



News Release

Ramkota Hotel, 3200 W. Maple St., Sioux Falls, S.D. 57107
Phone: 605.338.0907 Fax: 605.338.1889
Jon J. Martin, Assistant Commissioner
Web: www.northcentralconference.org
E-mail: info@northcentralconference.org

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NCC Honors

Women's Honor Athletes for North Central Conference Announced

Sioux Falls, S.D. -- Seven outstanding female student-athletes have been honored by the North Central Conference as the league's Honor Athletes for the 2006-07 academic year.

Each school selected its top student-athlete on the basis of academic performance, athletic ability and performance and leadership in campus and community activities. In addition, each student-athlete must have graduated this spring or be within 12 credit hours of graduation. The select group will be honored at the NCC Honor Awards Dinner May 21 in Sioux Falls, S.D. and are finalists for NCC Scholar-Athlete Award which will be announced at the dinner.

The honored student-athletes with the schools they represent are: Alison Adamson, Augustana; Michelle Burgard, North Dakota; Kari Hudson, Minnesota State; Beth McGill, Nebraska-Omaha; Mara McGill, South Dakota; Brenda Peters, St. Cloud State and Katie Winkelman, Minnesota Duluth.

Here is a brief summary on each honored athlete:

Alison Adamson, Augustana, Basketball, Willmar, Minn. - Has a 3.99 GPA in History, Social Studies, Secondary Education...2005-2007 Member of Phi Alpha Theta National Honor Society for History Majors...Dean's List all semesters attended...Presidential Scholar...Two-time Academic All-NCC (2005-06, 2006-07)...Academic All-American Third Team (2005-06)...Academic All-American First Team (2006-07)...*Character, Campus and Community Involvement:* Augustana Society for Historical Studies-campus history club; hold meetings, set up campus activities including speakers, movies, and meals...Women's Walk...Augustana Booster's Auction-volunteered setting up and tearing down the event as well and helping as needed during the event...Fellowship of Christian Athletes-Huddle Leader, set up Christian activities for the campus...Mentoring-Acted as a mentor/tutor for middle school and grade school students...Little Vikings Basketball Camp-Coach, taught skills and ran stations...*Athletic Accomplishments/Honors:* Three-time All-NCC Selection (2004-05, 2005-06, 2006-07)...Two-time ESPN the Magazine Academic All-District First Team (2005-06, 2006-07)...ESPN the Magazine Academic All-American 3rd Team (2005-06)...ESPN the Magazine Academic All-American 1st Team (2006-07)...Kodak WBCA All-American Honorable Mention (2006-07)...2006-07 Sioux Falls FCA Honor Athlete of the Year...Career Highs: Points: 27 vs. St. Cloud State (1/15/05), Rebounds: 8 vs. St. Cloud State (1/13/07) and South Dakota (2/21/07), Assists: 10 vs. Nebraska-Omaha (1/5/06), Steals: 6 set 3 times, 3-pointers: 8 vs. St. Cloud State (1/15/05)...Was the 22nd player in school history to score 1,000 career points...Finished with 1,300 points – 13th all-time...Is 5th in career assists with 404...Is the third Viking women's player to score 1,300 points and have 400 assists...Ranks 4th in career 3-pointers with 194...Ranks 8th in career steals with 192...Averaged 10.7 points per game for her career and 16.1 ppg in her senior season.

Michelle Burgard, North Dakota, Track & Field, Jamestown, N.D. - Holds a 3.84 GPA in communications and plans to attend Pacific University College of Optometry in the fall...Competes in the long jump and triple jump for the Fighting Sioux...United States Track and Cross Country Coaches Association All-Academic Team – 2006 & 2007...NCAA National Provisional Qualifier Indoor: 2006 in long jump and 2007 long jump and triple jump...NCC All-Conference Outdoor: 2006 Triple Jump...NCC All-Conference Indoor: 2007 Triple Jump and Long Jump...2007 NCC Commissioner's Honor Roll...2006 and 2007 UND Scholar Athlete of the Month – January 2007...UND Track and Field team Most Valuable Field Event Performer – 2007...2007 UND Presidential Award (given to senior athletes graduating w/a 3.75+ GPA)...Alpha Lambda Delta National Honor Society...Phi Beta Kappa National Honor Society...UND Mortar Board member (including community involvement with the Turkey Basket Drive, Big Brother/Big Sister volunteer, Artwise volunteer, and reading to kids at schools)...Worked part-time for two years at Lifetime Vision Center...Big Event volunteer...Sioux Crew member...President's Honor Roll...Dean's List...Involvement with Red River Valley Community Action...Attended FCA during fall semester.

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Kari Hudson, Minnesota State, Softball, Batavia, Ill. - 2006-07 Minnesota State Senior Female Student-Athlete of the Year (Georgene Brock Award)...of three players to start every game...Leads the team in runs batted in (48), total bases (100) and doubles (10)...Second on the team in slugging percentage (.568), home runs (7) and at bats (176)...Third on the team in batting average (.392)...Leads the North Central Conference in runs batted in...Second in the league in total bases...Ranks fifth in the NCC in batting average...Is third in the league in hits (69)...Currently ranks sixth in single-season batting average (.392)...Is second in single-season runs batted in...Is tied for fifth in single-season hits...Tied for seventh in single-season homeruns...School's career leader in runs batted in (151), at bats (714), hits (237), total bases (372) and tied for school record for career homeruns (23)...Second in career doubles (44), and is one run shy of tying for the career record in runs scored (currently 130)...Second in career games played (219)...Fifth in career slugging percentage (.521)...Tied for tenth in career batting average (.332)...Two-time North Central Conference Player of the Week. Was named to the NCC Commissioner's Honor Roll as a junior...Finished fourth in the league as a junior in doubles...As a sophomore was named All-North Central Conference and Academic All-NCC...Finished third in the league in triples, fourth in runs scored and RBI, fifth in hits and homeruns and seventh in batting average as a sophomore...Named North Central Conference Player of the Week once (4/19/2006) as a sophomore...As a freshman she played in 52 games, starting in 51...Led the squad in runs scored, doubles, triples and RBI...Active in a variety of organizations and community service groups during her four-year MSU career...2006-07 Maverick Achievement Award recipient as a senior scholar-athlete...Has been a member of SAAC (Student Athletic Advisory Committee) where she has help implemented the school's missed class policies and helped with the outdoor recreational facility referendum as well with volunteering with the snow shoveling community service project...Has also volunteered with Leisure Education For People, has read at local elementary schools over the past two years, served as a bell ringer for the salvation army, served as a clinic instructor for the Maverick Softball Youth Camps, served as an instructor for the Maverick School Day Camps, and participated with the Trick or Treat with the Mavericks over the course of the last four years...Served as a spokesperson for the Maverick Walk for Women's Scholarships as a sophomore...3.17 grade point average and is majoring in physical education.

Beth McGill, Nebraska-Omaha, Soccer, Omaha, Neb. - Three-time NSCAA third team All-American...Three-time first team all-Central Region...Three-time All-North Central Conference...Two-time North Central Conference MVP...UNO's career scoring leader with 147 points (58 goals and 31 assists)...Led the team in 2006 with 22 goals and 12 assists for 56 points...2005, NCAA II Final Four all-tournament team...2005-06 UNO Female Athlete of the Year...Two-time NSCAA College Scholar All-American...Second team CoSida All-District VII selection...3.499 cumulative GPA in Biology...Dean's List three times...2006-07 UNO Scholar Athlete Award...Two-time Academic All American...NCC Commissioners Academic Honor Roll...Community Service includes participation in campus wide canned food drive, mentoring with Girls Inc...Volunteer coach for U10 Boys Gladiator soccer team (2005-07)...Volunteer assistant coach for 4th-5th grade youth girls soccer team...Worked overnight indoor soccer sleepover for Camp Fire USA...Worked at the Diet Pepsi/UNO Women's Walk (2005-07)...Camp Fire USA volunteer for After School Youth Program...Participated in numerous Champs/LifeSkills personal development and career related seminars...Beth has accepted a volunteer one-year internship for grassroot soccer in South Africa where she will be working with youth on HIV/AIDS education through soccer.

Mara McGill, South Dakota, Track & Field, Beresford, S.D. - Has been one of the leaders of a South Dakota Women's Track and Field squad that won two consecutive NCC Triple Crowns (titles in track and field and cross country in same year) and is going for its fourth straight NCC outdoor crown...Has already been accepted into the Sanford School of Medicine for this fall (2007)...Owns a 4.0 grade point average in biology and pre-medicine...Member of the USD Honors Program...Is a five-time national provisional qualifier and the 2006 NCC heptathlon champion...In 2007, finished second in the NCC heptathlon...A recipient of a Mickelsen Scholarship...Has been inducted into the most prestigious undergraduate honor society in the U.S. – the Phi Beta Kappa society...A year ago, received the Nelson Shield Award from the USD College of Arts and Sciences as the junior with the highest GPA and she has made the Dean's List every semester at USD...Was named to the 2006 NCC Commissioner's Academic Indoor Track and Field Honor Roll and selected to the ESPN The Magazine/CoSIDA Academic All-District VII Women's Track and Field/Cross Country second team in 2006 as well as the 2006 U.S. Track and Field and Cross Country Coaches Association All-Academic DII Squad...Active in undergraduate research, McGill has received a research fellowship from an EPSCoR grant and conducted research in the Basic Biomedical Sciences lab...A mentor to fellow student-athletes...Has been an academic advisor for women's track for two years...Has volunteered at the Newman Center, offering free child care...Also worked at the Welcome Table, a community dinner on Mondays for disadvantaged people in Vermillion...Has been active with the Adopt-A-Grandparent program (pairing students with residents from a local nursing home) and working with USD's Special Olympics Field Day.

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Brenda Peters, St. Cloud State, Swimming, Faribault, Minn. - 3.83 grade point average in counseling with an emphasis in rehabilitation counseling...Will earn an undergraduate degree and master's degree in four years and one semester...Undergraduate degree in community psychology earned in three years and graduated magna cum laude...Four-year member of the swimming and diving team...Swam this last season as a graduate student...Four-time All-American in relays...Three-time North Central Conference relay champion...Two-time CSCA Academic All-American...Member of school record holding 200 free relay, 400 free relay, and 400 medley relay teams...Former NCC relay record holder...Resident Advisor at St. Cloud State...Community activities include Area Food Shelf, Catholic Charities Youth Mentor, Connecting People to People, Social Services, Special Olympics, District One Hospital, and Roosevelt Elementary School.

Katie Winkelman, Minnesota Duluth, Basketball, Morris, Minn. - Maintains a cumulative GPA of 3.83 as a Elementary/Middle School Education major and has made the Dean's List every semester of her enrollment...The senior forward/center is a two-time All-North Central Conference honoree (2006-07, 2005-06)...Was recognized as a 2007 Kodak/WBCA All-American Honorable Mention...Is a two-time Academic All-NCC recipient (2006-07, 2005-06) and three-time NCC Academic Honor Roll selection (2006-07, 2005-06, 2004-05)...Led the 2006-07 Bulldogs in points per game (16.5), free throws made (74), total rebounds (199), and steals (69) while starting in all 29 games in which she played...Paced UMD in scoring on 17 occasions and in rebounding 13 times this past winter...Collected at least 20 points in nine games as a senior...Recorded six double-doubles in 2006-07, including a career-high 30 points while adding 12 rebounds in the NCC postseason tournament semifinal against North Dakota on 3/3/07...Finished 2006-07 as the NCC's sixth-leading rebounder, averaging 6.0 RPG...Pulled down a career-best 18 rebounds and posted 14 points to boot versus South Dakota on 2/18/07...Cited as NCC Co-Player of the Week on 1/29/07...Tallied 1,244 points as a collegian and is in sole possession of the No. 11 spot on UMD's all-time scoring list...Has volunteered her time at Proctor Middle School (Winter 2005), Chester Park Elementary (Fall 2003) and Kenwood Elementary (Fall 2002)...Spent the Spring of 2004 as an instructor at the Tweed Art Museum located on the UMD campus.