

NCAA WOMAN OF THE YEAR

GNAC Year-By-Year Nominees

2005-06	Jessica Telleria, Western Washington (Track and Field)
2006-07	*Ana Gutierrez, Seattle University (Soccer) Mandy Kaempf, Alaska Anchorage (Ski, Cross Country and Track & Field)
2007-08	Courtney Schneider, Western Washington (Volleyball) Jackie Thomas, Seattle University (Basketball)
2008-09	*Ashley Puga, Northwest Nazarene (Cross Country and Track & Field) Claire Grubb, Seattle Pacific (Soccer)
2009-10	*Jessica Pixler, Seattle Pacific (Cross Country and Track & Field) Tamar Gruwell, Alaska Anchorage (Basketball) *Audrey Coon, Western Washington (Rowing)
2010-11	Samantha Boehm, Montana State Billings (Soccer) Ardrienna Everett, Alaska Anchorage (Track and Field)

Note: Beginning in 2005-06, nominations for NCAA Woman of the Year were coordinated through conference offices. Prior to 2005-06, nominations were made individually by schools with one winner named from each state. *Among 30 finalists.

2006-07

Gutierrez, Kaempf Candidates for Woman of the Year

SPOKANE, Wash. – Two Great Northwest Athletic Conference athletes – Ana Gutierrez of Seattle University and Mandy Kaempf of Alaska Anchorage - have been nominated for the 17th annual NCAA Woman of the Year award.

The NCAA Woman of the Year award honors senior student-athletes for their collegiate achievements in service, leadership, athletics and academics.

Later this summer 30 finalists – 10 from each of the NCAA’s three divisions – will be named. The top 10 honorees from Divisions I, II and III will be honored, and the 2007 NCAA Woman of the Year announced, at a dinner in Indianapolis Oct. 27.

Gutierrez, who earlier this summer won the 2006-07 GNAC Scholar-Athlete award, earned first team GNAC all-conference honors in each of her four seasons leading the Redhawks to a combined won-loss record of 58-17-8 (.747) and becoming only the third woman in conference history to accomplish that feat.

She also was a three-time NSCAA Far West Region first team all-star capping off her career this past fall by earning third team All-American honors.

In the classroom, Gutierrez compiled a cumulative GPA of 3.897, earning first team CoSIDA Academic All-American honors this past fall. She was also a three-time GNAC Academic All-Conference selection and twice earned CoSIDA first team all-district honors. She also was named to the President’s List (2004-06) and Dean’s List (2006-07) during her academic career.

In addition to her athletic and academic accomplishments, Gutierrez was involved in numerous community services and campus activities during her collegiate career.

She was a volunteer at the El Centro de La Raza Community Center and tutored at both Marshall Elementary School and at the Muckleshoot Indian Reservation at various times in her collegiate career. She was also involved in campus ministry as an Eucharistic minister.

Kaempf finished second in the GNAC cross country championships last fall, just three seconds behind winner Jessica Pixler of Seattle Pacific, to become only the second GNAC female athlete to earn four straight all-conference honors with Top 10 finishes in the conference meet.

During her collegiate career, she also competed in skiing and outdoor track and field for the Seawolves, earning All-American honors in both sports. She was a two-time champion in Nordic skiing at the NCAA national meet and in track and field, she finished seventh in the 5,000 meters in the 2006 national meet after winning the GNAC title in the same event.

In cross country, she twice represented Alaska Anchorage in the national meet, finishing 48th in 2004 and 46th 2005 and leading UAA to 21st and 12th place team finishes.

Academically, she was named to the National All-Academic ski team three times (2003-05) and earned GNAC Academic all-conference honors four times (three times in cross country and once in track and field).

Twice she earned CoSIDA Academic All-American honors. She also earned USTFCCA Academic All-American honors twice. In addition, she was named to UAA's Dean's List five times and to its Chancellor's List four times.

2007-08

Two Nominated for NCAA Woman of the Year

SPOKANE, Wash. – Two Great Northwest Athletic Conference athletes – Courtney Schneider of Western Washington University and Jackie Thomas of Seattle University - have been nominated for the 18th annual NCAA Woman of the Year award.

The NCAA Woman of the Year award honors senior student-athletes for their collegiate achievements in service, leadership, athletics and academics.

Later this summer 30 finalists – 10 from each of the NCAA's three divisions – will be named. The top 10 honorees from Divisions I, II and III will be honored, and the 2008 NCAA Woman of the Year announced, at a dinner in Indianapolis Oct. 19.

Schneider (Snohomish, WA) led Western Washington to a historic volleyball season last fall as the Vikings posted a 26-5 record and reached the NCAA Division II national championship match after earlier becoming the first team in conference history to win the NCAA Division II West Region title.

Schneider completed her career as one of the top defensive players in NCAA Division II history. She set NCAA single season (7.74) and career (7.00) records for most digs per game and finished third in NCAA history in career digs with 2,695.

She also earned Great Northwest Athletic Conference Player-of-the-Year honors and was a first team American Volleyball Coaches Association All-American selection.

In all, she won a total of six All-American awards in her career, including three by the AVCA (first team in 2007, third team in 2006 and honorable mention in 2005) and three by Daktronics (first team in 2006, second team in 2007 and third team in 2005). The Daktronics team is chosen by the nation's sports information directors.

In the classroom, the Community Health major was a three-time GNAC academic all-star and a two-time West Region all-star posting a 3.62 grade point average.

During her career at WWU, she was also active as a program development volunteer with the Whatcom Family YMCA, as an assistant teacher with Gold Creek pre-school and as a Sunday school volunteer with the Gold Creek Community Church.

Thomas (Tacoma, WA – Curtis) was a standout basketball player for Seattle University earning honorable mention all-conference honors this past season. She finished second in the conference in steals (3.11) and seventh in assists (2.96).

She completed her career with a school-record 234 steals, which is the third highest total in GNAC history. She also set GNAC career records for most steals (158) and steals per game (2.93) in conference games.

In the classroom, the Seattle sociology major compiled a 3.70 grade point average earning Seattle University's Distinguished Graduate award. She was also a three-time GNAC academic all-conference selection.

She also made numerous contributions to her community off the court. Among the organizations in which she has contributed her time to have been the Rotary Boys and Girls Club, Big Brothers/Big Sisters, Elderly Care, the Office of Multicultural Student Affairs and the Coalition for Educational Equality. She also spent three to five hours per week during her collegiate career as a skills coach for children of military families.

2008-09

Puga, Grubbs Candidates for NCAA Woman of the Year Award

SPOKANE, Wash. – Track and field standout Ashley Puga of Northwest Nazarene University and soccer player Claire Grubbs of Seattle Pacific University have been selected as the Great Northwest Athletic Conference candidates for the 19th annual NCAA Woman of the Year award.

The NCAA Woman of the Year award honors senior student-athletes for their collegiate achievements in service, leadership, athletics and academics.

Later this summer 30 finalists – 10 from each of the NCAA's three divisions – will be named. The top 10 honorees from Divisions I, II and III will be honored, and the 2009 NCAA Woman of the Year announced, at a dinner in Indianapolis in October.

Puga (Sr., Meridian, ID – Nampa Christian), who last week was voted the *GNAC Scholar-Athlete of the Year*, is a nine-time NCAA Division II Track and Field All-American and a two-time national champion. She won NCAA Indoor and Outdoor national titles in the 800 meters this past season, setting a GNAC outdoor record with a season best time of 2:05.23. That time is the sixth fastest in NCAA Division II history.

Puga, who placed eighth in the 1500 meters in addition to winning the 800 at the outdoor national meet, was also selected the GNAC and the *USTFCCCA Outdoor National Track Athlete of the Year*. She set school records this spring in the 400, 800 and 1500 and now holds nine individual or relay NNU track records.

In indoor track and field, she won conference titles in the 800 and mile and led her team to a win in the 4x400 relay in earning GNAC Outstanding Performer honors at the conference meet. In cross country, she placed sixth in the conference meet and 16th in the NCAA West Region meet.

In the classroom, she posted a 3.95 grade point average graduating with a bachelor's degree in business administration and finance. A member of the Dean's List for all eight semesters of her collegiate career, she was a three-time GNAC Cross Country and Track & Field all-academic selection. She was also a three-time selection to the USTFCCCA All-Academic team.

Puga was also active in numerous extracurricular activities during her career at NNU including serving as a peer mentor and also serving on the Academic Undergraduate Council.

Grubbs helped lead Seattle Pacific to the 2008 NCAA Division II national soccer championship, anchoring a defense that posted 17 shutouts and yielded just 0.38 goals per game. She earned first team Daktronics All-Region honors and was a second team Daktronics All-American.

In the classroom, she majored in psychology and posted a 3.97 grade point average, earning CoSIDA Academic All-America honors this past fall. She was a three-time GNAC Academic All-Conference selection and was also a three-time CoSIDA Academic All-District pick. She has also been awarded a NCAA Post-Graduate scholarship.

In addition to her athletic and academic achievements, she served as a volunteer this past year at a homeless shelter for youth. Last summer, she spent a month in central Asia in Khazakstan helping run day camps at an orphanage.

2009-10

Three Earn NCAA Women of the Year Nominations

SPOKANE, Wash. – Track and field and cross country standout Jessica Pixler of Seattle Pacific University and basketball player Tamar Gruwell of Alaska Anchorage have been chosen as the Great Northwest Athletic Conference candidates for the 20th annual *NCAA Woman of the Year* award.

In addition, Audrey Coon of Western Washington earned an at-large nomination for the award. Coon competed in rowing for the Vikings, which isn't an officially recognized GNAC sport.

The NCAA Woman of the Year award honors senior student-athletes for their collegiate achievements in service, leadership, athletics and academics.

Pixler (Sammamish, WA) had a spectacular year winning four national titles in three sports and earning NCAA Division II National Athlete of the Year honors in cross country, indoor track and field *and* outdoor track and field

Last fall she won her fourth straight GNAC cross country title, her fourth straight regional title and her third straight national title becoming the first female in Division II history to win three individual titles and only the third in any division to accomplish that feat.

She won the conference title in a time of 21:03, then added regional and national titles in times of 20:08.9 and 20:22.6. Both her conference and regional times established course records.

Last winter, she won her fourth straight NCAA Indoor national title in the mile in a time of 4:46.42 and also led the Falcons to a national title in the distance medley relay. She ran the anchor leg as the Falcons posted a winning time of 11:29.88.

In the indoor conference meet, she won the 800 meters and mile in meet-record times of 2:08.28 and 4:40.39, respectively, and also led SPU to a conference title in the distance medley relay in a time of 11:36.32.

This spring she won the 1500 meters at the NCAA national meet – her 12th career national title - with a time of 4:15.43 after earlier sweeping the 800 and 1500 meters at the conference meet with meet-record times of 2:06.38 and 4:24.01 and anchoring SPU to a win the 4x400 relay in a time of 3:53.78.

In addition to winning 12 national titles including three in cross country, six in indoor track and three in outdoor track, she won 10 career GNAC Athlete-of-the-Year awards, including four in cross country (2006-09), four in Indoor Track and Field (2007-10) and two in Outdoor Track and Field (2007, 2010).

Pixler was selected the GNAC Athlete and Scholar-Athlete of the Year. An English major, she posted a cumulative GPA of 3.93 and three different times was selected the USTFCCCA Cross Country Scholar-Athlete of the Year and twice earned the award for Indoor Track and Field.

Gruwell (Fairfield, CA) averaged 11.1 points and made 74 of 187 three-pointers in earning second team all-conference honors last winter for Alaska Anchorage in earning Team MVP honors.

In 2008-09, she averaged 7.0 points a game on a UAA team that reached the NCAA Division II national semifinals for the second year in a row and posted a 31-4 record. She earned all-tournament honors in the NCAA West Regionals.

Academically she majored in history and earned a 3.93 GPA. She was selected to the Dean's List and Chancellor's List and was a GNAC All-Academic selection. She also serviced on the UAA Student-Athlete Advisory Committee and participated in the UAA Blood Drive and "Reading With the Seawolves" program.

Coon (Anchorage, AK) led Western Washington to three consecutive rowing national titles between 2007 and 2009 and was a Collegiate Rowing Coaches Association All-American in 2009. During her three years in Varsity 8 shell, the Vikings did not lose to a non-Division I school.

Academically, she earned a 3.96 GPA earning a degree in Spanish and Elementary Education, graduating Magna Cum Laude last December. Among her numerous academic awards, she twice earned CoSIDA Academic All-American honors and was a three-time CoSIDA District 8 Academic all-district selection.

Throughout her career, she was active in numerous community service and campus projects, including serving on the WWU Student-Athlete Advisory Committee and on the WWU Women's Rowing Annual Food Drive.

2010-11

Two Earn NCAA Women of the Year Nominations

SPOKANE, Wash. – Alaska Anchorage track and field athlete Ardrienna Everett and Montana State Billings soccer player Samantha Boehm have been chosen as the Great Northwest Athletic Conference candidates for the 21st annual *NCAA Woman of the Year* award.

The award honors senior student-athletes for their collegiate achievements in service, leadership, athletics and academics. Later this summer 30 finalists – 10 from each of the NCAA's three divisions – will be named. The top nine – three each from Divisions I, II and III - will be honored at the 2011 NCAA Woman of the Year dinner in Indianapolis in October.

Everett competed four seasons in track and field, earning three GNAC Academic all-conference awards. This past spring she capped off her career by placing second in the 400-meter hurdles (1:03.07) and eighth in the 100 hurdles (15.39) in the conference meet.

Everett (Wasilla, AK) had season-best times of 14.58 and 1:02.29 in the two hurdle races. Those marks rank ninth and fifth, respectively, in GNAC history.

In addition to starring for the UAA track and field team, Everett was also a member of the school's Student-Athlete Advisory Committee (SAAC) each of the past three years, serving as the president of the group for the past two years. As president she was also UAA's representative on the GNAC SAAC.

A member of UAA's Dean's list in five of her eight semesters at the university, the English major compiled a 3.41 GPA. She was also the recipient of the UAA Martin Luther King Leadership award in 2010 and 2011.

Among her other activities including serving as a peer mentor and participating in the school's "Reading with the Seawolves" program. She also participated in UAA's Student-Athlete Blood Drive and Day of Service programs.

Boehm, who earlier this week was named the 2010-11 GNAC Sportsmanship award winner, played in 68 games, starting 64 as a defender. This past fall she was a first team GNAC all-conference selection and was an honorable mention selection in 2009.

Boehm, who served as the MSUB team captain in each of the past two seasons, led the Yellowjackets to three NSCAA Team Ethics awards, including two Silver awards (2008 and 2010) and one Bronze (2009).

She was also a two-time "Quest for Excellence" award winner. The award goes to the player who goes above and beyond in demonstrating teamwork, hard work, dedication, discipline and passion to the MSUB soccer program.

Off the field, Boehm spearheaded a campaign for the Make-A-Wish Foundation that raised over \$1,100. Academically, the fifth-year student from Wilsonville, Ore., earned a Master's degree in public relations with a GPA of 3.73 earning third team NSCAA Scholar All-America honors.

Boehm, who was selected as one of two MSUB Female Student-Athletes of the Year for 2010-11, was also a three-time GNAC academic all-star selection and was a COSIDA/ESPN The Magazine third team academic all-region selection in 2009. Six times she made MSUB's Dean's List.

She was also a member of the MSUB SAAC Committee and was the school's 2011 Co-Op Internship Student of the Year. In 2010 she was also selected to attend the NCAA Division II Leadership academy.