

GNAC SPORTSMANSHIP AWARD

	Men	Women
2003-04	Robert Day, Western Oregon	Kamie Jo Massey, Alaska Anchorage
2004-05	Nathan Carlson, Saint Martin's	Mindy Lindquist, Alaska Anchorage
2005-06	Adam Fitt-Chappell, Alaska Anchorage	Meghan Salvesson, Seattle
2006-07	Eric Draper, Alaska Anchorage	Rebecca Kielpinski, Alaska Anchorage
2007-08	Einar Often, Alaska Fairbanks	Mallory Holtman, Central Washington

2003-04

Day, Massey Win GNAC Sportsmanship Awards

SPOKANE, Wash. – Robert Day of Western Oregon University and Kamie Jo Massey of the University of Alaska Anchorage have been selected the winner's of the first *Great Northwest Athletic Conference NCAA Sportsmanship* award.

Day and Massey are now finalists for the 2004 NCAA Division II Sportsmanship award, which honors one male and one female athlete from each of the three NCAA divisions who have distinguished themselves through sportsmanship and ethical behavior.

Day was a four-year starter for the WOU men's basketball team. He finished his career as the second leading scorer in GNAC history with 2,110 points. He also ranks first in GNAC history in three-pointers made with 256.

"I don't recall Robert ever receiving a technical foul or even getting upset with an official," WOU assistant coach Craig Stanger said. "He always competed very hard and was widely respected by other teams."

Day has been active throughout his collegiate career working with youths. "Robert has always been a class act when it comes to his association with youth. He would always take time to help the kids and was often the most willing to converse with the kids beyond the usual pleasantries. He would take time to get to know their names and remember them," Stanger said.

"Robert models what is important about being a student-athlete," WOU athletic director Jon Carey said. "While he works hard at his own development as a basketball player, he is not consumed by it. He models the student portion of student-athlete."

Massey played two seasons for the Seawolf women's basketball team and also competed in track-and-field. In basketball, she averaged a GNAC-record 16.8 points per game and also set a GNAC record in rebounding, averaging 10.2 per contest.

"Kamie exemplifies the NCAA's definition of a student-athlete," UAA women's basketball coach Jody Hensen said. "She has been an outstanding ambassador for UAA – not just athletically, but academically and socially as well. She possesses tremendous character, discipline, determination and drive.

“Kamie is such an unselfish person and has such a big heart, and is constantly putting the team and others first that those around her look past individual success and know that she is going to do everything she can to help the team.”

Off the court, Massey has been involved with her church as a Sunday school teacher. She has also been very involved with many service projects, including taking food to the homeless, and participating in UAA’s “Reading with the Seawolves” program whereby student-athletes visit Anchorage-area elementary schools and read with the kids.

Massey, who is a nursing major and is considering going to medical school, also has worked with the Girl Scout Clinic in the area and served as a mobile medic at the 2003 Mayor’s Midnight Sun Marathon.

“She is a very giving person that is compassionate about others and wants them to shine while she remains in the background,” Hensen said. “She is pursuing a career in the health sciences because of her love of helping others. They don’t come any finer than her.”

2004-05

Lindquist, Carlson Win GNAC Sportsmanship Award

SPOKANE, Wash. – Mindy Lindquist of the University of Alaska Anchorage and Nathan Carlson of Saint Martin’s College have been selected the winner’s of the second annual *Great Northwest Athletic Conference NCAA Sportsmanship* award.

Lindquist and Carlson are now finalists for the **2005 NCAA Division II Sportsmanship** award, which honors one male and one female athlete from each of the three NCAA divisions who have distinguished themselves through sportsmanship and ethical behavior.

Lindquist (Sr., Springville, Utah) competed in three sports during her career at UAA. Playing under the name of Mindy Mendenhall, she was the Seawolves’ third-ranked scorer in both the 2002-03 and 2003-04 basketball seasons. She averaged 10.1 points and 5.6 rebounds in 2002-03 and 11.7 points and 4.4 rebounds in 2003-04.

This past season, she completed in both volleyball and track-and-field. In volleyball, she ranked second on the team in kills (2.27 per game) and was the team leader in blocks (91). In track and field, she earned a third-place finish in the shot put (39-8 ½) at the GNAC championship meet.

“Mindy has been an outstanding representative of sportsmanship and the higher value of college athletics,” UAA athletic director Dr. Steve Cobb said. “On the court – for two years with the basketball team and one with the volleyball team – she was outwardly enthusiastic and always in a positive manner. Her celebrations were always encouraging of her own teammates and never disparaging of the opponent.

“More importantly, Mindy demonstrated incredible fortitude and responsibility by overcoming her Type I diabetes in order to play at a high level. In addition, she has been a role model in the classroom, earning GNAC Academic all-conference honors.”

Off the court, Lindquist has been active in numerous programs. She has served as a psychiatric treatment counselor for Alaska Children’s Services, working with children and adolescents with severe emotional and behavioral programs.

Other organizations and causes she has volunteered with include Kid's Day (helping children make cards for hospitalized kids), Young Women's Church Basketball (as an official), Latter Day Saints Student Association, Give People Thanksgiving, Reading With The Seawolves (reading to grade schoolers), Adopt-A-Highway (cleaning a two-mile stretch of road) and Secret Grammas (bringing gifts to older widows).

She has also volunteered at the Mayor's Midnight Sun Marathon (as an aid station volunteer), the Tour of Anchorage Ski Race (race setup and finish line duties) and at Girl Scout Basketball and Volleyball camps.

Carlson (Sr., Pateros, WA) has been a standout cross country and track & field runner for the Saints. He earned All-American honors this spring by placing eighth in the NCAA Division II national track & field meet in the 1500 meters in a conference record time of 3:50.18 after winning the conference title in a time of 3:53.82.

During his career, he is a three-time NCAA national qualifier (twice in the indoor meet), a five-time provisional national qualifier and a three-time conference champion and meet record holder (1500, indoor mile, indoor medley relay).

He also has won seven GNAC Academic all-conference awards, two CoSIDA District VIII all-region awards and six U.S. Track and Cross Country Coaches Association Academic All-American awards.

"Nathan is an elite athlete who has earned All-American status among many other achievements and has carried himself with humility while being the consummate teammate and friend to all," Saint Martin's athletic director Bob Grisham said.

"His presence on the team and campus adds to the enhancement of the community by his leadership and heart. He represents everything a student-athlete should be, accomplishing goals in the classroom (3.88 GPA in biology), in competition and as a young man of character."

In addition to his athletic and academic accomplishments, Carson has served a president of SMC's Student Athlete Advisory Committee and was instrumental in developing community service events and the passage of a student recreation fee to remodel the school's fitness center. He also established and led a new chapter of Fellowship of Christian Athletes.

2005-06

Fitt-Chappell, Salveson Win GNAC Sportsmanship Awards

SPOKANE, Wash. – Adam Fitt-Chappell of the University of Alaska Anchorage and Meghan Salveson of Seattle University have been selected the winners of the third annual *Great Northwest Athletic Conference NCAA Sportsmanship* award.

Fitt-Chappell and Salveson are now finalists for the *2006 NCAA Division II National Sportsmanship* award, which honors one male and one female athlete from each of the three NCAA divisions who have distinguished themselves through sportsmanship and ethical behavior.

Fitt-Chappell played four seasons of basketball for the Seawolves, finishing his career with 1,045 points. He made 158 of 351 three-pointers and ranks fifth in GNAC history in three-point percentage, converting on 45.0 percent of his attempts.

“Adam was the consummate student-athlete in his four years,” UAA head coach Rusty Osborne said. “Adam never had to be disciplined in any way. He just played the game and never said a word to an official. He was a model citizen on and off the court and represented UAA with class, character and dignity everywhere he went.”

Fitt-Chappell was also an outstanding student for the Seawolves, winning academic all-conference honors three times and earning the team’s Bob Zundel Memorial Trophy this spring for sportsmanship and integrity.

“Adam has been a great role model for both his teammates and young fans alike,” Dr. Steve Cobb, UAA’s athletic director said. “He has done an especially good job working with young people during camps and clinics and also participated in our annual “Reading With The Seawolves” program.”

Salveson competed in cross country for Seattle University, placing 39th in last fall’s GNAC championship meet. She was also named to the GNAC all-academic team with a 3.832 GPA.

Salveson has conducted service trips to Belize (weekend service seminars) and is the founder of the Darfur Action Club, which was named Club of the Year at the Seattle University in 2006.

The Darfur Action Club's goal is to end the genocide and crisis in Darfur by increasing consciousness about the genocide and crisis in Darfur; raising relief and development funds for victims and displaced persons, urging political action for a swift, sustainable, and just solution and coordinating university and statewide efforts to achieve the aforementioned purposes.

In 2004-05, Salveson served an internship with the Catholic Relief Services in Senegal where she documented procedures for the partner organizations that work with CRS.

“What is most remarkable about Meghan is that she has dedicated herself to service and outreach with such a quite humility,” Eric Guerra, Seattle University’s compliance officer and interim athletic director, said. “Moreover she has an exceptionally warm presence, which is esteemed by both her team and on-campus peers. Throughout her college career, Meghan truly maximized every opportunity for growth and she did so by focusing her energies on others.”

2006-07

UAA’s Draper, Kielpinski Win GNAC Sportsmanship Awards

SPOKANE, Wash. – Eric Draper and Rebecca Kielpinski, both of the University of Alaska Anchorage, have been selected the winners of the fourth annual *Great Northwest Athletic Conference NCAA Sportsmanship* award.

The two UAA basketball standouts are now finalists for the *2007 NCAA Division II National Sportsmanship* award, which honors one male and one female athlete from each of the three NCAA divisions who have distinguished themselves through sportsmanship and ethical behavior.

Draper, from Memphis, Tenn., was the second consecutive UAA athlete to win the male award and Kielpinski is the third Seawolf to win the women’s award over the past four years.

Draper averaged 14.1 points per game and shot 90.4 percent from the foul line in earning honorable mention all-conference honors and helping the Seawolves earn their second straight NCAA playoff berth this past winter. He

also competed two seasons in track and field winning the 2006 GNAC high jump championship with a meet and conference record leap of 6-9 ½.

“Eric has been a model student – athlete in both games and practices,” UAA basketball coach Rusty Osborne said. “As a junior he played behind an All-American, yet despite his limited playing time, he was always the first to cheer a good play, offer encouragement and lend support to his teammates.

“As a senior, he played a lot, but his leadership, sportsmanship and hard work were the same as in his junior season. He was the hardest working athlete I’ve had in 19 years of coaching.”

Prior to enrolling at UAA, Draper was a sergeant in the U.S. Army serving as a military policeman. “His superior officers raved about his ability to lead by example and positively influence younger soldiers,” Osborne said.

During his two years at UAA, Draper also participated in numerous clinics and outreach programs.

“As an older student-athlete he has been an outstanding role model, playing at a high level of Division II basketball and track and field, working towards his degree and being an outstanding husband and father to his wife and young daughter,” Osborne said.

Kielpinski, a sophomore from Mandan, N.D., is well on her way to becoming the leading women’s scorer in Great Northwest Athletic Conference history. In her freshman and sophomore seasons, she has scored 944 points, averaging 19.4 points as a freshman and 14.5 in her sophomore season when she also averaged 10.8 rebounds and was voted the *GNAC Player-of-the-Year*.

She has helped turn around the UAA program, which finished 23-6 this past winter after going 13-14 a year ago and 9-18 in the season prior to her arrival. And her success has come with humility.

“She is humble and caring,” UAA coach Tim Moser said. “She is a great example of how an athlete participating in a team sport should act. She does what is right – no matter the situation.

“Rebecca deserves recognition for her outstanding team play,” Moser said. “Her personality makes it easy for anyone that knows her to cheer for her. She is authentic. What you see is what you get. She has credibility with her teammates and friends because she does what is right and does what she says she will do – and she does it all the time.”

On top of her commitments as a student-athlete, Kielpinski has made contributions to the Anchorage community doing public service work such as UAA’s “Reading With the Seawolves” program. She has also worked with local Girl Scouts and also helped start a basketball league at a center for troubled youth.

“She is an outstanding role model for young people with her good sportsmanship, positive attitude and easy-going demeanor,” Moser said.

2007-08

UAF's Often, Central's Holtman Earn Sportsmanship Awards

SPOKANE, Wash. – Skier Einar Often of the University of Alaska Fairbanks and softball player Mallory Holtman of Central Washington University have been selected the winners of the fifth annual *Great Northwest Athletic Conference NCAA Sportsmanship* award.

The two are now finalists for the *2008 NCAA Division II National Sportsmanship* award, which honors one male and one female athlete from each of the three NCAA divisions who have distinguished themselves through sportsmanship and ethical behavior. Those awards will be announced in late August.

Often, from Tynset, Norway, sacrificed his opportunity to qualify for the NCAA National Skiing championships last winter when he gave his pole to teammate Ray Sabo after Sabo broke his pole during the opening kilometer of the 10K Classic race at the NCAA Central Regionals at Biwabik, Minn.

Sabo came into the race just one-tenth of a point away from a berth in the national championships. With Einar's pole, he went on to have one of the best races of his collegiate career, finishing eighth to earn a berth in the NCAA Nationals.

Often was a "bubble" skier himself and his act of sportsmanship effectively ended his hopes to qualify for the NCAAs. After eventually getting a pole from another coach, he went on to finish 23rd in the race.

Even though he didn't qualify, Often paid his own airfare to the NCAAs in Bozeman, Mont., volunteering to serve as a student-assistant during the championship week – waxing skis and providing support to his teammates on the race course.

In addition to his sportsmanship on the course, Often has also made an effort to give back to his community. He took part in a number of service events, including participating in a Student-Athlete Advisory Committee Community Day; a meet-and-greet between local school children and UAF student-athletes.

He also worked as a volunteer coach with the Nordic Ski Club in Fairbanks, helping to teach cross country skiing to local children. He also volunteered his time to help clean and maintain the skiing facilities at the Birch Hill trails in Fairbanks as well as serving as a steward at the annual Equinox Marathon in Fairbanks.

Holtman, from White Salmon, Wash., was involved in the well-chronicled softball game last April in which she and her CWU teammate Liz Wallace carried WOU's Sara Tucholsky around the bases to complete her home run trot after Tucholsky went down with a torn anterior cruciate ligament (ACL) rounding first base.

Western Oregon won the game 4-2 ending Central Washington's post-season hopes. WOU went on to win the GNAC title and eventually reached the NCAA West Regional championship game before losing to eventually national champion Humboldt State.

That act of sportsmanship earned an ESPY last week in the "Best Moment" category.

Holtman, who later was voted the *GNAC Player-of-the-Year* and is the only player to earn first team all-conference honors four times in GNAC softball history, has been a true team leader on-and-off the field.

Over the course of her five years at CWU, she has compiled a 3.31 grade point average as a business administration major. She was also a selfless leader as team captain, which was best exemplified last fall when she

gave up employment in the Office of Athletic Media Relations so that one of her teammates could have employment and continue to participate in softball. Mallory has also assisted in coaching youth softball teams in the Ellensburg community.

“Mallory has always put others ahead of herself, be it as a student-athlete on the field or off it,” Jonathan Gordon, CWU Director of Media Relations, said. “She has been an influential part of the CWU athletic department and within the Ellensburg community, always striving to make those around her better at whatever they do.”