

## NEWS RELEASE

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### NSIC Announces 2023 Britton and Kelly Award Recipients

BURNSVILLE, Minn. — The Northern Sun Intercollegiate Conference (NSIC) announced Minnesota State University, Mankato's **Amanda Montplaisir** as the 2023 Willis R. Kelly Scholar-Athlete Award winner and Winona State University's **Mitch Snitker** as the recipient of the 2023 Dr. William Britton Scholar-Athlete Award. The Britton Scholar-Athlete Award for Academic Excellence, in its 39th year, recognizes the NSIC's top male student-athlete and the Kelly Scholar-Athlete Award, in its 38th year, is presented to the NSIC's top female student-athlete.

The Britton Award was created in 1985 in honor of Dr. William Britton, a longtime faculty representative at Bemidji State University who served on the Athletic Board of Control of the Northern Intercollegiate Conference for 25 years. Britton retired from BSU in 1982 and passed away in March of 2019.

The Kelly Award is named in honor of Willis R. Kelly, an associate professor of physical education at the University of Minnesota-Morris. A member of the NSIC Hall of Fame, Kelly also coordinated the Minnesota-Morris Physical Education Department from 1970-87. She became the first director of women's intercollegiate athletics at Minnesota-Morris in 1976 and was later promoted to athletics director for the whole department. Kelly passed away in 1988.

The member institutions of the NSIC nominate one male and one female student-athlete for the Britton and Kelly Awards. The nominees must meet the following criteria: a grade point average of 3.5 or better (on a 4.0 scale); evidence of academic excellence beyond the minimum grade point average (scholarship prizes and other academic recognition), evidence of participation in the life of the institution, and evidence of participation in at least two-thirds of the varsity events of the individual's primary sport. The award is voted on by the NSIC Faculty Athletic Representatives.

The 32 student-athletes nominated for the NSIC's two most prestigious awards will also be recognized as NSIC Male and Female Honor Student-Athletes of the Year at their respective institutions. Snitker and Montplaisir will be recognized Tuesday, July 11 at the NSIC Hall of Fame Banquet in Sioux Falls, South Dakota and will each receive a \$3,000 post-graduate scholarship.

### Dr. William Britton Scholar-Athlete Award for Academic Excellence



#### Mitch Snitker - Winona State University - Football

Mitch Snitker, a native of Waukon, Iowa, is a senior, majoring in exercise and rehabilitative science: movement science and minoring in nutrition at Winona State University. The Waukon High School graduate holds a 3.98 grade point average while excelling in football for the Warriors. Snitker joins Carter McCauley (2018), Alex Coulter (2013), Marcus Greatens (2010), Nate Gruber (1995), Jeff Engbrecht (1994), and James Scott Bestul (1985) as the only student-athletes from Winona State to earn the NSIC Britton Award.

Snitker graduated summa cum laude while making the Dean's list each semester he attended Winona State. He earned the 2022 Winona State Department of Health, Exercise, and Rehabilitative Sciences, Outstanding Graduate Award; was a Presidential Scholar Athlete (2018-22) a Luther & Mildred McCown Memorial Scholarship Award recipient in 2021 and 2022 and earned the Randolph W. Miller & Ruth Howe Scholarship Award in 2022. A three-time member of the NSIC All-Academic Team of Excellence, Snitker also earned the NSIC Myles Brand All-Academic Award and was named CoSIDA First Team All-District and Second Team Academic All-American in 2021.

On the gridiron, Snitker made his second career appearance on the NSIC All-Conference list in 2022, garnering first team honors after earning second team status as a junior. In 2022, Snitker finished 13th in the NSIC in total tackles (70) and was eighth in the league in solo stops with 52. He was voted the WSU Defensive MVP in 2022 and was the WSU Male Student Athlete of the Year for the 2021-22 academic year. Snitker was part of a 8-4 squad that qualified for the NCAA playoffs for the first time since 2017 and won a share of the NSIC South Division title.

Besides being named the outstanding graduate for the Department of Health, Exercise and Rehabilitative Sciences, Snitker has excelled as a student athlete in gaining internship and professional experience. In Waukon, Iowa he performed over 100+ hours shadowing physical therapists at Veterans Memorial Hospital, where he developed a better understanding and a passion for physical therapy. He further developed his professional goals as a Therapeutic Health Technician at EA Therapeutic Health in Rochester, Minnesota. At EA he collaborated with physical therapists to assess clients with complex chronic conditions/disabilities for therapeutic treatment, planned and implemented individualized therapeutic exercise programs for clients utilizing a variety of innovative methods, and maintained documentation tracking progress to keep clients on target to meet their therapeutic exercise goals.

These commitments outside of the classroom successfully led to Snitker's acceptance into the highly competitive Doctor of Physical Therapy (DPT) program at the Mayo Clinic College of Medicine and Science in Rochester, Minnesota as he begins his graduate studies in August of 2023.

"I was so blessed to spend the last year coaching Mitch as part of the Winona State University Football team. Mitch was self-disciplined, positive, humble, intense, and a servant. He was the ultimate competitor and teammate. He will be missed on our team, but his legacy will live on. He is one of my favorites on and off the field," stated Winona State Head Football Coach Brian Bergstrom.

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*The NSIC is a 16-team, 18-sport, NCAA Division II Conference with teams located in Iowa, Minnesota, Nebraska, North Dakota and South Dakota.*





## Willis R. Kelly Scholar-Athlete Award for Academic Excellence

### Amanda Montplaisir - Minnesota State University, Mankato - Cross Country / Track & Field

Amanda Montplaisir, a native of Buffalo, Minnesota, is a graduate student who earned a degree in dietetics with a minor in sports medicine and is pursuing her master's in exercise physiology at Minnesota State University, Mankato. The Buffalo High School graduate held a 3.97 undergraduate grade point average and a 4.0 graduate GPA while excelling in cross country and track & field for the Mavericks. Montplaisir is the third student-athlete from MSU to earn the NSIC Kelly Award as she joins Maggie Knier (2020) and Kendra Heuttl (2012).

Montplaisir was voted by the NSIC coaches as the NSIC Women's Cross Country Outstanding Senior of the Year in 2022.

She has been named to the Dean's List all eight semesters of her undergraduate education is a NSIC Myles Brand All-Academic Award recipient and a multiple time member of the NSIC All-Academic Team of Excellence. She has received the following scholarships while attending MSU: Maverick Scholarship Award (2018-2019); Mary Jean Metag Family Consumer Science Scholarship (2019-2020 & 2020-2021); Family Consumer Science Endowed Scholarship (2021-2022) and the Caty Delwiche Cross Country/Track & Field Scholarship (2021-2022 & 2022-2023).

Montplaisir is an 18-time All-NSIC performer in cross country and track and field. She was the named to the first team All-Region Cross Country team in 2021 and registered an 11th-place finish at 2021 NSIC Championship with a time of 22:19.60. In 2022 she finished fifth with a time of 21:46.03 to earn All-NSIC First Team honors. This past winter she won the 3000m run (9:43.13) and was second in the 5000m run (16:59.79) at the indoor track & field championship. This past spring she won the 3000m steeplechase (10:19.18) and was second in the 5000m run (16:46.75) at the outdoor championships. She earned All-American honors at the NCAA Division II Indoor Track & Field Championships in the 3000m run as she finished in eighth place (9:24.77) and was part of the distance medley relay that also finished in eighth.

In the community, Montplaisir has been involved in a variety of community engagement events which have included: Nutrition Tabling Event; University Dining Center Server; Backpack Food Program; MNSU Campus Kitchen; COVID Relief Food Drive; Free Farmer's Market; Kiwanis Holiday Lights; MNSU Campus Cupboard and with the Mankato Marathon.

"Amanda has been an asset to our program since her freshman year. She is one of the hardest working and dedicated athletes that I have coached in my 22 years not just as an athlete, but in the classroom and volunteering on campus and in the community. Her work ethic and leadership are something that her teammates and I can rely on. She is a leader on our team both on and off the cross country course and track," said Head Coach Jen Blue.

### 2022-23 NSIC Women's Honor Student-Athlete Award Winners

Name	University	Yr.	Sport	Hometown	High School
Morgan Keirstead	Augustana University	Gr.	Soccer	Savage, Minn.	Burnsville
Sara Wendt	Bemidji State University	Sr.	Soccer	Arden Hills, Minn.	Mounds View
Clara Heislen	Concordia University, St Paul	Sr.	Softball	Las Vegas, Nev.	Faith Lutheran
Madisyn Waltman	University of Mary	Sr.	Soccer	Sioux Falls, S.D.	Roosevelt
Bren Fox	University of Minnesota Crookston	Sr.	Basketball	Norwood Young America, Minn.	Norwood Young America
Sydney Lanoue	University of Minnesota Duluth	Sr.	Volleyball	Tracy, Minn.	Tracy-Milroy-Balaton
Amanda Montplaisir	Minnesota State University, Mankato	Gr.	Track & Field /CC	Buffalo, Minn.	Buffalo
Peyton Boom	Minnesota State University Moorhead	Gr.	Basketball	Barnesville, Minn.	Barnesville
Kate Head	Minot State University	Gr.	Basketball	Brisbane, Australia	Ipswich Girls' Grammar
Laurie Rogers	Northern State University	Sr.	Basketball	Aberdeen, S.D.	Warner
Elizabeth Spaans	University of Sioux Falls	Sr.	Swimming & Diving	Brandon, S.D.	Sioux Falls Christian
Juliana Villa Rodriguez	Southwest Minnesota State University	Gr.	Swimming & Diving	Cali, Colombia	Colegio Berchmans
Phebie Rossi	St. Cloud State University	Sr.	Volleyball	Rapid City, S.D.	Stevens
Sarah Johnson	Upper Iowa University	Sr.	Volleyball	Elk River, Minn.	Elk River
Kassidy Pingel	Wayne State College	Sr.	Basketball	Aurelia, Iowa	Cherokee Washington
Brooklyn Schyvinck	Winona State University	Sr.	Track and Field	Reedsburg, Wis.	Reedsburg

### 2022-23 NSIC Men's Honor Student-Athlete Award Winners

Name	University	Yr.	Sport	Hometown	High School
Trevor Liggett	Augustana University	Gr.	Football	Rosemount, Minn.	Rosemount
Alex Iverson	Bemidji State University	Sr.	Golf	Moorhead, Minn.	Moorhead
Calder Erick	Concordia University, St Paul	Sr.	Track & Field	Forest Lake, Minn.	Forest Lake Area
Matt Kaylor	University of Mary	Sr.	Wrestling	Bismarck, N.D.	Legacy
Alexander Koep	University of Minnesota Crookston	Sr.	Baseball	Parkers Prairie, Minn.	Parkers Prairie
Joshua Strong	University of Minnesota Duluth	Sr.	Basketball	Brooklyn Park, Minn.	Champlin Park
Nathan Culley	Minnesota State University, Mankato	Jr.	Baseball	Andover Minn.	Anoka
Samuel Grove	Minnesota State University Moorhead	Gr.	Wrestling	Moorhead, Minn.	Moorhead
Jacob Jensen	Minot State University	Sr.	Track & Field /CC	Belcourt, N.D.	Turtle Mountain Community
Wyatt Turnquist	Northern State University	Sr.	Wrestling	Winner, S.D.	Winner
David Ecker	University of Sioux Falls	Sr.	Track & Field /CC	Eau Claire, Wis.	Eau Claire
Carl Swedzinski	Southwest Minnesota State University	Sr.	Track & Field	Milroy, Minn.	Wabasso
Luke Taylor	St. Cloud State University	Sr.	Basketball	Germantown, Wis.	Germantown
Chase Luensman	Upper Iowa University	Sr.	Wrestling	Monticello, Iowa	Monticello
Gabriel Peitz	Wayne State College	Jr.	Track & Field /CC	Wakefield, Neb.	Wakefield
Mitch Snitker	Winona State University	Sr.	Football	Waukon, Iowa	Waukon





## PAST NSIC BRITTON/KELLY AWARDS WINNERS

### Annual Britton Award Recipients

2023 - Mitch Snitker, Winona State  
2022 - Tyler Riemersma, Augustana  
2021 - Jordan Will, Minot State  
2020 - *Alex Goettl, Minnesota State*  
2019 - Kirby Hora, Augustana  
2018 - Carter McCauley, Winona State  
2017 - *Joe Gomez, Northern State*  
2016 - Matt Horan, Sioux Falls  
2015 - Kowan O'Keefe, Minot State  
2014 - William Brockmueller, Sioux Falls  
2013 - Alex Coulter, Winona State  
2012 - Cody Lensing, Augustana  
2011 - Matt Braithwaite, Augustana  
2010 - *Marcus Greatens, Winona State*  
2009 - *Kirk Ingram, Concordia-St. Paul*  
2008 - Tyler Fischer, Southwest Minnesota State  
2007 - Tyler Fischer, Southwest Minnesota State  
2006 - Dusty Smith, Wayne State  
2005 - Brett Watson, Wayne State  
2004 - *Baron Blanchard, Northern State*  
2003 - Tucker Willard, Northern State  
2002 - Steven Brandt, Minnesota Crookston  
2001 - Mike May, Bemidji State  
2000 - Adam Vossen, MSU Moorhead  
1999 - Bart Johnson, MSU Moorhead  
1998 - *Stephen Blackmarr, Minnesota Duluth*  
1997 - Jesse Beckermann, Minnesota Duluth  
1996 - Lance Luitjens, Northern State  
1995 - Nate Gruber, Winona State  
1994 - Jeff Engbrecht, Winona State  
1993 - Jay Kusler, Northern State  
1992 - Jeff Welder, MSU Moorhead  
1991 - Scott Colbeck, Minnesota-Morris  
1990 - Dwight Hager, Bemidji State  
1989 - *Bruce Saugstad, Southwest State*  
1988 - *Tom Aney, Minnesota Duluth*  
1987 - Dale Harper, Bemidji State  
1986 - Jeff Kretchman, Northern State  
1985 - James Scott Bestul, Winona State

### Annual Kelly Award Recipients

2023 - Amanda Montplaisir, Minnesota State  
2022 - Jena Berkland, Concordia-St. Paul  
2021 - Kendall Cornick, Augustana  
2020 - *Maggie Knier, Minnesota State*  
2019 - Anna Winter, Upper Iowa  
2018 - Miranda Ristau, Northern State  
2017 - *Sasha Hovind, Northern State*  
2016 - Claire Sames, Southwest Minnesota State  
2015 - Whitney Burmeister, Southwest Minnesota State  
2014 - Rachel Patnoe, Southwest Minnesota State  
2013 - Elizabeth (Ellie) Duffy, Concordia-St. Paul  
2012 - Kendra Heuttl, Minnesota State  
2011 - Rebecca Anderson, Minnesota Duluth  
2010 - *Lauren Brown, Winona State*  
2009 - *Mary Slinger, Concordia-St. Paul*  
2008 - Kallie Tellefsen, Winona State  
2007 - Jessica Trautwein, MSU Moorhead  
2006 - Kathryn Kramer, Winona State  
2005 - Lindsay Hartmann, MSU Moorhead  
2004 - *Kristin Peterson, Northern State*  
2003 - Karen Darveaux, Winona State  
2002 - Christy Kubat, Southwest State  
2001 - Angela Swanson, Minnesota Crookston  
2000 - Abby Stritesky, Bemidji State  
1999 - Janelle Gibbs, Southwest State  
1998 - *Betsy Pachal, Minnesota Duluth*  
1997 - Mollie Odell, Northern State  
1996 - Paige Karno, Southwest State  
1995 - Katy Pivec, Southwest State  
1994 - Amy Tenute, MSU Moorhead  
1993 - Amy Erickson, Minnesota Duluth  
1992 - Kristin Nelson, Minnesota Duluth  
1991 - Jayne Dusich, Bemidji State  
1990 - Mary Kortan, Northern State  
1989 - *Shauna Wendland, Southwest State*  
1988 - *Tara Haiskanen, Minnesota Duluth*  
1987 - Teresa Greenwood, MSU Moorhead  
& Patricia Pioske, Southwest State  
1986 - Lisa Muehlbauer, Minnesota Duluth

*Italicized=Recipients from same institution that year*

