



CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM
SELECTED BY CoSIDA

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**SOCCER STANDOUT JAMIE ACHTEN OF LEE UNIVERSITY
NAMED AS CAPITAL ONE COLLEGE DIVISION
ACADEMIC ALL-AMERICA® OF THE YEAR**

TOWSON, Md. – Senior forward **Jamie Achten**, who led Lee University's women's soccer team to four consecutive NAIA national championships, has been named as the 2011-12 Capital One College Division Academic All-America® of the Year, as selected by the College Sports Information Directors of America (CoSIDA).

The College Division Academic All-America® teams are comprised of student-athletes from NAIA, Canadian and two-year institutions. Since this is the first year that CoSIDA and Capital One have named College Division Academic All-America® teams, Achten is the first scholar-athlete to earn the Capital One College Division Academic All-America® of the Year award.

A Communications and Marketing major with a 3.97 G.P.A., Achten helped the Lady Flames post a four-year record of 90-7-3. When Lee University beat Concordia (Ore.) in the NAIA championship game, it marked the Lady Flames' fourth straight national championship and their 15th straight NAIA Tournament victory. Lee University is the first school ever to win four straight NAIA championships.

A senior from Franklin, Tenn., Achten was named as the NAIA Player of the Year in 2010 and 2011. A four-time NAIA All-American first team selection, she scored 22 goals with 25 assists as a senior. The NAIA leader in assists in 2011, she finished her career with 83 goals and 91 assists. Her 91 career assists set an NAIA career record.

"I'm very appreciative of this award," said Achten, who had her number two uniform jersey retired by Lee University. "I know there are numerous very talented scholar athletes that could have just as easily received this honor. Credit goes to my team and coach who would not accept less than my best day-in and day-out. My Lord Jesus gives and takes away, and I humbly receive this knowing He is my strength to get through life. Thank you to Capital One and CoSIDA. It's an honor."

A four-time All-Southern States Athletic Conference selection, she was named as the SSAC Player of the Year twice. During her career, she led the Lady Flames to four consecutive SSAC championships.

Achten, who also earned the Dr. Paul Conn Award representing the top female student athlete at Lee University, was honored as the Tennessee Female Amateur Athlete of the Year by the Tennessee Sports Hall of Fame.

"This recognition is a wonderful capstone to Jamie's career," said Coach **Matt Yelton** of Lee University. "She is a very special individual and the quality of who she is extends into every area of her life. She is someone that exudes excellence in all that she does."

She plans to continue her soccer career overseas.





2011-2012 CAPITAL ONE SPORT-BY-SPORT
COLLEGE DIVISION
ACADEMIC ALL-AMERICA® OF THE YEAR
AWARD WINNERS

<u>Name</u>	<u>Sport</u>	<u>Cl.</u>	<u>Hometown</u>	<u>Major, G.P.A.</u>
Jamie Achten, Lee University	W. Soccer	Sr.	Franklin, Tenn.	Communication/Marketing, 3.97
Liam Barrett, Illinois Institute of Tech.	M. Soccer	Jr.	Felixstowe, England	Business, 4.00
Chad Carman, Oklahoma City	Baseball	Gr.	Midwest City, Okla.	Business Administration, 3.97
Katie Carlson, Concordia (Cal.)	Softball	Sr.	Mission Viejo, Cal.	Sports Management, 4.00
Casey Coons, Taylor University	M. Basketball	Jr.	Indianapolis, Ind.	Health & Physical Education, 3.73
Paula Ferreira, Columbia (Mo.)	Volleyball	Jr.	Rio de Janeiro, Brazil	International Business, 4.00
Jennifer Jorgensen, Grand View	W. Basketball	Sr.	Dayton, Iowa	Sports Management, 4.00
Monte Larsen, Morningside	M. Track, CC	Sr.	Neola, Iowa	Elementary Education, 3.98
Kyle Ross, Saskatchewan	M. At Large	Gr.	Regina, Sask., Can.	Law, 3.74
Jake Snodgrass, McPherson	Football	Jr.	Derby, Kan.	Biology, 3.92
Milika Tuivanuavou, Fresno Pacific	W. Track, CC	Sr.	Suva, Fiji	Kinesiology, 3.68
Hayley Wickenheiser, Calgary	W. At Large	So.	Shaunavon, Sask., Can.	Kinesiology, Pre-Med, 3.96

FOR MORE INFORMATION:

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

(410) 704-3102





CAPITAL ONE ACADEMIC ALL-AMERICA® OF THE YEAR RECIPIENTS YEAR-BY-YEAR

2011-12

Div. I TBA (August 9)

Div. II TBA (August 8)

Div. III TBA (August 7)

CD: Jamie Achten, Lee (W. Soccer)

2010-11

UD: Maya Moore, Connecticut (W. Basketball)

CD: Shannon Gagne, New Haven (Track/Cr. Country)

2009-10

UD: Justine Schluntz, Arizona (W. At-Large; Swimming)

CD: Jessica Pixler, Seattle Pacific (W. Track/Cr. Country)

2008-09

UD: Galen Rupp, Oregon (M. Track/Cross Country)

CD: Greg Micheli, Mount Union (Football)

2007-08

UD: Sarah Pavan, Nebraska (Volleyball)

CD: Troy Ruths, Washington, Mo. (Men's Basketball)

2006-07

UD: Sarah Pavan, Nebraska (Volleyball)

CD: Jamie Wolf, Clarion (Women's At Large)

2005-06

UD: Christine Sinclair, Portland (Women's Soccer)

CD: Josh Lamberson, NW Missouri St. (Football)

2004-05

UD: Alex Smith, Utah (Football)

CD: Carli Dale, Juniata (Volleyball)

2003-04

UD: Emeka Okafor, Connecticut (Men's Basketball)

CD: Kristen Shields, Whitworth (W. Track & Field, CC)

2002-03

UD: Theresa Kulikowski, Utah (W. At Large, Gymnastics)

CD: Ashley Rowatt, Kenyon (W. At Large, Swimming)

2001-02

UD: Stacey Dales-Schuman, Oklahoma (W. Basketball)

CD: T.J. Hess, Widener (Football)

2000-01

UD: ***Ruth Riley, Notre Dame (Women's Basketball)***

CD: Emily Bloss, Emporia State (Women's Basketball)

1999-00

UD: Chad Pennington, Marshall (Football)

CD: Korey Coon, Illinois Wesleyan (Men's Basketball)

1998-99

UD: Matt Stinchcomb, Georgia (Football)

CD: Kelly Schade, Simpson (Softball)

1997-98

UD: Peyton Manning, Tennessee (Football)

CD: Brad Gray, MIT (Football)

1996-97

UD: Danny Wuerffel, Florida (Football)

CD: ***Julie Roe, Millikin (Women's Basketball)***

1995-96

UD: Todd Fuller, North Carolina St. (M. Basketball)

CD: Chris Palmer, St. John's (Minn.) (Football)

1994-95 TIE

Rebecca Lobo, Connecticut (W. Basketball)

Rob Zatechka, Nebraska (Football)

1993-94

*Carl Erikson, Oberlin (Tennis)

1992-93

*Jim Hansen, Colorado (Football)

1991-92

*Tommy Vardell, Stanford (Football)

1990-91

*Al Parker, Tennis (Georgia)

1989-90

*Alec Kessler, Georgia (Basketball)

1988-89

*James Martin, Penn St. (Wrestling)

1987-88

*Michael Smith, Brigham Young (Basketball)

** From 1988-1995 only one winner was chosen per year. Beginning in 1996 the format was changed to select one winner per year in each division (College and University)*

Names in bold italics indicate members of the Capital One Academic All-America® Hall of Fame.