



CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM SELECTED BY COSIDA

FOR RELEASE:

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TESSA SMOLINSKI OF SPRINGFIELD COLLEGE LEADS CAPITAL ONE ACADEMIC ALL-AMERICA® DIVISION III VOLLEYBALL TEAM

TOWSON, Md. – Senior outside hitter **Tessa Smolinski** of Springfield College leads the 2013 Capital One Academic All-America® Division III Volleyball Team, as selected by the College Sports Information Directors of America (CoSIDA).

Smolinski has been chosen as the Capital One Academic All-America® of the Year award winner for Division III volleyball.

The Capital One Division II and III Academic All-America® program is being financially supported by the NCAA Division II and III national governance structures, to assist CoSIDA with handling the awards fulfillment aspects for the 2013-14 DII and DIII Academic All-America® teams program.

A communication sciences and disorders major with a perfect 4.0 G.P.A., Smolinski is making her second appearance on the on the Capital One Academic All-America® Division III volleyball team after earning second-team notice as a junior in 2012.

A native of Hebron, Conn., Smolinski is the New England Women's and Men's Athletic Conference (NEWMAC) Player of the Year and is a two-time second-team American Volleyball Coaches Association (AVCA) All-American. Smolinski led the Pride to a 26-6 overall record, the NEWMAC Championship and a berth in the NCAA Division III Women's Volleyball Regional Championship Semifinals.

A four-time All-NEWMAC honoree, including a three-time first-team pick, Smolinski had a team-leading 370 kills and led the team with 328 digs, 29 aces and 29 blocks. She became just the fourth player in program history with 1,500 kills.

Smolinski is joined on the Capital One Academic All-America® Division III volleyball first team by senior outside hitter **Hannah Brickley** of Trinity, junior middle blocker **Kelly Foley** of St. Thomas, senior middle hitter **Stephanie Kirchner** of Wisconsin-Platteville, senior setter **Krista Stoltz** of Northwestern and senior middle hitter **Kaitlyn Wilks** of Elmhurst. All six student-athletes are first-time selections on the 2013 Capital One Academic All-America® Division III volleyball first team.

A biology major with a 4.13 G.P.A., Brickley was named as a first-team All-New England Small College Athletic Conference (NESCAC) selection after leading Trinity with 355 kills, 1,151 attacks and 372 digs. She also had 20 aces and 46 blocks. A native of Melrose, Mass, she was an American Volleyball Coaches Association (AVCA) All-New England first team selection in 2011. She was also a New England Women's Volleyball Association (NEWVA) All-New England third team selection in 2011. Last year, Brickley was an honorable mention All-NEWVA) selection.

Brickley holds the school record for kills per set in a season with 4.20 in 2011, and ranks second all-time at Trinity in kills (1,257) and attacks (3,85). She is also fifth all time in digs (1,212) and hitting percentage (.216). She is also a member of the Bantams basketball team.

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Smolinski Leads Capital One Academic All-America® Division III Volleyball Team – page 2

A business and financial management double major with a 3.82 G.P.A., Foley is the two-time reigning Minnesota Intercollegiate Athletic Conference (MIAC) Player of the Year and was the MIAC Rookie of the Year in 2011. A native of St. Paul, Minn., Foley led the Tommies to a share of the MIAC regular-season championship for the seventh-straight season and an overall record of 26-2. Foley has led the Tommies to a three-year record of 102-9, including a 39-3 record against conference opponents and a 16-3 postseason and to the 2012 national championship. She was fifth in the nation in hitting percentage with .395 and she surpassed 1,000 career digs this season.

An industrial engineering major with a 3.97 G.P.A., Kirchner is a three-time first-team All-Wisconsin Intercollegiate Athletic Conference (WIAC) selection. A native of Sussex, Wis., Kirchner ranked second in the conference with a .319 hitting percentage and added 292 kills and 179 digs this season. Kirchner ended her career ranked in the top 10 on the school's all-time list in kills, attack percentage, digs and block assists; She also is the third Pioneer to end her career with over 1,000 kills and 1,000 digs.

An elementary education major with a 3.95 G.P.A., Stoltz was selected as the Upper Midwest Athletic Conference (UMAC) Player of the Year and was a first team All-UMAC pick. A native of Lino Lakes, Minn., Stoltz was an American Volleyball Coaches Association (AVCA) Second Team All-American in 2012. Stoltz led the Eagles to a 23-13 record and to the NCAA Regional Tournament. She led Division III setters with 10.95 assists per set.

An elementary education and psychology double major with a 3.96 G.P.A., Wilks was named as an honorable mention American Volleyball Coaches Association (AVCA) All-American for the second year in a row. She was also named to the first-team All-Conference of Illinois Wisconsin (CCIW) honor. A native of Union Grove, Wis., Wilks led the Blue Jays to a record of 37-5 overall and to their second CCIW Championship. Elmhurst advanced to the Sweet 16 of the NCAA Division III Tournament. She ranked second on the squad in hitting percentage (.321) and blocks (108).

The six members of the Capital One Academic All-America® Division III Volleyball First Team maintain an average G.P.A. of 3.97, while two of the members carry a G.P.A. of 4.00 or higher.

On the Capital One Academic All-America® Division III volleyball second team, Massachusetts Institute of Technology is represented by two student-athletes. Junior **Jenny Astrachan** and senior **Kristine Bunker** of MIT are joined on the second team by senior **Emily Caldwell** of Otterbein, senior **Erika Chin** of Clarkson, sophomore **Maggie Kamp** of national champion Calvin and senior **Kaitlin Norman** of Piedmont.

The third team is comprised of seniors **Samantha Gates** of Stevens Tech, **Liz Hauser** of SUNY New Paltz, **Krystie Luczynski** of Roger Williams, **Shelby Switzer** of North Park and **Veronica Vizzard** of Widener. Sophomore **Kara Seidenstricker** of Wittenberg rounds out the third team.

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.

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

Volleyball Team

Academic All-American of the Year: Tessa Smolinski, Springfield (MA)

FIRST TEAM

| Name | School | Yr. | Hometown | GPA | Major |
|----------------------------|----------------------------|------------|----------------------|-------------|---------------------------------------|
| Hannah Brickley | Trinity (Conn.) | Sr. | Melrose, Mass. | 4.13 | Biology |
| Kelly Foley | St. Thomas (Minn.) | Jr. | St. Paul, Minn. | 3.82 | Business, Fin.I Management |
| Stephanie Kirchner | Wisconsin-Platteville | Sr. | Sussex, Wis. | 3.97 | Industrial Engineering |
| Tessa Smolinski (2) | Springfield (Mass.) | Sr. | Hebron, Conn. | 4.00 | Comm. Sciences & Disorders |
| Krista Stoltz | Northwestern (Minn.) | Sr. | Lino Lakes, Minn. | 3.95 | Elementary Education |
| Kaitlyn Wilks | Elmhurst | Sr. | Union Grove, Wis. | 3.96 | Elem. Education & Psychology |

SECOND TEAM

| Name | School | Yr. | Hometown | GPA | Major |
|-----------------|--------------------------|-----|-------------------|------|---------------------------------|
| Jenny Astrachan | Mass. Institute of Tech. | Jr. | Austin, Texas | 4.00 | Electrical Eng. & Computer Sci. |
| Kristine Bunker | Mass. Institute of Tech | Sr. | Falmouth, Mass. | 3.80 | Mechanical Engineering |
| Emily Caldwell | Otterbein | Sr. | Cincinnati, Ohio | 3.97 | Nursing |
| Erika Chin | Clarkson | Sr. | Katy, Texas | 3.84 | Chemical Eng., Engin. & Mgmt. |
| Maggie Kamp | Calvin | So. | Orland Park, Ill. | 3.91 | Business Admin, Graphic Design |
| Kaitlin Norman | Piedmont | Sr. | Good Hope, Ga. | 4.00 | Biology |

THIRD TEAM

| Name | School | Yr. | Hometown | GPA | Major |
|---------------------|----------------|-----|----------------------|------|----------------------------|
| Samantha Gates | Stevens Tech | Sr. | Wilmington, N.C. | 3.78 | Business & Technology |
| Liz Hauser | SUNY New Paltz | Sr. | East Williston, N.Y. | 4.00 | Secondary Education (Math) |
| Krystie Luczynski | Roger Williams | Sr. | Kensington, Conn. | 3.54 | Global Communications |
| Kara Seidenstricker | Wittenberg | So. | London, Ohio | 4.00 | Education |
| Shelby Switzer | North Park | Sr. | Phoenix, Ariz. | 3.93 | Biology |
| Veronica Vizzard | Widener | Sr. | Havertown, Pa. | 4.00 | Criminal Justice |

(2) Capital One Academic All-America[®] 2nd team in 2012

