



CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM **SELECTED BY COSIDA**

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ANDY REIDSMA, HANNAH HELKER LEAD CAPITAL ONE ACADEMIC ALL-AMERICA® COLLEGE DIVISION TRACK & FIELD/ CROSS COUNTRY TEAMS

AUSTIN, Texas – **Senior Andy Reidsma** of Trinity Christian College and junior **Hannah Helker** of Oklahoma Baptist University lead the 2014 Capital One Academic All-America® College Division men's and women's track and field/cross country teams as selected by the College Sports Information Directors of America (CoSIDA).

The Capital One College Division Academic All-America® men's and women's track and field/cross country teams are comprised of student-athletes from NAIA, Canadian and two-year institutions.

Reidsma was selected the College Division Academic All-America® of the Year for men's track and field/cross country while Helker was named as the Academic All-America® of the Year for the women's track and field/cross country team.

Pursuing a business management and marketing degree, Reidsma holds a 3.90 cumulative G.P.A. The senior from Wyoming, Michigan, capped his college career by taking All-American honors with a third-place finish in the 10,000 meters at the NAIA Outdoor Track & Field Championship. Reidsma also became the Chicagoland Collegiate Athletic Conference champion in the 1,500.

In 2013-14, Reidsma repeated as a cross country All-American with his fourth-place finish in the NAIA Championship. He is a three-time all-conference cross country performer, four-time All-American, four-time NAIA scholar-athlete and two-time Capital One Academic All-District and Academic All-America® selection.

Helker, a junior from Edmond, Oklahoma, has a 3.93 G.P.A. in mathematics. Helker, who was named to the Capital One Academic All-America® first team last year, was a cross country NAIA All-American, winning the individual Sooner Athletic Conference title last fall. She also earned All-America status as national champion in the indoor 1,000-, 5,000- and 4x800-meter relay, as well as the distance medley relay. She earned All-America honors outdoor in the 800- and 1,500-meter as the Bison finished in second place overall in the team competition.

Joining Reidsma on the Capital One Academic All-America® men's cross country/track and field first team are **Austin Basterrechea** of the College of Idaho, **Mike Blaszczyk** of the University of St. Francis (Ill.), **Garret Ehlers** of Morningside College, **Alec Hernandez** and **Kameron Turner** of Embry-Riddle (Fla.) University, **Benjamin Hinckfoot** of Concordia (Neb.) University, **Matt Huseman** of Northwestern (Iowa) College, **Colton McNinch** of Southwestern (Kan.) College, and **Hans Roelle** of Eastern Oregon University.

Eight of the 10 members of the Capital One Academic All-America® first team - Basterrechea, Blaszczyk, Ehlers, Hernandez, Hinckfoot, Huseman, McNinch, and Reidsma – were repeat honorees. Basterrechea, who was a first-team selection in 2013 and named to the third team in 2013, and Huseman, who was a second-team honoree last year and in 2012, were three-time selections. Reidsma and Hinckfoot were named to the

Reidsma, Helker Top Capital One Academic All-America® College Division Track and Field/Cross Country Teams

first team in 2013, while Blaszczyk, Ehlers were named to the second team a year ago while Hernandez and McNinch were third-selections in 2013.

An environmental studies major with a 3.79 G.P.A., the senior from Gooding, Idaho, placed fifth in the decathlon in the NAIA Outdoor Track and Field Championship to become a four-time All-American. Basterrechea captured his second All-American honor and Cascade Collegiate Conference championship in the decathlon this season. He was named the CCC's field athlete of the year as a junior.

Blaszczyk, a marketing major boasting of a 3.76 G.P.A., nabbed three All-American honors his senior season with a 17th-place finish in the NAIA Cross Country Championship, eighth-place showing in the 5,000 meters in the NAIA Indoor Championship and sixth-place finish in the NAIA Outdoor Championship. The Novi, Michigan, native became a two-time cross country All-American after aiding St. Francis to the 2012 NAIA national championship title with a 17th-place finish as a junior.

Seeking a religious studies degree while posting a 3.66 G.P.A., Ehlers closed out his Morningside career with a third-place finish in the 3,000-meter steeplechase at the NAIA Outdoor Championship. Ehlers finished just shy of his Morningside record time he set last year. The Ida Grove, Iowa, native earned NAIA All-America honors in the event for the third straight year after he finished sixth as a sophomore and was the NAIA national runner-up as a junior.

A junior aeronautics major with a 3.83 G.P.A., Hernandez notched 2014 NAIA Indoor All-American acclaim for his effort in the distance medley relay. The North Canton, Ohio, native is a six-time All-The Sun Conference track performer and ranks as the seventh-fastest cross country runner in Embry-Riddle history.

Hinckfoot owns a 3.88 G.P.A. working towards a secondary education degree. Hinckfoot, a senior from Colorado Springs, Colorado, won the Great Plains Athletic Conference title in the 400-meter hurdles and also claimed All-American honors in the 110- and 400-meter hurdles this past outdoor season. Hinckfoot has eight All-America claims in his career on the track. He's been all-conference 16 times and an NAIA Scholar-Athlete twice.

Huseman, an elementary education major with a 3.52 G.P.A., reeled in seven NAIA All-American nods in the high jump, winning the 2012 national indoor championship. The senior from Sac City, Iowa, is a five-time Great Plains Athletic Conference champion and earned eight all-conference honors.

McNinch has compiled a 4.00 G.P.A. while studying biology and biochemistry. The senior from Arnold, Kansas, posted the top 5,000-meter time and the second-best 10,000-meter time in the Kansas Collegiate Athletic Conference this season. He qualified for the 10,000 meters in the NAIA Outdoor Championship meet. McNinch was named the 2013-14 Southwestern College Most Outstanding Student-Athlete and a four-time NAIA Scholar-Athlete.

A computer science/multimedia studies major with a 3.83 G.P.A., Roelle captured the 800-meter national title in the NAIA Outdoor Championship and broke Eastern Oregon's school record in the 800 at the CCC Outdoor Championship with the fastest time in the NAIA this season. During the indoor season, the junior from Anchorage, Alaska, won the NAIA 1,000-meter championship and was named conference athlete of the week twice.

Turner, a junior from Palmdale, California, has a 3.63 G.P.A., studying business administration. Turner concluded the 2014 NAIA Outdoor Championships with two All-American honors for his performance in the decathlon and the pole vault. Turner also pulled in Indoor All-American accolades in the heptathlon.

The 10 members of the Capital One College Division Academic All-America® men's track and field/cross country first team have an average G.P.A. of 3.78.

Reidsma, Helker Top Capital One Academic All-America® College Division Track and Field/Cross Country Teams

The 2014 Capital One Academic All-America® College Division men's track and field/cross country second team consists of **Conner Carpenter** and **Lorenzo Dolphus** of Wayland Baptist University, **Zachary Kraus** of Embry-Riddle (Fla.), **John Cartier** of Concordia (Neb.), **Alex Edwards** of William Penn University, **Eric Ghelfi** of Eastern Oregon, **Marshall Hawn** of Olivet Nazarene University, **Kyle Kinney** of Morningside, **Cam Magro** of Davenport University and **Jordan Reeher** of Concordia (Ore.) University.

Carpenter and Kraus are repeat Capital One Academic All-America® performers. Carpenter was a second-team selection in 2013 while Kraus was named to the third team last year after being selected to the second team in 2012.

Joining Helker on the Capital One Academic All-America® women's track and field and cross country first team are her OBU teammate **Halie Herbert**, **Anna Bos** of Trinity Christian, **Erin DeVries** of Doane College, **Hillary Holt** of the College of Idaho, **Kristina Kendrick** and **Ellie Staker** of Embry-Riddle (Fla.), **Sarah Kortze** of Concordia (Neb.), **Chelsea Rimington** of St. Francis (Ill.) and **Jewel Thomas** of Indiana Institute of Technology.

In addition to Helker, five student-athletes on the first team are repeat Capital One Academic All-America® honorees. Holt and Kortze were named to the first team while DeVries and Staker were named to the second team. Staker was also named to the third team in 2012.

Herbert, a junior from Perryton, Texas, has a 4.00 G.P.A. in mathematics education. She was a national champion on the indoor 4x800 relay and All-America in that event, as well as the indoor 400 and the outdoor 4x800 relay.

A junior from Rockford, Michigan, with a 3.96 G.P.A. as a chemistry major with a minor in biology, Bos is a two-time NCCAA All-American and NAIA All-American. She has been named an All-American in the 5,000 and 10,000 meter, Bos has qualified three times for the NAIA Cross Country Championship and currently holds the school record with a time of 18:09. She also holds school marks for the indoor 3,000 and 5,000 meter and the distance medley relay events and the 3,000-, 5,000- and 10,000-meter outdoor races.

DeVries, a junior from Chambers, Nebraska, has a 3.93 G.P.A. as a psychology and sociology major. DeVries is a three-time NAIA All-American in the outdoor heptathlon and a two-time NAIA All-American in the indoor pentathlon. The 2014 Doane Female Athlete of the Year was a national qualifier for the 2014 Outdoor Championship in the heptathlon, long jump, high jump and javelin. DeVries was twice named the GPAC Outstanding Performance of the Meet and was also recognized as a NAIA Scholar-Athlete and GPAC Scholar-Athlete.

A senior from Meridian, Idaho, with a 3.60 G.P.A. as an exercise science major, Holt was named the CCC's Women's Athlete of the Year after being honored as the conference's Cross Country Women's Athlete of the Year and the Track and Field Athlete of the Year.

Holt ending her College of Idaho career with a combined 17 NAIA All-America awards and 11 combined NAIA national titles. In cross country, she earned All-CCC honors for the fourth-straight season, winning her second-straight CCC title - helping the Yotes to a league crown for the third time in her four years. She followed it up by winning her second-straight NAIA title, earning her third cross country All-America honor in helping the team to a second-straight second-place finish at the national meet. In indoor track, Holt won three NAIA titles - distancing the field in both the 800 and 1,500 meter, while anchoring the winning distance medley relay. In outdoor track, she won her fourth consecutive CCC 1,500-meter title and also claimed a crown in the 800 meter. At the NAIA Outdoor Championship, she won her third consecutive 1,500-meter title and also earned All-America honors in the 800 meter.

Kendrick, a senior from Washington, Pennsylvania, boasts a 3.79 G.P.A. in unmanned aircraft systems. Kendrick concluded her Eagle track career at the 2014 NAIA Outdoor Championship, earning two All-American honors (and three overall) as a part of the 4x100 meter and 4x400 meter relay squads. Kendrick, who owns five ERAU track records, has been named to the NAIA Indoor All-America team three times. The NAIA Scholar-Athlete was an eight-time All-TSC performer in her career.

Reidsma, Helker Top Capital One Academic All-America® College Division Track and Field/Cross Country Teams

Staker, a senior from Seattle, owns a 3.71 G.P.A. in computational mathematics. Staker rounded out the 2014 track season at the 2014 NAIA Outdoor Championship earning three All-American honors for her effort in the 800 and 1,500 meter, and as a part of the 4x400 meter relay. The seven-time (five outdoor, two indoor) NAIA All-American in track also was named an NAIA All-American in cross country, the first in school history. The two-time TSC Cross Country Runner of the Year and TSC Track Athlete of the Year was named an NAIA Scholar-Athlete.

Kortze, a senior from Rockford, Illinois, with a 3.95 G.P.A. as a biology and physical science major, was named Concordia Female Senior Athlete of the Year. The 2012-13 Lincoln Journal Star State College Female Athlete of the Year won a GPAC title in the 3,000 meter during the 2014 indoor season and was a national qualifier in the event. Kortze owns three career GPAC titles (3,000 meter once; 10,000 meter twice), 12 all-conference honors and one NAIA All-America claim on the track (10,000). In cross country, Kortze earned GPAC Runner of the Year in 2012, three all-conference awards and two NAIA All-America finishes. She's a three-time NAIA Scholar-Athlete in both cross country and track and field.

An elementary education major with a 3.84 G.P.A., Rimington garnered NAIA All-America accolades in the shot put at both the NAIA Indoor and Outdoor Championships. After finishing fifth in the event at the national indoor meet, The Lena, Illinois, native capped her career with a third-place performance at the NAIA outdoor event. Rimington was an NAIA Scholar-Athlete and CCAC All-Academic selection.

Thomas, a junior from Lathrup Village, Michigan, boasts a 3.63 G.P.A. as a psychology major. The eight-time NAIA All-American earned national champion honors twice on the 2013 and 2014 4x100 meter relay teams while being a two-time 60-, 100- and 200-meter dash All-American. Thomas helped lead the Warriors to back-to-back national outdoor team titles in 2013 and 2014.

The 10 members of the Capital One College Division Academic All-America® women's track and field/cross country first team have an average G.P.A. of 3.83.

Named to the Capital One Academic All-America® women's track and field/cross country second team were **Katie Bonnema**, **Christy Heidema** and **Lauren Opp** of Dordt College, **Kirsten Flake** of Indiana Tech, **Dawn Gildersleeve** of Northwestern (Iowa), **Samantha Goff** of the University of Jamestown, **Hilary Halford** of St. Francis (Ill.), **Rachel Jerrils** and **Kelsee VanderBaan** of Davenport, and **Whitney Warfield** of Oklahoma Baptist.

Three members of the second team are repeat Capital One Academic All-America® performers. Bonnema was named to the second team in 2013 while Halford and Jerrils was named to the third team.

About Capital One

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2014 Capital One Academic All-America® Men's Track & Field/Cross Country Team College Division

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Austin Basterrechea (1) (#)	College of Idaho	Sr.	Gooding, Idaho	3.79	Environmental Studies
Mike Blaszczyk (2)	St. Francis (Ill.)	Sr.	Novi, Mich.	3.76	Marketing
Garret Ehlers (2)	Morningside	Sr.	Ida Grove, Iowa	3.66	Religious Studies
Alec Hernandez (3)	Embry-Riddle (Fla.)	Jr.	North Canton, Ohio	3.83	Aeronautics
Benjamin Hinckfoot (1)	Concordia (Neb.)	Sr.	Colorado Springs, Colo.	3.88	Secondary Education (History & ESL)
Matt Huseman (2) (@)	Northwestern (Iowa)	Sr.	Sac City, Iowa	3.52	Elementary Education
Colton McNinch (3)	Southwestern (Kan.)	Sr.	Arnold, Kan.	4.00	Biology/Biochemistry
Andy Reidsma (1)	Trinity Christian	Sr.	Wyoming, Mich.	3.90	Business Management & Marketing
Hans Roelle	Eastern Oregon	Jr.	Anchorage, Alaska	3.83	Computer Science/ Multimedia Studies
Kameron Turner	Embry-Riddle (Fla.)	Sr.	Palmdale, Calif.	3.63	Business Administration

SECOND TEAM

Name	School	Yr.	Hometown	GPA	Major
Conner Carpenter (2)	Wayland Baptist	Jr.	Farwell, Texas	3.97	Religion/Intercultural Missions
John Cartier	Concordia (Neb.)	Sr.	Las Vegas, Nev.	3.63	Pre-Law
Lorenzo Dolphus	Wayland Baptist	Sr.	Houston, Texas	3.32	Exercise & Sport Science
Alex Edwards	William Penn	Jr.	Knoxville, Iowa	3.43	Secondary Education
Eric Ghelfi	Southern Oregon	Jr.	Redding, Calif.	3.89	Psychology
Marshall Hawn	Olivet Nazarene	Jr.	Goshen, Ind.	3.74	Christian Education
Kyle Kinney	Morningside	Sr.	Sioux City, Iowa	3.90	Biology/Chemistry
Zachary Kraus (3) (@)	Embry-Riddle (Fla.)	Sr.	New Milford, Conn.	3.65	Aerospace Engineering
Cam Magro	Davenport	Sr.	Bridgman, Mich.	3.91	Finance
Jordan Reeher	Concordia (Ore.)	Jr.	Prineville, Ore.	3.66	Business Administration

Academic All-America® of the Year: Andy Reidsma, Trinity Christian

- (1) - Capital One Academic All-America® College Division First Team in 2013
 (2) - Capital One Academic All-America® College Division Second Team in 2013
 (3) - Capital One Academic All-America® College Division Third Team in 2013
 (@) - Capital One Academic All-America® College Division Second Team in 2012
 (#) - Capital One Academic All-America® College Division Third Team in 2012



2014 Capital One Academic All-America® Women's Track & Field/Cross Country Team College Division

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Anna Bos	Trinity Christian	Jr.	Rockford, Mich.	3.96	Chemistry
Erin DeVries (2)	Doane	Jr.	Chambers, Neb.	3.93	Psychology/Sociology
Hannah Helker (1)	Oklahoma Baptist	Jr.	Edmond, Okla.	3.93	Mathematics
Halie Herbert	Oklahoma Baptist	Jr.	Perryton, Texas	4.00	Mathematics Education
Hillary Holt (1)	College of Idaho	Sr.	Meridian, Idaho	3.60	Exercise Science
Kristina Kendrick	Embry-Riddle (Fla.)	Sr.	Washington, Pa.	3.79	Unmanned Aircraft Systems
Sarah Kortze (1)	Concordia (Neb.)	Sr.	Rockford, Ill.	3.95	Biology & Physical Science
Chelsea Rimington	St. Francis (Ill.)	Sr.	Lena, Ill.	3.84	Elementary Education
Ellie Staker (2) (#)	Embry-Riddle (Fla.)	Sr.	Seattle, Wash.	3.71	Computational Mathematics
Jewel Thomas	Indiana Tech	Jr.	Lathrup Village, Mich.	3.63	Psychology

SECOND TEAM

Name	School	Yr.	Hometown	GPA	Major
Katie Bonnema (2)	Dordt	Sr.	Ireton, Iowa	3.52	Elementary Education
Kirsten Flake	Indiana Tech	Jr.	Muncie, Ind.	3.31	Psychology
Dawn Gildersleeve	Northwestern (Iowa)	Sr.	Elkhart, Iowa	3.53	Physical Education/Fitness Management
Samantha Goff	Jamestown	So.	Danvers, Minn.	3.96	Accounting/Business Administration/MIS
Hilary Halford (3)	St. Francis (Ill.)	Sr.	Antioch, Ill.	3.54	Nursing
Christy Heidema	Dordt	Sr.	Ridgetown, Ontario	4.00	Biology
Rachel Jerrils (3)	Davenport	Sr.	Rockford, Mich.	3.73	Pre-Nursing
Lauren Opp	Dordt	Jr.	Garner, Iowa	4.00	Health & Human Performance
Kelsee VanderBaan	Davenport	Sr.	Grand Rapids, Mich.	3.84	Pre-Nursing
Whitney Warfield	Oklahoma Baptist	Jr.	Enid, Okla.	3.92	Pre-Allied Health

Academic All-America® of the Year: Hannah Helker, Oklahoma Baptist

- (1) - Capital One Academic All-America® College Division First Team in 2013
 (2) - Capital One Academic All-America® College Division Second Team in 2013
 (3) - Capital One Academic All-America® College Division Third Team in 2013
 (#) - Capital One Academic All-America® College Division Third Team in 2012