



CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM
SELECTED BY COSIDA

FOR RELEASE:

Friday, November 22– 12 noon (EDT)

EMILY JORGENS OF TRINITY,
MAHIR MAMELEDZIJA OF LAKE FOREST TOP
CAPITAL ONE ACADEMIC ALL-AMERICA® DIVISION III SOCCER TEAMS

TOWSON, Md. – Senior **Mahir Mameledzija** of Lake Forest College and junior **Emily Jorgens** of Trinity (Tex.), headline the 2013 Capital One Academic All-America® Division III men's and women's soccer team, as selected by the College Sports Information Directors of America (CoSIDA).

Mameledzija and Jorgens were selected as the Capital One Academic All-America® of the Year for men's and women's soccer, 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 2013-14 D-III Academic All-America® teams program.

A Spanish and Chemistry double major with a 3.86 G.P.A., Mameledzija is a repeat selection as a member of the Capital One Academic All-America® first team.

As a senior, the Visoko, Bosnia-Herzegovina native led Lake Forest to a 14-7 record and the team's second straight Midwest Conference championship. He also led the Foresters to the NCAA Tournament where they dropped a first round decision to Luther.

Selected as the MWC Performer of the Week 11 times during his career, Mameledzija was named as the 2012 and 2013 MWC Player of the Year. He was also honored as the MWC's Offensive Player of the Year in 2011, 2012, and 2013. This season he scored 19 goals to rank 12th in the nation and also added four assists for 42 points.

Mameledzija became the Foresters' career scoring leader during the 2013 season. He now has 72 goals and 21 assists in his career.

A business administration major with a perfect 4.0 G.P.A., Jorgens has led number two-ranked Trinity (Tex.) to a 22-0-2 record and the round of 16 of the NCAA Tournament.

Honored as the Southern Collegiate Athletic Conference Player of the Year for the second season in a row, the Austin, Texas native is the fifth-leading scorer in NCAA Division III with 64 points. She has scored 18 goals with 28 assists for 64 points.

The national leader in assists, she needs only two more assists to tie the NCAA Division III record.

Jorgens also led the Tigers to their fifth consecutive SCAC championship.

Mameledzija is one of four members of the Capital One Academic All-America® team who is a repeat selection. Senior defender **Kevin Parma** of Western New England, midfielder **Matt Sarett** of Carnegie Mellon and graduate student **Bill McGuinness** of Scranton were also named to the first team in 2012.

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Mameledzija, Jorgens Top Capital One Academic All-American® Division III Soccer Teams – p.2

An accounting and finance double major with a 3.89 G.P.A., Parma was selected as the Commonwealth Coast Conference (CCC) Defensive Player of the Year for the second year in a row. A two-time All-CCC first team selection, Parma led the Golden Bears to a 16-5-3 record and the conference championship. A native of Peconic, N.Y., Parma keyed a defense which allowed 0.74 goals per game.

A finance major who graduated with a 3.93 G.P.A., McGuinness is pursuing his master's in business administration at Scranton. McGuinness led the Royals in goals, point, shots and was tied for third in assists. A native of Forty Fort, Pa., McGuinness was a three-time All-Landmark Conference first team selection and the 2012 Offensive Player of the Year. McGuinness ended his career with 61 points on 23 goals and 15 assists.

An electrical and computer engineering/biomedical engineering double major with a 4.00 G.P.A., Sarett guided Carnegie Mellon to the NCAA Tournament for the second straight season. A native of Huntersville, N.C., Sarett was named to the All-University Athletic Association first team for the second year in a row. While scoring two goals with two assists, Sarett led the No. 12 Tartans to a 12-2-3 record.

A philosophy and political science double major with a 4.03 G.P.A, senior Andy Bellis of Gettysburg College was named first team after making the third team last year. Bellis appeared in 56 career games with 25 starts and he scored his first career goal this season. A native of Hershey, Pa., Bellis is an Abraham Lincoln Scholar, a member of the National Political Science Honor and the National Pre-Law Honors Societies.

The other six members of the Capital One Academic All-America® Division III men's soccer team are first-time honorees.

Senior **Christopher Madden** of Carnegie Mellon is the first team goalkeeper while senior **Jared Doolan** of Rensselaer Polytechnic and senior **Michael Superdock** of Swarthmore round out the backfield.

Senior **Josh Hughes** of Berry joins McGuinness and Sarett in the midfield, while junior **Travis Vegter** of Calvin and senior **Joshua Wood** of Messiah complete the front line.

A business administration major with a 3.90 G.P.A, Madden is a two-year starter at goalkeeper for the Tartans, who posted a 12-2-3 record and played in the NCAA Tournament for the second year in a row. A native of Reisterstown, Md., Madden has been named as the UAA Athlete of the Week twice. He posted a record of 9-2-3 with six shutouts and a 0.76 goals against average.

An aeronautical and mechanical engineering double major with a 3.90 G.P.A, Doolan was named second team All-Liberty League and is a three-time All-Academic Liberty League selection. A native of Bend, Ore., Doolan served as RPI's team captain and led a back line that surrendered just 0.94 goals per game. Doolan appeared in 63 career games with 56 starts.

A computer science major with a 4.00 G.P.A, Superdock was named to the Centennial Conference All-Sportsmanship Team. A native of Bryn Mawr, Pa., she scored four goals with three assists for 11 points.

A Biochemistry major with a 4.00 G.P.A, Hughes was Berry's leading scorer with nine goals and 19 points. A native of Peachtree City, Ga., Hughes was selected as first-team NSCAA All-Region selection. He was also named first team All- Southern Athletic Association and earned a spot on the SAA All-Academic Team in 2012.

A biology major with a 3.41 G.P.A, Vegter was named as the Michigan Intercollegiate Athletic Association Most Valuable Player and earned first-team All-MIAA honors for Calvin. A native of Hudsonville, Mich., he led No. 25 Calvin to a 14-5-1 record. Vegter led the MIAA with 60 points as he scored 27 goals with six assists for the Knights. His point total is the second highest mark in Calvin school history.

Mameledzija, Jorgens Top Capital One Academic All-American® Division III Soccer Teams – p.3

A cross cultural Christian ministries major with a 3.71 G.P.A., Wood was selected first-team All-Commonwealth for the third time. A native of Kingsport, Tenn., Wood leads the Falcons with 45 points. He has scored 20 goals and has five assists while leading Messiah to a 20-1-1 record and a berth in the NCAA Division III sectionals. The Falcons will play -winning goals and points heading into the NCAA Tournament. The Commonwealth Rookie of the Year in 2009, Wood was honored as a first team All-Commonwealth Conference selection for the third year in a row.

The 11 members of the 2013 Capital One Academic All-America® Division III men's soccer first team have an average G.P.A. of 3.875. Four of the student-athletes have a perfect 4.00 G.P.A. or above.

On the women's soccer first team, Jorgens is one of four women on the first team with a 4.0 G.P.A. Goalkeeper **Andrea Karl** of Denison, **Caitlin Cramer** and **Devon Howard** of Hardin-Simmons also have 4.0 G.P.A.'s.

Hardin-Simmons had three representatives on the Capital One Academic All-America® first team.

The first team also features four players who earned first team Capital One Academic All-America® honors for the second year in a row.

Senior **Adria Graham** of Frostburg State joins Karl, Caitlin Cramer and Howard as repeat first team selections.

A biochemistry major with a 4.00 G.P.A., Karl was named as a first team All-North Coast Athletic Conference selection for the third year in a row. As a senior, she started all 19 games for Denison, leading the Big Red to a 9-7-3 record. She posted a 0.96 goals against average with seven shutouts.

Karl and Caitlin Cramer are both three-time Capital One Division III Academic All-America® selections, having earned third team honors in 2011 and first team accolades last year.

Hardin-Simmons, which posted a 16-2-1 record and won its 11th consecutive American Southwest Conference title, is represented by defenders **Caitlin Cramer** and **Courtney Cramer** as well as Howard.

Caitlin Cramer is an exercise science/pre-physical therapy major with a 4.00 G.P.A. Honored as the ASC Most Outstanding Defender of the Year award for the second time, she led a defense that allowed only eight goals all season. A native of Abilene, Tex., she also scored six goals with one assist and had the game-winning goal in the ASC championship game, a 1-0 victory over Texas-Dallas.

Her twin sister, **Courtney Cramer** is also an exercise science/pre-physical therapy major and has a 3.97 G.P.A. A two-time All-American, she joined her sister as an All-ASC first team selection. She also scored eight goals with three assists while leading the Cowgirls' defense.

A second team All-America selection in 2012, Howard was the Cowgirls' third-leading scorer with seven goals and 10 assists. An accounting and economics double major, she has a 4.00 G.P.A. The Abilene, Tex. native was named first team All-ASC this season.

An athletic training major with a 3.96 G.P.A., Graham is the final repeat selection. Graham was the Bobcats' second-leading scorer as he tallied eight goals with three assists for 19 points. She is a three-time first team All-CAC honoree and was Player of the Year in both 2011 and 2012.

A pair of seniors, **Rachel Sadowski** of Lynchburg and **Lauren Gorodetsky** of Emory earned spots on the Capital One Academic All-America® first team after garnering second and third team accolades last year.

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Mameledzija, Jorgens Top Capital One Academic All-American® Division III Soccer Teams – p.4

Sadowski, an environmental science major with a 3.97 G.P.A., led Lynchburg to the Old Dominion Athletic Conference title and an appearance in the second round of the NCAA Tournament. A first team All-ODAC pick, the Lewes, Del. native was named as the ODAC Scholar-Athlete of the Year for women's soccer.

A psychology and political science major with a 3.89 G.P.A., Gorodetsky was named as the D3soccer.com Defensive Player of the Year in 2012. A native of Palm City, Fla., she was a first team All-America defender last season by both the NSCAA and D3soccer.com. She could become Emory's first four-time All-America this year. She led the Eagles to a 16-3-1 record and a berth in the NCAA Division III sectionals this weekend.

Senior **Laura Goodman** of Piedmont and juniors **Casey Mitchell** of St. Scholastica and **Katie Vanden Avond** of St. Norbert's round out the first team.

An early childhood education major with a 3.89 G.P.A., Goodwin led Piedmont to a 17-3-2 record and the USA South Conference championship. The Lady Lions' leading scorer with 17 goals and seven assists, the Snellville, Ga. native earned first team all-conference honors. She was also named as the USA South Conference Tournament MVP after leading the Lions to the championship.

A second team All-Upper Midwest Athletic Conference pick, Mitchell is a biology/pre-med major with a 3.98 G.P.A. She scored 12 goals with nine assists while helping St. Scholastica win the UMAC regular season and tournament titles. She led the Saints to an 18-3-1 record and an NCAA Tournament berth.

A business administration and communications double major with a 3.42 GPA, Vanden Avond is the NCAA Division III scoring leader with 37 goals and seven assists. She led St. Norbert's to its first Midwest Conference championship and a NCAA Division III Tournament berth. She shattered the MWC scoring record with 37 goals.

The first team had a 3.92 average G.P.A. with 10 of the 11 women at 3.89 or above.

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 \$206.9 billion in deposits and \$289.9 billion in total assets as of September 30, 2013. Headquartered in McLean, Virginia, Capital One offers 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 more than 900 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.

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 19,000 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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2013 Capital One Academic All-America® Men's Soccer Team NCAA Division III

Academic All-American of the Year: Mahir Mameledzija, Lake Forest

FIRST TEAM

| Pos. | Name | School | Yr. | Hometown | GPA | Major |
|----------|-----------------------------|------------------------|------------|-----------------------------------|-------------|------------------------------|
| GK | Christopher Madden | Carnegie Mellon | Sr. | Reisterstown, Md. | 3.90 | Business Administration |
| D | Andrew Bellis (3) | Gettysburg | Sr. | Hershey, Pa. | 4.03 | Philosophy, Political Sci. |
| D | Jared Doolan | Rensselaer Polytechnic | Sr. | Bend, Ore. | 3.90 | Aero. & Mech. Engineering |
| D | Michael Superdock | Swarthmore | Jr. | Bryn Mawr, Pa. | 4.00 | Computer Science |
| D | Kevin Parma (1) | Western New England | Sr. | Peconic, N.Y. | 3.89 | Accounting, Finance |
| M | Josh Hughes | Berry | Sr. | Peachtree City, Ga. | 4.00 | Biochemistry |
| M | Bill McGuinness (1) | Scranton | Gr. | Forty Fort, Pa. | 3.93 | Finance, MBA |
| M | Matt Sarett (1) | Carnegie Mellon | Sr. | Huntersville, N.C. | 4.00 | Elec. & Computer Eng. |
| F | Mahir Mameledzija(1) | Lake Forest | Sr. | Visoko, Bosnia-Herzegovina | 3.86 | Spanish, Chemistry |
| F | Travis Vegter | Calvin | Jr. | Hudsonville, Mich. | 3.41 | Biology |
| F | Joshua Wood | Messiah | Sr. | Kingsport, Tenn. | 3.71 | Cross Cult. Christian Minis. |

SECOND TEAM

| Pos. | Name | School | Yr. | Hometown | GPA | Major |
|------|------------------|-----------------|-----|--------------------|------|------------------------------|
| GK | Greg Payne (2) | Norwich | Jr. | State College, Pa. | 4.00 | Political Science |
| D | Ben Anderson | Trinity (Tex) | Sr. | Phoenix, Ariz. | 3.97 | Pol. Science, Class. Studies |
| D | Ben Bryant (2) | Carnegie Mellon | Sr. | Toledo, Ohio | 3.65 | Chem.(pre-med) , Hisp.Stud. |
| D | Trevor Hinshaw | Gordon (Mass.) | Sr. | San Jose, Calif. | 3.98 | Neuroscience |
| D | Reid Meeker | Centenary | Sr. | Phillipsburg, N.J. | 3.95 | Mathematics, Education |
| M | Colton Bloecher | Ohio Wesleyan | Jr. | Lewis Center, Ohio | 3.66 | Finance & Creative writing |
| M | Devin Geiman | Gettysburg | Sr. | New Freedom, Pa. | 4.00 | Biochemistry, Molecular Bio. |
| M | Brian Potocnik | John Carroll | Jr. | Aurora, Ohio | 3.85 | Biochemistry |
| F | Andrew Aurit (2) | Edgewood | Sr. | Monroe, Wis. | 3.94 | Business |
| F | Jordan Golz | Wheaton (Ill.) | Sr. | River Forest, Ill. | 3.98 | Economics |
| F | Alex Swanger | Rochester | Jr. | Penfield, N.Y. | 3.97 | Financial Economics |

THIRD TEAM

| Pos. | Name | School | Yr. | Hometown | GPA | Major |
|------|--------------------|-------------------|-----|--------------------|------|-------------------------|
| GK | Joe Rayburn | Pacific Lutheran | Sr. | Portland, Ore. | 3.70 | Business Administration |
| D | Joe Auleta | Rutgers-Camden | Jr. | Atco, N.J. | 3.86 | Biology |
| D | Bobby Foster | Rutgers-Camden | Sr. | Burlington, N.J. | 3.80 | Accounting |
| D | Richie Marquez | Redlands | Sr. | Pomona, Calif. | 3.76 | Communicative Disorders |
| D | Jeff Wallner | Webster | Jr. | Eureka, Mo. | 3.97 | Mathematics, Education |
| M | James Garcia-Prats | Luther | Sr. | Houston, Texas | 3.65 | Sociology |
| M | Quinn Khouri | Cenetenary | Jr. | Eldersburg, Md. | 3.94 | History Education |
| M | Sean Sendelbach | Gustavus Adolphus | Sr. | Sioux Falls, S.D. | 3.80 | Nursing |
| F | Stephen Golz | Wheaton (Ill.) | So. | River Forest, Ill. | 3.80 | Economics |
| F | Chris Katona | Richard Stockton | Sr. | Howell, N.J. | 3.53 | Psychology |
| F | Andy Morrison | DePauw | Jr. | Bristol, Ind. | 3.73 | Economics |

(1) Capital One Academic All-America® first team selection in 2012

(2) Capital One Academic All-America® second team selection in 2012

(3) Capital One Academic All-America® third team selection in 2012





2013 Capital One Academic All-America® Women's Soccer Team NCAA Division III

Academic All-American of the Year: Emily Jorgens, Trinity (Texas)

FIRST TEAM

| Pos. | Name | School | Yr. | Hometown | GPA | Major |
|----------|-----------------------|-----------------------|------------|----------------------|-------------|-------------------------|
| GK | Andrea Karl (1) # | Denison | Sr. | Powell, Ohio | 4.00 | Biochemistry |
| D | Caitlin Cramer (1) # | Hardin-Simmons | Sr. | Abilene, Texas | 4.00 | Exer. Science, Pre-PT |
| D | Courtney Cramer | Hardin-Simmons | Sr. | Abilene, Texas | 3.97 | Exer. Science, Pre-PT |
| D | Lauren Gorodetsky (3) | Emory | Sr. | Palm City, Fla. | 3.89 | Psychology, Pol Science |
| D | Rachel Sadowski (2) | Lynchburg | Sr. | Lewes, Del. | 3.97 | Environmental Science |
| M | Devon Howard (1) | Hardin-Simmons | Sr. | Abilene, Texas | 4.00 | Accounting, Economics |
| M | Emily Jorgens | Trinity (Tex.) | Jr. | Austin, Texas | 4.00 | Business Admin. |
| M | Casey Mitchell | St. Scholastica | Jr. | St. Cloud, Minn. | 3.98 | Biology (pre-med.) |
| F | Laura Goodwin | Piedmont | Sr. | Snellville, Ga. | 3.89 | Early Childhood Educ. |
| F | Adria Graham (1) | Frostburg State | Sr. | Grantsville, Md. | 3.96 | Athletic Training |
| F | Katie Vanden Avond | St. Norbert | Jr. | De Pere, Wis. | 3.42 | Business Adm., Comm. |

SECOND TEAM

| Pos. | Name | School | Yr. | Hometown | GPA | Major |
|------|-------------------------|----------------------|-----|---------------------|------|-------------------------------|
| GK | Gina Policastro | Montclair State | Jr. | East Brunswick, NJ | 3.62 | English Education |
| D | Anne Marie Dumaine | Transylvania | Sr. | California, Ky. | 4.00 | Biology |
| D | Kaitlyn Nealon (2) | Mass. Inst. of Tech. | Sr. | Yorktown Hts., N.Y. | 3.92 | Mechanical Engineering |
| D | Allison Wacker | Montclair State | Sr. | Stockholm, N.J. | 3.90 | Spanish Education |
| D | Jennifer White (3) | Trinity (Tex.) | Sr. | Albuquerque, N.M. | 3.98 | Span., Neurosci., Int'l Stud. |
| M | Kayla Austin | Framingham State | Sr. | Winchester, Mass. | 3.80 | Criminology |
| M | Kelly Costopoulos (2) | Emory | Sr. | Boca Raton, Fla. | 3.94 | Biology |
| M | Kayla Tuttle | Maine, Farmington | Sr. | Waterville, Maine | 3.86 | Psychology |
| F | Stephanie Fazenbaker(3) | Frostburg State | Sr. | Frostburg, Md. | 3.96 | Biology |
| F | Krista Ledin | Massachusetts Boston | Jr. | Bridgewater, Mass. | 3.49 | Nursing |
| F | Samantha Littleford | Keystone | Sr. | Nanticoke, Pa | 3.87 | Psychology |

THIRD TEAM

| Pos. | Name | School | Yr. | Hometown | GPA | Major |
|------|-----------------------|----------------------|-----|----------------------|------|-------------------------|
| GK | Melanie Glessner (3) | York, Pa. | Jr. | Waldorf, Md. | 3.93 | Sociology |
| D | Kelsey Beld | Wisconsin-Whitewater | Jr. | Madison, Wis. | 4.00 | Accounting |
| D | Jessica Lynn Bonjione | Montclair State | Jr. | Bridgewater, N.J. | 3.90 | Family & Child Studies |
| D | Margaret Hoscheit | Augustana (Ill.) | Sr. | St. Charles, Ill. | 3.88 | Biology |
| D | Jenna Mayle | Olivet | Sr. | Ionia, Mich. | 4.00 | Visual Arts |
| M | Leah Braid | Richard Stockton | Sr. | Vineland, N.J. | 3.96 | Speech Pathology |
| M | Kate Doyle (2) | Washington (Mo.) | Sr. | Evanston, Ill. | 3.83 | Chemistry |
| M | Alicia Frey (1) | Messiah | Sr. | Dillsburg, Pa. | 3.73 | Mathematics, Sec. Educ. |
| F | Nicci Bermudes | Aurora | So. | San Diego, Cal. | 3.75 | Health Science |
| F | Shelby Guenthardt (3) | Trinity (Tex.) | Sr. | Winter Springs, Fla. | 3.84 | Engineering |
| F | Hannah Kronick | Johns Hopkins | Jr. | Westfield, N.J. | 3.46 | International Studies |

- (1) Capital One Academic All-America® first team selection in 2012
 (2) Capital One Academic All-America® second team selection in 2012
 (3) Capital One Academic All-America® third team selection in 2012
 # Capital One Academic All-America® third team selection in 2011

