



GNAC WOMEN'S ROWING ALL-TIME AWARDS

Updated Through 2022-23 Season

GNAC TEAM CHAMPIONS

2019-20	No Champion, COVID-19
2020-21	Central Oklahoma, 30
2021-22	Western Washington, 26
2022-23	Central Oklahoma, 27

CONFERENCE AWARDS

Rower Of The Year

2019-20	Not Awarded, COVID-19
2020-21	Megan Dwarshuis, Cent. Oklahoma
2021-22	Jennifer Hoag, Seattle Pacific
2022-23	Dana Foley, Cal Poly Humboldt

Coxswain Of The Year

2019-20	Not Awarded, COVID-19
2020-21	Madisyn Kitchell, Central Oklahoma
2021-22	Adele Houston, W. Washington
2022-23	Sonja Scollion, Cal Poly Humboldt

Coach Of The Year

2019-20	Not Awarded, COVID-19
2020-21	Brian Ebke, Central Oklahoma
2021-22	John Fuchs, Western Washington
2022-23	Matt Weise, Cal Poly Humboldt

Freshman Of The Year

2019-20	Not Awarded, COVID-19
2020-21	Faith Brooks, Central Oklahoma
2021-22	Sarah Ernst, Western Washington
2022-23	Taylor Wall, Western Washington

Newcomer Of The Year

2019-20	Not Awarded, COVID-19
2020-21	Sage Kroeker, Central Oklahoma
2021-22	Dana Foley, Cal Poly Humboldt
2022-23	Jenae Pusich, Western Washington

FIRST TEAM ALL-CONFERENCE

SELECTIONS

Three Years

Malia Seeley, Humboldt	2021-22-23
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Two Years

Maddie Bangasser, WWU	2021-22
Faith Brooks, UCO	2022-23
Jennifer Hoag, SPU	2021-22
Macie Leach, SPU	2022-23
Clarice Ruhlin-Hicks, WWU	2022-23

One Year

LeeAnn Arrington, SPU	2022
Lily Bjork, WWU	2023
Megan Chalfant, SPU	2021
Lauren Clark, UCO	2023
Megan Dwarshuis, UCO	2021
Gillian Edgar, SPU	2021
Adele Houston, WWU	2022

Madisyn Kitchell, UCO	2021
Kateryna Klymenko, UCO	2021
Sage Kroeker, UCO	2022
Sydney Large, UCO	2023
Morgan McIntyre, WWU	2022
Haley Moss, WWU	2022
Emily Overholt, UCO	2023
Alyssa Paynton, Humboldt	2023
Siobhan Quirke, UCO	2021
Raphaella Sanchez, UCO	2023
Jessica Smithlin, WWU	2021
Molly Urtz, Humboldt	2023
Shelby Wackerly, UCO	2021

REGIONAL AWARDS

College Sports Communicators

Academic All-District (At-Large)

Maddie Bangasser, WWU	2020
Addie Clark, SPU	2023
Kristin Grassell, SPU	2023
Macie Leach, SPU	2023
Morgan MacIntyre, WWU	2023
Audrey Rekedal, SPU	2023
Clarice Ruhlin-Hicks, WWU	2023
Kalais Samuelson, SPU	2023
Bailee Thomas, UCO	2020

CRCA West Region Coach of the Year

Matt Weise, Humboldt	2023
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CRCA West Region

Coaching Staff of the Year

Cal Poly Humboldt	2023
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NATIONAL AWARDS

CRCA Division II All-Americans

First Team

Maddie Bangasser, WWU	2021
Alexis Brooks, UCO	2023
Kenna Chamlee, UCO	2023
Megan Dwarshuis, UCO	2021
Dana Foley, Humboldt	2023
Jennifer Hoag, SPU	2022
Kateryna Klymenko, UCO	2021
Sage Kroeker, UCO	2022
Macie Leach, SPU	2022-23
Clarice Ruhlin-Hicks, WWU	2022-23
Sonja Scollion, Humboldt	2023
Molly Urtz, Humboldt	2023

Second Team

Maddie Bangasser, WWU	2022
Faith Brooks, UCO	2022
Lauren Clark, UCO	2023
Lundsey Froehlich, WWU	2022
Jacinta Grandel, SPU	2023
Cassidy Hollenbeck, Humboldt	2023

Adele Houston, WWU	2022
Emily Overholt, UCO	2023
Siobhan Quirke, UCO	2021
Malia Seeley, Humboldt	2022

All-American Nominees (2020)

Eileen Anderson, UCO	2020*
Maddie Bangasser, WWU	2020*
Cameron Blunk, UCO	2020*
Megan Chalfant, SPU	2020*
Angie Dexter, WWU	2020*
Megan Dwarshuis, UCO	2020*
Gillian Edgar, SPU	2020*
Adele Houston, WWU	2020*
Shelby Jones, SPU	2020*
Madisyn Kitchell, UCO	2020*
Carly Lant, WWU	2020*
Julie Renne, SPU	2020*
Roxy Ruther, SPU	2020*
Jessica Smithlin, WWU	2020*
Shelby Wackerly, UCO	2020*

NOTE: During the 2020 season, the CRCA honored all nominees who had the potential to win All-America honors had the season not been canceled by the COVID-19 pandemic.

CRCA Division II Coach Of The Year

Brian Ebke, UCO	2021
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CRCA Division II

Coaching Staff Of The Year

Central Oklahoma	2021
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CRCA Scholar-Athletes

LeeAnn Arrington, SPU	2020-22
Maddie Bangasser, WWU	2020-21-22
Ella Brinkman, WWU	2021
Anneka Bostrom, WWU	2020
Faith Brooks, UCO	2022
Hope Brooks, UCO	2022
Megan Chalfant, SPU	2020
Kenna Chamlee, UCO	2022
Tamrya Clark-Hoogstrate, SPU	2020
Kristina De Koster, WWU	2021
Angie Dexter, WWU	2020
Indira Diaz, UCO	2020
Danielle Dick, UCO	2022
Megan Dickinson, SPU	2020
Megan Dwarshuis, UCO	2020
Dana Foley, Humboldt	2022
Madison Hartenstein, UCO	2020
Cassidy Hollenbeck, Humboldt	2022
Kiersten Hughes, Humboldt	2022
Shelby Janes, SPU	2020
Danielle Johnson, SPU	2020-22
Marjorie Johnson, Humboldt	2022

GNAC WOMEN'S ROWING ALL-TIME AWARDS

NATIONAL AWARDS CONTINUED

CRCA Scholar-Athletes

Samantha Kimmel, SPU	2020
Macie Leach, SPU	2022
Morgan McIntyre, WWU	2022
Emily Overholt, UCO	2022
Olivia Pells, WWU	2022
Claire Remley, SPU	2020
Clarice Ruhlin-Hicks, WWU	2021-22
Roxy Ruther, SPU	2020
Kalais Samuelson, SPU	2022
Kealey Scott, Humboldt	2022
Malia Seeley, Humboldt	2022
Jessica Smithlin, WWU	2020
Suzanne Stafford, SPU	2020
Alison Staley, UCO	2020
Bailee Thomas, UCO	2020
Elina Varmia, UCO	2020

College Sports Communicators

Academic All-American (At-Large)

Clarice Ruhlin-Hicks, WWU	2023
Bailee Thomas, UCO	2020

NCAA Elite 90 Award

Clarice Ruhlin-Hicks, WWU	2022-23
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GNAC WOMEN'S ROWING ALL-TIME AWARDS

ALL-GNAC TEAM SELECTIONS BY YEAR

2020-21

Rower Of The Year: Megan Dwarshuis, Central Oklahoma
Coxswain Of The Year: Madisyn Kitchell, Central Oklahoma
Coach Of The Year: Brian Ebke, Central Oklahoma
Freshman Of The Year: Faith Brooks, Central Oklahoma
Newcomer Of The Year: Sage Kroeker, Central Oklahoma

Megan Dwarshuis, UCO	Sr.	Grand Rapids, Mich.
Kateryna Klymenko, UCO	Sr.	Kyiv, Ukraine
Siohban Quirke, UCO	Sr.	Long Beach, Calif.
Shelby Wackerly, UCO	Sr.	Edmond, Okla.
Madisyn Kitchell, UCO	Sr.	Yukon, Okla.
Megan Chalfant, SPU	Sr.	Roseville, Calif.
Gillian Edgar, SPU	Sr.	Seattle, Wash.
Jennifer Hoag, SPU	Jr.	Normandy Park, Wash.
Maddie Bangasser, WWU	Sr.	Sammamish, Wash.
Jessica Smithlin, WWU	Sr.	Orting, Wash.
Malia Seeley, Humboldt	Jr.	Polson, Mont.

2021-22

Rower Of The Year: Jennifer Hoag, Seattle Pacific
Coxswain Of The Year: Adele Houston, Western Washington
Coach Of The Year: John Fuchs, Western Washington
Freshman Of The Year: Sarah Ernst, Western Washington
Newcomer Of The Year: Dana Foley, Cal Poly Humboldt

Adele Houston, WWU	Sr.	Seattle, Wash.
Haley Moss, WWU	Sr.	Orcas Island, Wash.
Maddie Bangasser, WWU	Sr.	Sammamish, Wash.
Clarice Ruhlin-Hicks, WWU	Jr.	Anchorage, Alaska
Morgan MacIntyre, WWU	So.	Camas, Wash.
Jennifer Hoag, SPU	Sr.	Normandy Park, Wash.
Macie Leach, SPU	Jr.	Chico, Calif.
LeeAnn Arrington, SPU	Sr.	Empire, Okla.
Sage Kroeker, UCO	Sr.	Enid, Okla.
Faith Brooks, UCO	So.	Georgetown, Texas
Malia Seeley, Humboldt	Sr.	Polson, Mont.

2022-23

Rower of the Year: Dana Foley, Cal Poly Humboldt
Coxswain of the Year: Sonja Scollon, Cal Poly Humboldt
Coach of the Year: Matt Weise, Cal Poly Humboldt
Freshman of the Year: Taylor Wall, Western Washington
Newcomer of the Year: Jenae Pusich, Western Washington

Faith Brooks, UCO	Jr.	Georgetown, Texas
Lauren Clark, UCO	Fr.	Marietta, Ohio
Raphaella Sanchez, UCO	Fr.	Lima, Peru
Emily Overholt, UCO	Jr.	Ada, Mich.
Sydney Large, UCO	Sr.	Cedarberg, Wis.
Molly Urtz, Humboldt	Sr.	Half Moon Bay, Calif.
Alyssa Paynton, Humboldt	Sr.	Yucaipa, Calif.
Malia Seeley, Humboldt	Sr.	Polson, Mont.
Lily Bjork, WWU	Sr.	Port Orchard, Wash.
Clarice Ruhlin-Hicks, WWU	Sr.	Anchorage, Alaska
Macie Leach, SPU	Sr.	Chico, Calif.