



# MEDIA RELATIONS

## Mid-Continent Conference Media Relations

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## Mid-Con announces Fall Academic All-Conference Teams

ELMHURST, ILL. — With the first semester of the 2003-04 academic year complete, the Mid-Continent Conference has announced its Academic All-Conference Teams for the fall. A total of 216 Mid-Con student-athletes from the sports of men's and women's cross country, men's and women's soccer and volleyball were honored for the academic excellence.

Valparaiso paced the conference with a league-best 44 Academic All-Conference honorees, while Oakland trailed just behind with 40 student-athletes cited. League newcomer Centenary placed 33 individuals combined on the five teams, while IUPUI and Western Illinois collected 23 citations each. Southern Utah (20), Oral Roberts (15), Chicago State (9) and UMKC (9) also had student-athletes recognized for their academic achievements.

Of the 216 student-athletes that were honored, eight have maintained perfect 4.00 grade point averages in their careers. Included in that list are sophomores **Kim Gladu** (volleyball) and **Stacy Nelson** (cross country) and junior **Kylie Garrett** (soccer) of Centenary; junior **Steve McCarthy** (soccer) and sophomore **Michelle Hoogveld** (soccer) of Oral Roberts; seniors **Stephanie Hart** (cross country) and **Natalie Quilter** (cross country) of Southern Utah; and sophomore **Darcy Pavlik** (cross country) of Western Illinois.

In order for a student-athlete to be selected to the Academic All-Conference team, he or she must meet the following criteria: carry a 3.00 or better cumulative grade point average; achieve sophomore academic standing at the institution; and compete in the sport in which he or she is nominated, in the season that corresponds with the selection of the award. Transfers, graduate students and junior college graduates must have completed one academic year at the nominating institution. True freshmen, redshirt freshmen and first-year transfers are not eligible for the award.

The complete list of the 2003-04 Mid-Con Fall Academic All-Conference teams follows on the next three pages.

# 2003-04 Mid-Continent Conference Fall Academic All-Conference Teams

## MEN'S CROSS COUNTRY

Name, School	Yr.	Major	Hometown
Steven Deas, Centenary	Jr.	Biology	San Antonio, Texas
Casey Muller, Centenary	Sr.	Communications	Slidell, La.
David Reiland, Centenary	Jr.	Music	Shreveport, La.
Jeffrey Stotts, Centenary	Jr.	Biology	Garland, Texas
David Comiskey, Chicago State	Sr.	Psychology	South Holland, Ill.
Guillaume Kellogg, Chicago State	Jr.	Speech	Country Club Hills, Ill.
Dean Meacham, IUPUI	So.	Fine Arts	Indianapolis, Ind.
Shawn Moore, IUPUI	So.	Environmental Science & Health	Indianapolis, Ind.
Seth Summerside, UMKC	So.	Business Administration	Seneca, Mo.
Shaun Walker, UMKC	Jr.	Electrical and Computer Engineering	Booneville, Ark.
Jason Bruscha, Oakland	Sr.	History	Sterling Heights, Mich.
Luke Williams, Oakland	Jr.	Spanish Language and Literature	Wayland, Mich.
Michael Withee, Oakland	Sr.	Mechanical Engineering	Clawson, Mich.
Majeed Abudu, Southern Utah	Sr.	Accounting	Tamale, Ghana
Charles Degnan, Southern Utah	Jr.	History	Spokane, Wash.
Cody Moat, Southern Utah	Sr.	Technology Education	Duchesne, Utah
Brad Parker, Southern Utah	Jr.	Economics	Kearns, Utah
Chad Sanada, Southern Utah	Jr.	Chemistry	Reno, Nev.
Seth Thompson, Southern Utah	Sr.	History	Harlan, Iowa
Matt Blume, Valparaiso	Sr.	Electrical Engineering	Logansport, Ind.
Mark Doepner, Valparaiso	Sr.	Finance	Fort Wayne, Ind.
David Iott, Valparaiso	Jr.	Electrical Engineering	Fort Wayne, Ind.
Kyle Jones, Valparaiso	So.	Mechanical Engineering	Valparaiso, Ind.
Nate Nunnally, Valparaiso	Sr.	History/Secondary Education	Valparaiso, Ind.
Jeremy Paul, Valparaiso	Jr.	Mechanical Engineering	Lodi, Ohio
Adam Piaskowy, Valparaiso	Jr.	Finance	Crete, Ill.
Trevor Birkmeier, Western Illinois	Jr.	Finance	Pekin, Ill.
Jeffrey Schoon, Western Illinois	Jr.	Manufacture Engineering	Cherry Valley, Ill.
Zach Somers, Western Illinois	Jr.	Finance	Palatine, Ill.

## WOMEN'S CROSS COUNTRY

Name, School	Yr.	Major	Hometown
Maria Moores, Centenary	Sr.	Business Administration	St. Paul, Minn.
Stacy Nelson, Centenary	So.	English	Shreveport, La.
Sarah Perkins, Centenary	Jr.	History	New Orleans, La.
Holly Richardson, Centenary	So.	Psychology	Indianapolis, Ind.
Esther Seitz, Centenary	Sr.	Economics	Chatham, Ill.
Traci Smith, Centenary	Sr.	Business Administration	Buffalo Gap, Texas
Louise Smyth, Centenary	Sr.	Sociology	Houston, Texas
Gabrielle Fitzpatrick, Chicago State	So.	Criminal Justice	Chicago, Ill.
Leslie Ford, Chicago State	Jr.	Sociology	Detroit, Mich.
Raquel Miller, IUPUI	Jr.	Exercise Science	Indianapolis, Ind.
Erin Vickery-Swalley, IUPUI	Jr.	Elementary Education	Avon, Ind.
Natalie Weiher, IUPUI	So.	Exercise Science	Terre Haute, Ind.
Jody Bridgens, UMKC	Sr.	Chemistry	Olathe, Kan.
Holly Gureski, UMKC	So.	Nursing	Cassville, Mo.
Julie Austin, Oakland	So.	Biology	Rochester Hills, Mich.
Kara Coraci, Oakland	Jr.	Communications	Macomb Township, Mich.
Kathy Harenski, Oakland	Sr.	Human Resources	Warren, Mich.
Kristie Kieffer, Oakland	Sr.	Accounting	Sterling Heights, Mich.
Marissa Montgomery, Oakland	So.	Undecided	Livonia, Mich.
Melissa Nasers, Oakland	Jr.	Biology	Battle Creek, Mich.
Kim Schultz, Oakland	So.	Pre-Elementary Education	Vermillion, Ohio
Andrea Sutter, Oakland	Sr.	Health Sciences	Sterling Heights, Mich.
Carma Barnett, Southern Utah	Sr.	Advertising/Broadcasting	Richfield, Utah
Alisha Bezanson, Southern Utah	Jr.	Finance	Cedar City, Utah
Arianne Brown, Southern Utah	Sr.	Elementary Education	Cedar City, Utah
Stephanie Hart, Southern Utah	Sr.	Elementary Education	Cedar City, Utah
Natalie Quilter, Southern Utah	Sr.	Universities Studies	Kearns, Utah
Maegan Schmutz, Southern Utah	Jr.	Nutrition and Food Science	Cedar City, Utah
Amanda Lee, Valparaiso	Sr.	Biology/Secondary Education	South Lyon, Mich.
Tami McDunn, Valparaiso	So.	Meteorology	Farmington, Minn.
Heidi Nathan, Valparaiso	Jr.	Management	Medford, N.Y.
Rachel Nelson, Valparaiso	Jr.	International Economics & Cultural Affairs/Spanish	Lee's Summit, Mo.
Kelly Owens, Valparaiso	Jr.	Biology	Fort Thomas, Ky.
Kristy Popp, Valparaiso	So.	Physical Education: Exercise Science	Bowman, N.D.
Michelle Sexton, Valparaiso	Jr.	Psychology/Theology: Youth Family, Parish Educ.	Hoffman Estates, Ill.
Rachel Stoehr, Valparaiso	Jr.	Elementary Education	Antigo, Wis.
Elizabeth Whiting, Valparaiso	Sr.	Electrical Engineering	Parma, Mich.
Lana Ciaccio, Western Illinois	Jr.	Physical Education	Lockport, Ill.
Theresa Gadbois, Western Illinois	Sr.	Biology	Robinson, Ill.
Jennifer Hainline, Western Illinois	Jr.	Communication Science Disorders	Good Hope, Ill.
Beth Michael, Western Illinois	So.	Chemistry	Marshalltown, Iowa
Vicki Parent, Western Illinois	Jr.	Elementary Education	Bloomington, Ill.
Darcy Pavlik, Western Illinois	So.	Law Enforcement & Justice Administration	Palos Heights, Ill.
Eva Zellman, Western Illinois	Sr.	Mathematics	Elmhurst, Ill.
Courtney Zueck, Western Illinois	So.	Special Education	Glenview, Ill.

# 2003-04 Mid-Continent Conference Fall Academic All-Conference Teams

## MEN'S SOCCER

Name, School	Yr.	Major	Hometown
Justin Clark, Centenary	Jr.	Business Administration	Dallas, Texas
Greg Clarke, Centenary	Jr.	Economics	London, Ontario
Aaron Elrod, Centenary	Jr.	Economics	Little Rock, Ark.
Jack Goodloe, Centenary	Jr.	Health & Exercise Science	Little Rock, Ark.
Jeffrey Krulin, Centenary	Jr.	Finance	Little Rock, Ark.
Michael Krulin, Centenary	Jr.	Biology	Little Rock, Ark.
Stefan Nicola, Centenary	Jr.	Communications	Kehl, Germany
Jason Williams, Centenary	Jr.	Mathematics	Pflugerville, Texas
Jonathan Wright, Centenary	So.	Business Administration	Little Rock, Ark.
Nathan Eames, IUPUI	Jr.	Fine Arts	Omaha, Neb.
Louis Kusic, IUPUI	Jr.	Computer Engineering	Fenton, Mich.
Brandon Meyer, IUPUI	Sr.	Mechanical Engineering	Topeka, Kan.
Ian Peers, IUPUI	Sr.	History/Political Science	Brockport, N.Y.
Matt Roy, IUPUI	Jr.	Marketing/Management/International Business	Zionsville, Ind.
Mike Sullivan, IUPUI	Jr.	Business	South Bend, Ind.
Phillip Braathen, Oakland	Jr.	Economics	Stavanger, Norway
Matt Connor, Oakland	Jr.	Finance	East Lansing, Mich.
Chris Edwards, Oakland	So.	Undecided	Glasgow, Scotland
James Fox, Oakland	So.	Electrical Engineering	Oslo, Norway
Marcus Halland, Oakland	Jr.	Accounting	Vikersund, Norway
Shahar Ktovim, Oakland	Jr.	Business Administration	Holon, Israel
Michael Martin, Oakland	Jr.	Communications	Miami, Fla.
Bret McNabb, Oakland	Jr.	Journalism	Cape Girardeau, Mo.
Danny Ng, Oakland	So.	Finance	Randolph, Mass.
Doug Rice, Oakland	Jr.	Electrical Engineering	Brighton, Mich.
Ryan Rzepka, Oakland	Jr.	Finance	Novi, Mich.
Mark Thomas, Oakland	So.	Undecided	Holywell, Wales
Anders Vollen, Oakland	Sr.	Economics	Oslo, Norway
Jeff Wiese, Oakland	So.	Financial Information Systems	Omaha, Neb.
Adam Allee, Oral Roberts	Sr.	Health & Exercise Science	Raytown, Mo.
Noah Braun, Oral Roberts	Sr.	Elementary Education	Porterville, Calif.
Jason Foster, Oral Roberts	Sr.	Computer Science	Tulsa, Okla.
Victor Hugo-Pena, Oral Roberts	Jr.	International Business	Santa Cruz, Bolivia
Steve McCarthy, Oral Roberts	Jr.	Pastoral Christian Ministry	Endwell, N.Y.
Jason Nussbaum, Oral Roberts	So.	Biology	Tulsa, Okla.
Nate Balfanz, Valparaiso	So.	Psychology	East Peoria, Ill.
James Flugstad, Valparaiso	Jr.	International Business/French	Oklahoma City, Okla.
Owen Hoyt, Valparaiso	Jr.	Electrical Engineering	Spring Grove, Ill.
Mark Korba, Valparaiso	Jr.	Finance/Economics	Portage, Ind.
Adam Newell, Valparaiso	Sr.	Finance	Indianapolis, Ind.
Jeff Oleck, Valparaiso	So.	Biology	Indianapolis, Ind.
Josh Peacher, Valparaiso	Sr.	Finance	Granite City, Ill.
Oliver Sanders, Valparaiso	Sr.	International Business/German	Cape Girardeau, Mo.
Jake Horn, Western Illinois	Jr.	Economics	Chesterfield, Mo.
Justin Langan, Western Illinois	Sr.	Biology	Davenport, Iowa
Cam Shepherd, Western Illinois	Jr.	Economics	Birmingham, Ala.
Andy Swentik, Western Illinois	Jr.	Physics	Marquette, Mich.

## WOMEN'S SOCCER

Name, School	Yr.	Major	Hometown
Lyndsay Bigler, Centenary	Sr.	Finance	Baytown, Texas
Rita Coolidge, Centenary	Jr.	Business Administration	Austin, Texas
Kylie Garrett, Centenary	Jr.	Communications	Spring, Texas
Mindi Levinski, Centenary	Jr.	Biology	Allen, Texas
Ashlee Mantooh, Centenary	Jr.	Chemistry	Bryant, Ark.
Lindsey Stafford, Centenary	So.	Health & Exercise Science	Tyler, Texas
Melissa Tharp, Centenary	Sr.	Health & Exercise Science	Angleton, Texas
Sara Thompson, Centenary	Jr.	History	Grapevine, Texas
Lacey Barron, IUPUI	Jr.	Political Science	Omaha, Neb.
Brooke Hanrahan, IUPUI	Sr.	Marketing	Madison, Wis.
Jessy Havrilesko, IUPUI	So.	Exercise Science	Logansport, Ind.
Niki Hornyak, IUPUI	Jr.	Business	Valparaiso, Ind.
Thais Terkhorn, IUPUI	So.	Physical Education-Teacher Education	Columbus, Ind.
Angie Volovich, IUPUI	Jr.	Management - SPEA	Council Bluffs, Iowa
Therese Bjorke, Oakland	Sr.	Psychology	Lovenstad, Norway
Laura Cowham, Oakland	Jr.	Elementary Education	Caledonia, Mich.
Erica Demers, Oakland	Sr.	Health Sciences	Welland, Ontario
Beth Howson, Oakland	Sr.	Health Sciences	Grosse Pointe, Mich.
Lindsey Mathus, Oakland	Jr.	Chemistry	Monroe, Mich.
Shelly Piccirillo, Oakland	Jr.	Sociology	Niagara Falls, Ontario
Kelly Rieck, Oakland	Jr.	Pre-General Studies	Shelby Township, Mich.
Charissa Adelman, Oral Roberts	Jr.	Mass Media Communication	Littleton, Colo.
Randi Christenson, Oral Roberts	Jr.	Mass Media Communication	Tulsa, Okla.
Michelle Hoogveld, Oral Roberts	So.	Exploratory	Calgary, Alberta
Jessica Kellogg, Oral Roberts	So.	Mathematics	Tulsa, Okla.
Kim Pangburn, Oral Roberts	Jr.	Biology	Muskogee, Okla.
Heidi Ritze, Oral Roberts	Sr.	Biology	Broken Arrow, Okla.
Lindsay Ruisch, Oral Roberts	So.	Exploratory	Johnston, Iowa

# 2003-04 Mid-Continent Conference Fall Academic All-Conference Teams

## WOMEN'S SOCCER (continued)

Name, School	Yr.	Major	Hometown
Annalisa Banks, Southern Utah	Sr.	Broadcasting/Journalism	St. George, Utah
Liz Brooks, Southern Utah	So.	Elementary Education	Ogden, Utah
April Cox, Southern Utah	Sr.	Physical Education	Cedar City, Utah
Michelle Davis, Southern Utah	Jr.	Elementary Education	West Jordan, Utah
Megan Flowers, Southern Utah	Jr.	Physical Education	Eagle, Idaho
Tracy McArthur, Southern Utah	So.	History	St. George, Utah
Jill Shurtleff, Southern Utah	So.	Physical Education	Sandy, Utah
Amber Tubbs, Southern Utah	Sr.	Physical Education	Palmer, Alaska
Courtney Budd, Valparaiso	Sr.	Elementary Education	Cincinnati, Ohio
Kristi Dixon, Valparaiso	So.	Psychology	Ortonville, Mich.
Briana Ehrhardt, Valparaiso	Sr.	Actuarial Science/Math	Addison, Ill.
Kelly Faulkner, Valparaiso	Jr.	Education	Plymouth, Minn.
Danielle Guerra, Valparaiso	So.	Independent Studies	Chesterton, Ind.
Jillian Keating, Valparaiso	Sr.	History/Political Science	Sioux Falls, S.D.
Emily King, Valparaiso	So.	Theology: Youth, Family, Parish Education	Colona, Ill.
Becky Maynard, Valparaiso	Jr.	Elementary Education	Munster, Ind.
Amy Miller, Valparaiso	Jr.	Elementary Education/Secondary Education	Fort Wayne, Ind.
Allison Swanson, Valparaiso	So.	Elementary Education	Naperville, Ill.
Kristen Templin, Valparaiso	Sr.	Psychology	Madison, Wis.
Katie Burns, Western Illinois	Jr.	Elementary Education	Ann Arbor, Mich.
Melanie Casner, Western Illinois	Sr.	Communications	El Paso, Texas
Carey Cowhey, Western Illinois	So.	Marketing	LaGrange, Ill.
Carrie Czerniak, Western Illinois	Jr.	Management	Woodbury, Minn.
Tricia Johnson, Western Illinois	So.	General Orientation	Champaign, Ill.
Lynn Peterson, Western Illinois	Sr.	Recreation, Park & Tourism Administration	Crystal Lake, Ill.

## VOLLEYBALL

Name, School	Yr.	Major	Hometown
Tracee Byrd, Centenary	So.	Undecided	Long Beach, Miss.
Kim Gladu, Centenary	So.	History	St. Francois-du-Lac, Quebec
Kelley Heckman, Centenary	So.	English/Communications	Baytown, Texas
Lauren Sledge, Centenary	So.	English	Austin, Texas
Casey Varnado, Centenary	Sr.	Accounting	Big Sandy, Texas
Shakeila Castile-Jones, Chicago State	So.	Computer Science	Forest Park, Ill.
Shannon Georges, Chicago State	Sr.	Individualized Curriculum	Antelope, Calif.
Vanessa Nicholson, Chicago State	Sr.	Individualized Curriculum	Sante Fe, N.M.
Andrea Rose, Chicago State	Sr.	Psychology	Spokane, Wash.
Natalie Spelman, Chicago State	So.	Elementary Education	West Chicago, Ill.
Tracy Bailey, IUPUI	So.	Biology	Jasper, Ind.
Tiffany Holladay, IUPUI	Sr.	Fitness Sports Studies	Hymera, Ind.
Erin Jones, IUPUI	So.	Biology	Seymour, Ind.
Rebekah Pallikan, IUPUI	Sr.	Marketing/Management	Indianapolis, Ind.
Michelle Sobocinski, IUPUI	Jr.	Fine Arts	Milwaukee, Wis.
Angela Vinson, IUPUI	Sr.	Ceramics	Muncie, Ind.
Sara Foster, UMKC	Sr.	Elementary Education	Valencia, Calif.
Angela Melka, UMKC	So.	Business Administration	Pewaukee, Wis.
Heather Towles, UMKC	So.	Biological Science	Canyon Country, Calif.
Kristy Waltemeyer, UMKC	So.	Business Administration	Huntington Beach, Calif.
Jenni Watts, UMKC	Sr.	Business Administration	Overland Park, Kan.
Lauren Bramos, Oakland	Sr.	Elementary Education	Grosse Pointe, Mich.
Karen Conger, Oakland	Jr.	Accounting	Marysville, Mich.
Amanda Fowler, Oakland	So.	Pre-Business Administration	Battle Creek, Mich.
Patti Hunter, Oakland	Sr.	History w/Secondary Certification	Macomb, Mich.
Katie Lozier, Oakland	Jr.	Psychology	Clinton Township, Mich.
Becca Moller, Oakland	So.	Biology	Columbiaville, Mich.
Beth Ann Rourk, Oakland	Sr.	Elementary Education	Woodhaven, Mich.
Allison Summerhill, Oakland	So.	English w/Secondary Certification	Commerce, Mich.
Becky Brunelle, Oral Roberts	Jr.	Organizational/Interpersonal Communications	Saskatoon, Saskatchewan
Keri Meyerson, Oral Roberts	Sr.	Organizational/Interpersonal Communications	Moundsview, Minn.
Marion Hansen, Valparaiso	Sr.	Physical Education	Huntley, Ill.
Heather Hynds, Valparaiso	Sr.	Communications: Public Relations	Mundelein, Ill.
Liz Mikos, Valparaiso	So.	History	Dundee, Ill.
Lindsey Moore, Valparaiso	Jr.	Chemistry/Biology	Wakarusa, Ind.
Lauren Moulton, Valparaiso	So.	Art	Elgin, Ill.
Cyndi Norman, Valparaiso	Sr.	Biology/Psychology	Minooka, Ill.
Jessi Novak, Valparaiso	So.	Elementary Education	Antigo, Wis.
Michelle Robinson, Valparaiso	Sr.	Decision Science/Actuarial Science	Bloomington, Ill.
Sarah Schmalz, Valparaiso	Sr.	Communications: Public Relations	Corona, Calif.
Jamie Hastings, Western Illinois	So.	Elementary Education	Cary, Ill.
Jessica Manning, Western Illinois	So.	Physical Education	Pawnee, Ill.