greyhounds with a 77.2 stroke average and 10 top-10 finishes, allowing Indianapolis to post a school-record .915 winning percentage and a fifth-place finish at the NCAA Division II Women's Golf National Championship. The chemistry and Spanish double major with a 3.95 G.P.A. claimed three individual medalist honors during her senior season and is currently ranked No. 79 in the country by Golfstat. She was a 2012 NCAA Elite 89 winner and a two-time Great Lakes Valley Conference Golfer of the Year honoree.

Danielle Lyons, a junior from Alaska Fairbanks, is the next swimming representative on the Capital One Academic All-America® Division II Women's At-Large First Team. She earned All-America honors in the 200 freestyle relay and 800 freestyle relay at the 2014 NCAA Division II Women's Swimming & Diving National Championship, giving her five career All-America accolades. The native of Prince Albert, Saskatchewan, is a member of two school record relay teams (200 freestyle relay and the 800 freestyle relay). A biological sciences major with a 3.95 G.P.A., Lyons is a seven-time PCSC all-conference honoree, including all-conference honors in the 400 IM and 800 freestyle relay this past season. She earned a 2013 CSCAA Scholar All-America honorable mention selection and twice has been named a GNAC Faculty Athletics Representative Scholar-Athlete.

Philadelphia University senior women's lacrosse standout **Libby Nichols** is the next member of the Capital One Academic All-America® Division II Women's At-Large First Team. The 2014 Central Atlantic Collegiate Conference Player of the Year finished her final season of competition with 52 goals and 18 assists for 70 points, adding 59 ground balls, 115 draw controls and 41 caused turnovers. The native of Ellicott City, Maryland, was named the CACC Tournament MVP after leading the Rams to their second conference title in program history. A pre-med studies major with a 3.92 G.P.A., Nichols capped off her stellar career by earning IWLCA Division II third team All-America honors.

Swimmer **Kelsey Nuhfer** is the second student-athlete from California (Pa.) to be named to the Capital One Academic All-America® Division II Women's At-Large First Team. The native of Warren, Pennsylvania, is also making her third consecutive appearance on the Women's At-Large Team after earning third-team honors in 2012 and a first-team selection the last year. The communications studies major with a 3.99 G.P.A. set personal-best times as a senior in the 100-yard freestyle (53.77) and the 100-yard butterfly (59.86). She was a PSAC champion and NCAA All-American in the 200-yard freestyle relay in 2012.

The final swimming representative on the Capital One Academic All-America® Division II Women's At-Large First Team is Wayne State University's **Kayla Scott**. The native of Rochester, Michigan, is a 17-time All-American and has won seven individual national championships during her career. As a senior, she earned five All-America honors and was a national champion in the 100 breaststroke and 200 freestyle relay. She is making her second consecutive appearance on the Women's At-Large First Team and she placed first or

second at the NCAA Division II Women's Swimming & Diving National Championships all four years of her collegiate career. The psychology major with a 3.69 G.P.A. helped Wayne State to four consecutive GLIAC titles.

West Chester University's **Nancy Stehman** rounds out the 15-member Capital One Academic All-America® Division II Women's At-Large First Team and is making her second consecutive appearance on the first team. The native of Lancaster, Pennsylvania, is a two-time NCAA Elite 89 Award winner as a middle grades and special education major with a 3.98 G.P.A. A 2013 NFHCA Division II All-America second team honoree,

Stehman finished her final season at West Chester with six goals and 11 assists for 23 points and one game-winning goal. She was a PSAC Fall Top 10 Award winner and an All-PSAC selection as a junior and senior.

The 15 members of the Capital One Academic All-America® Division II Women's At-Large First Team combined for a 3.95 G.P.A., including four student-athletes with a 4.00 G.P.A. In total, nine members of the Capital One Academic All-America® Division II Women's At-Large first, second and third teams had a 4.00 G.P.A., while the 45-member team had a combined 3.89 G.P.A.

About Capital One

Capital One Financial Corporation (www.capitalone.com) is a financial holding company whose subsidiaries, which include Capital One, N.A., and Capital One Bank (USA), N. A., had \$206.9 billion in deposits and \$289.9 billion in total assets as of September 30, 2013. Headquartered in McLean, Virginia, Capital One offers a broad spectrum of financial products and services to consumers, small businesses and commercial clients through a variety of channels. Capital One, N.A. has more than 900 branch locations primarily in New York, New Jersey, Texas, Louisiana, Maryland, Virginia and the District of Columbia. A Fortune 500 company, Capital One trades on the New York Stock Exchange under the symbol "COF" and is included in the S&P 100 index.

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2014 Capital One Academic All-America® Men's At-Large Team Division II

FIRST TEAM

Sport	Name	School	Yr.	Hometown	GPA	Major
Rifle	Ryan Anderson (2)	Alaska Fairbanks	Jr.	Great Falls, Va.	3.92	Biological Sciences
Tennis	Rodrigo Avila	King (Tenn.)	Sr.	Cuernavaca, Mexico	3.99	Mathematics/Physics
Wrestling	Corbin Bennetts	Western State Colorado	Jr.	Buena Vista, Colo.	3.94	Biology
Swimming	Marko Blazevski (1) (#)	Wingate	Sr.	Skopje, Macedonia	3.84	Finance
Volleyball	BJ Boldog (3)	Lewis	Gr.	Palatine, Ill.	3.80	MBA/Marketing
Swimming	Luke Calkins (1) (@)	California, San Diego	Sr.	Kansas City, Kan.	3.94	Mechanical Engineering
Rifle	Mats Eriksson	Alaska Fairbanks	Jr.	Malung, Sweden	3.96	Business Administration
Swimming	Ruben Gimenez	Bridgeport	Jr.	Burgos, Spain	3.98	Computer Science
Golf	Zachary Kempa (2)	Indiana (Pa.)	Sr.	Brandford, Ontario	3.63	Marketing
Golf	Greg MacAulay (2)	Lindenwood	Sr.	Stratford, P.E.I.	4.00	Finance
Lacrosse	Todd Nakasuji	Limestone	Sr.	Ajax, Ontario	4.00	Business
Tennis	Saul Shrom	Colorado State-Pueblo	Sr.	Winnipeg, Manitoba	3.99	Psychology
Swimming	Robbie Swan (1)	Florida Southern	Sr.	Snellville, Ga.	3.94	Business
Lacrosse	Nick Watson	Adelphi	Gr.	Manchester, England	4.00	Sports Management
Tennis	Lukas Winkelmann (1)	Tusculum	Jr.	Böblingen, Germany	3.97	Pre-Medicine

SECOND TEAM

Sport	Name	School	Yr.	Hometown	GPA	Major
Golf	Gary Buffington	West Florida	Jr.	Tampa, Fla.	4.00	Accounting
Swimming	Alex Bryson	St. Cloud State	Jr.	Appleton, Wis.	3.85	Mechanical Engineering
Wrestling	Dylan D'Urso	Mercyhurst	So.	Greenville, Pa.	3.90	Intelligence Studies
Wrestling	Jared Holliday	Newberry	Jr.	Burlington, N.J.	3.62	International Business
Tennis	Luke Hubert	Indianapolis	So.	New Berlin, Wis.	4.00	Biology
Swimming	Christian Larsen	Limestone	So.	Essen, Germany	3.94	Sports Management
Swimming	Kristian Larsen	Wayne State (Mich.)	Sr.	Frederiksberg, Denmark	3.43	Mechanical Engineering
Swimming	David McCormick	West Chester	Sr.	West Chester, Pa.	3.69	Mathematics
Tennis	Petr Michnev (2)	Hawai'i Pacific	Gr.	Ostrava, Czech Rep.	3.60	MBA
Swimming	Reed Miller (2)	Wingate	Sr.	Mobile, Ala.	3.87	Finance
Golf	Michael Mullmann (3)	UNC Pembroke	Sr.	Charlotte, N.C.	3.95	Business
Golf	Kowan O'Keefe	Minot State	Jr.	Blind Bay, B.C.	4.00	Chemistry/Mathematics
Swimming	Oscar Pereiro	Bridgeport	Sr.	Arzua, Spain	3.38	Computer Engineering
Swimming	Keith Sponsler	Missouri Science & Tech	So.	Lincoln, Neb.	3.91	Nuclear Engineering
Tennis	Patrick Stiebinger (3)	South Carolina-Aiken	Sr.	Weiden, Germany	4.00	Business Administration

THIRD TEAM

Sport	Name	School	Yr.	Hometown	GPA	Major
Swimming	Karl Burdis	Tampa	Sr.	Dublin, Ireland	3.86	Sport & Exercise Science
Golf	Tim Crouch	Florida Southern	Sr.	Mt. Vernon, Ohio	3.33	Physical Education
Skiing	Lukas Ebner	Alaska Anchorage	Sr.	Furtwangen, Germany	3.76	Marketing & Finance
Wrestling	Mark Fiala	Nebraska-Kearney	Sr.	Seward, Neb.	3.53	Business Administration
Lacrosse	Brady Heseltine	Mercyhurst	Sr.	Elora, Ontario	3.70	Interior Design
Golf	Jeff Hunter	SE Oklahoma State	Sr.	Thunder Bay, Ontario	3.92	Business
Swimming	Sven Kardol	Grand Valley State	Jr.	Nuenen, Netherlands	3.70	Physics/Mathematics
Tennis	Armand Levandi	Lewis	Jr.	Tallinn, Estonia	3.62	Business Administration
Wrestling	Brendan McKeown (3)	East Stroudsburg	Gr.	Scotia, N.Y.	3.46	Management & Leadership
Lacrosse	Ryan Sage	Mars Hill	Jr.	Kelowna, B.C.	3.98	Biology
Ice Hockey	Brennen Shaw	Assumption	Jr.	Presque Isle, Maine	3.96	Business
Water Polo	Daisuke Takagi	Gannon	Sr.	Tsukuba, Japan	3.50	Computer Science
Wrestling	Matt Turek	Gannon	Jr.	Madison, Ohio	3.51	Accounting
Tennis	Miguel Uzcategui (3)	District of Columbia	Sr.	Valencia, Venezuela	3.94	Electrical Engineering
Lacrosse	Jesse Wood	Mercy	Jr.	Binghamton, N.Y.	3.59	Biology

Academic All-America® of the Year: Ruben Gimenez, Bridgeport

(1) - Capital One Academic All-America® Division II First Team in 2013

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

(3) - Capital One Academic All-America® Division II Third Team in 2013

(#) - Capital One Academic All-America® Division II First Team in 2012

(@) - Capital One Academic All-America® Division II Third Team in 2012



2014 Capital One Academic All-America® Women's At-Large Team Division II

FIRST TEAM

Sport	Name	School	Yr.	Hometown	GPA	Major
Golf	Jessica Bradley	Lynn	Jr.	Bishops Nympton, England	3.88	Sports Management
Field Hockey	Lindsay Brown	Slippery Rock	Sr.	Mountain Top, Pa.	3.95	Biochemistry / Pre-Pharmacy
Golf	Ellen Chambers	Lynn	Sr.	Petrie, Australia	4.00	International Relations
Lacrosse	Maia Czarnecki	Limestone	Sr.	Oswego, N.Y.	4.00	Biology / Chemistry
Swimming	Kristin Day	Clarion	Jr.	Reynoldsville, Pa.	4.00	Chemistry
Swimming	Valerie Dembny (2) (@)	Wingate	Sr.	Bremen, Germany	3.92	Elementary Education
Swimming	Clarissa Enslin (1)	California (Pa.)	Sr.	Dalview, South Africa	3.99	Geology
Tennis	Sabine Goge (2)	Florida Southern	Sr.	Cesis, Latvia	3.98	Finance
Lacrosse	Katie Hammerer	Florida Southern	Sr.	California, Md.	4.00	Graphic Design
Golf	Jenny Konop (1)	Indianapolis	Sr.	Green Bay, Wis.	3.95	Biology
Swimming	Danielle Lyons	Alaska Fairbanks	Jr.	Prince Albert, Sask.	3.95	Biological Sciences
Lacrosse	Libby Nichols	Philadelphia	Sr.	Ellicott City, Md.	3.92	Pre-Med Studies
Swimming	Kelsey Nuhfer (1) (@)	California (Pa.)	Sr.	Warren, Pa.	3.99	Communication Studies
Swimming	Kayla Scott (1)	Wayne State	Sr.	Rochester, Mich.	3.68	Psychology
Field Hockey	Nancy Stehman (1)	West Chester	Sr.	Lancaster, Pa.	3.98	Middle Grades & Special Edu.

SECOND TEAM

Sport	Name	School	Yr.	Hometown	GPA	Major
Golf	Kendall Anderson	Newman	Jr.	Houston, Texas	4.00	Sports Communications
Tennis	Martina Bruzikova	Northeastern State	Sr.	Poprad, Slovakia	3.91	Business Administration
Lacrosse	Devan Crimi	Adelphi	Sr.	West Islip, N.Y.	3.70	Business Management
Swimming	Kristin Diemer	Queens (N.C.)	Jr.	Oak Ridge, N.C.	4.00	Finance
Swimming	Emilee Gysegem	Clarion	Jr.	Warren, Ohio	4.00	Business Management
Gymnastics	Maria Hundley	Seattle Pacific	So.	Littleton, Colo.	3.65	Psychology
Tennis	Barbora Krtickova (3)	Armstrong Atlantic St.	Sr.	Nove Mesto Nad Metuji, Czech Rep.	3.66	Health Science
Field Hockey	Devin Ingersoll	Stonehill	Sr.	Londonderry, N.H.	3.85	Environmental Science
Swimming	Elly Maleski	Wayne State	So.	Cedar, Mich.	3.86	Biomedical Engineering
Honors						
Swimming	Allyson Mitidieri	Indiana (Pa.)	Sr.	Cherry Hill, N.J.	3.61	Nutrition / Dietetics
Tennis	Olivia Myers	Catawba	Sr.	Lexington, N.C.	3.98	Biology
Lacrosse	Jackie Sileo	Liu Post	Sr.	Wantagh, N.Y.	3.68	Clinical Mental Health Counseling
Gymnastics	Kai Tindall	Seattle Pacific	Sr.	Brier, Wash.	3.74	Integrated Studies
Tennis	Fanni Varga	Southwest Baptist	Jr.	Budapest, Hungary	3.71	Management
Field Hockey	Bre White	Shippensburg	Sr.	Hummelstown, Pa.	3.62	Social Work

THIRD TEAM

Sport	Name	School	Yr.	Hometown	GPA	Major
Tennis	Fernanda Amaral	West Florida	Jr.	Curitiba, Brazil	3.93	Business Management
Swimming	Lisa Bero	Tampa	Sr.	South Windsor, Conn.	3.81	History/Government & World Affairs
Ice Hockey	Kendra Broad	Lindenwood	Jr.	Petrolia, Ontario	4.00	Exercise Science
Golf, Lacrosse	Phoebe Clark	S. New Hampshire	Sr.	Concord, N.H.	3.96	Business Administration
Gymnastics	Courtney Cochefski	Texas Woman's Univ.	Sr.	Chicago, Ill.	3.92	Communication Science
Lacrosse	Megan Collins	Le Moyne	Sr.	Baldwinsville, N.Y.	3.85	Mathematics
Lacrosse	Danica Cutshall (3)	Regis	Sr.	Lakeville, Minn.	3.98	Neuroscience
Golf	Domi DiNallo	Colorado St.-Pueblo	Sr.	Elephant Butte, N.M.	3.97	Sociology
Lacrosse	Jenelle Fortunato	Limestone	Sr.	Vestal, N.Y.	3.97	Biology/Chemistry
Tennis	Karina Goia	Barry	So.	Arad, Romania	3.90	International Business
Ice Hockey	Nicole Hensley	Lindenwood	So.	Lakewood, Colo.	4.00	Exercise Science
Skiing	Alyson McPhetres (3)	Alaska Fairbanks	Jr.	Chugiak, Alaska	3.91	Spanish/Geological Engineering
Swimming	Anna Pleban	S. Connecticut State	Sr.	Seymour, Conn.	3.88	Exercise Science
Lacrosse	Miranda Polaski	Post	Jr.	Agawam, Mass.	3.98	Biology
Tennis	Mariana Rong	St. Mary's (Texas)	Jr.	Jinan, China	3.95	Biology/Chemistry

Academic All-America® of the Year: Kristin Day, Clarion

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