



CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM SELECTED BY COSIDA

FOR RELEASE:

Monday, December 2 – 12 noon (EDT)

RUNNING BACK LAMONT WIMS OF ROBERT MORRIS (ILL.) LEADS CAPITAL ONE ACADEMIC ALL-AMERICA® COLLEGE DIVISION FOOTBALL TEAM

TOWSON, Md. - Junior running back **Lamont Wims** of Robert Morris (Ill.) University highlights the 2013 Capital One Academic All-America® College Division Football Team as selected by the College Sports Information Directors of America (CoSIDA).

An accounting major with a 3.79 G.P.A., Wims has been selected as the winner of the Capital One College Division Academic All-America® of the Year award for the football team.

The Capital One College Division Academic All-America® football team is comprised of student-athletes from NAIA, Canadian and two-year institutions.

Wims became one of nine student-athletes who are repeat selections on the Capital One College Division Academic All-America® football team.

Wims rushed for 1,518 yards and 17 touchdowns in spearheading the Eagles' 7-4 finish in 2013. He caught 16 passes for 204 yards and two touchdowns and topped the Mid-States Football Association Mideast League and ranked eighth in the NAIA with 138.0 yards rushing per game. The Frederick, Md., native established a new single-game school record by running for 245 yards in Robert Morris' 42-2 victory over Concordia (Mich.) University. Wims scored four touchdowns and carried the ball 25 times in the Eagles' season-ending win Nov. 17 in Arlington Heights, Ill. He made the all-conference first team.

Six members of the Capital One College Division Academic All-America® team led their squads into the postseason. Quarterfinalists in the NAIA Football Championship Series Morningside College and University of Saint Francis (Ind.) had two student-athletes each on the Capital One College Division Academic All-America® football team. Junior quarterback **Andrew Buckley** guided the University of Calgary to the Vanier Cup, the Canadian Interuniversity Sport football championship, won by the University of Laval.

Kansas Wesleyan University, Morningside, Nebraska Wesleyan University, Robert Morris, Saint Francis and Saint Xavier (Ill.) University boasted of two honorees each.

A kinesiology major with a 3.93 G.P.A., Buckley threw for 3,122 yards and 18 touchdowns while completing 227 of 360 passes for a 63.1 completion percentage. Buckley added 385 yards and five touchdowns rushing. Buckley was honored with the Russ Jackson Award as the Canadian Interuniversity Sport football best exemplifying the attributes of academic achievement, football skill and citizenship. Buckley threw for 247 yards and a touchdown in the CIS football title game.

Joining Wims on the team for the second year in a row were senior defensive back **Matt Broeckelman** of Kansas Wesleyan, senior defensive lineman **Matt Carden** of Saint Francis, junior defensive back **Philip Emminger** of Robert Morris, senior tight end **Andrew Friederich** of Saint Ambrose University, junior running back **Jon Halvorson** of Morningside, junior defensive lineman **Greg Hayward** of Saint Xavier, senior kicker **Aaron Lorraine** of Nebraska Wesleyan and junior defensive back **Seth Wardyn** of Nebraska Wesleyan.

A pre-physical therapy major with a 3.90 G.P.A., Broeckelman provided Kansas Wesleyan with 48 tackles, 4.5 tackles for losses, two passes broken up and an interception. A native of Mankato, Kan., Broeckelman is a six-time President's Honor Roll honoree and a two-time member of the President's Club.

A secondary education/math major with a 3.89 G.P.A., Carden has supplied Saint Francis with 27 tackles (16 solo), 3.5 tackles for loss and 1.5 sacks. A native of Wakarusa, Ind., Carden garnered first team all-Mid-States Football Association Mideast League acclaim as a senior.



Wims Leads Capital One Academic All-America® College Division Football Team – page 2

An accounting major with a 3.91 G.P.A., Emminger tied for the team lead with three interceptions while also making 43 tackles, four pass breakups and three fumble recoveries for Robert Morris (7-4).

A chemistry major with a 3.67 G.P.A., Friederich took first-team all-Midwest League honors from the Mid-States Football Association while catching 28 passes for 406 yards and two touchdowns. The Davenport, Iowa, native helped Saint Ambrose reach the NAIA playoffs and go 7-4.

A business administration major sporting a 3.79 G.P.A., Halvorson has generated 769 yards and 10 touchdowns on the ground while making 14 receptions for 154 yards and a score for Morningside. The Sioux Falls, S.D., native became a second-team all-Great Plains Athletic Conference choice.

A criminal justice and sociology major with a 3.80 G.P.A., Hayward has notched 50 tackles, 16 tackles for loss and 6.5 sacks as Saint Xavier went 7-4. The Oak Lawn, Ill., native made the all-Midwest League first team of the MSFA.

A business administration major with a 3.82 G.P.A., Lorraine led the GPAC with 10 field goals in 16 attempts while converting 22 of 27 extra-point kicks. The Omaha, Neb., native earned first-team all-conference honors and finished his career fourth on Nebraska Wesleyan's all-time field goal list.

A biology major with a 3.81 G.P.A., Wardyn made 50 tackles, 27 solo tackles and an interception and led Nebraska Wesleyan in punt return yardage (178) and punt returns (20) for an 8.9-yard average. The Grand Island, Neb., native nabbed second-team all-GPAC accolades as well as league special teams player of the week for games played Nov. 16.

Seniors **Jon Hilliger** of Ottawa University and **Matt Powers** of Lindsey Wilson College comprised the wide receivers on the team.

An accounting major who has compiled a 3.63 G.P.A., Hilliger was the Braves' leading receiver with team highs in catches (53), receiving yards (750) and touchdown receptions (nine). The Van Nuys, Calif., native took first-team All-Kansas Collegiate Athletic Conference acclaim for Ottawa, which advanced to the NAIA postseason.

A psychophysiology major with a 3.75 G.P.A., Powers reeled in 32 catches for 676 yards and seven touchdowns. The Harrogate, Tenn., native garnered second-team All-Mid-South Conference as well as academic all-conference.

The Capital One Academic All-America® College Division team offensive line features senior **Laurent Duvernay-Tardif** of McGill University, junior **Tyler Ford** of Peru State College, senior **Brett Guenther** of Saint Francis, senior **Heath Hewitt** of McPherson College and senior **Joe Vetrovsky** of Doane College.

A medicine major with a 3.92 G.P.A., Tardif became the J.P. Metras Trophy winner as the outstanding down lineman in Canadian Intercollegiate Sport football. A native of St. Hilaire, Quebec, he aided McGill in finishing second in its league in total yards per game.

A criminal justice - administration major with a 3.65 G.P.A., Ford was a first-team all-Heart of America Athletic Conference honoree. The Lincoln, Neb., native helped pave the way for Peru State to lead the league in rushing yards.

An elementary education major with a 3.82 G.P.A., Guenther has been a part of Saint Francis' 9-2 squad that won a second consecutive conference crown and advanced to the NAIA quarterfinals.

A biology and education double major boasting of a 3.92 G.P.A., Hewitt played several positions along the McPherson offensive line in gaining first-team All-KCAC honors. The Sterling, Kan., native helped the Bulldogs average 348.7 yards per game.

A business administration major with a 3.74 G.P.A., Vetrovsky aided Doane in rushing for 202.3 yards a contest to rank second in the GPAC and score 20 rushing touchdowns.

Rounding out the defensive secondary is **Sederick Dunbar** of Siena Heights University. The senior from Ferndale, Mich., has turned in a 3.76 G.P.A. studying criminal justice. Dunbar ranked second on the Saints with 53.5 tackles, two interceptions and a fumble recovery for a defense that rates fifth in the NAIA at 17.2 points allowed per game.

Wims Leads Capital One Academic All-America® College Division Football Team – page 3

The all-senior linebacking corps on the Capital One Academic All-America® College Division team includes **Brock Bullock** of The Apprentice School, **Zach Dolph** of Saint Xavier and **Brady Harwell** of Kansas Wesleyan.

An electrician apprentice sporting a 3.90 G.P.A., Bullock led the United States Collegiate Athletic Association with a school-record 142 tackles while making 65 solo tackles, 11 tackles for loss, two interceptions and three fumble recoveries. The Fredericksburg, Va., native snagged first-team All-USCAA honors, USCAA all-academic and USCAA player of the week after a single-game school-record 24 tackles at Southern Virginia University.

A finance and mathematics double major with a 3.63 G.P.A., Dolph topped the Mid-States Football Association Midwest League with 112 tackles while posting three sacks, three interceptions, five pass breakups and four forced fumbles for Saint Xavier. The Crest Hill, Ill., native took first-team all-league honors as well as two NAIA defensive player of the week awards this season. Dolph set a new school record with 23 tackles against William Penn University on Oct. 26 in Chicago.

Harwell holds Kansas Wesleyan's all-time tackle record with 367. A first-team All-KCAC performer, Harwell led the team with 135 tackles and ranked third in the NAIA with 12.3 tackles per game. The Vega, Texas, native has a 3.50 G.P.A. while studying athletic training and pre-physical therapy.

Completing the Capital One Academic All-America® College Division team defensive line are senior **Michele Canali** of Menlo College and senior **Nicholas Norton** of Webber International University.

A business management major with a 3.87 G.P.A., Canali has produced 39 tackles, 10 tackles for loss and 7.5 sacks. The Parma, Italy, native blocked a kick against Lindenwood University-Belleville on Oct. 5.

A finance and traditional MBA major with a 4.00 G.P.A., Norton registered 16 tackles, nine solo tackles and two tackles for loss for Webber International. Norton is a graduate student.

Senior **Jordan Sitzmann** makes the Capital One Academic All-America® College Division squad at punter. Sitzmann averaged 39.4 yards per punt for Morningside to rank fourth in the GPAC in that category. The Le Mars, Iowa, native has a 3.79 G.P.A. as a business administration major.

The 24 members of the 2013 Capital One Academic All-America® College Division Football team have a 3.80 average G.P.A.

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 20,000 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:

Michael MacEachern, Young Harris College (mfmaceachern@yhc.edu) (706) 379-5106
Academic All-America® Vice Co-Chair for Publicity/Communications

Rich Tortorelli, Oklahoma City University (rtortorelli@okcu.edu) (405) 208-5304
Academic All-America® Coordinator of Publicity



2013 Capital One Academic All-America® Football Team College Division

FIRST TEAM

Pos.	Name	School	Yr.	Hometown	GPA	Major
QB	Andrew Buckley	Calgary	Jr.	Calgary, Alberta	3.93	Kinesiology
WR	Jon Hilliger	Ottawa	Sr.	Van Nuys, Calif.	3.63	Accounting
WR	Matt Powers	Lindsey Wilson	Sr.	Harrogate, Tenn.	3.75	Psychophysiology
TE	Andrew Friederich (1)	Saint Ambrose	Sr.	Davenport, Iowa	3.67	Chemistry
RB	Jon Halvorson (2)	Morningside	Jr.	Sioux Falls, S.D.	3.79	Business Administration
RB	Lamont Wims (1)	Robert Morris (III.)	Jr.	Frederick, Md.	3.79	Accounting
OL	Laurent Duvernay-Tardif	Mcgill	Sr.	St. Hilaire, Quebec	3.92	Medicine
OL	Tyler Ford	Peru State	Jr.	Lincoln, Neb.	3.65	Criminal Justice/Administration
OL	Brett Guenther	St. Francis (Ind.)	Sr.	Westfield, Ind.	3.82	Elementary Education
OL	Heath Hewitt	Mcperson	Sr.	Sterling, Kan.	3.92	Biology/Education
OL	Joe Vetrovsky	Doane	Sr.	McCook, Neb.	3.74	K-12 Special Education
K	Aaron Lorraine (1)	Nebraska Wesleyan	Sr.	Omaha, Neb.	3.82	Business Administration
DB	Matt Broeckelman (2)	Kansas Wesleyan	Sr.	Mankato, Kan.	3.90	Pre-Physical Therapy
DB	Sederick Dunbar	Siena Heights	Sr.	Ferndale, Mich.	3.76	Criminal Justice
DB	Philip Emminger (2)	Robert Morris (III.)	Jr.	Canton, Mich.	3.91	Accounting
DB	Seth Wardyn (1)	Nebraska Wesleyan	Jr.	Grand Island, Neb.	3.81	Biology
LB	Brock Bullock	Apprentice School	Sr.	Fredericksburg, Va.	3.90	Electrician
LB	Zach Dolph	Saint Xavier	Sr.	Crest Hill, Ill.	3.63	Finance/Mathematics
LB	Brady Harwell	Kansas Wesleyan	Sr.	Vega, Texas	3.50	Athletic Training/Pre-Physical Therapy
DL	Michele Canali	Menlo	Sr.	Parma, Italy	3.87	Business Management
DL	Matt Carden (2)	St. Francis (In)	Sr.	Wakarusa, Ind.	3.89	Secondary Education/Math
DL	Greg Hayward (2)	Saint Xavier	Jr.	Oak Lawn, Ill.	3.80	Criminal Justice/Sociology
DL	Nicholas Norton	Webber International	Sr.	Holt, Mich.	4.00	Finance & Traditional MBA
P	Jordan Sitzmann	Morningside	Sr.	Le Mars, Iowa	3.79	Business Administration

Academic All-American of the Year: Lamont Wims, Robert Morris (III.)

- (1) **Capital One Academic All-America® College Division 1st team in 2012**
 (2) **Capital One Academic All-America® College Division 2nd team in 2012**