



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

**FOR RELEASE: Tuesday, December 3, 2013 – 12 noon (EST)**

**JOHN ARENA OF JOHNS HOPKINS  
LEADS CAPITAL ONE ACADEMIC ALL-AMERICA  
DIVISION III FOOTBALL TEAM**

**TOWSON, Md.** – Senior linebacker **John Arena** of NCAA Division III national playoff participant Johns Hopkins headlines the 2013 Capital One Academic All-America® Division III football team, as selected by the College Sports Information Directors of America (CoSIDA).

A neuroscience major with a 4.00 grade-point average, Arena was selected as the winner of the Capital One Academic All-America® of the Year award for Division III football.

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 Division III Academic All-America® teams program.

Arena is making his second straight appearance as a member of the Capital One Academic All-America® Division III first team. As a senior, Arena earned All-Centennial Conference first-team honors. He was a second-team selection in 2012. He was also the winner of the Centennial Conference football Scholar-Athlete Award. A team co-captain, he appeared in all 45 JHU games in his career, helping the Blue Jays post a 38-7 record. He was a member of Blue Jay teams that won four straight conference championships and earned three trips to the NCAA Division III national playoffs.

A native of Bryn Mawr, Pa., Arena made 48 tackles, including 9.0 tackles for-loss and 5.5 sacks. While leading Hopkins to a 10-1 record, he had two interceptions (one returned for a touchdown), a pass breakup and a forced fumble. He finished his career with 163 tackles.

A Phi Beta Kappa student, Arena has served as a neuropathology research assistant and is an active volunteer with KEEN (Kids Enjoying Exercise Now) at Johns Hopkins. He was also named a 2013 National Football Foundation Scholar-Athlete.

Arena is one of 15 student-athletes to repeat as Capital One Academic All-America® honorees, including three repeat first-team selections. Ten first-team honorees are repeat Academic All-America® picks, including eight former second-team selections.

Augustana (Ill.) senior linebacker **Erik Westerberg** earned Academic All-America® honors for the third straight year, moving up to the first team after earning second-team honors in 2011 and 2012.

St. Scholastica, an NCAA Division III playoff team, has two repeat first-team selections, senior wide receiver **Cory Gebhard** and senior defensive back **Alec French**.

Eight members of the Capital One Division III football first team were second team selections last year.

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## John Arena Leads Academic All-America® Division III Football Team – Page 2

Graduate student wide receiver **Duncan Hussey** of Pomona-Pitzer, senior running back **Elijah Hudson** and senior offensive lineman **Josh Holt** of Mary Hardin-Baylor, senior lineman **Vincenzo Bonaddio** of Johns Hopkins, senior offensive lineman **Michael Green** of Hobart, senior defensive back **Chris Gibbs** of Grove City and senior defensive lineman **Adham Talaat** of Gallaudet were named first team Academic All-America® this season.

Senior offensive lineman **Chad Thompson** of Augsburg, a first-team honoree last year, earned second-team honors this year. Senior quarterback **Kyle Boden** of Emory & Henry, junior offensive lineman **Nicholas Buchta** of Rose-Hulman and senior placekicker **Brandon Rodrigues** of Massachusetts Maritime were repeat selections on the second team.

A mathematics major with a 3.86 G.P.A. at Augustana, Westerberg has been named as one of the 10 finalists for the Gagliardi Trophy, presented to the outstanding all-around player in Division III football. Named as the College Conference of Illinois and Wisconsin's Defensive Player of the Year and a D3football.com All-America third-team honoree as a junior, Westerberg was the Vikings' leading tackler for the third straight year. He made 78 total tackles and had 10.5 tackles for-loss. An All-CCIW second-team selection as a senior, the Elmhurst, Ill. native led the Vikings to a 5-5 record and earned a National Football Foundation Postgraduate Scholarship.

An accounting and applied mathematics major with a 3.85 G.P.A., senior offensive lineman **Eric Dratnol** of Augustana is also a first-team honoree. A native of Montgomery, Ill., Dratnol is an All-CCIW second-team selection. A three-year starter at center, Dratnol anchored an Augustana offensive line that enabled the Vikings to average 228.7 rushing yards per-game and 5.1 yards per-carry in conference play. The Vikings averaged 362.8 yards of total offense per-game, including 233.7 rushing yards per-game.

St. Scholastica led all schools with four Capital One Academic All-America® first-team honorees. Gebhard and French are repeat Academic All-America® first-team selections. Senior running back **Jake Jensen** and junior defensive lineman **Blake Cedarleaf** joined their teammates on the first-team. All four Saints earned All-Upper Midwest Athletic Conference first-team honors in 2013, leading the Saints to a 9-2 record, a UMAC championship and an appearance in the NCAA Division III national playoffs for the third straight year.

A physical therapy major with a 3.98 G.P.A., Gebhard earned All-UMAC honors as a kick returner for the second straight year and as a wide receiver for the first time in 2013. Gebhard finished the season with 42 receptions for 811 yards and 10 touchdowns. A native of St. Croix Falls, Wis., he also returned 23 kickoffs for 474 yards (20.6 yards per-return) and 24 punts for 176 yards (7.3 yards per-return) and a touchdown.

An accounting and finance double major with a 3.93 G.P.A., French was named as the UMAC's Defensive Player of the Year in 2013 and earned first-team All-UMAC honors for the second straight season. He led the Saints with 114 tackles, adding 3.0 tackles for-loss, 1.5 sacks, three interceptions, four pass breakups, two forced fumbles, a fumble recovery and two blocked kicks. He also set a school record with 22 career pass breakups.

A biology and biochemistry major with a 3.78 G.P.A., Jensen broke St. Scholastica's single-season and career rushing yardage records, finishing with 1,292 yards this season and 2,997 yards in his career. A native of South St. Paul, Minn., he also set school records for both career rushing touchdowns (26) and total touchdowns (29). He scored 12 rushing touchdowns this season, while catching 18 passes for 262 yards and a touchdown.

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### John Arena Leads Academic All-America® Division III Football Team – Page 3

A biology and biochemistry major with a 3.82 G.P.A., Cedarleaf earned All-UMAC first-team honors for the second straight season. A native of Mahtomedi, Minn., he finished his junior season with 64 tackles, including 9.0 tackles for-loss and a team-best 7.5 sacks. He also had five pass breakups, two forced fumbles and a fumble recovery.

Hudson and Holt have led Mary Hardin-Baylor to an 11-0 record and the second round of the NCAA Division III national playoffs. They led Crusaders to the national playoffs for the 10th straight season as they won the American Southwest Conference title for the ninth straight season.

A pre-physical therapy major with a 3.88 G.P.A., Hudson earned All-ASC honors for the third straight season. A native of Albany, Texas, he was also named to the ASC Outstanding Sportsmen of the Year team. Despite missing three games due to an injury, Hudson leads the Crusaders with 859 rushing yards on 162 carries with nine touchdowns. He has 11 receptions for 186 yards and two scores. A preseason All-America by two different publications, Hudson was a D3football.com All-South Region honoree last year.

An exercise and sport science major with a 4.00 G.P.A. Holt starts on a Crusaders offensive line that has helped them produce 3,117 rushing yards, a 283.4 yards per-game average that ranks 11<sup>th</sup> in NCAA Division III. The Crusaders' 482.9 yards of total offense per-game is 16th-best nationally. A two-time Academic All-Conference honoree, the Lorena, Texas native is also a three-time member of UMHB's Vice-President for Athletics Honor Roll.

Led by Arena, Johns Hopkins placed three players on the Capital One Academic All-America® first team. Bonaddio and senior defensive lineman **Joe DiTrolio** were also honored.

Bonaddio was an All-Centennial Conference offensive lineman for the second time, earning first-team honors in 2013. An Earth and planetary science/public health double major with a 3.82 G.P.A., he was a leader of an offensive line that helped the Blue Jays to average 500.6 yards per-game of total offense and 40.5 points per-game. Hopkins scored 24 or more points in all 11 games this season and is ranked 12th nationally in total offense and 19th in scoring offense per-game. A volunteer tutor for two programs working with inner-city kids and young adults, Bonaddio is a native of Garnet Valley, Pa.

An economics major with a 3.65 G.P.A., DiTrolio was a second-team All-Centennial Conference selection at defensive tackle. A native of Newtown Square, Pa., he finished the season with 44 total tackles, including 6.0 tackles for-loss and 2.5 sacks. He was a leader of a Blue Jays defense that surrendered just 302.7 yards and 17.2 points per-game.

Talaat, a physical education major with a 3.90 G.P.A. from Springfield, Va., is Gallaudet's first-ever finalist for the Gagliardi Trophy. Talaat was a leader on a Gallaudet squad that finished 9-2 on the season, winning the Eastern Collegiate Football Conference title and earning a berth in the NCAA Division III national playoffs for the first time in school history – the first-ever NCAA playoff appearance in any men's team sport for the Bison. Talaat recorded 46 tackles, including 9.5 tackles for-loss, 5.0 sacks, six quarterback hurries, three pass breakups and a forced fumble this season.

A biology major with a 3.93 G.P.A., Gibbs finished the season with 80 tackles, three forced fumbles and a fumble recovery returned for a touchdown for Grove City. A native of Akron, Ohio, he earned All-Presidents Athletic Conference honorable-mention honors twice. During the summer, Gibbs served as a research assistant at the Mayo Clinic.

## **John Arena Leads Academic All-America® Division III Football Team – Page 4**

A molecular biology major with a 3.97 G.P.A., Hussey switched sides of the field to earn Capital One Academic All-America® first team honors. Last season, he was a second-team defensive back. A three-time team captain, Hussey was named first team as a wide receiver for Pomona-Pitzer. A native of Seattle, Wash., he led the Sagehens in receiving with 46 receptions for 564 yards and six touchdowns, despite missing three games due to injury.

A mathematics major with a 3.80 G.P.A., Green was the starting center at Hobart and led the Statesmen to a 10-0 record. He helped Hobart win the Liberty League championship and advance to the NCAA Division III playoffs three straight seasons. Hobart is averaging 392.3 yards of total offense per-game while allowing just seven sacks, tied for 15th-fewest in NCAA Division III. A native of Belleair Beach, Fla., Green was a semifinalist for the 2013 National Football Foundation National Scholar-Athlete Award.

Heartland Collegiate Athletic Conference co-champion Rose-Hulman placed two student-athletes on the Capital One Academic All-America® first-team, senior quarterback **Ryan Landwehr** and senior place kicker **Mathew Angel**.

An electrical engineering major with a 4.00 G.P.A. Landwehr earned All-HCAC first-team honors as a senior. He threw for 2,456 yards and 21 touchdowns on 234-of-360 passing while rushing for 459 yards and an HCAC-leading 11 touchdowns. A native of Tipp City, Ohio, he was responsible for a school-record 32 touchdowns this year while also setting a school mark with 2,915 yards of total offense and 234 completions. He led Rose-Hulman to a 7-3 record.

A mechanical engineering major with a 3.90 G.P.A., Angel earned All-HCAC second-team honors this season. He connected on 4-of-6 field goals, including a 35-yarder, and made 36-of-40 extra points, finishing second on the team with 48 points. A native of Cassville, Mo., he returned to the Fightin' Engineers lineup after missing most of the last two seasons due to injury.

Rose-Hulman shared the HCAC title with Franklin this season, and Franklin senior punter **Michael Parks** earned a spot on the Capital One Academic All-America® first team. A chemistry major with a 3.62 G.P.A., Parks earned All-HCAC first-team honors this season as part of a Franklin squad that advanced to the NCAA national playoffs for the fourth straight year and posted an 8-4 record. A native of Shelbyville, Ind., Parks is averaging 40.2 yards per-punt this season, placing 14 of his 37 punts inside the opponents' 20-yard line this season.

Baldwin Wallace joined St. Scholastica, Johns Hopkins, Rose-Hulman, Augustana and Mary Hardin-Baylor as schools with more than one student-athlete on the Capital One Academic All-America® Division III first team. Senior defensive back **Zack Barley** and senior linebacker **David Flegal** represent Baldwin Wallace on the first team.

A psychology major with a 3.88 G.P.A., Barley is a two-time Academic All-Ohio Athletic Conference selection. The team's free safety, Barley finished the season with 29 tackles with two tackles for-loss and a forced fumble. A native of Hudson, Ohio, he missed two full games and parts of two others with an injury.

Pursuing his master's of accounting degree with a 3.87 G.P.A., Flegal earned All-OAC first-team honors this season after leading the team with 114 tackles. He also finished second in the OAC in tackles. A native of Akron, Ohio, he had 2.5 tackles for-loss with a forced fumble and two fumble recoveries. A two-time OAC Defensive Player of the Week, Flegal has earned Academic All-OAC honors twice.

## **John Arena Leads Academic All-America® Division III Football Team – Page 5**

Senior tight end **William Sadik-Kahn** of Middlebury earned Capital One Academic All-America® first team first-team honors after a breakout season. An economics major with a 3.50 G.P.A., he led New England Small College Athletic Conference receivers with 12 touchdowns, while finishing second in the NESCAC with 59 receptions for 633 yards. A native of Chappaqua, N.Y., he earned All-NESCAC first-team as the Panthers posted a 7-1 record and earned a share of the NESCAC championship.

A biology and pre-professional health science major with a 3.94 G.P.A., senior offensive lineman **Tyson Carter** of Dubuque earned first team honors. A native of Port Elgin, Ontario, Canada, Carter served as the Spartans' long snapper. He has recorded more than 350 snaps without a bad snap during his career. Carter was named as a semifinalist for the National Football Foundation's National Scholar-Athlete Trophy (Campbell Trophy), and was also a nominee for the American Football Coaches Association Good Works Team. He was named to the Academic All-Iowa Intercollegiate Athletic Conference team twice.

A geoscience major with a 3.98 G.P.A., senior defensive back **Greg Hibbard** of Pacific Lutheran was an All-Northwest Conference second-team pick this season. A native of Olympia, Wash., he led the Lutes to an 8-2 record and a berth in the NCAA Division III playoffs for the second straight year. He finished the season with 38 tackles and two pass breakups, while tying for the team lead with three interceptions.

A business administration major with a 3.76 G.P.A., senior defensive lineman **Ryan Jok** of Carnegie Mellon completes the Capital One Academic All-America® Division III first team. A native of Novi, Mich., Jok earned All-University Athletic Association first-team honors as a sophomore and senior. Jok finished the season with 43 tackles, including a team-best 5.0 tackles for-loss. A three-time All-UAA Academic award-winner, he also had 2.5 sacks, two pass breakups and a fumble recovery.

The 24 members of the Capital One Academic All-America® Division III football first team have an average G.P.A. of 3.86.

### ***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 \$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.

### **About the Capital One Academic All-America® Program**

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 20,000 student-athletes in Divisions I, II, III and NAIA, covering all NCAA championship sports.

### **FOR MORE INFORMATION:**

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# Capital One 2013 Academic All-America® Division III Football Team

## FIRST TEAM

Pos.	Name	School	Yr.	Hometown	G.P.A.	Major
QB	Ryan Landwehr	Rose-Hulman	Sr.	Tipp City, Ohio	4.00	Electrical Engineering
WR	Cory Gebhard (1)	St. Scholastica	Sr.	St. Croix Falls, Wis.	3.98	Physical Therapy
WR	Duncan Hussey (2)	Pomona-Pitzer	Gr.	Seattle, Wash.	3.97	Molecular Biology
TE	William Sadik-Khan	Middlebury	Sr.	Chappaqua, N.Y.	3.50	Economics
RB	Elijah Hudson (2)	Mary Hardin-Baylor	Sr.	Albany, Texas	3.88	Pre-Physical Therapy
RB	Jake Jensen	St. Scholastica	Sr.	South St. Paul, Minn.	3.78	Biology, Biochemistry
OL	Vincenzo Bonaddio (2)	Johns Hopkins	Sr.	Garnet Valley, Pa.	3.82	Earth & Plan. Science, Pub. Health
OL	Tyson Carter	Dubuque	Sr.	Port Elgin, Ontario	3.94	Biology, Pre-Prof. Health Sci.
OL	Eric Dratnol	Augustana (Ill.)	Sr.	Montgomery, Ill.	3.85	Accounting, Applied Math.
OL	Michael Green (2)	Hobart	Sr.	Belleair Beach, Fla.	3.80	Mathematics
OL	Josh Holt (2)	Mary Hardin-Baylor	Sr.	Lorena, Texas	4.00	Exercise & Sport Science
K	Mathew Angel	Rose-Hulman	Sr.	Cassville, Mo.	3.98	Mechanical Engineering
DB	Zack Barley	Baldwin Wallace	Sr.	Hudson, Ohio	3.88	Psychology
DB	Alec French (1)	St. Scholastica	Sr.	Isanti, Minn.	3.93	Accounting & Finance
DB	Chris Gibbs (2)	Grove City	Sr.	Akron, Ohio	3.93	Biology
DB	Greg Hibbard	Pacific Lutheran	Sr.	Olympia, Wash.	3.98	Geoscience
<b>LB</b>	<b>John Arena (1)</b>	<b>Johns Hopkins</b>	<b>Sr.</b>	<b>Bryn Mawr, Pa.</b>	<b>4.00</b>	<b>Neuroscience</b>
LB	David Flegal	Baldwin Wallace	Sr.	Akron, Ohio	3.87	Master's of Accounting
LB	Erik Westerberg (2) #	Augustana (Ill.)	Sr.	Elmhurst, Ill.	3.86	Mathematics
DL	Blake Cedarleaf	St. Scholastica	Jr.	Mahtomedi, Minn.	3.82	Biology, Biochemistry
DL	Joe DiTrolio	Johns Hopkins	Sr.	Newtown Square, Pa.	3.65	Economics
DL	Adham Talaat (2)	Gallaudet	Sr.	Springfield, Va.	3.90	Physical Education
DL	Ryan Jok	Carnegie Mellon	Sr.	Novi, Mich.	3.76	Business Administration
P	Michael Parks	Franklin	Sr.	Shelbyville, Ind.	3.62	Chemistry

## SECOND TEAM

Pos.	Name	School	Yr.	Hometown	G.P.A.	Major
QB	Kyle Boden (2)	Emory & Henry	Sr.	Knoxville, Tenn.	3.99	Biology, Chemistry
WR	Ehab Hamdan	Worcester Polytech.	Sr.	Revere, Mass	3.78	Civil Engineering
WR	Kyle Linville	Franklin	Sr.	Speedway, Ind.	3.53	Math. & Quantitative Analysis
TE	Jacob Priester	Linfield	Sr.	Patterson, Calif.	4.00	Biology
RB	Cody Miller	St. John Fisher	Sr.	Spencerport, N.Y.	3.73	Childhood Education
RB	DJ Tripoli	Whitworth	Sr.	Burbank, Calif.	3.93	Kinesiology
OL	Kevin Battis	Saint John's (Minn.)	Sr.	Blaine, Minn.	3.80	Economics
OL	Nicholas Buchta (2)	Rose-Hulman	Jr.	North Barrington, Ill.	3.94	Mechanical Engineering
OL	Alex Mann	North Central	Sr.	Glenview, Ill.	3.88	Accounting, Finance
OL	John Moriarty	Mass. Maritime	Sr.	Wilmington, Mass.	3.82	Facilities Engineering
OL	Chad Thompson (1)	Augsburg	Sr.	Maple Grove, Minn.	3.86	Finance, Accounting
K	Brandon Rodrigues (2)	Mass. Maritime	Sr.	Brockton, Mass.	3.89	Marine Engineering
DB	Torey Asao	Gustavus Adolphus	Sr.	Chaska, Minn.	3.74	Biology
DB	Joe Kasper	Baldwin Wallace	Jr.	Mentor, Ohio	3.94	Pre-law, Political Science
DB	J.D. Mehlhorn	Bethel (Minn.)	Sr.	Lakeville, Minn.	3.95	Biokinetics, Physics
DB	Brody Zangaro	John Carroll	Jr.	Pittsburgh, Pa	3.76	Education
LB	Brad Burkley	Allegheny	Sr.	Latrobe, Pa.	3.94	Mathematics
LB	Evan Moog	Christopher Newport	Sr.	Williamsburg, Va.	3.58	Mathematics
LB	John Sikora	Waynesburg	Jr.	Campbell, Ohio	3.97	History, Social Sciences
DL	Chris DeVet	Augsburg	Jr.	Shoreview, Minn.	3.75	Chemistry
DL	Sam Lavis	Pacific Lutheran	Sr.	Spokane, Wash.	3.93	Biology
DL	Joel Santisteban	Mass. Inst. of Tech.	Sr.	Lawrence, N.Y.	3.60	Aerospace Engineering
DL	Joe Seney	Hartwick	Sr.	Gloversville, N.Y.	3.60	Computer Science, Math
P	Doug Lillibridge	Dubuque	Sr.	Byron, Ill.	4.00	Business Admin., Accounting

### Academic All-American of the Year: John Arena, Johns Hopkins

- (1) Capital One Academic All-America® Division III first team in 2012  
 (2) Capital One Academic All-America® Division III second team in 2012  
 (#) Capital One Academic All-America® Division III second team in 2011