



Pennsylvania State Athletic Conference

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PSAC Student-Athletes Earn Spring Top Ten Awards

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The Pennsylvania State Athletic Conference has named a group of outstanding student-athletes as the league's Spring Top Ten Awards winners. The group includes five student-athletes who have earned distinction as All-Americans.

The Top Ten Awards, selected by the PSAC's sports information directors, recognize student-athletes who distinguish themselves in the classroom, as well as in the arena of competition. The conference designates Top Ten Award winners after each of the sports seasons: fall, winter and spring.

To be a candidate for the Top Ten Awards, a student-athlete must have achieved a minimum of a 3.25 cumulative grade point average and must be a starter or key reserve with legitimate athletic credentials. Only student-athletes from the spring sports season are eligible for the Spring Top Ten Awards. Those sports are: baseball, golf, women's lacrosse, softball, men's and women's tennis and men's and women's track & field.

Shortly after the completion of each academic year the league announces the Scholar-Athlete Awards, which recognize student-athletes on all PSAC squads with 3.25 cumulative GPAs or better. Additionally, the PSAC names the top Male and Female Scholar-Athlete of Year.

Following are biographical sketches of the PSAC's 2002 Spring Top Ten recipients:

Casey Bergeman

Senior, West Chester

Lacrosse (Pottstown/Pottsgrove)... Bergeman finishes her career at West Chester with a 3.62 GPA in health and physical education. The defensive captain, she helped lead the Golden Rams to a victory in the national title game, holding opponent Stonehill to six goals. She was a first-team All-PSAC defender, as well as a first-team All-American and earned a spot on the all-tournament team following the national championship. She helped WCU to a 26-4 record over the past two seasons.

Jennifer Farrow

Senior, Lock Haven

Women's Track & Field (Canton/Athens)... Farrow has established a 3.36 GPA as a recreation/fitness management major. She earned All-America accolades this spring with a third-place finish at the NCAA Championships in the 400 meters. Earlier in the season she finished first with a conference meet record of 55.24 in the event. She also garnered first-place showings as a member of the 400 and 1,600 meter relay teams. Now a two-time All-American in the 400, Farrow helped lead the Lady Eagles to PSAC titles at both the outdoor and indoor track championships.

Angela Hileman

Senior, Indiana (Pa.)

Softball (Ford City/Ford City)... Hileman, a general science education major, has compiled a 3.86 GPA. She ranked 11th in the conference with a .388 batting average, finishing just .002 points shy of the school record. She also led her team in at-bats (129), hits (50), runs (31), walks (9) and stolen bases (12). She is a four-time All-PSAC choice, which includes making first team on three different occasions. Hileman started all 181 games in her four-year career, breaking the school mark in that category. She also holds career records for at-bats (623), runs (133), hits (219) and stolen bases (55).

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Shaun Landis
Junior, Kutztown

Men's Track & Field (Milton/Warrior Run)... Landis has maintained a 3.51 GPA as an elementary education major. This spring he achieved All-America status with a second-place finish in the decathlon. He was named the Most Outstanding Male Athlete at the 2002 PSAC Championship with his first place and school outdoor record-setting performance in the triple jump (49-2 3/4). He also placed fourth in the high jump (6-5) and fifth in the javelin (194-3) and discus (146-4). Landis was a league triple jump champion in 2001 and a high jump champion in 2000.

Ryan Pepper
Junior, Clarion

Golf (Harrisville/Moniteau)... Pepper has established a 3.7 GPA as a finance major. This spring he was named the MVP of the PSAC Championship after finishing tied for third with a two-day total of 150. Arguably his top performance of the season, Pepper's efforts led to a team title for Clarion. He went on to tie for 11th at the NCAA regional championship as he recorded a three-round score of 229, second best among his teammates. In addition to this season, Pepper gained All-PSAC status with his top 10 conference championship finish in 2000.

Jessica Pentz
Junior, Indiana (Pa.)

Women's Track & Field (Shelocta/Indiana)... Pentz carries a perfect 4.0 GPA as a health and physical education major. She finished third at the PSAC Championships with a time of 17:48.32 in the 5,000 meters. A few weeks later she narrowly missed All-America honors with a 10th place in the same event. She turned in a season best 17:24.44 at the prestigious Penn Relays. A cross country standout as well, Pentz earned All-PSAC and All-East Region accolades with eighth- and sixth-place finishes, respectively.

Ella Reilly
Junior, Slippery Rock

Women's Tennis (Sydney, Australia/Fahan)... Reilly has established an unblemished 4.0 GPA in the field of sports management. This past year she compiled a 21-3 overall record as The Rock's No. 1 singles player and a 22-3 ledger at No. 1 doubles. Her efforts led to SRU's school-record 20-5 team mark, a tie for third at the conference championship, and a runner-up finish in the East Region. She was named by the SRU department as the Top Student in Sports Management.

Aaron Rowe
Junior, Edinboro

Men's Track & Field (Dublin, Ohio/Dublin Scioto)... Rowe, a health and physical education major, maintains a 3.34 GPA. He recently earned All-America honors in two events at the 2002 NCAA Championships with a third in the 10,000 meters (31:17.49) and a sixth in the 5,000 meters (14:44.46). With his top-eight finish in the 10,000 last year, Rowe is now a three-time All-American in outdoor track, and four times overall when figuring his cross country accolades from this past year. He won the conference championship in the 10,000 in 2001 and the 5,000 in 2002, missing a conference meet record by under a second with his time of 14:32.84.

Bobby Sadler
Junior, California

Baseball (Harrison City/Penn Trafford)... Saddler carries a 3.93 GPA while majoring in elementary education. This year he ranked second in the PSAC with a 2.22 ERA and posted a 6-1 record. He had a team-high 60 strikeouts and allowed just 24 walks in his 52.2 innings of work. Among his six wins, the first-team All-PSAC West selection posted two shutouts and allowed just one run on the other four occasions. Sadler had a 4.0 GPA over the spring semester and was named first team CoSIDA/Verizon Academic All-District.

Matt Stinson
Junior, Lock Haven

Track & Field (Wescosville/Emmaus)... Stinson has registered a 3.29 GPA as a health and physical education major. He recently became Lock Haven's first multi-event All-American with his seventh-place showing in the decathlon. With that performance he set at school record with his 7,002 point total. Over the course of his career, he has been an eight-time All-PSAC performer by finishing in the top three in various PSAC Championship events. Among those performances, he has taken top honors in the decathlon and as part of the three different LHU relay teams.