



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

FOR RELEASE:

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ARIS WURTZ OF RIPON, CAROL CAYO OF MILWAUKEE SCHOOL OF ENGINEERING LEAD CAPITAL ONE ACADEMIC ALL-AMERICA® DIVISION III BASKETBALL TEAMS

TOWSON, Md. – Senior forward **Aris Wurtz** of Ripon College and senior center **Carol Cayo** of Milwaukee School of Engineering top the 2012 Capital One Academic All-America® Division III Men's and Women's Basketball Teams, as selected by the College Sports Information Directors of America (CoSIDA).

Wurtz and Cayo have been chosen as the NCAA Division III Academic All-America® of the Year award winners for men's and women's basketball, respectively.

The Capital One Division III Academic All-America® program is being financially supported by the NCAA Division III national governance structure to assist CoSIDA with handling the awards fulfillment aspects for the 2011-12 D-III Academic All-America® teams program.

Wurtz, who was named to the Capital One Academic All-American first team for the second year in a row, has a triple major of business management, economics and philosophy with a perfect 4.00 G.P.A. He led Ripon to back-to-back appearances in the Midwest Conference Tournament as a sophomore and junior. A two-time first team All-Midwest Conference selection, he earned third team all-region honors as a sophomore and junior. He was named to the 2011-12 pre-season All-America team. A 6-4 senior forward from Waupun, Wis., he is the eighth-leading scorer in NCAA Division III with a 25.0 scoring average.

As a senior, he led Ripon to a 14-9 record. He finished his career as the third-leading scorer in school history with 1,821 points. He is also the third-leading rebounder in school history with 578 rebounds.

An Industrial Engineering major with a 3.98 G.P.A., Cayo is a repeat selection on the Capital One Academic All-America® Women's Basketball team. She earned second team honors last season. A native of Lake Mills, Wis., Cayo recently became the third player in Milwaukee School of Engineering history to score 1,500 points in her career. She is averaging 17.6 points, 10.1 rebounds and 2.1 blocked shots per game for the Raiders, who are 15-9 on the season.

A two-time first-team All-Northern Athletic Conference honoree, Cayo also became the first player in league history to reach 1,000 rebounds for a career earlier this season. A three-time first-team Academic All-District selection, Cayo is the MSOE's and the NAC's all-time leader in rebounds and blocked shots.

Wurtz is one of three repeat selections on the Capital One Academic All-America® Division III men's basketball team. Senior center **Matt Carr** of Worcester Polytechnic Institute was a second team Academic All-America® pick last year while senior center **Felix Friedt** of Whitworth earned third team honors last season.

Senior guard **Mark Blazek** of Hartwick and junior forward **Brett Tester** of St. Scholastica were also named to the Capital One Academic All-America® Division III first team.

A chemical engineering major with a minor in chemistry and a 3.92 G.P.A., Carr has led WPI to an 18-6 record and the number two seed in the New England Women's and Men's Athletic Conference Tournament. A 6-7 center, he was named first team All-NEWMAC last season after guiding WPI to a 23-6 record and the second round of the NCAA Tournament. Carr leads WPI in scoring this season with a 16.7 average. He is also WPI's top rebounder with an 8.1 average while blocking 45 shots.

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Wurtz and Cayo Lead Academic All-America® Division III Basketball Teams – page 2

A 6-8 senior center, Friedt has led No. 10 Whitworth to its third straight Northwest Conference championship and a 22-3 record. An international business major with a 3.97 G.P.A., the Dusseldorf, Germany native is averaging 16.2 points per game. The top rebounder in the Northwest Conference with an 8.8 average, he also leads the Pirates with a .595 field goal percentage. He was named second team All-NWC as a junior.

A biology and pre-physical therapy major with a 3.96 G.P.A., Blazek has guided No. 25 Hartwick to a 23-2 record and its first-ever Empire 8 regular season title. The Hawks' second-leading scorer with a 14.5 scoring average, Blazek also leads the Hawks with a .434 field goal percentage from three-point range. A two-time All-Empire 8 selection, the Erie, Pa. native earned first team All-ECAC honors in 2011.

An accounting and finance major with a 4.00 G.P.A., Tester is the only junior on the Capital One Academic All-America® Division III first team. A three-time selection as the Upper Midwest Athletic Conference Player of the Week, he leads St. Scholastica in scoring with a 17.2 average. He also leads the Saints with a 7.2 rebounding mark while guiding the team to a 13-12 record. A native of Andover, Minn., he was named first team All-UMAC notice as a sophomore. In 2010, he was the UMAC freshman of the Year.

The five members of the Capital One Academic All-America® Division III Men's Basketball first team have an average G.P.A. of 3.97.

Senior **Spencer Liddic** of Muhlenberg, a first team Capital One Academic All-America® selection last year, heads up the second team. He is joined on the second team by a pair of seniors from Massachusetts Institute of Technology, **Noel Hollingsworth** and **Jamie Karraker**. **Mike Case** of Hanover and **Matt Johnson** of Chicago complete the first team.

Senior **Tim McCarty** of Johns Hopkins, a third team Academic All-America® selection last year, tops the Capital One Academic All-America® Division III Men's Basketball third team. Senior **Nick Heathscott** of Hendrix and **Tim McCrary** of Wheaton (Ill.) join juniors **Colton Hunt** of Randolph and **Jason Norsen** of St. John Fisher, completing the third team.

Cayo is joined on the Capital One Academic All-America® Division III Women's Basketball first team by two other repeat selections, senior forward **Erin Hollinger** of Case Western Reserve University and senior guard **Sharwill Bell** of Rhodes College.

Hollinger is the only three-time Academic All-America® selection, earning second team honors in both 2010 and 2011. She also earned a fourth Academic All-America® award as a member of the Capital One Academic All-America® track & field in 2010.

Bell was a third team honoree last season.

A Macromolecular Science and Engineering major with a 3.96 G.P.A., Hollinger is a three-time All-University Athletic Association selection and was a finalist for the 2011 Jostens Trophy. A native of Chardon, Ohio, she is the second-leading scorer in school history with 1,379 points. She also leads the Spartans with a 13.0 scoring average and a 5.6 rebounding mark.

A Biology major with a 3.94 G.P.A., Bell joined the 1,000-point club at Rhodes College in late December. A native of Memphis, Tenn., Bell leads the Lynx with 14.8 points and 6.4 rebounds per game. A two-time All-Southern College Athletic Conference pick, she was the league's scoring leader last season with a 19.2 average. She was named as the SCAC Newcomer of the Year in 2009-10 after transferring from Division I Elon College.

Rounding out the Capital One Academic All-America® Division III Women's Basketball first team are senior guard **Dani Hoover** of Washington University (Mo.) and senior forward **Brittany Sedlock** of Saint Vincent College.

A Systems Science & Engineering major with a 4.0 G.P.A., Hoover leads the nationally-ranked Bears in scoring with an 11.0 scoring average. She is also averaging 4.5 rebounds and 2.5 assists per contest. A native of Junction City, Kansas, Hoover is a three-time Academic All-University Athletic Association selection and a two-time Capital One District All-Academic honoree. Last season, Hoover was named as the NCAA Elite 88 winner as the Bears reached the NCAA Tournament Division III championship game and finished the season with a 25-6 record. As a sophomore, she was a member of the Bears' national championship team.

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Wurtz and Cayo Lead Academic All-America® Division III Basketball Teams – page 3

A Mathematics Education major with a 4.0 G.P.A., Sedlock leads the President Athletics Conference in both scoring (16.1 ppg) and rebounding (9.7 rpg). A native of Northern Cambria, Pa., Sedlock recently joined SVC's 1,000-point club. She was the PAC Player of the Year last season.

The five members of the 2012 Capital One Academic All-America® Division III Women's Basketball first team carry an average G.P.A. of 3.972.

Seniors **Alexandra Chili** of Muhlenberg, **Molly Geske** of Gustavus Adolphus, **Lizzy Sunderhaus** of Cedar Crest and **April Young** of Ozarks make up the second team, along with junior **Katie Dellinger** of Widener.

Senior **Alisa Dickerson** of Rose-Hulman, **Laura Hilby** of Buena Vista and **Taylor Simpson** of Chicago head the third team, along with juniors **Hannah Munger** of George Fox and **Carissa Verkaik** of Calvin.

About Capital One

Capital One Financial Corporation (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.

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2012 Capital One Academic All-America® Division III Men's Basketball Team

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Mark Blazek	Hartwick	Sr.	Erie, Pa.	3.96	Biology, Pre-Physical Therapy
Matt Carr (2)	Worcester Polytechnic	Sr.	Somersworth, N.H.	3.92	Chemical Engineering
Felix Friedt (3)	Whitworth	Sr.	Düsseldorf, Germany	3.97	International Business
Brett Tester	St. Scholastica	Jr.	Andover, Minn.	4.00	Accounting & Finance
Aris Wurtz (1)	Ripon	Sr.	Waupun, Wis.	4.00	Pol. Science & Government

SECOND TEAM

Name	School	Yr.	Hometown	GPA	Major
Mike Case	Hanover	Sr.	Indianapolis, Ind.	3.88	Kinesiology & Integ. Physiology
Noel Hollingsworth	Mass. Inst. of Tech.	Sr.	Salt Lake City, Utah	3.60	Elec. Engineering, Com. Science
Matt Johnson	Chicago	Sr.	Ann Arbor, Mich.	3.56	Law, Letters & Society
Jamie Karraker	Mass. Inst. of Tech.	Sr.	Morgantown, W.Va.	3.84	Elec. Eng., Com. Science, Physics
Spencer Liddic (1)	Muhlenberg	Sr.	Clarks Summit, Pa.	3.86	Business Admin., Finance

THIRD TEAM

Name	School	Yr.	Hometown	GPA	Major
Nick Heathscott	Hendrix	Sr.	Conway, Ark.	3.96	Biochemistry, Molecular Biology
Colton Hunt	Randolph	Jr.	Whittier, N.C.	3.93	Economics
Tim McCarty (3)	Johns Hopkins	Sr.	Warrington, Pa.	4.00	Economics
Tim McCrary	Wheaton (Ill.)	Sr.	Wilmette, Ill.	3.54	Business, Economics
Jason Norsen	St. John Fisher	Jr.	Hamburg, N.Y.	3.89	Accounting

- (1) Capital One Academic All-America College Division first team selection in 2011
 (2) Capital One Academic All-America College Division second team selection in 2011
 (3) Capital One Academic All-America College Division third team selection in 2011

Academic All-American of the Year: Aris Wurtz, Ripon





2012 Capital One Academic All-America ® Division III Women's Basketball Team

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Sharwil Bell (3)	Rhodes	Sr.	Memphis, Tenn.	3.94	Biology
Carol Cayo (2)	Milwaukee Engineering	Sr.	Lake Mills, Wis.	3.98	Industrial Engineering
Erin Hollinger (2) #	Case Western Reserve	Sr.	Chardon, Ohio	3.94	Macromolecular Science and Eng.
Dani Hoover	Washington (Mo.)	Sr.	Junction City, Kan.	4.00	Systems Science & Engineering
Brittany Sedlock	Saint Vincent	Sr.	Northern Cambria, Pa.	4.00	Mathematics Education

SECOND TEAM

Name	School	Yr.	Hometown	GPA	Major
Alexandra Chili	Muhlenberg	Sr.	Rockville, Md.	3.82	Political Science
Kate Dellinger	Widener	Jr.	Wrightsville, Pa.	3.98	Physical Therapy
Molly Geske	Gustavus Adolphus	Sr.	Mendota Heights, Minn.	3.96	Public Accounting
Lizzy Sunderhaus	Cedar Crest	Sr.	Hamilton, Ohio	3.96	Genetic Engineering & Forensic Sci.
April Young	Ozarks	Sr.	Deer, Ark.	3.99	Biology

THIRD TEAM

Name	School	Yr.	Hometown	GPA	Major
Alisa Dickerson	Rose-Hulman	Sr.	Elizabethtown, Ky.	3.75	Mechanical Engineering
Laura Hilby	Buena Vista	Sr.	Johnston, Iowa	4.00	Accounting, Math
Hannah Munger	George Fox	Jr.	Newberg, Ore.	3.78	Elementary Education
Taylor Simpson	Chicago	Sr.	Lee's Summit, Mo.	3.81	Pre-Med & Visual Arts
Carissa Verkaik	Calvin	Jr.	Holland, Mich.	3.67	Elementary Education

Academic All-American of the Year: Carol Cayo, Milwaukee School of Engineering

- (2) Capital One Academic All-America ® second team selection in 2010-11
- (3) Capital One Academic All-America ® third team selection in 2010-11
- # Capital One Academic All-America ® second team selection in 2009-10

