

GREAT NORTHWEST ATHLETIC CONFERENCE

Contact: Bob Guptill (509-535-5291/Fax 535-5293/e-mail – bguptill@gnacsports.com)

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Saints' Carlson, Kartikova Sweep Scholar-Athlete Awards

SPOKANE, Wash. – Saint Martin's College student-athletes Nathan Carlson (Sr., Pateros, WA) and Martina Kartikova (Sr., Kosice, Slovakia) have been selected the *2004-05 Great Northwest Athletic Conference Male and Female Scholar-Athletes of the Year*. The awards are voted on by the athletic directors at the 10 Great Northwest Athletic Conference schools.

Carlson was a near unanimous choice for the men's award receiving eight of the 10 first-place votes. He capped off his athletic career by finishing eighth in the 1500 meters at last month's NCAA Division II national meet to earn All-American honors. His time of 3:50.18 was a GNAC record.

Carlson, a three-time national qualifier, won three conference titles this year, including the indoor mile, the outdoor 1500 meters and the indoor distance medley relay, setting GNAC records in all three events. He also holds school records in six events, including the 1500, mile, 3000, 5000, distance medley and 4x400 relay.

As outstanding as his athletic career was, his performance in the classroom was even better. A recipient of a NCAA Post-Graduate scholarship to attend Baylor University's doctorate program in physical therapy, Carlson posted a 3.88 GPA in his undergraduate work and has a perfect 4.00 GPA in graduate classes.

He won seven GNAC Academic all-conference awards (three in cross country and four in track) and six U.S. Track and Cross Country Coaches Association Academic All-American awards during his career. In addition, he twice was selected to the CoSIDA Academic All-District team and is a finalist for the CoSIDA Academic All-American team, which will be announced next week.

"Nathan is one of the most special people that I have been around as a coach," Saint Martin's track-and-field head coach Brad Hooper said. "He has left a huge mark on our school, both athletically and academically. We're going to miss him a lot."

Kartikova earned first team all-conference honors in basketball leading the Saints to a 22-7 record and their first-ever NCAA team post-season berth in any sport. She ranked among the conference leaders in seven different categories including scoring (3rd, 18.0), rebounding (2nd, 9.3), field goal percentage (10th, 46.4), blocks (12th, 0.52), steals (13th, 1.62), free throw percentage (13th, 77.0), three-point percentage (13th, 32.4) and three-pointers made (13th, 1.24).

A business major, Kartikova compiled a 3.93 grade point average and made the Dean's List during all six of her terms at the college. Twice she was selected to the GNAC Academic all-conference team and she earned CoSIDA Academic first-team All-American honors this past winter.

A transfer from the University of Prague, all of her academic achievements came despite English not being her native language. In addition to English, she speaks Slovakian, German and Czech.

"It has been a tremendous pleasure and honor to have Martina in our program the past three years," Saint coach Tim Healy said. "She has clearly established herself as an outstanding player, but what sets her apart is her leadership, work ethic and academic performance. She is, in my mind, the quintessential definition of the term 'student-athlete'."

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Carlson and Kartikova are the first Saint Martin’s student-athletes to win the yearly award. Previous male winners have included football players Erik Totten (2001-02) and Rob White (2003-04), both from Western Washington and cross country runner Tobias Schwoerer (2002-03) of Alaska Anchorage.

Previous female winners have included Seattle University soccer standout Nichole Sauvageau (in both 2001-02 and 2002-03) and volleyball player Liz Bishop (2003-04) from Western Washington.

GNAC Scholar-Athletes-of-the-Year

Years	Male	Female
2001-02	Erik Totten, Western Washington (Football)	Nichole Sauvageau, Seattle (Soccer)
2002-03	Tobias Schwoerer, Alaska Anchorage (Cross Country)	Nichole Sauvageau, Seattle (Soccer)
2003-04	Rob White, Western Washington (Football)	Liz Bishop, Western Washington (Volleyball)
2004-05	Nathan Carlson, Saint Martin’s (Cross County & Track)	Martina Kartikova, Saint Martin’s (Basketball)