



CAPITAL ONE ACADEMIC ALL-AMERICA® TEAM
SELECTED BY CoSIDA

FOR RELEASE:

Tuesday, February 19 – 12 noon (EDT)

**COLTON HUNT OF RANDOLPH, CARISSA VERKAIK OF CALVIN
TOP CAPITAL ONE ACADEMIC ALL-AMERICA®
DIVISION III BASKETBALL TEAMS**

TOWSON, Md. – Senior guard **Colton Hunt** of Randolph College and senior center **Carissa Verkaik** of Calvin College lead the 2012-13 Capital One Academic All-America® Division III Men's and Women's Basketball Teams, as selected by the College Sports Information Directors of America (CoSIDA).

Hunt and Verkaik have been chosen as the NCAA Division III Academic All-America® of the Year award winners for men's and women's basketball, respectively.

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 2012-13 DII and DIII Academic All-America® teams program.

Hunt, a Capital One Academic All-America® third team honoree last season, leads the Old Dominion Athletic Conference and ranks third in Division III in scoring at 25.8 points per game.

An economics major with a 3.94 G.P.A., Hunt is a four-time ODAC Player of the Week this season and a two-time *D3Hoops.com* National Team of the Week honoree. He also averages 7.2 rebounds and 2.9 steals per game. A native of Whittier, N.C., Hunt is a two-time All-ODAC first team selection and a 2012-13 *D3Hoops.com* Preseason All-American. Last season, he became the first male student-athlete at Randolph to be named to a Capital One Academic All-America® program.

Hunt, who is already the all-time scoring leader in school history, led Randolph to a 15-14 record and the ODAC championship game as junior. The second-leading rebounder in the program history, he already owns the school records for career assists and steals. As a senior, he has led the WildCats to a 20-4 record.

Verkaik, a Capital One Academic All-America® third team honoree last year, is averaging 19.8 points per game. The Michigan Intercollegiate Athletic Association scoring leader, she ranks 19th in NCAA Division III.

An elementary education major with a 3.76 G.P.A., Verkaik is a two-time *D3hoops.com* Great Lakes Region Player of the Year and a 2012 *DIII News* Player of the Year who averages 8.8 rebounds and 3.3 blocks per game. A native of Holland, Mich., Verkaik is a three-time MIAA Most Valuable Player and three-time first-team All-MIAA honoree. She is the MIAA's career scoring leader.

As a senior, she has led No. 3 Calvin to a 22-2 record. Last year, the Knights finished the season with a 28-2 record and reached the NCAA quarter-finals. Recently, she became just the second player to score more than 1,000 points in league games. Verkaik is Calvin's career leader in scoring (2,172 points) and blocked shots (428) and is tied for first on the Calvin career list in rebounds (1,034).

Joining Hunt as repeat Capital One Academic All-America® selections are senior center **John Norsen** of St. John Fisher and senior forward **Brett Tester** of St. Scholastica.

An accounting major with a 3.91 G.P.A., Norsen was a Capital One Academic All-America® third team pick last year. A native of Hamburg, N.Y., Norsen leads the Cardinals in scoring, rebounding and blocked shots. While leading the Cardinals to a 15-8 record, he is averaging 15.0 points, 8.2 rebounds and 3.5 blocked shots per game. A two-time All-Empire 8 pick, Norsen ranks third in Division III in blocks per game.



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Hunt, Verkaik Named As Capital One Academic All-America® Team Members of Year – page 2

An accounting & finance double major with a 4.00 G.P.A., Tester is the only repeat member of the Capital One Academic All-America® first team. A native of Andover, Minn., Tester leads the Saints in scoring at 13.7 points per game and averages 6.0 rebounds per contest. Named to the All-Upper Midwest Athletic Conference first team twice, Tester is one of only two players in program history to reach 1,400 points and 600 rebounds.

Completing the 2012-13 Capital One Academic All-America® Division III men's basketball first team are junior forwards **Richie Bonney** of Hobart and **Ryan Sheehan** of Nichols.

A philosophy and public policy studies double major with a 3.90 G.P.A., Bonney leads the Liberty League in scoring at 19.8 points per game. A native of Norwich, N.Y., Bonney also leads the Statesmen with 8.4 rebounds per game. He was a second-team All-Liberty League selection last season after earning Rookie of the Year honors in 2010-11. Bonney has led Hobart to a 19-6 record and first place in the Liberty League standings.

An international business major with a 3.89 G.P.A., Sheehan leads the Bison and ranks seventh in Division III in scoring at 23.6 points per game. A native of North Attleboro, Mass., Sheehan has been named as the Commonwealth Coast Conference Player of the Week three times. Last year, Sheehan became just the third player in program history to reach 1,000 career points by the end of his sophomore season. He has helped the Bison post a 13-12 record this season.

The 2012-13 Capital One Academic All-America® Division III Men's Basketball second team consists of senior guard **Mitchell Kates** of Massachusetts Institute of Technology, junior forwards **Brad Ford** of Nazareth and **James Lazarcik** of Beloit, junior center **Ben Johnson** of Maine-Farmington, and sophomore forward **John Coleman** of Clarkson.

Senior forwards **Danny Brooks** of Lebanon Valley, **Austin Fowler** of Case Western Reserve and **Zac Richards** of Birmingham-Southern lead the Capital One Academic All-America® third team. Senior guard **Alex Greven** of Emory and junior guard **Mark Ghafari** of Kalamazoo complete the team..

The five members of the 2012-13 Capital One Academic All-America® Division III Men's Basketball first team maintain an average G.P.A. of 3.93.

Four first-time honorees join Verkaik on the 2012-13 Capital One Academic All-America® Division III Women's Basketball first team. Senior guard **Katelyn Fisher** of Marymount combines with senior forwards **Dori Gyori** of Messiah, **Kate Nielsen** of Simpson and **Joanna Snyder** of Ohio Northern to complete the first team.

A business major with a 3.97 G.P.A., Fisher is the leading scorer in the Capital Athletic Conference with a 17.1 average. A native of Reisterstown, Md., Fisher also leads the CAC in three-point shooting at 45.0 percent. She has led the Saints to a 21-4 record and the CAC regular season championship. Marymount will be the top seed for the CAC Tournament. Fisher, who averages 5.2 assists per game, was the CAC Player of the Year in 2011-12 when she averaged 17.7 points per game. She was also a Women's Basketball Coaches Association All-American honorable mention choice last season.

An international business major with a 3.84 G.P.A., Gyori leads the Commonwealth Conference in scoring with a 17.0 average. She has led the Falcons to a 22-3 record and a first place finish in the Commonwealth Conference. A native of Batorbagy, Hungary, Gyori is the Falcons' all-time rebounding leader and their second-leading scorer. She is a two-time All-Commonwealth Conference selection who earned first-team honors last season.

An exercise science major with a 3.89 G.P.A., Nielsen is second in the Iowa Intercollegiate Athletic Conference in scoring at 21.9 points per game. A native of Urbandale, Iowa, Nielsen was a first team All-Iowa Intercollegiate Athletic Conference selection last season. Nielsen is one of six players in Simpson history with 1,000 points and 500 rebounds, and is one of only two with 1,000 points, 500 rebounds and 150 steals. She has led the Storm to a 23-2 record and a number six national ranking.

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Hunt, Verkaik Named As Capital One Academic All-America® Team Members of Year – page 3

A mathematics and education double major, Snyder has a perfect 4.00 G.P.A. She has led No. 4 Ohio Northern to a 24-1 record and a perfect 18-0 mark in the Ohio Athletic Conference. She has helped the Polar Bears set school records with 24 wins and a 23-game winning streak. A two-time All-OAC first team selection, the Fort recovery, Ohio native is averaging 13.5 points and 6.0 rebounds per game. Snyder became the 11th member of the 1,000-point club at Ohio Northern on February 13.

The five members of the 2012-13 Capital One Academic All-America® Division III Women's Basketball first team have an average G.P.A. of 3.892.

Junior guard **Lianna Carrero** of Albertus Magnus, senior guard **Allison Long** of Thomas More, senior forward **Kayla Ernst** of Kenyon, junior forward **Rebecca Yoshor** of Yeshiva and senior center **Kate Dellinger** of Widener make up the 2012-13 Capital One Academic All-America® Women's Basketball Division III second team.

The 2012-13 Capital One Academic All-America® Women's Basketball Division III third team includes junior guard **Kimi Takaoka** of Chapman, senior guard **Jill Woerner** of Catholic, senior forwards **Kelly Barzak** of Thiel and **Sarah Bingea** of Wisconsin-Eau Claire, and senior center **Camille Marie** of Cornell (Iowa).

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 \$122.2 billion in deposits and \$197.5 billion in total assets outstanding as of December 31, 2010. Headquartered in McLean, Virginia, Capital One offers a broad spectrum of financial products and services to consumers, small businesses and commercial clients. Capital One, N.A. has approximately 1,000 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.

Capital One, an NCAA Corporate Champion, began its affiliation with college sports with the sponsorship of the 2001 Capital One Florida Citrus Bowl (now the Capital One Bowl) and ESPN's Capital One Bowl Week. In 2010, Capital One launched the Capital One Cup, a prestigious new program rewarding NCAA Division I athletics programs for their cumulative on-field performance across multiple men's and women's sports. In addition, Capital One sponsors the ABC College Football Halftime Report, Capital One All-America Mascot Team, all 88 NCAA Championships including the Division I Men's and Women's Basketball Championships, and numerous other collegiate programs.

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 15,000 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:

Dan O'Connell, Towson University (doconnell@towson.edu) (410) 704-3102
Academic All-America® Vice-Chair for Publicity/Communications

Nick Miner, Case Western Reserve University (nxm229@case.edu) (216) 368-6517
Academic All-America® Coordinator of Publicity

Jeff Miller, Baldwin Wallace University (jeffmille@bw.edu) (440) 826-2780
Academic All-America® Coordinator of Publicity



2012-13 Capital One Academic All-America® Men's Basketball Team NCAA Division III

FIRST TEAM

Name	School	Cl.	Hometown	GPA	Major
Richie Bonney	Hobart	Jr.	Norwich, N.Y.	3.90	Philosophy, Pub Policy Studies
Colton Hunt (3)	Randolph	Sr.	Whittier, N.C.	3.94	Economics
Jason Norsen (3)	St. John Fisher	Sr.	Hamburg, N.Y.	3.91	Accounting
Ryan Sheehan	Nichols	Jr.	North Attleboro, Mass.	3.89	International Business
Brett Tester (1)	St. Scholastica	Sr.	Andover, Minn.	4.00	Accounting & Finance

SECOND TEAM

Name	School	Cl.	Hometown	GPA	Major
John Coleman	Clarkson	So.	Potsdam, N.Y.	4.00	Mathematics
Brad Ford	Nazareth	Jr.	Victor, N.Y.	3.80	Business Administration
Ben Johnson	Maine-Farmington	Jr.	Manchester, Maine	3.80	History of Political Theory
Mitchell Kates	Mass. Inst. Of Tech.	Sr.	Colts Neck, N.J.	3.52	Comp. Science & Engineering
James Lazarcik	Beloit	Jr.	La Crescent, Minn.	3.75	Chemistry (Pre-Med)

THIRD TEAM

Name	School	Clr.	Hometown	GPA	Major
Danny Brooks	Lebanon Valley	Sr.	Abingdon, Md.	3.41	Business Administration
Austin Fowler	Case Western Reserve	Sr.	Farmington Hills, Mich.	3.60	Biology
Mark Ghafari	Kalamazoo	Jr.	Grosse Pointe, Mich.	3.78	Economics
Alex Greven	Emory	Sr.	Winston-Salem, N.C.	3.78	Neuroscience & Behavior Bio.
Zac Richards	Birmingham Southern	Sr.	Hoover, Ala.	3.71	Mathematics/Pre-Engineering

Team Member of the Year: Colton Hunt, Randolph

- (1) Capital One Academic All-America® Division III 1st team selection in 2011-12
 (3) Capital One Academic All-America® Division III 3rd team selection in 2011-12

Visit the Capital One Academic All-America web site:

<http://www.capitaloneacademicallamerica.com>





2012-13 Capital One Academic All-America® Women's Basketball Team Division III

FIRST TEAM

Name	School	Yr.	Hometown	GPA	Major
Katelyn Fischer	Marymount	Sr.	Reisterstown, Md.	3.97	Business
Dori Gyor	Messiah	Sr.	Biatorbagy, Hungary	3.84	International Business
Kate Nielsen	Simpson	Sr.	Urbandale, Iowa	3.89	Exercise Science
Joanna Snyder	Ohio Northern	Sr.	Fort Recovery, Ohio	4.00	Mathematics & Education
Carissa Verkaik (3)	Calvin	Sr.	Holland, Mich.	3.76	Elementary Education

SECOND TEAM

Name	School	Yr.	Hometown	GPA	Major
Lianna Carrero	Albertus Magnus	Jr.	Hamden, Conn.	3.84	Criminal Justice
Kate Dellinger (2)	Widener	Sr.	Wrightsville, Pa.	3.98	Psych., Pre-Physical Therapy
Kayla Ernst	Kenyon	Sr.	Batavia, Ohio	3.74	English
Allison Long	Thomas More	Sr.	Hebron, Ky.	3.94	Secondary Education
Rebecca Yoshor	Yeshiva	Jr.	Houston, Texas	3.97	English Literature

THIRD TEAM

Name	School	Yr.	Hometown	GPA	Major
Kelly Barzak	Thiel	Sr.	Warren, Ohio	3.86	Elementary Education
Sarah Binge	Wisconsin-Eau Claire	Sr.	Delano, Minn.	3.96	Elementary Education
Camille Marie	Cornell (Iowa)	Sr.	Marion, Iowa	3.93	Psychology
Kimi Takaoka	Chapman	Jr.	Arcadia, Calif.	3.93	Athletic Training
Jill Woerner	Catholic	Sr.	Providence, R.I.	3.50	Biomedical Engineering

Team Member of the Year: Carissa Verkaik, Calvin

- (2) *Capital One Academic All-America® Division III 2nd team selection in 2011-12*
- (3) *Capital One Academic All-America® Division III 3rd team selection in 2011-12*

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