



**2022-23**

**Aquinas College Athletics  
Annual Report**



# TEAM ACHIEVEMENTS

## Director's Cup National Rankings

- ❖ Fall - 14th
- ❖ Winter - 31st
- ❖ Final - 46th

## WHAC Fred Smith Commissioner's Cup

- ❖ 2nd Place - Top-3 in Last 5 Seasons

## Teams Finishing in the Final Rankings

- ❖ Men's Lacrosse - 9th
- ❖ Women's Lacrosse - 9th
- ❖ Women's Soccer - 13th
- ❖ Women's Indoor Track & Field - 13th
- ❖ Men's Cross Country - 19th
- ❖ Women's Cross Country - 20th

## WHAC Championships

- ❖ Dance
  - Fourth Straight
- ❖ Women's Soccer
  - Regular Season, Third Straight
  - Tournament, Second Straight
- ❖ Runner-Up Finishes: Cheer, Men's Cross Country, eSports League of Legends, Men's Indoor Track & Field, Men's Outdoor Track & Field, Women's Outdoor Track & Field, Women's Lacrosse

## National Tournament Appearances

- ❖ 18 of our 30 programs have made an appearance at their respective National Championship competition in the last four years.



# INDIVIDUAL ACCOLADES

## WHAC Players of the Year

- ❖ Hannah Crum - Women's Soccer Offensive Player of the Year
- ❖ Emma Daling - Dancer of the Year
- ❖ Morgan Ferguson - Esports League of Legends Player of the Year
- ❖ Alexis Villarini - Women's Lacrosse Defensive Player of the Year

## WHAC Coaches of the Year

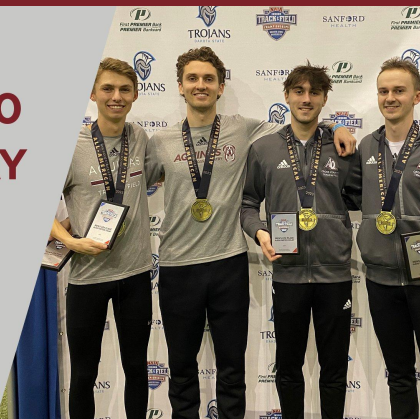
- ❖ Amy Jacobson - Cheer
- ❖ James DeCosemo - Women's Soccer
- ❖ Ashley Kaman - Dance
  
- ❖ 113 All-WHAC Honorees
- ❖ 39 WHAC Players of the Week
- ❖ 3 National Players of the Week



# 23 ALL-AMERICANS (cont.)

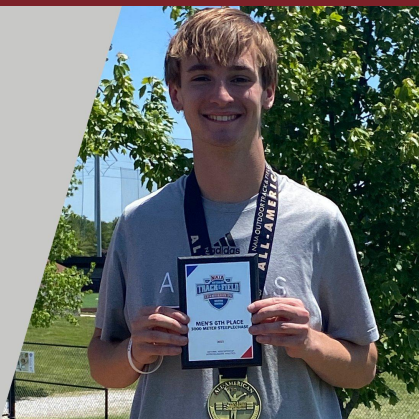
## MEN'S 4X800 METER RELAY

2023 ALL-AMERICANS:  
LOHR, MASTEN  
HODGKINSON, FINCH



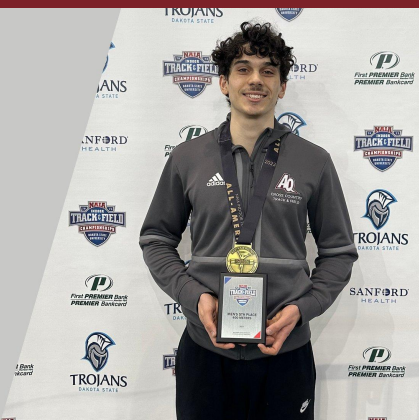
## BEN HARDY

2023 NAIA OUTDOOR  
ALL-AMERICAN  
STEEPLECHASE



## NATHAN IACONA

2023 NAIA INDOOR  
ALL-AMERICAN  
400 METER DASH



# 23 ALL-AMERICANS (cont.)

## MACY HOLLINGSWORTH

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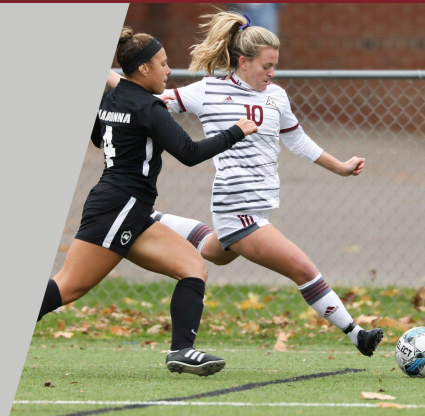
2022 NAIA  
HONORABLE MENTION  
ALL-AMERICAN



## HANNAH CRUM

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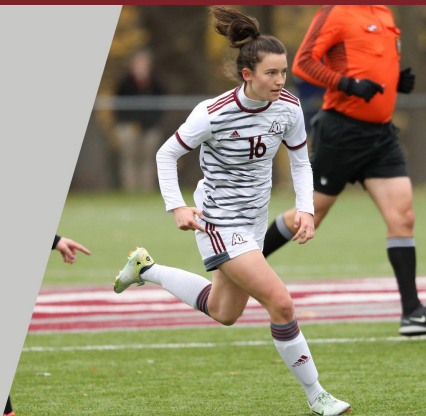
2022 NAIA  
THIRD TEAM  
ALL-AMERICAN



## SYDNEY SHENK

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2022 NAIA  
HONORABLE MENTION  
ALL-AMERICAN



## BREANNA PROBST

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2022 NAIA  
HONORABLE MENTION  
ALL-AMERICAN

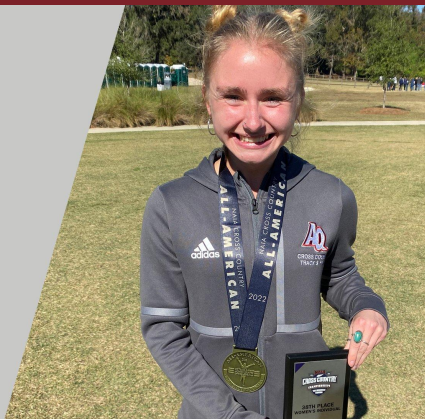




# 23 ALL-AMERICANS (cont.)

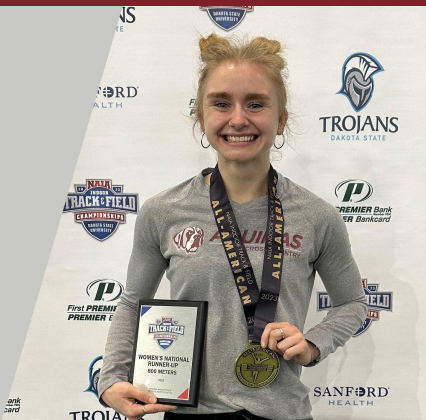
## MAGGIE WHITNEY

2022 NAIA  
CROSS COUNTRY  
ALL-AMERICAN



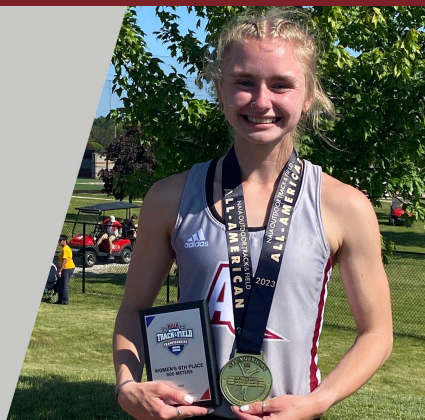
## MAGGIE WHITNEY

2023 NAIA INDOOR  
NATIONAL RUNNER UP  
800 METER RUN



## MAGGIE WHITNEY

2023 NAIA OUTDOOR  
ALL-AMERICAN  
800 METER RUN

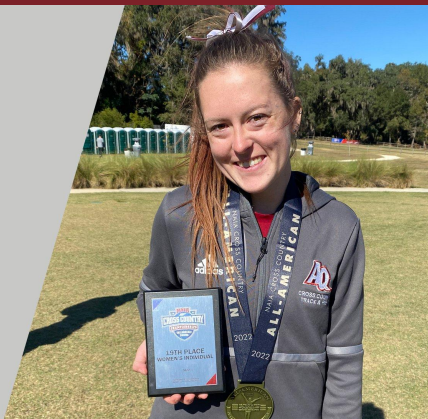




# 23 ALL-AMERICANS

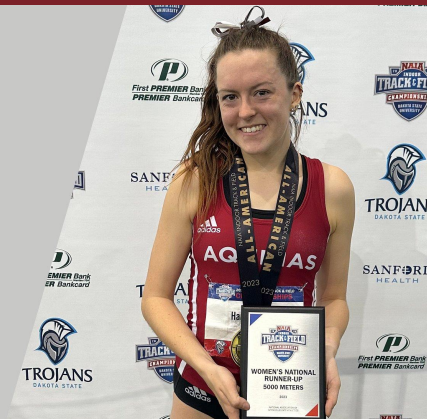
## HANNAH ADLER

2022 NAIA  
CROSS COUNTRY  
ALL-AMERICAN



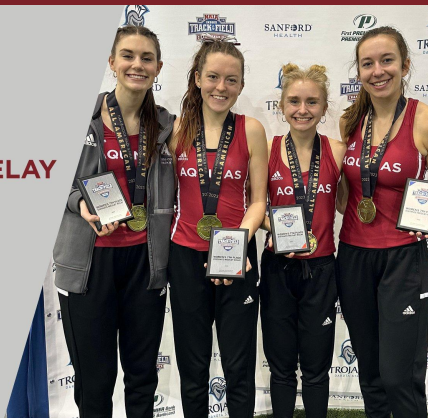
## HANNAH ADLER

2023 NAIA INDOOR  
NATIONAL RUNNER UP  
5000 METER RUN



## WOMEN'S DISTANCE MEDLEY RELAY

2023 ALL-AMERICANS:  
WHITNEY, MCMILLAN,  
WOER, ADLER



## HANNAH ADLER

2023 NAIA OUTDOOR  
ALL-AMERICAN  
10,000 METER RUN

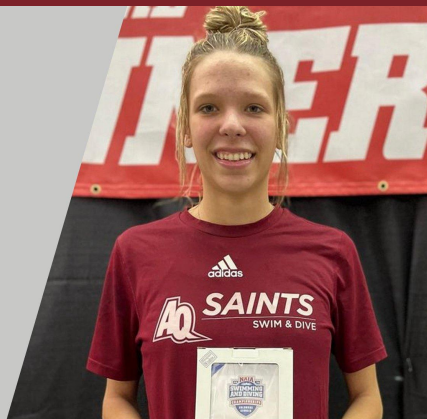




# 23 ALL-AMERICANS (cont.)

**SARAH  
COLVIN**

2023 NAIA  
ALL-AMERICAN  
1 METER DIVE



**KENNADIE  
MINERICH**

2022 NAIA  
SECOND TEAM  
ALL-AMERICAN



**EMMA  
DALING**

2023 NAIA  
HONORABLE MENTION  
ALL-AMERICAN





# JOSEPH G. BAKER AWARD

## Braden Augustine - Men's Swim & Dive

- ❖ The Joseph G. Baker Award is given to the most outstanding senior male student-athlete that best exemplifies excellence in the classroom, on the field, and in service to others.
- ❖ A business administration major who graduated with a 3.73 GPA, Augustine was one of the first-ever signees to the AQ swim program. He helped coach Kristy Hepp bring in nearly 20 freshman male swimmers by hosting recruits who took an overnight visit to campus during the 2021-22 year.
- ❖ Braden was a part of two relay teams to set school records last season and he owns two individual performances in AQ's all-time top-10.
- ❖ Team captain and was selected as the team's Champion of Character.
- ❖ Augustine was also instrumental in serving at the 'We All Live Here' campus event and has been a peer mentor and tutor to his teammates throughout his time at Aquinas.
- ❖ Worked as a lifeguard and aquatics manager at East Grand Rapids High School.



BRADEN AUGUSTINE | MEN'S SWIM & DIVE

2023 JOSEPH G. BAKER MEMORIAL AWARD WINNER





# SISTER HELEN LOUISE BROGGER AWARD

## Leah Ash - Softball

- ❖ The Sister Helen Louise Brogger Award is given to the most outstanding female student-athlete that best exemplifies excellence in the classroom, on the field, and in service to others.
- ❖ An English major with a writing emphasis, Ash graduated with a 3.96 GPA and has made the Dean's List all eight semesters at AQ. She finished her career as a three-time NAIA Scholar Athlete (Academic All-American), as well as a three-time NFCA Academic All-American.
- ❖ Leah is a two-time All-WHAC honorable mention selection and has been named the WHAC Pitcher of the Week four times. She has played a pivotal role in helping the Saints win more than 100 games during her career and captured the conference regular season and tournament championships in 2021.
- ❖ Ash has recorded more than 60 hours of community service at various organizations in and around Grand Rapids: Meals on Wheels, Kids Food Basket, West Michigan Miracle League, God's Kitchen, Soup's On for Catholic Charities, and more.



LEAH ASH | SOFTBALL

2023 SISTER HELEN LOUISE BROGGER MEMORIAL AWARD WINNER





# SEASON HIGHLIGHTS

## Fall 2022

- ❖ **Men's Cross Country** - Placed second at the WHAC Conference meet by a single point. Received an at-large bid to the NAIA Championships, where the Saints finished 20th out of 34 teams.
- ❖ **Women's Cross Country** - Finished third at the WHAC Conference meet and received an at-large bid to the NAIA Championships where they placed 16th in the country.
- ❖ **Men's Soccer** - Finished the season 10-7-3 for a fourth place WHAC finish, but lost to No. 16-ranked Madonna in penalty kicks (4-2) after a scoreless tie in the WHAC Tournament Semifinals. Joshua Freeman-Wright was named an NAIA Player of the Week.
- ❖ **Women's Soccer** - Won the WHAC Regular Season and Tournament titles for a second straight season, advanced to the NAIA Tournament quarterfinals for the first time in program history before losing to No. 1-seed Keiser, 1-0. Tied the program record with 21 wins and are unbeaten in their last 39 WHAC regular season games. Hannah Crum became AQ's All-Time leading scorer with 184 points (73 goals, 38 assists); second-most goals in WHAC history. Crum was also named the WHAC Offensive Player of the Year.
- ❖ **Women's Volleyball** - Finished with a record of 12-23 and advanced to the WHAC Tournament for a 15th straight season.



# SEASON HIGHLIGHTS (cont.)

## Winter 2022-23

- ❖ **Cheer** - Won all four regular season competitions, took 2nd at the WHAC Championship and a runner-up finish at the NCA College Nationals.
- ❖ **Dance** - Won all four regular season competitions, won the WHAC Championship for a fourth year in a row, second at NAIA Northwest Regional and advanced to the NAIA Nationals for a seventh straight season. Emma Daling was named WHAC Dancer of the Year.
- ❖ **Esports** - Completed its second full season and finished runner-up in the WHAC League of Legends Tournament. Morgan Ferguson was named WHAC Player of the Year.
- ❖ **Men's Basketball** - Finished with a 12-16 overall record and advanced to the WHAC Tournament. Gabe Overway reached the 1,000 point mark for his career.
- ❖ **Women's Basketball** - Picked up 11 wins, including one at the Cruzin' Classic in Florida. Played an exhibition game in Kalamazoo against NCAA Division I Western Michigan.
- ❖ **Men's Bowling** - Finished in the top 10 out of 14 regular season tournaments and took fourth at the WHAC Championships.
- ❖ **Women's Bowling** - Finished in the top 10 at nine regular season tournaments and came in eighth at the WHAC Championships.



## SEASON HIGHLIGHTS (cont.)

- ❖ **Men's Hockey** - Ended with a 15-20 overall record that included five top-25 wins, but lost 3-2 in overtime against Concordia in the WHAC Quarterfinals to conclude the season.
- ❖ **Women's Hockey** - Finished the season with a 8-14-1 record. The eight wins is the second-most in a single season at Aquinas over the past six years.
- ❖ **Men's Swim & Dive** - In the program's second season, the Saints won their first competitive meet against Bethel on Oct. 8, 2022. They finished the season with a 4-4 overall record and had their first student-athlete, Luke Martin, compete at the NAIA Nationals.
- ❖ **Women's Swim & Dive** - In the program's second season, AQ won their first competitive meet against Bethel on Oct. 8, 2022. They finished the season with a 2-6 overall record and had their first student-athlete, Sarah Colvin, compete and earn All-American status at the NAIA Nationals.
- ❖ **Men's Indoor Track & Field** - Finished second at the WHAC Championships and sent 13 athletes to the NAIA Championships, coming home with five All-Americans. AQ's 4x800 relay team of Rob Lohr, Caleb Hodgkinson, Zander Masten and Will Finch was named the WHAC's Outstanding Performance and Hodgkinson was named the WHAC Most Valuable Performer.
- ❖ **Women's Indoor Track & Field** - Placed third at the WHAC Championships and sent eight athletes to the NAIA Championships, coming home with six All-Americans.



# SEASON HIGHLIGHTS (cont.)

## Spring 2023

- ❖ **Baseball** - Recorded 30 wins for the first time since 2006 and made the WHAC Tournament for the first time since 2015. Nathan Wilcox earned Gold Glove honors.
- ❖ **Men's Golf** - Finished fifth at the WHAC Championships with Dominic Luciani finished tied for fourth place on the final leaderboard and claimed All-WHAC Second Team honors.
- ❖ **Women's Golf** - For a second straight season, AQ placed third at the WHAC Championships. Calli O'Neill finished eighth individually to earn a spot on the All-WHAC Second Team.
- ❖ **Men's Lacrosse** - Finished the season 8-8 and were knocked out in WHAC Tournament Semifinals against No. 4-ranked Concordia. Mitch Haggart became AQ's All-Time scoring leader with 286 points (200 goals, 86 assists) and Jon Jardis set a new school record with 118 career assists.
- ❖ **Women's Lacrosse** - Reached the WHAC Tournament Championship Game following a 12-3 season. Alexis Villarini was named the WHAC Defensive Player of the Year. Kennadie Minerich was named NAIA Player of the Week twice and a Second Team NAIA All-American.
- ❖ **Men's Rugby** - In its second collegiate 7s season, the Saints went 11-12 and played at the Collegiate 7s Championship in Washington, D.C., where the team went 2-2 overall.
- ❖ **Women's Rugby** - Went 8-5 in the program's inaugural season and competed at the Collegiate 7s Championship in Washington, D.C., where the Saints went 1-3 with a victory over Michigan State.



## SEASON HIGHLIGHTS (cont.)

- ❖ **Softball** - For a seventh straight season, the Saints finished with a winning record (32-19). AQ knocked off top-seeded Indiana Tech in the WHAC Tournament before getting eliminated by Concordia the next day. Fifth-year senior Izzy Dawson broke All-Time AQ records in career home runs (30), doubles (64), batting average (.429) and hits (276), to name a few.
- ❖ **STUNT** - In the program's second season, AQ picked up the program's first win with a 10-0 shutout victory over Olivet on Apr. 15, 2022, at Concordia.
- ❖ **Men's Tennis** - Won six of the team's last nine matches to finish with a .500 record at 7-7 overall. Won three matches during their Florida Spring Break Trip. Lost to Lawrence Tech in the WHAC Tournament Quarterfinals.
- ❖ **Women's Tennis** - Picked up three wins, two during their Florida Spring Break Trip. Lost to UNOH in the WHAC Tournament Quarterfinals.
- ❖ **Men's Outdoor Track & Field** - Finished second at the WHAC Championships and sent seven athletes to the NAIA Championships, coming home with one All-American.
- ❖ **Women's Outdoor Track & Field** - Finished second at the WHAC Championships and sent six athletes to the NAIA Championships, coming home with two All-Americans.
- ❖ **Men's Volleyball** - Finished with a 13-13 record and lost in the WHAC Tournament First Round against Lawrence Tech. Julian Armendano finished his AQ career with the school record in kills (1,171), two ahead of his teammate Joshua Boothroyd (1,169).



# 133 NAIA SCHOLAR-ATHLETES

Nathan Esch - BASE  
Dane Smitz - BASE  
Nathaniel Wilcox - BASE  
Tristan Hysell - BASE  
Tyler Zomerlei - BASE  
Joseph Kelley - BASE  
Nathan Myers - BASE  
Conor Gausselin - BASE  
Mark Binkowski - BASE  
Chase Ingersoll - BASE  
Grant Martin - BASE  
Jared Dugener - MBB  
Conor Gausselin - MBB  
Thomas Gregwer - MBB  
Hunter Huff - MBB

Gabe Overway - MBB  
Bennett Sinner - MBB  
Bronson Sysum - MBB  
Adonis Vashon - MBB  
Ryan Weir - MBB  
Delaney Bailey - WBB  
Eliza Brown - WBB  
Jenna Daschke - WBB  
Brighton Miller - WBB  
Jayda Smith - WBB  
Kyle Cameon - MBOWL  
Michael Deming - MBOWL  
Jonathan Garland - MBOWL  
James Ruoff - MBOWL  
Jack Wicker - MBOWL

Morgan Jones - WBOWL  
Audrey Meader - WBOWL  
Genevieve Soltis - WBOWL  
Michelle Thompson - WBOWL  
Sydney Wetzel - WBOWL  
Elizabeth Haunhorst - CHEER  
Avery White - CHEER  
Andrew Ireland - MXC  
Ben Hardy - MXC  
Ben Hysten - MXC  
Connor Callahan - MXC  
Connor Clemens - MXC  
Edward Frey - MXC  
Ethan Barker - MXC  
Jonah Maichele - MXC



# 133 NAIA SCHOLAR-ATHLETES (cont.)

Matthew Brines - MXC

Matthew Schieber - MXC

Anna Fedewa - WXC

Genevieve Moore - WXC

Hanna Grant - WXC

Hannah Stitt - WXC

Lauren Shippy - DANCE

Aidan Raffaele - MGOLF

Emma Franklin - WGOLF

Lindsay Reens - WGOLF

Brady Waling - MLAX

Clayton Boerigter - MLAX

Kevin LaHaie - MLAX

Zachary Sweet - MLAX

Hunter Roberts - MLAX

Jack Rioux - MLAX

Jonathan Jardis - MLAX

Noah Szarejko - MLAX

Emma Waris - WLAX

Kennadie Minerich - WLAX

Carli Taylor - WLAX

Sophia Schmader - WLAX

Brianna Trepins - WLAX

McKenna Burke - WLAX

Shaylin Rings - WLAX

Antonio Strassiotto - MSOC

Fin Pittock - MSOC

Giuseppe Calabrese - MSOC

Jasper Schinkel - MSOC

Joe Lockey - MSOC

Ricardo Rittersberger - MSOC

Steffano Riley - MSOC

Marie-Louise Abild - WSOC

Hannah Bowling - WSOC

Hannah Crum - WSOC

Laia Cunill - WSOC

Jenna Konwerski - WSOC

Breanna Probst - WSOC

Sandra Segovia - WSOC

Sydney Shenk - WSOC

Jayne Vredevoogd - WSOC

Leah Ash - SB

Grace Maguire - SB

Ashley Snyder - SB

Elizabeth Haunhorst - SB



# 133 NAIA SCHOLAR-ATHLETES (cont.)

Leah Vaughan - SB

Emma Houseman - SB

Haley Myers - SB

Darrien Roberts - SB

Braden Augustine - MSD

Christopher Uzunoe-Chin - MSD

Avery Connors - WSD

Mary Grace Doyle - WSD

Hope McGarry-Costello - WSD

Nicholas Klak - MTEN

Max Goldbeck-Lowe - MTEN

Jackson VanBergen - MTEN

Tom Gangov - MTEN

Joska Volder - WTEN

Carlota Arzabe - WTEN

Edward Frey - MT&F

Matthew Schieber - MT&F

Brian Stump - MT&F

Connor Clemens - MT&F

Jonah Maichele - MT&F

Andrew Ireland - MT&F

John Van Til - MT&F

Ethan Barker - MT&F

Jacob Tenbusch - MT&F

Benjamin Hardy - MT&F

Matthew Brines - MT&F

Cyrus Prudhomme - MT&F

Emily Jones - WT&F

Allison Moore - WT&F

Hannah Stitt - WT&F

Anna Fedewa - WT&F

Aubrey Doucette - WT&F

Paige Seeley - WT&F

Meghan Douglass - WT&F

Genevieve Moore - WT&F

Tarshana Kimbrough - WT&F

Rebecca Beltran - WT&F

Daniel Austin - MVB

Leo Paul Rousseau - MVB

Ernesto Lopez - MVB

Abbi Perkins - WVB

Emily Jones - WVB

Peyton Goschka - WVB

- ❖ To qualify as an NAIA Scholar-Athlete, one must be a junior or above in academic standing, have a 3.50 cumulative GPA, and have attended the university and competed in the sport for two full years as a non-transfer or one full year as a transfer student.



## NAIA SCHOLAR TEAMS

Baseball - 3.346  
Men's Basketball - 3.389  
Men's Bowling - 3.442  
Cheer - 3.072  
Men's Cross Country - 3.288  
Men's Golf - 3.410  
Men's Lacrosse - 3.079  
Men's Soccer - 3.300  
Men's Tennis - 3.765  
Men's Track & Field - 3.108  
Men's Volleyball - 3.118

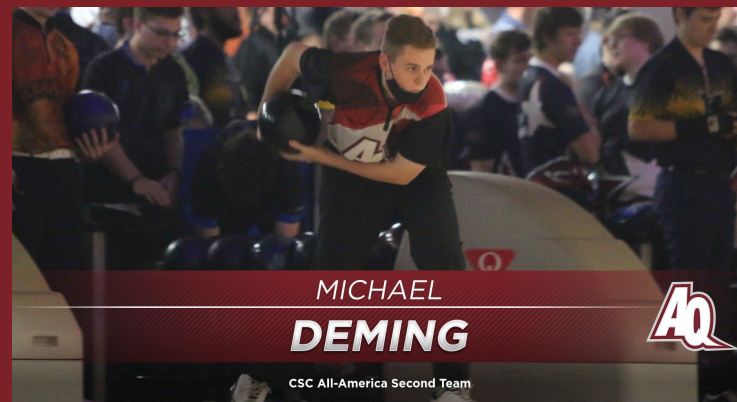
**3.301**  
**Department**  
**GPA**

3.226 - Women's Basketball  
3.524 - Women's Bowling  
3.518 - Women's Cross Country  
3.503 - Dance  
3.444 - Women's Golf  
3.186 - Women's Lacrosse  
3.376 - Women's Soccer  
3.392 - Softball  
3.341 - Women's Swim & Dive  
3.526 - Women's Tennis  
3.415 - Women's Track & Field  
3.534 - Women's Volleyball

- ❖ To qualify as an NAIA Scholar Team, every varsity student-athlete that is certified on the eligibility certificate submitted to the conference must combine to have at least a 3.00 GPA for the 2022-23 year.



# 10 CSC ACADEMIC ALL-AMERICANS



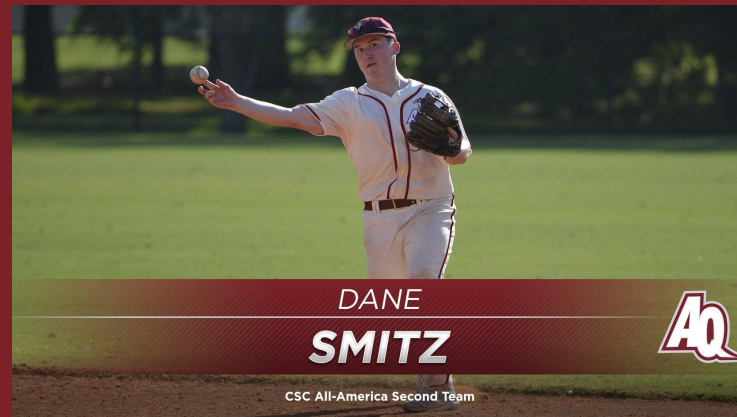
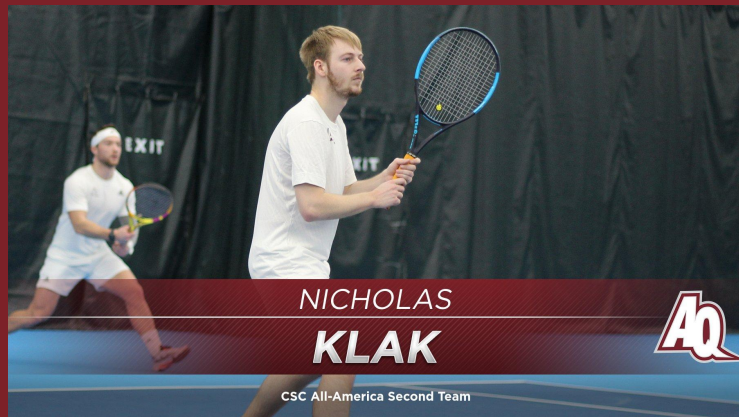


# 10 CSC ACADEMIC ALL-AMERICANS (cont.)





# 10 CSC ACADEMIC ALL-AMERICANS (cont.)



- ❖ To qualify as a CSC Academic All-American, one must be a first team all-district selection, a varsity starter or key reserve, maintain a cumulative GPA of 3.30 or higher on a scale of 4.00, and have reached sophomore athletic and academic standings at their respected institution.



# CONFERENCE ALL-ACADEMIC STUDENT-ATHLETES

Baseball - 17  
Men's Basketball - 10  
Men's Bowling - 5  
Men's Cross Country - 12  
Esports - 7  
Men's Golf - 2  
Men's Hockey - 8  
Men's Lacrosse - 7  
Men's Soccer - 9  
Men's Swim & Dive - 2  
Men's Tennis - 4  
Men's Track & Field - 15  
Men's Volleyball - 3

184  
Total

8 - Women's Basketball  
5 - Women's Bowling  
4 - Cheer  
4 - Women's Cross Country  
2 - Dance  
3 - Women's Golf  
9 - Women's Lacrosse  
12 - Women's Soccer  
16 - Softball  
4 - Women's Swim & Dive  
2 - Women's Tennis  
10 - Women's Track & Field  
4 - Women's Volleyball

- ❖ To qualify as a WHAC All-Academic Student-Athlete, one must be a junior or above in academic standing with a cumulative 3.25 GPA and have been at AQ for at least one full year.



# ATHLETIC HALL OF FAME INDUCTEES

## 2022

Mike Dean | Historian/Statistician, 1984-Current  
Aaron Hendrick | Men's Tennis, 2011-14  
Natalie Kent | Women's Track & Field, 2003-07  
Jackie (Braspenninx) Ehnis | Women's Basketball, 2003-07  
Amy Panse | Women's Soccer, 1999-00  
Jeo Pantoja | Men's Soccer, 2007-10  
1980 Men's Soccer Team

## 2023

Nikki Tuttle | Women's Basketball, 1993-96  
Ronda (Bolitho) Varnesdeel | Women's Basketball/Softball, 1998-01  
Jeff Jayson | Men's Basketball, 2003-07  
Amanda (Strouse) Surdenik | Women's XC/T&F, 2004-08  
Kevin Vizard | Baseball, 1980-83  
2000 & 2001 Softball Teams  
2005 Baseball Team





# IT'S A GREAT DAY TO BE A SAINT!

