

# GNAC ATHLETES OF THE YEAR

Years	Male	Female
2001-02	Mike Hinshaw, Western Oregon (Football and Track & Field)	Stephanie Huffman, Seattle Pacific (Track & Field)
2002-03	Fred Hooks, Humboldt State (Basketball)	Kerie Hughes, Seattle Pacific (Basketball)
2003-04	Austin Nichols, Humboldt State (Basketball)	Liz Bishop, Western Washington (Volleyball)
2004-05	Chris Randolph, Seattle Pacific (Track & Field)	Danielle Ayers-Stamper, Seattle Pacific (Track & Field)
	Bobby McAlister, Seattle (Soccer)	
2005-06	Chris Randolph, Seattle Pacific (Track & Field)	LeAnne McGahuey, Central Washington (Volleyball)
	Grant Dykstra, Western Washington (Basketball)	
2006-07	Dustin Bremerman, Seattle Pacific (Basketball)	Jessica Pixler, Seattle Pacific (Track & Field and Cross Country)
2007-08	David Registe, Alaska Anchorage (Track and Field)	Courtney Schneider, Western Washington (Volleyball)
2008-09	Mike Reilly, Central Washington (Football)	Jessica Pixler, Seattle Pacific (Track & Field and Cross Country)
2009-10	Johnny Spevak, Central Washington (Football)	Jessica Pixler, Seattle Pacific (Track & Field and Cross Country)
2010-11	Ryan Brown, Western Washington (Track & Field)	Sarah Porter, Western Washington (Track & Field and Cross Country)
2011-12	Grady Wood, Western Oregon (Baseball)	Hanna Johansson, Alaska Anchorage (Basketball)

## 2001-02

### Huffman, Hinshaw Top Athletes; Sauvageau, Totten Win Academic Awards

ELLENSBURG - Stephanie Huffman of Seattle Pacific and Mike Hinshaw of Western Oregon have been selected the 2001-02 Great Northwest Athletic Conference Female and Male Athletes-of-the-Year.

Huffman, a senior from Brush Prairie, Wash., scored 14 points for the Falcons in the NCAA national track-and-field meet, placing second in the javelin (149-9) and third in the heptathlon (5,389 points). She also led the SPU women to the GNAC track-and-field crown winning titles in the long jump (18-1), javelin (148-4) and heptathlon (4,867) and finishing second in the triple jump (36-7) and high jump (5-4 ½) and fifth in the 100 hurdles (15.59).

Hinshaw (Jr., Scappoose, OR) was a three-sport all-star for the Wolves. In football, he earned all-conference honors as a wide receiver, catching 44 passes for 717 yards and eight touchdowns. He also led the Wolves in scoring with 48 points.

In indoor track-and-field, Hinshaw won All-American honors in the 60 meters. In outdoor track-and-field, he won conference titles in the 100 meters (10.76), 200 meters (21.82), 4x100 (42.14) and 4x400 (3:20.20) in winning Outstanding Male Performer honors at the GNAC meet. He also competed in the NCAA Division II national meet in the 200, setting a GNAC record with a time of 21.11. He also earned second team Verizon Academic All-American honors.

**Mike Hinshaw, Western Oregon (Football, Indoor T&F, Outdoor T&F, Jr., PE/Health):** Wide receiver in football. Sprinter in track-and-field. . .Earned all-conference honors in football. Had 44 receptions for 717 yards and eight touchdowns. Led team in scoring with 48 points. . .Two-time Indoor Track & Field All-American (in 55 meters last year and 60 meters this spring). Holds all of WOU indoor school records in sprints. . .Won 100 and 200 meter titles and anchored winning 4x100 and 4x400 relay teams to lead Wolves to GNAC track-and-field title this spring. Was voted meet's Outstanding Male Performer. Set school and GNAC record in 200 meters (21.11) at NCAA National Outdoor meet. Also had GNAC season-best mark of 10.76 in 100 meters. Earned All-American honors at 2001 NCAA National Outdoor meet. Three-time conference champion in 100 meters. . .Also earned GNAC academic all-star honors in football and track-and-field. Was also named to Verizon District VIII Academic team and second team Verizon Academic All-American team.

**Stephanie Huffman, Seattle Pacific (Track & Field, Sr., Art):** NCAA Division II All-American in javelin (2<sup>nd</sup> at national meet) and heptathlon (3<sup>rd</sup> at national meet). Won conference titles in long jump, javelin and heptathlon and placed second in triple jump and high jump. Also placed fifth in 100 hurdles. Voted Outstanding Female Athlete at conference meet. Scored 5,389 points in heptathlon at national meet, the fourth highest score in school history. Had third best long jump in school history (19-8) during heptathlon. Shared SPU Athlete-of-the-Year Award (winning it for the third time) and was voted team MVP. Led SPU to GNAC team title and 19<sup>th</sup> place finish in national meet. . .Earned all-region and all-conference academic honors. Winner of the McCrath Scholar-Athlete Award for having highest GPA of any SPU graduating four-year letter-winner.

## 2002-03

### **Hughes, Hooks Win Athlete-of-the-Year Awards**

SPOKANE, Wash. – Basketball players Kerie Hughes of Seattle Pacific and Fred Hooks of Humboldt State have been selected the **2002-03 Great Northwest Athletic Conference Female and Male Athletes-of-the-Year**, respectively.

Hughes, a senior from Mt. Vernon, Wash., averaged 12.4 points, 5.4 assists and 1.9 steals in leading the Falcons to a 29-1 record and into the championship game of the NCAA Division II West Regional women's basketball tournament.

She earlier was named the GNAC Women's Basketball Player-of-the-Year and also was an honorable mention WBCA All-American. Hughes, who is a business administration major, was also selected SPU's Athlete-of-the-Year and received the Falcon Award For Excellent, which is based on career achievement in athletics, academics and leadership.

Hooks, a junior from San Diego, led the Lumberjacks to a share of the men's GNAC basketball title with Alaska Fairbanks. He averaged 18.6 points per game and led the GNAC in rebounding, averaging 12.2 per contest. He also was credited with 65 blocked shots.

Hooks, who was also selected the GNAC Men's Basketball Player-of-the-Year, was named to three All-American teams. He was a first team selection by Division II Bulletin. He earned second team Daktronics and third team Basketball Times honors.

Central Washington football player Brian Potucek (So., Tacoma, WA) and Western Washington volleyball player Liz Bishop (Jr., Seattle, WA) finished second in the balloting for the Athlete-of-the-Year awards.

## 2003-04

### **Bishop, Nichols Selected GNAC Athletes-of-the-Year**

SPOKANE, Wash. – Western Washington University volleyball standout Liz Bishop (Sr., Seattle, WA – Mount Rainier) and Humboldt State University basketball player Austin Nichols (Sr., Berkeley, CA) have been selected the *Great Northwest Athletic Conference Female and Male Athletes of the Year* for the 2003-04 season. The awards are voted on by the athletic directors at the 10 Great Northwest Athletic Conference schools.

Bishop, who was also named the *GNAC Scholar-Athlete of the Year*, led the Vikings to a perfect 54-0 conference record over the past three years.

She led the GNAC in assists all three seasons, finishing her career with a GNAC record 4,176. Her total ranks second in Western Washington school history. She also ranks ninth on the school career chart in digs with 850.

Bishop, who edged Seattle Pacific basketball player Valerie Gustafson by one point in the balloting, was a two-time All-American selection earning AVCA first-team honors two years ago and second team honors this past season and Daktronics second team honors as a junior. She was also a two-time selection as *GNAC Player-of-the-Year* in her sport.

“While Liz will be known for her individual honors and the contribution to our program’s success, what is more important to note about her is what an incredible teammate she is,” WWU volleyball head coach Diane Flick said.

“She makes the plays, runs the offense and does her job exceptionally well, but the fact that she elevates the play of those around her makes her more valuable than any stat can show.”

Nichols, who outpointed Alaska Fairbanks basketball player Brad Oleson in the balloting, capped off a brilliant career leading the Lumberjacks into a semifinal contest at the NCAA Division II Elite Eight in Bakersfield. In four seasons, he scored a GNAC record 2,501 points as Humboldt won 96 of 120 games and won or shared three conference titles.

Nichols, a three-time GNAC first-team all-star, also completed his career ranked among the Top 10 in GNAC history in rebounding (5<sup>th</sup> with 705), three-pointers made (4<sup>th</sup> with 193) and steals (7<sup>th</sup> with 125).

“(Austin) has been a tremendous young man to coach,” HSU head coach Tom Wood said. “It’s the total package with him. He’s obviously a terrific basketball player, but he’s also a terrific young man and a true student-athlete. I can’t think of anyone who would represent such an award better than Austin Nichols.”

### **LIZ BISHOP, WESTERN WASHINGTON (Volleyball, Sr., Setter, Seattle, WA – Mount Rainier)**

Second team American Volleyball Coaches Association All-American. . .First team AVCA and Daktronics Pacific Region all-star. . .Great Northwest Athletic Conference Player-of-the-Year for second straight season. . .Ranked ninth nationally in assists (13.54), helping Vikings to a 24-2 record, their best in school history. Reached semifinals of NCAA Division II Pacific Regionals. . .Led team to third straight 18-0 conference record, running league winning streak to 54, fourth longest in NCAA Division II history. . .Finished second among school leaders in assists (4,176) and ninth in digs (850). . .Four-year letter winner.

### **AUSTIN NICHOLS, HUMBOLDT STATE (Basketball, Sr., Forward, Berkeley, CA)**

HSU and GNAC career scoring leader with 2,501 points. Has also achieved the top three single-season scoring marks in HSU basketball history and ranks second in career field goals with 800. . .West Region tournament MVP. . .Hit eight of 10 three-pointers in win over Cal Poly Pomona in opening game of regional tournament. . .First team GNAC each of past three seasons. . .2003-04 Basketball Times third team All-American. . .First team all-region. Led Lumberjacks to third place national finish in Elite Eight. . .Has had draft evaluation workouts with Sacramento Kings and Portland Trail Blazers.

## **2004-05**

### **McAlister, Randolph, Ayers-Stamper Voted Top GNAC Athletes**

SPOKANE, Wash. – Seattle University soccer player Bobby McAlister (Jr., Federal Way, WA) and Seattle Pacific track athlete Chris Randolph (Jr., Lone Tree, CO) have been selected the co- *Great Northwest Athletic Conference Male Athletes-of-the-Year* for the 2004-05 season. SPU track standout Danielle Ayers-Stamper (Jr., Lacrosse, WA) was voted the *GNAC Female Athlete-of-the-Year*.

McAlister and Randolph each received three first-place votes, three second-place votes and two third-place votes from the conference’s 10 athletic directors to tie for the men’s award.

McAlister led the Redhawks to a 22-0-1 record and the NCAA Division II national soccer title last fall. He set GNAC and school-records for goals scored (22) and total points (49) and was selected the *NCAA Division II National Player-of-the-Year*.

In the playoffs, McAlister had three game-winning goals and one game-winning assist and was selected the *NCAA Division II Final Four Most Outstanding Offensive Player*. He finished the season with 11 game-winning goals in SU's 22 victories.

"I'm very proud of Bobby," Seattle University soccer coach Peter Fewing said. "He's overcome two ACL tears and a groin injury to get to this point. Not only is he a terrific soccer player, but his work ethic, leadership and commitment to the team is what makes him great."

Randolph, who swept the track-and-field indoor and outdoor *GNAC Athlete-of-the-Year* awards, claimed the NCAA Division II national outdoor title in the decathlon – the first title for a SPU male track-and-field athlete in 13 years - with a GNAC record score of 7,309 points.

Randolph also finished second in the conference outdoor meet in the 400 meters (49.42), fourth in the long jump (21-4 ¼) and seventh in the high jump (6-2). In the indoor meet, he won GNAC titles in the 400 meters (49.99), high jump (6-4 ¼) and long jump (22-6 ½).

Ayers-Stamper earned four All-American awards, two in the national indoor meet and two in the outdoor national championships in also sweeping the *GNAC Indoor and Outdoor Track & Field Athlete-of-the-Year* awards.

In the indoor national meet, she won the high jump title (5-8) and finished fourth in the long jump (19-5 ½). She also finished second in the national outdoor heptathlon with a GNAC record score of 5,606 and seventh in the 100 hurdles (14.39).

Ayers-Stamper won a total of six GNAC titles, including the 60 hurdles (8.61), high jump (5-6) and long jump (18-9 ¾) in the indoor meet and the 100 hurdles (13.82), high jump (5-8 ½) and long jump (19-0 ¾) in the outdoor championships. In all, she set a total of seven GNAC records, including four outdoor (100 hurdles, high jump, long jump, heptathlon) and three indoor (60 hurdles, high jump, pentathlon).

"Both Chris and Danielle truly had remarkable years," SPU track coach Jack Hoyt said. "In the decathlon and heptathlon staying healthy is half the battle and what they accomplished did not come without an awful lot of hard work.

"For Chris to win the decathlon, he was forced to take his body right to the edge," Hoyt added. "Late in the season, I wondered if Danielle had crossed that line with all that she was doing. She needed some rest before nationals, but got through it."

Randolph is the first SPU athlete to win the male award joining previous winners Western Oregon football player and track sprinter Mike Hinshaw (2001-02) and Humboldt State basketball players Fred Hooks (2002-03) and Austin Nichols (2003-04).

Ayers-Stamper is the third SPU athlete to win the women's award. Previous winners have included track standout Stephanie Huffman (2001-02) and basketball player Keri Hughes (2002-03) along with Western Washington volleyball player Liz Bishop (2003-04).

## 2005-06

### Dykstra, Randolph, McGahuey Voted Top GNAC Athletes

SPOKANE, Wash. – Western Washington basketball player Grant Dykstra (Sr., Everson, WA) and Seattle Pacific track and field athlete Chris Randolph (Sr., Lone Tree, CO) have been selected the co-*Great Northwest Athletic Conference Male Athletes-of-the-Year* for the 2005-06 season. Central Washington volleyball player Leanne McGahuey (Sr., Wenatchee, WA) was voted the *GNAC Female Athlete-of-the-Year*.

Randolph earned a share of the men's award for the second year in a row. Last year he split the award with Seattle University soccer player Bobby McAlister.

Randolph, who earlier was named the *GNAC Track and Field Athlete-of-the-Year* for the third consecutive year, won the NCAA Division II national outdoor title in the decathlon for the second year in a row with a GNAC record score of 7,872 points. That score is the third highest by an American this year and the highest in the NCAA Division II national meet since 1988.

“Chris challenged himself anew at each and every practice this year and as a result raised himself to a whole new level,” SPU head coach Karl Lerum said. “He had a phenomenal senior year, inspiring those with whom he trains and competes with as well as those he interacts with in the campus community.”

In addition to winning his second national decathlon title, Randolph also won GNAC titles in the outdoor 400 meters and the indoor long jump and distance medley relay. He also placed second in the long jump and third in the discus in the outdoor meet and second in the 60 hurdles and third in the high jump in the indoor meet. He also set SPU outdoor records in the 400 meters and decathlon and indoor records in the 60 hurdles, long jump, pole vault and heptathlon.

Randolph, who was also voted the *NCAA Division II National Field Athlete-of-the-Year*, finished fifth in the USA Track & Field Indoor heptathlon championships last winter and has qualified for this summer's USATF decathlon national championships.

Dykstra was a consensus All-American this past winter leading the Vikings to a 23-7 record and to a berth in the NCAA Division II West Regional championship game against Seattle Pacific.

He was named a first team All-American by NABC (Coaches) and Daktronics (Sports Information Directors) and was selected to the second team by *Basketball Times* and to the third team by the publication *Division II Basketball*.

“This award caps a phenomenal and courageous career by an outstanding young man,” WWU head basketball coach Brad Jackson said. “In my mind, Grant models all the qualities of a truly great student-athlete.”

Dykstra, who also won the prestigious 2006 *V Foundation Comeback Award*, averaged 20.6 points, 5.4 rebounds, 4.1 assists and 2.0 steals. He started 113 consecutive games during his career setting school records with 1,844 points and finishing fourth in school history in assists (404), sixth in rebounds (576) and seventh in steals (210).

He also set school records for field goal made (646) and attempted (1340) and minutes played (3734) and conference records for three-pointers made (266) and steals.

McGahuey led Central Washington to its second consecutive Great Northwest Athletic Conference volleyball title, earning unanimous first team all-conference honors for the second consecutive year. She was also voted the *GNAC Volleyball Player-of-the-Year* leading the Wildcats, who advanced to the semifinals of the NCAA Division II Pacific Regionals, to a 23-5 record.

McGahuey, who was a second team AVCA NCAA Division II All-American, led the conference in hitting percentage (.362) and also ranked fifth in the GNAC in kills (3.77) and seventh in blocks (1.02). She finished her four-year career with 1,185 kills, a .359 hitting percentage and 296 total blocks. Her kill and hitting percentage marks both rank third in school history and her block total ranks sixth.

McGahuey's outstanding season came on top of her junior season when she led the conference in hitting percentage (.418) and ranked second in kills (4.56).

"She found a way each day in practice to improve and I think she even had a better season than in her junior season," CWU head coach Mario Andaya said. "Her statistics may not have been as good, but she helped make her teammates better with her leadership skills and she stood out through some difficult times. She truly had an outstanding season."

## **2006-07**

### **SPU's Pixler, Bremerman Voted Top GNAC Athletes**

SPOKANE, Wash. – Four-sport athlete Jessica Pixler of Seattle Pacific University has been voted the *2006-07 Great Northwest Athletic Conference Female Athlete-of-the-Year*. She was a near unanimous selection in the voting by the conference's athletic directors.

Seattle Pacific swept the Athlete-of-the-Year awards as basketball player Dustin Bremerman was selected the *GNAC Male Athlete-of-the-Year*.

It is the third consecutive year a SPU male athlete has at least shared that award. SPU decathlete Chris Randolph shared the award each of the previous two seasons with Bobby McAlister of Seattle University and Grant Dykstra of Western Washington, respectively.

Pixler is the fourth SPU athlete and the first freshman to win the women's award. Track athlete Stephanie Huffman won the inaugural award in 2001-02 and basketball player Kerie Hughes was the 2002-03 winner. Track standout Danielle Ayers-Stamper was the 2004-05 recipient.

Pixler, a graduate of Eastlake High School in Sammamish, competed in soccer, cross country, indoor track-and-field and outdoor track-and-field for the Falcons, winning two national titles, seven GNAC titles, setting five conference records and five meet records and leading SPU to three conference team championships.

In the fall while splitting her time between soccer and cross country, she won individual titles in both the GNAC (21:11) and NCAA West Regional (20:46.10) cross country championships and finished 10<sup>th</sup> in the NCAA national meet (20:40.0), earning the first of her five All-American awards.

In indoor track, she won the NCAA title in the mile (4:51.79) and also earned All-American honors running the anchor leg on SPU's distance medley relay team that finished eighth in the national meet in a time of 12:04.77.

She also set a conference record in the mile (4:42.42) and in the distance medley relay (11:45.92). In the conference meet, she swept the 800 and mile titles in meet record times of 2:11.52 and 4:54.53 and also led the Falcons to the conference title in the distance medley relay in a meet record time of 11:58.41.

In outdoor track and field, she won two more All-American awards, winning the 1500 (4:22.23) and finishing second in the 800 (2:07.90) after sweeping the 800 (2:10.93), 1500 (4:32.80) and 3000 (9:53.80) in the conference meet, setting meet records in the 800 and 3000.

Over the course of the season, she set conference records in all three events, running bests of 2:07.44 in the 800, 4:19.81 in the 1500 and 9:37.41 in the 3000.

“It (winning the Athlete-of-the-Year award) couldn’t happen to a nicer person,” said Pixler’s running coach, Doris Heritage. “Jessica not only has the ability, but she also works hard and works smart for what she’s accomplished.

“She loves to run, always gives it her best effort and does that in class as well. She definitely did make an impact on her teams, not only directly through her efforts but also helping teammates to rise up and meet their goals.”

Bremerman, a senior from Eisenhower High School in Yakima, led the Falcon basketball team to its second consecutive Great Northwest Athletic Conference title, leading SPU and ranking fourth in the conference in scoring (18.9). He also finished seventh in the conference in free throw percentage (88.3), 14<sup>th</sup> in field goal percentage (49.4), 15<sup>th</sup> in three-point percentage (38.3) and 16<sup>th</sup> in assists (2.3).

He finished his career as the No. 2 all-time scorer in school history and seventh in GNAC history with 1,797 points.

"This is quite an honor, and obviously we feel Dustin is very deserving," said SPU head men’s basketball coach Jeff Hironaka. "He is the epitome of the true student-athlete, a good athlete, good student and good person.

“People recognize those qualities in him, both on and off the court. He was always respectful, an even-keel presence and everything he accomplished came within the frame work of a successful team.”

In addition to his accomplishments on the court, Bremerman has had an outstanding career at SPU academically, earning GNAC Academic all-conference honors each of the past three seasons. The business administration major earned CoSIDA Academic all-region honors this past winter and three times has been named to the Dean’s List at SPU.

He capped off his playing career by being selected to compete in the NCAA Division II All-Star basketball game following his senior season.

## 2007-08

### Schneider, Registe Win GNAC Athlete-of-the-Year Awards

SPOKANE, Wash. – Courtney Schneider who led Western Washington University to a national runner-up finish in volleyball and David Registe of the University of Alaska Anchorage who won the NCAA Division II national long jump title this spring have been voted the *GNAC Female and Male Athletes of the Year*, respectively, for the 2007-08 season.

Schneider, a senior from Snohomish, is the second Viking volleyball player to win the award joining setter Liz Bishop who was the 2003-04 winner. Registe is the first athlete from Alaska Anchorage to win the men's award.

Schneider led Western Washington to an historic volleyball campaign leading the Vikings to a 26-5 record, a NCAA Division II Pacific Regional title and a berth in the NCAA national championship match. No GNAC team had ever previously advanced beyond the regional semifinals.

She completed her career as one of the top defensive players in NCAA Division II history setting NCAA single season (7.74) and career (7.00) records for most digs per game and finishing third in NCAA history in career digs with 2,695. She broke the former national single-season record by nearly one dig per game.

In addition she also set school and GNAC records for digs in a season (851), career (2,695) and single match (50) and established a NCAA Division II Elite Eight match record with 44 digs against Washburn, Kans., in the national semifinals.

Schneider also earned *Great Northwest Athletic Conference Player-of-the-Year* honors and was a first team American Volleyball Coaches Association All-American selection and a second team Daktronics All-American. She earned GNAC, Daktronics Pacific Region and AVCA Pacific Region all-star honors each of her final three seasons and Elite Eight and Pacific Region all-tournament honors in her senior season.

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.

"Her stats and records speak to one side of her contribution, but the things that don't show up on the stat sheet speak volumes in other areas and that was what made our team so successful," said WWU volleyball coach Diane Flick.

Schneider also is a standout in the classroom, being a second-team ESPN The Magazine/CoSIDA College Division District 8 all-academic choice for the second straight year as well as a GNAC academic all-star for the third consecutive season. A community health major, she is maintaining a 3.63 (4.0 scale) grade point average.

"It's a well-deserved honor for someone who has worked so hard to become a master of her position," Flick said. "I'm really proud of her accomplishments. She typifies what it means to be a student-athlete both on the court and in the classroom. She excels in both."

Registe, who earlier was voted the *GNAC Male Track and Field Athlete of the Year*, won the NCAA national title in the long jump with a leap of 24-8 ½. He is just the third male track-and-field athlete in GNAC history to win a national title.



The sophomore from Palmer, Alaska, also won the long jump (24-8 ¼) and finished second in the 100 meters (10.91) and 200 meters (21.94) in the GNAC championship meet. He is among the GNAC all-time leaders in all three events, ranking second in the long jump and 100 and third in the 200. Registe also led UAA to a win in the 4x100 relay in the GNAC championships.

The conference long jump championship was the second in two seasons for Registe. He also has a pair of second place finishes in both sprint events (100, 200) during his collegiate careers. He is the school record holder in the long jump, 100, 200 and also is part of the foursome that set a school record of 41.55 in the 4x100 relay this spring in the Azusa Pacific Invitational.

Registe also has excelled in the classroom during his two years at UAA. The physical education major has a cumulative GPA of 3.08.

“This is a fantastic honor for David and for UAA,” Seawolf head coach Michael Friess said. “He is a naturally gifted athlete who has worked extremely hard over the last two years to make himself even better in all aspects, including the classroom.”

## **2008-09**

### **Reilly, Pixler Win GNAC Athlete-of-the-Year Awards**

SPOKANE, Wash. – Mike Reilly who helped rewrite Central Washington University’s football record last fall and Seattle Pacific’s Jessica Pixler, who won four national titles in three sports, have been voted the *Great Northwest Athletic Conference Male and Female Athletes of the Year*, respectively, for the 2008-09 season.

The award is the second one for Pixler who also won the award as a freshman during the 2006-07 school year. She joins SPU’s Chris Randolph as the only athlete to win two GNAC Athlete of the Year awards. Reilly is the first CWU male athlete and only the second football player to receive the award.

Reilly was the national runner-up for the Harlon Hill Trophy, the Division II equivalent of the Heisman Trophy, after leading the Wildcats to a 10-2 record and their second straight NCAA post-season playoff berth. Reilly threw for 3,706 yards and 37 touchdowns in earning GNAC Offensive Player of the Year honors.

He broke virtually every passing record in the CWU record book, including most career passing yards (12,448 yards) and most touchdown passes (118) leading the Wildcats a record of 34-12 over the past four seasons.

Reilly was also an academic standout, posting a 3.59 GPA and graduating in December with a bachelor’s degree in mechanical engineering technology. Reilly, who signed a free-agent contract with the defending Super Bowl champion Pittsburgh Steelers in April, was a two-time CoSIDA/ESPN The Magazine Academic District VIII selection.

After redshirting last spring due to an injury, Pixler bounced back this year to win national titles in cross country, indoor track and field and outdoor track and field and lead Seattle Pacific to a pair of Top 10 team national finishes.

In cross country, she won her second straight individual national title in leading SPU to a fourth-place team finish. She also won her third straight GNAC and West Region title. In indoor track & field, she won national titles in the mile (her third in three seasons) and the 5,000 meters leading SPU to a sixth-place team national finish.

In outdoor track & field, she won the 1,500 meter title for the second time in two outdoor seasons in a GNAC record-time of 4:16.78 leading SPU to an 11<sup>th</sup> place team national finish. Academically, the English major finished her junior season with a cumulative GPA of 3.92.

## 2009-10

### **Pixler, Spevak GNAC Athletes-of-the-Year**

SPOKANE, Wash. – Seattle Pacific’s Jessica Pixler, who won four national titles in three sports and was selected the NCAA Division II National Athlete of the Year in cross country, indoor track and field *and* outdoor track and field, has been selected the *2009-10 Great Northwest Athletic Conference Female Athlete of the Year*.

Central Washington football standout Johnny Spevak won the *GNAC Male Athlete of the Year*. It is the second year in a row a CWU football player has won that award. CWU quarterback Mike Reilly was the 2009 winner.

The awards are voted upon by the athletic directors at the GNAC’s nine member institutions. Pixler also won the GNAC Athlete-of-the-Year award in her freshman (2006-07) and junior seasons (2008-09) and is the only athlete to win that award more than once.

Last fall Pixler 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 12<sup>th</sup> 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). She also set conference records during the regular-season in the 800 meters (2:04.89), 1500 (4:11.06) and 5000 (15:44.07).

Spevak, who was also a four-year starter and an outstanding defensive player for CWU’s basketball team between 2005-06 and 2008-09, capped a brilliant football career last fall, nearly leading the Wildcats to a berth in

the NCAA Division II national semifinals. CWU's only loss of the season was a 21-20 heartbreaker to eventually national champion Northwest Missouri State in the quarterfinals.

Spevak, who prepped at Puyallup High School, caught 74 passes for 1,020 yards and 12 touchdowns in earning GNAC Offensive Player of the Year honors and finished his career as the No. 2 all-time leading receiver in NCAA Division II football history with 318 receptions for 4,426 yards and 54 touchdowns.

## **2010-11**

### **WWU's Brown, Porter Sweep GNAC Athlete-of-the-Year Awards**

SPOKANE, Wash. – Western Washington distance runner Sarah Porter and Viking pole vaulter Ryan Brown have been selected the *2010-11 Great Northwest Athletic Conference Female and Male Athletes of the Year*, respectively.

Porter, a graduate of Hockinson High School, was a four-time All-America during the 2010-11 school year, bringing her career total to a school-record 12. She earned All-America honors in three sports for the third straight year. Porter also earned USTFCCCA West Region Female Athlete of the Year honors in cross country and indoor and outdoor track. She swept the GNAC Athlete of the Year award in all three sports, winning it outright in cross country and sharing it with Helen Croft of Simon Fraser in both indoor and outdoor track and field.

At last month's NCAA Division II National Outdoor Track and Field Championship meet, Porter won the 10,000 meters in a meet record time of 33:17.39, the fourth fastest in NCAA II history, and placed second in the 5,000 in a time of 16:23.08.

Her national 10,000 time was both a school and conference record and automatically qualified her for another trip to USA Championships in late June. Last year, she became the school's first athlete to compete in that meet.

Earlier this spring, Porter was the GNAC 10,000 meter champion for the second time after winning the 5,000 at the conference indoor meet. She went on to place third in the 5,000 at the indoor nationals in March with a time of 16:44.04.

Last fall, she was runner-up at the NCAA II cross country championships for the second straight year after earning regional all-star honors for the fourth time by winning both the GNAC and regional individual titles.

Porter broke four school outdoor records this past spring, setting marks in the 1,500, 3,000, 5,000 and 10,000. She also finished with school indoor records in the mile, 3,000 and 5,000.

Brown, a graduate of Bellingham's Squalicum High graduate, successfully defended his men's pole vault titles at both the NCAA Division II national indoor and outdoor championships. Prior to this year, no Viking athlete had ever won back-to-back national titles.

In indoor, he was selected the USTFCCCA NCAA II Male Field Athlete of the Year and was named the West Region Indoor Male Field Athlete of the Year for the third straight year and the GNAC Indoor Male Athlete of the Year for the second consecutive season. He also was selected the GNAC Outdoor Male Athlete of the Year for the second time.

Brown broke his own school and conference indoor pole vault records for the fourth consecutive season with a season-best of 17-5 becoming first GNAC athlete to reach 17 feet in both indoor and outdoor competition.

Brown posted his outdoor best of 17-8 ½ last year. This spring he had a season national leading vault of 17-2 ¾.

## 2011-12

### Wood, Johansson Wins Athlete of the Year Awards

SPOKANE, Wash. – Western Oregon baseball pitcher Grady Wood and Alaska Anchorage basketball star Hanna Johansson have been voted the *2011-12 Great Northwest Athletic Conference Male and Female Athletes-of-the-Year*.

The selections are made by the conference's athletic directors.

Wood, who posted a perfect 12-0 record this spring, is the first baseball player in the 11-year history of the conference to win the award, while Johansson is just the second basketball player and the first UAA athlete to win the women's top prize.

Wood (Sr., Junction City, OR) led the Wolves to their 11<sup>th</sup> consecutive GNAC baseball title carving out a 1.69 earned run average. He allowed just 63 hits in 96 innings, while walking just 12 and striking out 89 in earning *GNAC Pitcher-of-the-Year* honors.

The Wolf right-hander, who finished three points ahead of Western Washington basketball player Rory Blanche (Sr., Ashland, OR) and UAA distance runner Micah Chelimo (Jr., Kapkoi, Kenya) in the balloting, set GNAC career records for lowest ERA (2.01), most shutouts (5) and fewest hits allowed per nine innings (6.50).

He won 20 consecutive games over two seasons, just one shy of the NCAA Division II national record, while holding opponents to a record-low .199 average. The previous record was .230.

Wood was a consensus NCAA Division II All-American. He was selected to the first team by the National Collegiate Baseball Writers Association and by Daktronics and to the second team by the American Baseball Coaches Association honors.

The Daktronics team is selected by the nation's sports information directors.

Johansson, who outpointed Seattle Pacific track standout Ali Worthen (Sr., Coos Bay, OR) 25-17 in the balloting, led Alaska Anchorage's women's basketball team to a 30-5 record and to GNAC and NCAA West Regional titles.

She was named to both the WBCA (Coaches) and Daktronics (SIDs) All-American teams, earning first team honors on the coaches' team and third team Daktronics honors.

Johansson, who was the MVP in the West Region tournament, led UAA in scoring (14.3) and rebounding (8.6) and was the only player in the GNAC to rank in the Top 12 in scoring (8<sup>th</sup>), rebounding (4<sup>th</sup>), field goal percentage (6<sup>th</sup>, 54.3) and assists (12<sup>th</sup>, 2.8).

In conference games she averaged a double-double (15.1 points and 10.3 rebounds) and shot 58.1 percent.

She finished her career ranked among the GNAC all-time leaders in virtually every major category including 11<sup>th</sup> in scoring (1,393), ninth in rebounding (808), 11<sup>th</sup> in steals (195), 7<sup>th</sup> in field goal percentage (53.3), 21<sup>st</sup> in blocks (70) and 32<sup>nd</sup> in assists (247).