CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM
SELECTED BY CoSIDA

FOR RELEASE: **Monday, May 21 – 12 noon (EDT)**

KATIE CARSON OF CONCORDIA LEADS CAPITAL ONE ACADEMIC ALL-AMERICA® COLLEGE DIVISION SOFTBALL TEAM

TOWSON, Md. – Senior infielder **Katie Carson** of Concordia (Cal.) University leads the 2012 Capital One Academic All-America® College Division Softball Team, as selected by the College Sports Information Directors of America (CoSIDA).

The Capital One Academic All-America® College Division softball teams are comprised of student-athletes from NAIA, Canadian and two-year institutions.

A sport management major with a perfect 4.0 G.P.A., Carson has been chosen as the winner of the Academic All-America® of the Year award for the College Division softball team.

Carson, a native of Mission Viejo, Cal., is a two-time all-conference pick and a two-time NAIA All-American. She helped the No. 1-ranked Eagles earn their fourth trip to the NAIA National Championship Tournament in the program's history and their first trip since 2010. The Eagles (56-3) have won a university-record 56 games and they won the Golden State Athletic Conference title.

The Eagles' career leader in games played, at-bats, runs, hits, doubles, triples, RBI, extra-base hits and total bases, Carson is tied for eighth in the NAIA with 67 runs scored. She is also tied for 10th with 17 home runs, tied for 15th with six triples, tied for 16th with 61 RBI's and tied for 18th with 82 hits.

Carson is one of five players on the first team that are currently playing in the NAIA Softball National Championships in Gulf Shores, Ala. In addition to Carson, pitcher **Mariah Worley** and designated player **Heather Koch** of Azusa Pacific University, pitcher **Emily Bergstrom** of the University of Houston - Victoria, and infielder **Kayla Yount** of Central Methodist University are playing in the 32-team championship.

Bergstrom, a senior biology and psychology major from El Campo, Texas, has a 3.85 Grade Point Average. A two-time all-conference and Louisville Slugger/NFCA All-Southwest Region performer for the Cougars (40-9), she is the all-time UHV career leader in appearances (68), starts (49) and wins (40). The 2011 and 2012 UHV Female Athlete of the Year currently has a 22-6 record with a 2.29 ERA, 86 strikeouts, eight complete games, four shutouts and two saves. Bergstrom also serves as president of the UHV Student Senate.

Koch, a senior sociology major from Anaheim, Cal., has a 3.84 Grade Point Average. Koch has helped the eighth-ranked Cougars to a 41-11 record. She has a .326 batting average with 13 doubles, three home runs and 22 RBI.

Worley, a junior liberal studies major from Pleasanton, Cal., has a 3.62 Grade Point Average. Worley, who won her first 13 decisions of the season, has a 14-1 record with three saves and a 1.26 ERA for the No. 8 Cougars. Worley, who has 75 strikeouts in 116.1 innings, has recorded eight complete games with four shutouts.

-   more -

-

Yount, a senior business major from Olathe, Kan., has a 4.00 Grade Point Average. Yount has batted .400 for the 41-13 Eagles, who won the Heart of America Athletic Conference regular-season and conference tournament titles this season. She has eight home runs and driven in 46 runs and she was named to the all-conference team.

Joining Yount and Carson in the infield on the first team are **Katie Logan** of McPherson College and **Katie Mollohan** of Saint Xavier University. **Emily Gilbert** of Grand View University is the catcher on the first team.

Logan, a senior elementary education major from Clay Center, Kan., has a 3.77 Grade Point Average. The two-time All-Kansas Collegiate Athletic Conference finished her Bulldog career by breaking 15 different records. She batted .400 with eight homers, 11 stolen bases and 22 RBI for the Bulldogs.

Mollohan, a junior mathematics (secondary education) major from Trinity Park, Ill., has a 3.73 Grade Point Average. Mollohan led the Cougars with a .430 batting average for the Cougars to go along with 22 RBI's. She has been named to the All-Chicagoland Collegiate Athletic Conference team the past two seasons.

Gilbert, a senior human services major from Prairie City, Iowa, has a 4.00 Grade Point Average. The two-time NAIA All-American and three-time All-Midwest Collegiate Conference performer batted .344 with 12 home runs and 54 RBI's for the Vikings.

Taylor University's **Sarah Heath,** Asbury College's **Mary Ann Warford** and Midland University's **Ashley Willard** make up the first team outfield.

Heath, a junior social studies education major from Milan, Mich., has a 3.88 Grade Point Average. Heath earned All-Mid-Central College Conference honors this season. She finished second on the team with a .354 batting average and led the team with 16 walks. Also a relief pitcher for the Trojans, Heath's four saves rank 22nd in the NAIA.

Warford, a senior elementary education major from Lawrenceburg, Ky., carries a 3.92 Grade Point Average. Warford was named a NCCAA First Team All-American in 2012 and she was named the Kentucky Intercollegiate Athletic Conference Player of the Year. She led the KIAC with a .469 batting average and 76 hits. She also led the league in stolen bases (38) and ranked third in runs scored (41). Her 38 steals also ranks ninth in the NAIA.

A senior business major from Eagle Grove, Iowa, Willard has a 3.67 Grade Point Average. She was named to the NAIA Southwest Region team as she batted .375 with 13 RBI. She had 60 hits for the Warriors and finished ranked 22nd in the NAIA in stolen bases with 28. The two-time All-Great Plains Athletic Conference performer holds the Midland record for stolen bases in a season (33 in 2011) and in a career (61).

The second team consists of pitchers **Brittany Balough** of Lee University and **A.J. Woodward** of Oklahoma City University; catcher **Amy Madden** of Southern Nazarene University; infielders **Natalie Barnaby** of Azusa Pacific, **Alyssa Erickson** of Concordia (Cal.), **Emma Napier** of Campbellsville University , and **Kelsey Uebelhor** of Marian (Ind.) University; outfielders **Aubrey Jones** of Southern Nazarene, **Alicia Lucatero** of Concordia (Cal.) and **Brooke Sampson** of Doane College; and designated player **Allison Blackwood** of Cumberland University.

The third team consists of pitchers **Karlee Despres** of Davenport University and **Megan Nonnemacher** of Saint Xavier; catcher **Janie Gunther** of McPherson; infielders **Jana Beitler** of Goshen, **Alyssa Brodbeck** of Taylor, **Emily Priar** of Lindsey Wilson College and **Megan Tieken** of Nebraska Wesleyan University outfielders **Dani Bryant** of Nebraska Wesleyan, **Katie Cornman** of Davenport, **Katrina Loy** of Rogers State University; and designated player **Alex Ridenhour** of Columbia (Mo.) College.

The 11 members of the Capital One Academic All-America® College Division softball first team have an average G.P.A. of 3.84.

About Capital One

Capital One Financial Corporation (www.capitalone.com) is a financial holding company whose subsidiaries, which include Capital One, N.A., Capital One Bank (USA), N. A., and ING Bank, fsb, had $216.5 billion in deposits and $294.5 billion in total assets outstanding as of March 31, 2012. Headquartered in McLean, Virginia, Capital One and ING Direct offer a broad spectrum of financial products and services to consumers, small businesses and commercial clients through a variety of channels. 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 addition, Capital One sponsors the ABC College Football Halftime Report, Capital One All-America Mascot team, Capital One Academic All-America Program, and supports all 89 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.

FOR MORE INFORMATION:

Dan O'Connell, Towson University   (doconnell@towson.edu)   (410) 704-3102
Academic All-America ® Vice-Chair for Publicity/Communications

Michael MacEachern, Young Harris College (mfmaceachern@yhc.edu)   (706) 379-5106
Academic All-America ® College Division Publicity

Capital One
2012 Academic All-America ® Softball Team

College Division

Academic All-American of the Year: Katie Carson, Concordia (Cal.)

FIRST TEAM

Pos.	Name	School	Yr.	Hometown	GPA	Major
P	Emily Bergstrom	Houston- Victoria	Sr.	El Campo, Texas	3.85	Biology / Psychology
P	Mariah Worley	Azusa Pacific	Jr.	Pleasanton, Cal.	3.62	Liberal Studies
C	Emily Gilbert	Grand View	Sr.	Prairie City, Iowa	4.00	Human Services
IF	Katie Carson	Concordia (Cal.)	Sr.	Mission Viejo, Cal.	4.00	Sport Management
IF	Katie Logan	McPherson	Sr.	Clay Center, Kan.	3.77	Elementary Education
IF	Kate Mollohan	Saint Xavier	Jr.	Tinley Park, Ill.	3.73	Mathematics (Secondary Ed.)
IF	Kayla Yount	Central Methodist	Sr.	Olathe, Kan.	4.00	Business
OF	Sarah Heath	Taylor	Jr.	Milan, Mich.	3.88	Social Studies Education
OF	Mary Ann Warford	Asbury	Sr.	Lawrenceburg, Ky.	3.92	Elementary Education
OF	Ashley Willard	Midland	Sr.	Eagle Grove, Iowa	3.67	Business
DP	Heather Koch	Azusa Pacific	Sr.	Anaheim, Cal.	3.84	Sociology

SECOND TEAM

Pos.	Name	School	Yr.	Hometown	GPA	Major
P	Brittany Balough	Lee	Sr.	Santee, Cal.	3.46	Early Childhood Education
P	A.J. Woodward	Oklahoma City	Sr.	Menifee, Cal.	3.78	Nursing
C	Amy Madden	Southern Nazarene	Jr.	Bethany, Okla.	4.00	Biology / Chemistry
IF	Natalie Barnaby	Azusa Pacific	Sr.	Long Beach, Cal.	3.64	Sociology
IF	Alyssa Erickson	Concordia (Cal.)	Sr.	Santa Ana, Cal.	3.60	Psychology
IF	Emma Napier	Campbellsville	Jr.	Scottsville, Ky.	3.89	Business
IF	Kelsey Uebelhor	Marian (Ind.)	Sr.	St. Anthony, Ind.	3.89	Marketing
OF	Aubrey Jones	Southern Nazarene	Sr.	Norman, Okla.	3.70	Chemistry
OF	Alicia Lucatero	Concordia (Cal.)	Sr.	Santa Ana, Cal.	3.66	Psychology
OF	Brooke Sampson	Doane	Jr.	Bakersfield, Cal.	3.76	Elem. & Special Education
DP	Allison Blackwood	Cumberland	Jr.	Lawrenceburg, Tenn.	3.52	Early Child Growth & Learning

THIRD TEAM

Pos.	Name	School	Yr.	Hometown	GPA	Major
P	Karlee Despres	Davenport	Sr.	Belmont, Mich.	3.69	Inter. Business, Sport Mngmt.
P	Megan Nonnemacher	Saint Xavier	So.	Bloomington, Ill.	3.79	Elementary Education
C	Janie Gunther	McPherson	Sr.	Scott City, Kan.	3.91	Psychology
IF	Jana Beitler	Goshen	Jr.	Berne, Ind.	4.00	Biology
IF	Alyssa Brodbeck	Taylor	Sr.	Springfield, Ohio	3.41	Exercise Science
IF	Emily Priar	Lindsey Wilson	Sr.	Owensboro, Ky.	3.61	History
IF	Megan Tieken	Nebraska Wesleyan	Jr.	Omaha, Neb.	3.92	Accounting
OF	Dani Bryant	Nebraska Wesleyan	Sr.	Lincoln, Neb.	3.72	Biochemistry, Molecular Bio.,Spanish
OF	Katie Cornman	Davenport	Sr.	Eastpointe, Mich.	3.62	Health Services Administration
OF	Katrina Loy	Rogers State	Jr.	Claremore, Okla.	3.94	Business Management
DP	Alex Ridenhour	Columbia (Mo.)	So.	Belle, Mo.	3.63	Nursing