



## GULF SOUTH CONFERENCE

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For Immediate Release

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### GSC ANNOUNCES 2013 FALL ALL-ACADEMIC TEAMS

**BIRMINGHAM, Ala.** — The Gulf South Conference is proud to announce its 2013 Fall Sports All-Academic Team.

Sixty-nine student-athletes, including three three-time members and 19 two-time standouts were selected: **men's cross country** (8), **women's cross country** (7), **football** (20), **men's soccer** (12), **women's soccer** (14) and **volleyball** (8).

Academic All-GSC Teams are selected by the Gulf South Conference Sports Information Directors (SIDs) and Faculty Athletic Representatives (FARs) in a joint vote. Nominees must have an overall grade point average (GPA) of 3.20 or better on a 4.00 scale for their entire academic career and may not be freshmen or first-semester or quarter transfers. The student-athlete must be a significant contributor to the squad. Other factors include leadership, community service and extra-curricular activities. SIDs and FARs are not allowed to vote for their own student-athletes. The number of student-athletes selected in each sport is determined by the number of positions normally involved in the playing of that sport. Ties are not broken.

#### **MEN'S CROSS COUNTRY:**

The Men's Cross Country All-Academic Team is led by four returning members. **Alabama Huntsville's Matt Ursprung**, the **Valdosta State** duo of **Jesse Prince** and **Ryan Winkel**, along with **West Alabama's Brandon Nelson**, who was the lone runner to earn All-GSC First recognition this season. Prince was on the All-GSC Second Team for the second straight year and was joined by UAH's **Joey Bemowski**, a first-time selection.

VSU's **Nate Wondimu** and the **West Florida** tandem of **David Drumm** and **Jacob Slupecki** round out the All-Academic squad, which was composed of four seniors, two sophomores and a junior.

#### **WOMEN'S CROSS COUNTRY:**

The Women's Cross Country All-Academic Team is highlighted by one three-time member and another returning standout. **West Florida's Renea Porsch** is a three-time All-Academic member and a three-time All-GSC selection while **Valdosta State's Juliana Boehm**, who joined Porsch on the All-GSC First Team this season, returns from a year ago. **Alabama Huntsville** placed three runners on the team, **Kayla Luechtfeld**, **Kasey Spence** and **Vicky Winslow**, who was also a First Team All-GSC selection. **Delta State's Annalee Pierce**, along with GSC Freshman of the Year **Tiffany Wommack** of **West Georgia**, rounds out the Academic Team.

#### **FOOTBALL:**

Two three-time winners and four returning 2012 selections spearhead the Football All-Academic Team.

**North Alabama** wide receiver **Jason Smith** and **West Alabama** offensive lineman **Skeeter Sellers** each make their third all-time appearance. Returning from a year ago are UNA offensive lineman **David Lundberg** and the **West Georgia** trio of kicker **Mark Bardenwerper**, wide receiver **Alex Macaulay** and linebacker **Adam Strakose**. UNA and UWG each had a team-high seven selections, including the only 2013 First Team All-GSC picks, tight end **Mabry Cook** from UNA and offensive lineman **Garrison Ushery** from UWG.

UNA wide receiver **Lee Mayhall**, who had the lone 4.0 GPA among the football players, was joined by teammates **Will Craig**, kicker; **DeAndre Harrison**, defensive lineman; and **Luke Wingo**, quarterback. The UWG group includes defensive back **Rocky Capobianco**, quarterback **Dallas Dickey**, and defensive lineman **Isaiah Hinsley**. Rounding out the Academic Team are offensive linemen **Colin Glasco** and **Michael Miller** and linebacker **Kenny Murphy** of **Valdosta State** and UWA wide receiver **Dakota Daniel**.

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### **MEN'S SOCCER:**

The 12-member Men's Soccer All-Academic Team is led by five returning members.

The **Christian Brothers** duo of **Nico Alvarez-Garcia** and **Jaime Garcia** join **Alabama Huntsville** forward **Mitch Wilson** and the **West Florida** tandem of **Steven Hermosa** and **Lucas Wilson** pace this year's group. UWF had a league-high five student-athletes on the team, which also included **Stuart McCrory**, **Jake Pratt** and **Andre Verardi**. **West Alabama** placed two on the team as **Evan Beutler** (First Team) and **Lavares Stone** (Second Team) were the only members of this squad to earn All-GSC recognition in 2013. Completing the Academic squad are UAH's **Michael Winstone** and CBU's **Kevin Tikhomiroff**, two of the three sophomores that earned the honor.

### **WOMEN'S SOCCER:**

On a team filled with individual accolades, the 14-member Women's Soccer All-Academic Team features four returning members.

**Valdosta State** and **West Florida** each placed four players on the squad and all of the returning players came from those two teams. UWF's **Kelly Andres**, **Daniela Cruz** and **Taylor Harbison** are joined by VSU's **Blakely McClellan** – the only unanimous selection this year – as returners from the 2012 team. UWF's **Shelby Bush** joins teammates Cruz and Harbison as the only All-GSC First Team picks on the Academic team. The VSU contingent is rounded out by **Abbi Edwards**, **Olivia Mills**, and **Caroline Moore**. **Christian Brothers** placed two student-athletes, **Chelsea Cassacia** and **Katelyn Graham**, on the team as did **West Georgia**, as **Ashlynn Deese** and **Rebecca Uranga** were the only student-athletes with 4.0 GPAs. **Alabama Huntsville's Iris Gunnarsdottir** and **North Alabama's Jennifer Osmond** complete the team.

### **VOLLEYBALL:**

The eight-member All-Academic Volleyball Team features three two-time winners and two unanimous selections.

**West Florida's Autumn Duyn** is one of the two-time winners and unanimous selections. **Christian Brothers' Alison Welch** is the other unanimous choice. **Emily Reul** of **West Georgia** and **Stacey Sargent** of **Alabama Huntsville** join Duyn as two-time Academic team selections. Each made the All-GSC team in 2013 along with UAH's **Olivia Bauman**, who is the lone sophomore to go with four juniors and three seniors.

**Ashton Baker** is the third student-athlete from UAH to make the squad. UWG matches that number with the final two picks for the volleyball academic squad, **Samantha Drane** and **Helen Menchinger**.

### **HONOR ROLL:**

**Shorter** led the Fall All-Academic Honor Roll, posting 83 of the 502 members (16.5 percent) who qualified with a GPA of at least 3.00. **Union** was next up, recording 62 student-athletes (12.3 percent), while **North Alabama**, **Valdosta State** (both with 58 total, 11.6 percent) and **West Georgia** (54 total, 10.8 percent) rounded out the Top Five. Qualification for this particular honor is automatic based on GPA and nomination (there is no vote).

**2013 GSC FALL ACADEMIC TEAMS FOLLOWS ON NEXT THREE PAGES**

## 2013 FALL GSC ALL-ACADEMIC TEAM

### MEN'S CROSS COUNTRY

<u>NAME, SCHOOL</u>	<u>YEAR</u>	<u>GPA</u>	<u>MAJOR</u>
^Joey Bemowski, Alabama Huntsville	SR	3.35	Biological Sciences
!Matt Ursprung, Alabama Huntsville	JR	3.61	Mechanical Engineering
!^%Jesse Prince, Valdosta State	SR	3.66	Chemistry
!Ryan Winkel, Valdosta State	SR	3.75	History
Nate Wondimu, Valdosta State	SO	3.47	International Business
!\$#&Brandon Nelson, West Alabama	SR	3.57	Pre-Med
David Drumm, West Florida	SO	3.98	Undecided
Jacob Slupecki, West Florida	SO	3.28	Marine Biology

! —2012 GSC All-Academic  
^ —2013 Second Team All-GSC  
% —2012 Second Team All-GSC

\$ —2013 First Team All-GSC  
# —2012 First Team All-GSC  
& —2011 First Team All-GSC

### WOMEN'S CROSS COUNTRY

<u>NAME, SCHOOL</u>	<u>YEAR</u>	<u>GPA</u>	<u>MAJOR</u>
*Kayla Luechtefeld, Alabama Huntsville	SO	3.93	Nursing
^Kasey Spence, Alabama Huntsville	SO	3.36	Education
*\$Vicky Winslow, Alabama Huntsville	JR	3.33	Biological Sciences
^Annalee Pierce, Delta State	SR	3.87	International Business
!\$Juliana Boehm, Valdosta State	SR	3.47	Exercise Physiology
!&\$#@Renea Porsch, West Florida	SR	3.42	Environmental Science
\$Tiffany Wommack, West Georgia	SO	3.81	Chemistry

! —2012 GSC All-Academic  
\$ —2013 First Team All-GSC  
# —2012 First Team All-GSC  
\* —Unanimous selection

& —2011 GSC All-Academic  
^ —2013 Second Team All-GSC  
@ —2011 Second Team All-GSC

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## FOOTBALL

<u>NAME, SCHOOL</u>	<u>YEAR</u>	<u>GPA</u>	<u>MAJOR</u>	<u>POS</u>
\$Mabry Cook, North Alabama	SR	3.24	Professional Management	TE
Will Craig, North Alabama	SO	3.35	Professional Management	K
DeAndre Harrison, North Alabama	SO	3.59	Health & Physical Education	DL
!^%David Lundberg, North Alabama	SR	3.58	Secondary Education	OL
Lee Mayhall, North Alabama	SO	4.00	Industrial Hygiene	WR
!&^Jason Smith, North Alabama	SR	3.34	Computer Science	WR
Luke Wingo, North Alabama	SO	3.35	Undecided	QB
Colin Glasco, Valdosta State	JR	3.61	Computer Science	OL
Michael Miller, Valdosta State	JR	3.36	Exercise Physiology	OL
Kenny Murphy, Valdosta State	SO	3.45	Mass Media	LB
Dakota Daniel, West Alabama	SO	3.25	History	WR
!&^%Skeeter Sellers, West Alabama	SR	3.38	Accounting	OL
!Mark Bardenwerper, West Georgia	SR	3.41	Management	K
Rocky Capobianco, West Georgia	SO	3.28	Undecided	DB
Dallas Dickey, West Georgia	SO	3.25	Pre-Sport Management	QB
Isaiah Hinsley, West Georgia	SO	3.46	Mass Communication	DL
!Alex Macaulay, West Georgia	JR	3.76	Marketing	WR
!Adam Strakose, West Georgia	SR	3.39	Physical Education	LB
\$Garrison Ushery, West Georgia	JR	3.44	Physics/Engineering	OL

! —2012 GSC All-Academic

\$—2013 First Team All-GSC

%—2012 Second Team All-GSC

&—2011 GSC All-Academic

^ —2013 Second Team All-GSC

## MEN'S SOCCER

<u>NAME, SCHOOL</u>	<u>YEAR</u>	<u>GPA</u>	<u>MAJOR</u>	<u>POS</u>
!Mitch Wilson, Alabama Huntsville	JR	3.57	Accounting	F
Michael Winstone, Alabama Huntsville	SO	3.22	Communications	GK
!@Nico Alvarez-Garcia, Christian Brothers	SR	3.23	Physics	D
!%@Jaime Garcia, Christian Brothers	SR	3.37	Business Administration	GK
Kevin Tikhomiroff, Christian Brothers	SO	3.31	Business Administration	M/F
\$Evan Beutler, West Alabama	JR	4.00	Psychology	M
^Lavares Stone, West Alabama	SO	3.73	Pre-Engineering	GK
!Steven Hermosa, West Florida	SR	3.56	Economics	GK
Stuart McCrory, West Florida	JR	3.51	Exercise Science	GK
Jake Pratt, West Florida	SR	3.45	Business	M
Andre Verardi, West Florida	SR	3.83	Business Management	F
!Lucas Williams, West Florida	SR	3.72	Sports Management	M

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## WOMEN'S SOCCER

<u>NAME, SCHOOL</u>	<u>YEAR</u>	<u>GPA</u>	<u>MAJOR</u>	<u>POS</u>
%&Iris Gunnarsdottir, Alabama Huntsville	SR	3.20	English	GK
^Chelsea Cassacia, Christian Brothers	SO	3.85	Biology	M
Katelyn Graham, Christian Brothers	SO	3.64	General Studies	F
^%&Jennifer Osmond, North Alabama	SR	3.35	Sports Management	F
^#@Abbi Edwards, Valdosta State	JR	3.95	Middle Grades Education	M
*!Blakely McClellan, Valdosta State	JR	3.76	Marketing	F
Olivia Mills, Valdosta State	JR	3.37	Exercise Physiology	GK
^Caroline Moore, Valdosta State	JR	3.58	Communication Disorders	D
!%@Kelly Andres, West Florida	JR	3.53	Pre-Med	D/M
\$#Shelby Bush, West Florida	SR	3.28	Education	M/F
!\$&Daniela Cruz, West Florida	SR	3.55	Exercise Science	D/M
!\$#Taylor Harbison, West Florida	JR	3.30	Health Science	D/M
Ashlynn Deese, West Georgia	JR	4.00	Pre-Speech Pathology	M
Rebecca Uranga, West Georgia	SO	4.00	Mass Communications	M/D

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@ —2011 Second Team All-GSC

\$ —2013 First Team All-GSC

# —2012 First Team All-GSC

& —2011 First Team All-GSC

\* —Unanimous selection

## VOLLEYBALL

<u>NAME, SCHOOL</u>	<u>YEAR</u>	<u>GPA</u>	<u>MAJOR</u>	<u>POS</u>
Ashton Baker, Alabama Huntsville	JR	3.57	Communication	S
^Olivia Bauman, Alabama Huntsville	SO	3.77	Nursing	OH
!^%Stacey Sargent, Alabama Huntsville	SR	3.88	Biological Science	OH/L
*Alison Welch, Christian Brothers	SR	3.82	Psychology	OH
!\$#&*Autumn Duyn, West Florida	JR	3.73	Athletic Training	OH
Samantha Drane, West Georgia	JR	3.83	Pre-Nursing	L
Helen Menchinger, West Georgia	JR	3.87	English	OH
!^#Emily Reul, West Georgia	SR	3.58	Biology	OH

! —2012 GSC All-Academic

^ —2013 Second Team All-GSC

% —2012 Second Team All-GSC

\* —Unanimous selection

\$ —2013 First Team All-GSC

# —2012 First Team All-GSC

& —2011 First Team All-GSC

#GSC#