



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

FOR RELEASE:

Tuesday, June 7, 2011 – 10 a.m. (EDT)

**WRESTLER NICK AMUCHASTEGUI OF STANFORD,  
SWIMMER KELLEN BECKWITH OF OLIVET LEAD  
CAPITAL ONE ACADEMIC ALL-AMERICA®  
MEN'S AT LARGE TEAMS**

**TOWSON, Md.** – Junior wrestler **Nick Amuchastegui** of Stanford University and senior swimmer **Kellen Beckwith** of Olivet College headline the 2011 Capital One Academic All-America® Men's At-Large Teams, as selected by the College Sports Information Directors of America (CoSIDA).

Amuchastegui and Beckwith have been chosen as the winners of the Academic All-America® of the Year award in the University and College Divisions, respectively.

The Men's At-Large program for the Academic All-America® includes the sports of fencing, golf, gymnastics, ice hockey, lacrosse, rifle, skiing, swimming and diving, tennis, water polo and wrestling.

A Mechanical Engineering major with a 3.98 G.P.A., Amuchastegui was a second team Capital One Academic All-America® selection last year. He is a two-time NCAA Elite 88 Award winner at the NCAA Division I wrestling championships, an award that recognizes the competing student-athlete with the highest G.P.A.

A native of Talent, Oregon, Amuchastegui became only the second Cardinal wrestler to reach the NCAA finals and owns a 94-18 career record. He completed an impressive junior season with a 31-4 overall record, including a 15-1 mark in duals.

The 2011 NCAA runner-up at 174 pounds, Amuchastegui is only the fourth Stanford wrestler to earn All-America honors twice. He finished fourth in 2010 as a sophomore. The Pacific-10 Conference champion at 165-pounds in 2010, he was runner-up as a sophomore and junior. In 2011, he led Stanford to a best-ever 11<sup>th</sup> place finish at the NCAA Championships.

A three-time Pac-10 All-Academic first team selection, Amuchastegui has twice received National Wrestling Coaches' Association Academic honors.

A Mathematics Education major with a 4.00 G.P.A., Beckwith is a repeat selection on the Capital One Academic All-America® first team. He is a two-time NCAA Elite 88 Award winner at the NCAA Division III swimming championships, recognizing the student-athlete with the highest G.P.A. at the meet.

A native of Farmington Hills, Mich., Beckwith is the only swimmer in Olivet College history to qualify for NCAA competition all four years. He earned All-America honors each year in the 100-backstroke. He was also honored as the Olivet College Male Student-Athlete of the Year.

The Michigan Intercollegiate Athletics Association (MIAA) champion in the 100-backstroke and the 200-backstroke, Beckwith is the second Comet swimmer and only the ninth athlete in school history to earn All-MIAA honors four straight years. Beckwith graduates with school records in the 100 back, 200 back, 200 IM and four relays.

Named to the President's List (4.0 G.P.A.) every semester at Olivet College, Beckwith was a four-time selection to the MIAA Academic Honor Roll. He was a member of the Student-Athlete Advisory Council (SAAC) and the Fellowship of Christian Athletes (FCA).

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## **Nick Amuchastegui, Kellen Beckwith Lead Capital One Academic All-America® Men's At-Large Teams – page 2**

Amuchastegui is joined on the Capital One Academic All-America® University Division first team by senior swimmer **Nathan Adrian** of California. Adrian is the only repeat first team selection.

Senior swimmer **Keilan Freeman** of the University of Maryland Baltimore County was a second team selection who moved up to the first team this year. Senior tennis player **Alex Das** of Eastern Kentucky and senior golfer **Jack Dukeminier** of Oregon were third team honorees last year and were also named to the first team.

Junior fencer **Frederick Bentley** of Notre Dame, senior tennis player **Nick Birger** of the U.S. Naval Academy and senior rifle participant **Niccolo Campriani** of West Virginia were also named to the University Division first team.

Stanford and New Mexico were the only schools with multiple selections on the first team. Junior swimmer **Bobby Bollier** and senior **Sage Wright** of the Stanford water polo team joined Amuchastegui as Cardinals who were honored. Senior skier **Tor-Hokon Hellebostad** and senior golfer **Travis Ross** represent the Lobos on the Capital One Academic All-America® University Division first team.

Senior lacrosse player **Brian Karalunas** of Villanova, senior diver **Dan Mazzaferro** of Auburn, and junior gymnast **Miguel Pineda** of Penn State complete the Capital One Academic All-America® University Division first team.

A Public Health major with a 3.75 G.P.A., Adrian was named as the College Swimming Coaches Association of America (CSCAA) Swimmer of the Meet at the NCAA Championships. He won the 50-free and 100-free individual titles while leading California to the national championship. The Bremerton, Wash., native also swam for the Bears' national champion 400-free, 200-medley and 400-medley relay teams. Adrian was the 2011 Pac-10 Swimmer of the Year.

A native of Calgary, Alberta, Canada, Freeman maintained a 3.98 G.P.A. while majoring in Mechanical Engineering at the University of Maryland Baltimore County. He earned four medals at the America East Championships, setting the UMBC and pool records as part of the gold-medal winning 800-yard freestyle relay team. During his career, he helped UMBC win four straight America East championships. The recipient of the Maryland Association of College Directors of Athletics Post-Graduate Scholarship, he was also awarded the Maryland Phi Kappa Phi Fellowship. He also belongs to the Tau Beta Pi, the Engineering Honors Society, and Chi Alpha Sigma, the National College Athlete Honor Society.

The 2010 and 2011 Ohio Valley Conference Men's Tennis Player of the Year, Das graduated with a perfect 4.00 G.P.A. with a major in Aviation. A native of Valencia, Spain, Das led the Colonels to the 2010 and 2011 NCAA Tournaments. Das had a 19-5 record at No. 1 singles including a 7-0 mark in OVC dual matches – all in straight sets. He had a 16-5 No. 1 doubles record. The winner of the 2009-10 OVC Scholar-Athlete Award, Das was the first Colonels' tennis player to earn the Conference Player of the Year award since 1975.

A four-year standout for the golf team at Oregon, Dukeminier is a graduate student with a 4.03 graduate school G.P.A. in General Business. The Eugene, Oregon native had three top five finishes for the Ducks in 2011, including his first career medalist honor at the OGIO Santa Barbara Invite. A Pac-10 All-Academic first team pick, he had a 72.93 scoring average this season. Dukeminier received the NCAA Elite 88 Award at the 2010 NCAA championships, leading the Ducks to a third place finish, the best in school history.

A native of Little Rock, Ark., Bentley was a valuable member of Notre Dame's 2011 NCAA national championship fencing team. A Program of Liberal Studies major with a 3.78 G.P.A., he also helped ND finish third in the nation in 2010 and earn national runner-up honors in 2009. As a junior, he placed fifth in the NCAA men's foil and earned second team All-America honors. A two-time Midwest Fencing Conference second team selection, Bentley has an 87-20 career record in men's foil. He has been involved in Notre Dame's SAAC and the Walk for Diabetes.

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**Nick Amuchastegui, Kellen Beckwith Lead Capital One Academic All-America® Men's At-Large Teams – page 3**

The Valedictorian of the Class of 2011 at the United States Naval Academy, Birger graduated with a perfect 4.00 G.P.A. with a Political Science major. He received submarines as his service assignment. The Belleville, Ill., native was the Patriot League Tennis Scholar-Athlete of the Year twice. He was 7-0 in doubles this season and 27-2 against Patriot League opponents. He set Navy and Patriot League records with 73 career doubles wins. A three-time Intercollegiate Tennis Association (ITA) Scholar-Athlete, Birger has served internships at the Supreme Court and the State Department.

The 2011 NCAA air rifle champion and smallbore runner-up, Campriani is an Industrial Engineering major with a 3.87 G.P.A. A four-time NRA first team All-American, his scores helped West Virginia win the air rifle national title and finish second at the NCAA championships. A native of Florence, Italy, he was the 2010 International Shooting Sport Federation (ISSF) air rifle world champion and a two-time Great American Rifle Conference (GARC) air rifle, smallbore and combined score champion. He was named the GARC Senior, Shooter and Scholar-Athlete of the Year.

The 2011 NCAA runner-up in the 200-butterfly and the 500-free, Bollier maintains a 3.71 G.P.A. with a major in Mechanical Engineering. A native of Mission Hills, Kan., he is an 11-time All-American for the Cardinal. A three-time Pacific-10 Conference champion, he has won two titles in the 200-fly and one title in the 400 I.M. He has also been part of three Pacific-10 Conference championship teams. He helped the Cardinal finish third in the nation in 2011.

A three-time Association of Collegiate Water Polo Coaches (ACWPC) All-American, Wright owns a 3.84 G.P.A. while majoring in Mechanical Engineering. The Santa Barbara, Cal. native scored 104 goals during his career, including a team-high 33 in 2007. A three-time Mountain Pacific Sports Federation (MPSF) selection, he tallied a career high 39 goals in 2008. Wright was a four-time selection to the ACWPC All-Academic list, earning top honors three times.

A native of Nesoddtangen, Norway, Hellebostad is a Finance major at New Mexico with a perfect 4.0 G.P.A. He was a two-time All-American for the Lobos and led New Mexico to a fourth place finish at the NCAA Championships this season. A two-time Rocky Mountain Intercollegiate Skiing Association Scholar-Athlete, Hellebostad was also named as New Mexico's Scholar Athlete of the Year.

An All-Mountain West Conference golfer, Ross graduated summa cum laude from New Mexico's Anderson School of Management with an outstanding 4.11 G.P.A. The Crookston, Minn. native led the Lobos with a dozen top 25 finishes in 14 events, including a second place finish at the conference championships. As a senior, he compiled a team-best 72.80 average and qualified for the NCAA West Regional. A four-time Dean's list recipient, Ross was named as a Division I Cleveland Golf/ Srixon All-America Scholar last year.

The first three-time All-American in Villanova lacrosse history, Karalunas had a 3.94 G.P.A. with a double major in Honors and Philosophy. The Dewitt, N.Y. native led the Wildcats to a pair of NCAA tournament appearances in 2009 and 2011. The 2011 Lowe's Senior CLASS Award winner, Karalunas led the NCAA with 4.53 caused turnovers per game. He was twice named as the BIG EAST Defensive Player of the Year and participated in the 2011 USILA North/South All-Star game. Selected as the 2010-11 American Eagle Outfitters BIG EAST Male Scholar-Athlete of the Year, Karalunas made his Major League Lacrosse debut with the Long Island Lizards in late May.

The Southeastern Conference three-meter and platform diving champion at Auburn, Mazzaferro graduated with a 3.92 G.P.A. in Chemistry and he is currently pursuing his MBA. A native of Cheshire, Conn., he was a finalist for the NCAA's Walter Byers Scholarship and won the McWhorter Award as the top Scholar-Athlete in the SEC. A nine-time All-American, he was a two-time SEC Diver of the Year for the Tigers and was honored as the 2011 SEC Swimming & Diving Athlete of the Year. Mazzaferro won a bronze medal at the 2009 World University Games and he was a finalist at the 2008 U.S. Olympic Trials.

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**Nick Amuchastegui, Kellen Beckwith Lead Capital One Academic All-America® Men's At-Large Teams – page 4**

The 2011 NCAA Elite 88 Award winner at the NCAA men's gymnastics championships, Pineda is a Science major with a 3.99 G.P.A. A native of Galloway, Ohio, Pineda tied for second in the still rings at the 2011 NCAA Championships to earn All-American honors for Penn State. He won the still rings title for the Nittany Lions at the 2011 NCAA Championships qualifier and the West Point Open. A 2010 Big Ten Distinguished Scholar Award recipient, Pineda is a two-time College Gymnastics Association (CGA) First Team All-American Scholar Athlete.

The Capital One Academic All-America® University Division first team has five student-athletes with 4.00 G.P.A.'s or better. The 15 members of the first team have an average G.P.A. of 3.926.

Senior wrestler **Luke Miller** of Ohio Northern and senior tennis player **Isaac Stein** of Washington University (Mo.) join Beckwith as repeat selections on the Capital One Academic All-America® College Division first team. Stein was also a third team selection in 2009.

Wayne State senior swimmer **Matthew Laschuk** and senior wrestler **Adam Weber** of Wartburg moved up from the second team to the first team. Senior water polo player **Jeremy Selbst** of Johns Hopkins and senior wrestler **Jeremy Stierly** of Ithaca were named to the third team as juniors.

Eight wrestlers were named to the Capital One Academic All-America® College Division first team. In addition to Miller, Weber and Stierly, seniors **Isaiah Britton** of Lycoming, **Brock Glotfelty** of McDaniel and **Chris Sandy** of Saint John's (Minn.) join juniors **Seth Ecker** of Ithaca and **Tony Valek** of Augsburg as wrestlers on the first team.

Senior lacrosse player **Kelso Davis** of Rochester Institute of Technology rounds out the first team along with two honorees from California Baptist, junior **Trevor Graifman** of the swimming and diving team and **Aaron Steiger** of the water polo squad.

Ithaca and Cal Baptist are the only schools with more than one representative on the Capital One Academic All-America® College Division first team.

The first student-athlete to be honored as the Ohio Athletic Conference Wrestler of the Year three times, Miller is a Civil Engineering major with a 3.93 G.P.A. A native of Indiana, Pa., he was the 2010 NCAA Division III national champion at 157-pounds for Ohio Northern and was a three-time All-American. He compiled a 29-5 record in 2011 for the Polar Bears and finished as the school's all-time victory leader with a 133-29 overall record. Miller was a National Wrestling Coaches Association (NWCA) Scholar All-American and two-time Academic All-OAC pick.

A Biology major with a 3.91 G.P.A., Stein led Washington to an 18-5 record, a No. 5 national ranking and a berth in the NCAA Division III quarterfinals. The Kalamazoo, Mich. native compiled a 34-19 record overall for the Bears, including an 18-8 mark at No. 1 doubles. He was the 2010 NCAA Division III Men's Tennis Elite 88 Award winner after earning NCAA All-America honors in both singles and doubles. Stein finished his career with a 152-63 record, including an 86-34 mark in doubles.

A two-time winner of the NCAA Division II Men's Swimming & Diving Elite 88 Award, Laschuk has a double major of Honors Chemistry and Biochemistry with a 3.99 G.P.A. A native of Tecumseh, Ontario, Canada, he led Wayne State to the Great Lakes Intercollegiate Athletic Conference championship and a third place finish at the NCAA Division II Championship Meet. He has earned first team All-America honors five times and has been an honorable mention All-American nine times.

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**Nick Amuchastegui, Kellen Beckwith Lead Capital One Academic All-America® Men's At-Large Teams – page 5**

The winner of the 2011 NCAA Division III Wrestling Elite 88 Award and an NCAA Postgraduate Scholarship, Weber graduated from Wartburg with a major in Business Administration, a minor in Accounting and a 3.96 G.P.A. The Waterloo, Iowa native wore the Dean's Honor Chords and delivered the commencement address at the 2011 Wartburg graduation. With 97 career wins, he was a two-time NCAA national qualifier. A three-time NWCA Scholar Athlete, Weber completed a service/leadership project at Don Bosco High School, working with the senior class transition from high school to college.

Selbst, who has a double major of Economics and Psychology and a 3.64 G.P.A., is a two-time All-American for the water polo team at Johns Hopkins University. He also has a double minor of Entrepreneurship and Management. The starting goalie for the top-ranked Blue Jays, Selbst made a school-record 320 saves with 23 assists and 97 steals in 2010. Selbst was a three-time Collegiate Water Polo Association Scholar-Athlete who served internships with the F.B.I., JukeBox Television and T. Rowe Price.

A two-time NCAA Division III runner-up for Ithaca College, Stierly is a Business Administration major with a Management concentration and a 3.84 G.P.A. The Empire Collegiate Wrestling Conference champion at 141-pounds, Stierly compiled a 73-17 career record for the Bombers, including six pins. A native of Pottstown, Pa., he was named as the 2010 ECWC Wrestler of Year after posting a 36-5 record. Stierly was a two-time NWCA Scholar All-American.

Stierly is one of two Ithaca wrestlers to be named to the first team. He is joined on the first team by Ecker, the 2011 NCAA Division III wrestling champion at 133 pounds. A Sport Management major with a 3.76 G.P.A., Ecker helped Ithaca finish fourth at the national championships. The Empire Collegiate Wrestling Conference champion at 133 pounds, he was selected as the 2011 ECWC Wrestler of the Year and the Most Outstanding Wrestler at the ECWC Championship. He posted a 32-4 record with 10 pins as a junior for the Bombers. A native of Pottstown, Pa., Ecker was the ECWC Rookie of the Year and a conference champion in 2009. He has a 71-15 career record with 21 pins.

An Economics major with a 3.97 G.P.A., Britton was a two-time NCAA qualifier for the wrestling team at Lycoming. A transfer from the University of North Carolina, he resumed his college career after working for three years. The Williamsport, Pa. native worked for a moving company after earning All-Atlantic Coast Conference honors at UNC in 2005. The runner-up at 149 pounds at the ECWC Championships, Britton reached the All-American round at the NCAA Division III championships this season. A two-time NWCA Scholar All-American, he posted a 52-14 record at Lycoming, including a 38-4 dual meet mark.

An Exercise Science and Physical Education major with an Elementary Education minor, Glotfelty has a 3.78 G.P.A. at McDaniel College. The Grantsville, Md. native made three trips to the NCAA Division III championships as a heavyweight wrestler for the Green Terror. He came away with a pair of All-American honors. Glotfelty compiled a 34-3 record as a senior, including 14 pins. A two-time NWCA Scholar All-American, Glotfelty finished his career as McDaniel's all-time leader with a 126-21 record.

The 2011 NCAA Division III Wrestling Elite 88 Award winner and the recipient of an NCAA Postgraduate Scholarship, Sandy helped Saint John's (Minn.) finish sixth at the NCAA Division III Championship Meet. A History (Pre-Law) major with a 3.98 G.P.A., he plans to attend the School of Law at Creighton University this fall. A native of Spirit Lake, Iowa, Sandy compiled a 21-7 record at 141 pounds and won the NCAA Great Lakes Regional title.

A two-time NCAA Division III runner-up at 149-pounds, Valek is an Accounting major with a 3.94 G.P.A. A three-time NCAA qualifier, he led Augsburg College to the NCAA Division III championship in 2010. He was also part of the Auggies' NCAA runner-up teams in 2009 and 2011. A three-time NCAA qualifier from Belle Plaine, Minn., Valek the Division III Championship "Most Pins in Least Time" award in 2011. In three years, he has compiled a 102-24 record with 45 pins. Valek is a two-time All-American.

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## **Nick Amuchastegui, Kellen Beckwith Lead Capital One Academic All-America® Men's At-Large Teams – page 6**

A third team All-America attackman for Rochester Institute of Technology, Davis led the Tigers to a 19-1 record and a berth in the NCAA Division III semi-finals. A Graphics Design major with a 3.85 G.P.A., he was the third-leading scorer for the Tigers with 44 goals and 19 assists. A member of two Empire 8 championship teams, Davis scored the game-winning goal in overtime to lift RIT to a 13-12 win over Denison in the second round of the NCAA Division III playoffs. A native of Freeport, Maine, Davis became the 13<sup>th</sup> player in school history to score 100 career goals.

A three-time NAIA National Diving Champion for California Baptist, Graifman is a Biology major with a 3.83 G.P.A. The Antioch, Cal. native swept the one-meter and three-meter diving titles at the 2011 NAIA Championships and won the 3-meter board as a sophomore. He is a six-time All-American and has finished among the top three during each trip to the national meet. Graifman went undefeated this season on the 1-meter board.

While scoring 126 goals and leading all college water polo players with a 38-game goal scoring streak, Steiger is an Accounting major with a 3.90 G.P.A. The Yorba Linda, Cal. native became California Baptist's first-ever ACWPC All-American, earning second team honors as the only non-NCAA Division I representative. He led all of collegiate water polo in scoring for the second time in his career as the Lancers piled up a school record 32 wins. A three-time ACWPC All-Academic selection, Steiger holds 12 school records and finished his career with 400 goals.

Beckwith is the only student-athlete on the Capital One College Division Men's At-Large first team with a perfect 4.00 G.P.A. The 15 honored student-athletes have an average G.P.A. of 3.885.

### ***About Capital One***

Capital One Financial Corporation ([www.capitalone.com](http://www.capitalone.com)) is a financial holding company whose subsidiaries, which include Capital One, N.A. and Capital One Bank (USA), N. A., had \$122.2 billion in deposits and \$197.5 billion in total assets outstanding as of December 31, 2010. Headquartered in McLean, Virginia, Capital One offers a broad spectrum of financial products and services to consumers, small businesses and commercial clients. Capital One, N.A. has approximately 1,000 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.

Capital One, an NCAA Corporate Champion, began its affiliation with college sports with the sponsorship of the 2001 Capital One Florida Citrus Bowl (now the Capital One Bowl) and ESPN's Capital One Bowl Week. In 2010, Capital One launched the Capital One Cup, a prestigious new program rewarding NCAA Division I athletics programs for their cumulative on-field performance across multiple men's and women's sports. In addition, Capital One sponsors the ABC College Football Halftime Report, Capital One All-America Mascot Team, all 88 NCAA Championships including the Division I Men's and Women's Basketball Championships, and numerous other collegiate athletics programs.

To be eligible for Academic All-America® consideration, a student-athlete must be a varsity starter or key reserve, maintain a cumulative G.P.A. of 3.30 on a scale of 4.00, have reached sophomore athletic and academic standings at his/her current institution and be nominated by his/her sports information director.

Since the program's inception in 1952, CoSIDA has bestowed Academic All-America honors on more than 14,000 student-athletes in Divisions I, II, III and NAIA, covering all NCAA championship sports.

For more information about the Academic All-America® Teams program, please visit [www.cosida.com](http://www.cosida.com).

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## 2011 Capital One Academic All-America® University Division Men's At-Large Team as selected by CoSIDA

### FIRST TEAM

| Name                  | School        | Sport      | Dist. | Cl. | Hometown             | G.P.A. | Major                      |
|-----------------------|---------------|------------|-------|-----|----------------------|--------|----------------------------|
| Nathan Adrian (1)     | California    | Swimming   | VIII  | Sr. | Bremerton, Wash.     | 3.75   | Public Health              |
| Nick Amuchastegui (2) | Stanford      | Wrestling  | VIII  | Jr. | Talent, Ore.         | 3.98   | Mechanical Engineering     |
| Frederick Bentley     | Notre Dame    | Fencing    | V     | Jr. | Little Rock, Ark.    | 3.78   | Program of Liberal Studies |
| Nick Birger           | Navy          | Tennis     | II    | Sr. | Belleville, Ill.     | 4.00   | Honors Political Science   |
| Bobby Bollier         | Stanford      | Swimming   | VIII  | Jr. | Mission Hills, Kan.  | 3.71   | Mechanical Engineering     |
| Niccolo Campriani     | West Virginia | Rifle      | II    | Sr. | Florence, Italy      | 3.87   | Industrial Engineering     |
| Alex Das (3)          | E. Kentucky   | Tennis     | IV    | Sr. | Valencia, Spain      | 4.00   | Aviation                   |
| Jack Dukeminier (3)   | Oregon        | Golf       | VIII  | Gr. | Eugene, Ore.         | 4.03   | General Business           |
| Keilan Freeman (2)    | UMBC          | Swimming   | II    | Sr. | Calgary, Alb., Can.  | 3.98   | Mechanical Engineering     |
| Tor-Hokon Hellebostad | New Mexico    | Skiing     | VI    | Sr. | Nesoddtangen, Norway | 4.00   | Finance                    |
| Brian Karalunas       | Villanova     | Lacrosse   | II    | Sr. | Dewitt, N.Y.         | 3.94   | Honors and Philosophy      |
| Dan Mazzaferro        | Auburn        | Swimming   | IV    | Sr. | Cheshire, Conn.      | 3.92   | Chemistry, M.B.A.          |
| Miguel Pineda         | Penn State    | Gymnastics | II    | Jr. | Galloway, Ohio       | 3.99   | Science                    |
| Travis Ross           | New Mexico    | Golf       | VI    | Sr. | Crookston, Minn.     | 4.11   | Business                   |
| Sage Wright           | Stanford      | Water Polo | VIII  | Sr. | Santa Barbara, Cal.  | 3.84   | Mechanical Engineering     |

### SECOND TEAM

| Name              | School        | Sport      | Dist. | Cl. | Hometown             | G.P.A. | Major                     |
|-------------------|---------------|------------|-------|-----|----------------------|--------|---------------------------|
| Ali Arat          | Fordham       | Water Polo | I     | Gr. | Istanbul, Turkey     | 3.80   | Business                  |
| Bill Cregar       | Georgia       | Swimming   | III   | Sr. | Sewell, N.J.         | 3.54   | Biology                   |
| Tyler Davis       | Notre Dame    | Tennis     | V     | Sr. | Nashville, Tenn.     | 3.90   | Science and Business      |
| Matt Dolente      | Johns Hopkins | Lacrosse   | II    | Gr. | Phoenixville, Pa.    | 3.79   | Economics                 |
| Mark Dylla        | Georgia       | Swimming   | III   | Sr. | Littleton, Colo.     | 3.52   | Real Estate & Finance     |
| Tibor Forai       | Loyola Marym. | Water Polo | VIII  | Sr. | Novi Sad, Serbia     | 3.64   | Natural Science (Pre-Med) |
| John Galloway (2) | Syracuse      | Lacrosse   | I     | Sr. | Syracuse, N.Y.       | 3.56   | Public Relations          |
| Torjus Krogdahl   | Utah          | Skiing     | VIII  | Jr. | Oslo, Norway         | 3.96   | Business                  |
| Jay Laing         | West Point    | Lacrosse   | I     | Sr. | Columbus, Ohio       | 3.92   | International Relations   |
| Andy Lamson (2) # | West Virginia | Rifle      | II    | Sr. | Colchester, Vt.      | 3.91   | Accounting                |
| Tucker Lane       | Nebraska      | Wrestling  | VII   | Jr. | Redvale, Col.        | 3.94   | Communication Studies     |
| Brad Smith        | Ohio State    | Golf       | IV    | Sr. | Peru, Ind.           | 3.95   | Finance                   |
| Andrew Stoker     | East Carolina | Swimming   | III   | Sr. | Berwyn, Pa.          | 4.00   | Accounting                |
| Coby Thompson     | Bradley       | Golf       | V     | Sr. | East Galesburg, Ill. | 4.00   | Chemistry                 |
| Jonas Umlauf      | Hawaii        | Volleyball | VIII  | So. | Stadtbergen, Germany | 3.93   | Engineering               |

### THIRD TEAM

| Name              | School          | Sport      | Dist. | Cl. | Hometown                | G.P.A. | Major                       |
|-------------------|-----------------|------------|-------|-----|-------------------------|--------|-----------------------------|
| Michael Brown     | Morehead St.    | Golf       | IV    | Sr. | Fairfield, Ohio         | 4.00   | Physics                     |
| Jan Burmeister    | So. Mississippi | Tennis     | VI    | Sr. | Kronberg, Germany       | 4.00   | International Business      |
| Dorian Cohen      | Duke            | Fencing    | III   | Sr. | Brooklyn, N.Y.          | 3.54   | Evolutionary Anthropology   |
| Johnathan Falcone | Yale            | Lacrosse   | I     | Sr. | Flemington, N.J.        | 3.79   | Economics                   |
| Brett Fraser      | Florida         | Swimming   | III   | Sr. | GeorgeTown, Cayman Isl. | 3.43   | Finance                     |
| Colin Gray        | Evansville      | Swimming   | V     | Jr. | Carmel, Ind.            | 4.00   | Mathematics, Pre-Doctoral   |
| Matthew Langley   | Middle Tenn.St. | Tennis     | IV    | Jr. | West Beach, Australia   | 4.00   | Exercise Science            |
| Eric Packer       | Dartmouth       | Skiing     | I     | Jr. | Anchorage, Alaska       | 3.86   | Engineering                 |
| Chase Polacek     | Rensselaer      | Ice Hockey | I     | Sr. | Edina, Minn.            | 3.44   | Business & Management       |
| Lou Ruggirello    | Hofstra         | Wrestling  | I     | Sr. | Walden, N.Y.            | 3.51   | Finance                     |
| Kyle Schmidt      | Minn.-Duluth    | Ice Hockey | V     | Sr. | Hermantown, Minn.       | 3.70   | Statistics & Actuarial Sci. |
| Kinshuk Sharma    | UNC-Wilm.       | Tennis     | III   | Sr. | Chandigarh, India       | 3.96   | Business Finance            |
| Jonathan Stumpf   | Lehigh          | Lacrosse   | II    | Sr. | Ellicott City, Md.      | 3.88   | Integrated Business & Eng.  |
| Sven Vloedgraven  | Binghamton      | Tennis     | I     | Sr. | Lochem, Netherlands     | 3.83   | Accounting                  |
| Kyle Weeks        | Alabama         | Swimming   | IV    | Jr. | Poway, Cal.             | 4.00   | Finance                     |

**Capital One Academic All-American of the Year: Nick Amuchastegui, Stanford**

- (1) Capital One Academic All-America 1<sup>st</sup> team selection in 2010  
 (2) Capital One Academic All-America 2<sup>nd</sup> team selection in 2010  
 (3) Capital One Academic All-America 3<sup>rd</sup> team selection in 2010  
 (#) Capital One Academic All-America 3<sup>rd</sup> team selection in 2009





## 2011 Capital One Academic All-America® College Division Men's At-Large Team as selected by CoSIDA

### FIRST TEAM

| Name               | School             | Sport      | Dist. | Cl. | Hometown                | G.P.A. | Major                      |
|--------------------|--------------------|------------|-------|-----|-------------------------|--------|----------------------------|
| Kellen Beckwith(1) | Olivet (Mich.)     | Swimming   | IV    | Sr. | Farmington Hills, Mich. | 4.00   | Mathematics Education      |
| Isaiah Britton     | Lycoming           | Wrestling  | II    | Sr. | Williamsport, Pa.       | 3.97   | Economics                  |
| Kelso Davis        | Rochester I.Tech.  | Lacrosse   | I     | Sr. | Freeport, Maine         | 3.85   | Graphic Design             |
| Seth Ecker         | Ithaca             | Wrestling  | I     | Jr. | Pottstown, Pa.          | 3.76   | Sport Management           |
| Brock Glotfelty    | McDaniel           | Wrestling  | II    | Sr. | Grantsville, Md.        | 3.78   | Exercise Sci. & Phys. Ed.  |
| Trevor Graifman    | Cal. Baptist       | Swimming   | VIII  | Jr. | Antioch, Cal.           | 3.83   | Biology                    |
| Matthew Laschuk(2) | Wayne State        | Swimming   | IV    | Jr. | Tecumseh, Ont., Can.    | 3.99   | Honors Chemistry, Biochem. |
| Luke Miller (1)    | Ohio Northern      | Wrestling  | IV    | Sr. | Indiana, Pa.            | 3.93   | Civil Engineering          |
| Chris Sandy        | Saint John's (Mn.) | Wrestling  | V     | Sr. | Spirit Lake, Iowa       | 3.98   | History and Pre-Law        |
| Jeremy Selbst (3)  | Johns Hopkins      | Water Polo | II    | Sr. | Old Greenwich, Conn.    | 3.64   | Economics and Psychology   |
| Aaron Steiger      | Cal. Baptist       | Water Polo | VIII  | Sr. | Yorba Linda, Cal.       | 3.90   | Accounting                 |
| Isaac Stein (1)    | Washington(Mo.)    | Tennis     | VII   | Sr. | Kalamazoo, Mich.        | 3.91   | Biology                    |
| Jeremy Stierly (3) | Ithaca             | Wrestling  | I     | Sr. | Pottstown, Pa.          | 3.84   | Business Administration    |
| Tony Valek         | Augsburg           | Wrestling  | V     | Jr. | Belle Plaine, Minn.     | 3.94   | Accounting                 |
| Adam Weber (2)     | Wartburg           | Wrestling  | VII   | Sr. | Waterloo, Iowa          | 3.96   | Business Administration    |

### SECOND TEAM

| Name             | School               | Sport      | Dist. | Cl. | Hometown               | G.P.A. | Major                         |
|------------------|----------------------|------------|-------|-----|------------------------|--------|-------------------------------|
| Bobby Brown      | Lycoming             | Tennis     | II    | Sr. | Montoursville, Pa.     | 3.99   | Astronomy and Physics         |
| Rory Buck        | Whitworth            | Swimming   | VIII  | Jr. | Dubai, U.A.E.          | 3.76   | Kinesiology and Bus. Mgmt.    |
| Michael Capozzi  | Manhattanville       | Tennis     | I     | Jr. | Santo Domingo, D.R.    | 3.97   | Finance                       |
| Xavier Dailly    | W. Washington        | Golf       | VIII  | Sr. | Burlington, Wash.      | 3.80   | Economics                     |
| Jordan DeGayner  | Colorado Coll.       | Swimming   | VII   | Jr. | Nokesville, Va.        | 3.86   | Biochemistry                  |
| Alex Dombos      | Kalamazoo            | Tennis     | IV    | Jr. | Kalamazoo, Mich.       | 4.00   | Physics and Mathematics       |
| Frank Ferraro    | Rochester            | Swimming   | I     | Sr. | Niskayuna, N.Y.        | 3.98   | Comp. Sci. & Mathematics      |
| Craig Fleming    | Kalamazoo            | Swimming   | IV    | Sr. | Clinton Twp., Mich.    | 3.59   | Economics & Business          |
| Alex Kelsheimer  | Clarke University    | Volleyball | VII   | Sr. | St. Louis, Mo.         | 4.00   | Athletic Training             |
| Greg Kirkpatrick | Puget Sound          | Golf       | VIII  | Sr. | Longview, Wash.        | 3.99   | Chemistry                     |
| Alex Hanson (2)  | Carnegie Mellon      | Swimming   | II    | Sr. | Burnsville, Minn.      | 3.86   | Mechanical Engineering        |
| John Nunns       | Mount Olive          | Volleyball | III   | Jr. | Fayetteville, N.C.     | 4.00   | Business Management           |
| Nathan Spaling   | Ontario In. of Tech. | Ice Hockey | V     | Sr. | Drayton, Ontario, Can. | 4.00   | Criminology & Justice Studies |
| Nick Tabisz (2)  | St. Norbert          | Ice Hockey | V     | Sr. | Kettering, Ohio        | 3.77   | Mathematics                   |
| Mike Tota        | Cortland State       | Lacrosse   | I     | Jr. | Webster, N.Y.          | 4.08   | Business Economics            |

### THIRD TEAM

| Name             | School               | Sport     | Dist. | Cl. | Hometown               | G.P.A. | Major                         |
|------------------|----------------------|-----------|-------|-----|------------------------|--------|-------------------------------|
| Austin Biefnes   | Indianapolis         | Swimming  | V     | Jr. | Aurora, Col.           | 3.99   | Chemistry                     |
| Sam Campbell     | Washington & Lee     | Wrestling | III   | Jr. | Winnetka, Ill.         | 4.00   | Politics and English          |
| Sam Graf         | Monmouth (Ill.)      | Tennis    | V     | Sr. | Mascoutah, Ill.        | 3.99   | Business                      |
| Anthony Greco    | Wartburg             | Tennis    | VII   | Sr. | Boone, Iowa            | 3.96   | Biology                       |
| Michael Harden   | Olivet (Mich.)       | Swimming  | IV    | Sr. | St. Johns, Mich.       | 3.95   | Biology                       |
| Jordan Millice   | Wittenberg           | Golf      | IV    | Jr. | Cable, Ohio            | 3.91   | Business                      |
| Corey Paulish    | Williams             | Wrestling | I     | Sr. | Ridgefield, Conn.      | 3.76   | Economics & Psychology        |
| Lorenz Pestinger | Lewis                | Tennis    | V     | Sr. | Bad Homburg, Germany   | 4.00   | Marketing & Business Adm.     |
| Jesse Peterson   | Dominican (N.Y.)     | Lacrosse  | I     | Sr. | Saskatoon, Sask., Can. | 3.94   | Biology                       |
| Joshua Terrell   | Dubuque              | Wrestling | VII   | Gr. | Beach Park, Ill.       | 3.42   | Health, Wellness & Recreation |
| Wyatt Ubellacker | Mass. Inst. of Tech. | Swimming  | I     | So. | Georgetown, Ky.        | 3.68   | Mechanical Engineering        |
| Chris Washnock   | Washington & Lee     | Swimming  | III   | Jr. | Greer, S.C.            | 3.90   | Religion and Spanish          |
| Paul Weinstein   | Emory                | Swimming  | III   | Jr. | Pittsburgh, Pa.        | 3.86   | Business                      |
| Todd Wilcox      | Grand Canyon         | Wrestling | VIII  | Sr. | Sacramento, Cal.       | 3.66   | Psychology                    |
| Matthew Yonz     | Georgia College      | Golf      | III   | Sr. | Waycross, Ga.          | 3.96   | Chemistry & Gen. Business     |

**Capital One Academic All-American of the Year: Kellen Beckwith, Olivet College**

- (1) Capital One Academic All-America 1st team selection in 2010  
 (2) Capital One Academic All-America 2nd team selection in 2010  
 (3) Capital One Academic All-America 3<sup>rd</sup> team selection in 2010

