

GREAT NORTHWEST ATHLETIC CONFERENCE

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Football: HSU's Proulx, Faraimo Voted Top Players in GNAC

SPOKANE, Wash. – Humboldt State quarterback Mike Proulx, who passed for 2,888 yards and 25 touchdowns and head coach Rob Smith, who guided the Lumberjacks to their first conference title since 1995, have been selected the *2011 Offensive Player-of-the-Year* and *Coach-of-the-Year*, respectively, in the Great Northwest Athletic Conference.

The Coach-of-the-Year award is the ninth for Smith, who also won the *GNAC Coach-of-the-Year* award in 2001, 2003 and 2010 and the *Columbia Football Association Coach-of-the-Year* award in 1989, 1995, 1996, 1999 and 2000. The first seven Coach-of-the-Year awards came while he was at Western Washington University.

Smith, a 1981 graduate of the University of Washington, has a career record of 133-80 in 21 seasons, including 24-18 in four years at Humboldt State.

Proulx, who was an unanimous selection, completed his career as one of the most prolific passing quarterbacks in GNAC history throwing for 7,722 yards and also compiling 8,003 yards of total offense. He ranks third in GNAC history in both categories.

Humboldt State linebacker Jona Faraimo, Western Oregon offensive lineman Jason Slowey, defensive linemen Justin Capicciotti of Simon Fraser and Gavin Drake of Western Oregon and Dixie State's Joe Don Duncan and Stefan Cantwell also earned special awards.

Faraimo, who led Humboldt State in tackles with 68, was voted the *GNAC Defensive Player-of-the-Year*. Slowey was named the *GNAC Offensive Lineman of the Year*, while Capicciotti and Drake tied in the balloting for the *GNAC Defensive Lineman of the Year* award. Capicciotti led the conference in tackles for losses (17) and sacks (10), while Drake ranked fourth in TFLs with 13 and third in sacks with 6 ½.

Duncan, who led the conference in receiving with 64 catches for 949 yards from his tight end slot, was named the *GNAC Newcomer-of-the-Year*. Cantwell, who ranked third in the GNAC in passing with 1,921 yards, was voted the *GNAC Freshman-of-the-Year*.

Humboldt State placed 11 players on the 30-man first-team all-conference squad. Western Oregon had eight first team selections. Central Washington had five. Simon Fraser and Dixie State each had three.

Eight of the first team selections were repeaters including Proulx, Humboldt State running back Lyndon Rowells who set a GNAC single-season rushing record with 1,417 yards, Slowey, Central Washington lineman Mike Nelson, Humboldt defensive lineman Andrew Iupati, HSU linebacker Chris Peterson, Western Oregon defensive back Bryce Peila and WOU punt returner Lucas Gonsalves.

A total of 18 of the first-team selections were unanimous, including 11 on offense and seven on defense.

Unanimous picks on offense were Proulx, Rowells, Simon Fraser running back Bo Palmer, Western Oregon wide receiver Trevor Gates, CWU wide receiver Justin Helwege, HSU receiver Dirk Dallas, Duncan, Slowey, Nelson, Simon Fraser lineman Matthias Goossen and Humboldt kicker Brian Blumberg.

Unanimous defensive picks were Drake, Capicciotti, Iupati, Faraimo, Peila, defensive back Cache Morgan and Wolf punter Scott Buche. Morgan earned first team honors at two position (DB and kick returner).

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2011 GREAT NORTHWEST ATHLETIC CONFERENCE ALL-STARS

OFFENSE

First Team: Quarterback – +*Mike Proulx, HSU (5-11, 203, Sr., Castro Valley, CA). **Running Backs** – +*Lyndon Rowells, HSU (5-10, 200, Sr., Largo, Fla.); +Bo Palmer, SFU (5-9, 190, Jr., North Vancouver, BC). **Receivers** – +Trevor Gates, WOU (5-9, 185, Sr., Hillsboro, OR); +Justin Helwege, CWU (6-6, 217, Sr., Sammamish, WA); +Dirk Dallas, HSU (6-3, 215, Sr., Lynden, WA); Victor Spencer, HSU (5-10, 170, Jr., Sacramento, CA). **Tight End** - +Joe Don Duncan, DSC (6-3, 260, Jr., Corona, CA). **Offensive Line** - +*Jason Slowey, WOU (6-4, 310, Sr., Medford, OR); +*Mike Nelson, CWU (6-4, 275, So., Carnation, WA); +Matthias Goossen, SFU (6-3, 285, So., Richmond, BC); Joey Tivnan, CWU (6-3, 286, Jr., Centralia, WA); Brett Frydendahl, HSU (6-3, 275, Jr., Corona, CA). **Kicker** - +Brian Blumberg, HSU (5-6, 166, Sr., Redondo Beach, CA). **Kick Returner** - Armahd Lewis, CWU (5-9, 178, Sr., Stockton, CA); Cache Morgan, DSC (5-11, 190, Jr., West Jordan, UT). **+Unanimous *Repeater**

Second Team: Quarterback – Evan Mozzochi, WOU (6-2, 230, Sr., Vancouver, WA); Stefan Cantwell, DSC (6-2, 220, Fr., South Jordan, UT). **Running Backs** – Levi Taylor, CWU (5-11, 206, Fr., Spokane, WA); Kenneth Haynes, WOU (5-8, 175, Jr., Marin City, CA); Jesse Ence, DSC (5-10, 210, Sr., Saint George, UT). **Wide Receivers** – Armahd Lewis, CWU (5-9, 178, Sr., Stockton, CA); Anthony Spain, CWU (6-0, 173, Jr., Grants Pass, OR); Tyrell Williams, WOU (6-4, 195, Fr., Salem, OR); Darren Carter, DSC (6-2, 190, Sr., Sandy, UT); Kevin Miles, HSU (5-8, 172, Sr., Sacramento, CA). **Tight End** – Chris Bolt, HSU (6-5, 242, Sr., Lynden, WA); Kyle Lavender, WOU (6-1, 230, Jr., Lake Oswego, OR). **Offensive Line** – Kevin Brockman, WOU (6-1, 330, Sr., Gaffney, SC); Drew Shaw, HSU (6-3, 280, Sr., Encinitas, CA); Nick Garibay, DSC (6-2, 290, Jr., Wilmington, CA); Paul Gutzman, WOU (6-3, 290, So., Grants Pass, OR); Una Smiley, WOU (6-6, 320, Sr., Red Hill, HI); David Kulp, HSU (6-2, 296, So., Lompoc, CA). **Kicker** - Kelly Morgan, WOU (5-9, 170, Jr., Sherwood, OR). **Kick Returner** – Trevor Roush, WOU (5-10, 195, Jr., Kirkland, WA).

DEFENSE

First Team: Defensive Line - +Gavin Drake, WOU (6-3, 250, Jr., Portland, OR); +Justin Capicciotti, SFU (6-3, 250, Sr., Toronto, ON); +*Andrew Iupati, HSU (6-1, 310, Sr., American Samoa); Mike Reno, CWU (6-3, 280, Sr., Ellensburg, WA). **Linebackers** - +Jona Faraimo, HSU (5-11, 240, Sr., Sacramento, CA); Scotland Foss, WOU (6-2, 235, So., Albany, OR); *Chris Peterson, HSU (5-11, 208, Jr., San Diego, CA). **Defensive Backs** - +*Bryce Peila, WOU (6-1, 200, Jr., Central Point, OR); +Cache Morgan, DSC (5-11, 190, Jr., West Jordan, UT); Isaiah Buchanan, WOU (5-10, 175, Sr., Portland, OR); Jeremiah Maluia, HSU (6-0, 196, So., Compton, CA). **Punter** – +Scott Buche, WOU (6-5, 200, Sr., Myrtle Point, OR). **Punt Returner** - *Lucas Gonsalves, WOU (5-9, 175, So., Kailua, HI); Dominique Gaisie, CWU (5-9, 162, Sr., West Covina, CA).

Second Team: Defensive Line - Andrew Oney, CWU (6-4, 255, Sr., Spanaway, WA); Gustave Benthin, WOU (6-3, 285, So., Nampa, ID); Sean McDonald, HSU (6-2, 295, Jr., Kalama, WA); Taylor Tanasse, CWU (6-0, 240, Sr., Yakima, WA); Daniel Martin, SFU (6-3, 260, Sr., Maple Ridge, BC). **Linebackers** - Jake Duncan, DSC (6-0, 235, So., Corona, CA); Casey Chinn, SFU (5-10, 215, So., Port Moody, BC); Devin Wells, WOU (6-3, 255, So., Beaverton, OR); King Manu, WOU (6-2, 220, Jr., Inglewood, CA). **Defensive Backs** - Kevin Cooper, HSU (5-10, 165, So., Oakland, CA); Genesis Fonoimoana, CWU (6-1, 205, Jr., Long Beach, CA); Jordan McGowan, HSU (6-0, 185, Sr., San Francisco, CA); Daniel Moffett, DSC (6-2, 195, Fr., Kaysville, UT); Guy Ricciardulli, HSU (5-10, 210, Sr., San Diego, CA). **Punter** - Josef Kistler, CWU (6-2, 192, So., Galloway, NJ). **Punt Returner** - Kevin Miles, HSU (5-8, 172, Sr., Sacramento, CA)

GNAC Offensive Player-of-the-Year – +Mike Proulx, Humboldt State (QB, 5-11, 203, Sr., Castro Valley, CA). **GNAC Defensive Player-of-the-Year** - Jona Faraimo, HSU (LB, 5-11, 240, Sr., Sacramento, CA). **GNAC Offensive Lineman-of-the-Year** - Jason Slowey, WOU (6-4, 310, Sr., Medford, OR). **GNAC Defensive Lineman-of-the-Year** - Gavin Drake, WOU (6-3, 250, Jr., Portland, OR) and Justin Capicciotti, SFU (6-3, 250, Sr., Toronto, ON). **GNAC Newcomer-of-the-Year** - Joe Don Duncan, DSC (TE, 6-3, 260, Jr., Corona, CA). **GNAC Freshman-of-the-Year** – Stefan Cantwell, DSC (6-2, 220, Fr., South Jordan, UT). **GNAC Coach-of-the-Year** – Rob Smith, HSU.