



# AMERICAN COLLEGIATE ROWING ASSOCIATION

[www.americancollegerowing.com](http://www.americancollegerowing.com)

## 2008 ALL-REGION TEAMS

### FOR RELEASE

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May 21, 2008

AUSTIN, TX – The American Collegiate Rowing Association proudly announces the inaugural All-Region teams. ACRA consists of six regions of the United States. Coaches of each team could submit up to three candidates from their teams, and selections were made by the elected regional representative. The student-athlete must row in the team's top boat. Other criteria used were: 2,000 meter erg scores, career racing results, accomplishments within the team, and the coaches recommendation. These honorees will be recognized at the ACRA national championship on May 24 in Oklahoma City. They will also be considered for ACRA All-American honors after the regatta concludes. Congratulations to all those who received this honor.

### ACRA Great Lakes All-Regional Team

#### Men:

Mike Braman	Dayton
Dan Brock	Michigan
Pat Close	Purdue
Randy Dam (cox)	Purdue
Will Defliese	Northwestern
Mike Nappo	Michigan
David Ringham	Michigan State
Geoff Sadek	Grand Valley
Matt Wright	Purdue

#### Women:

Annie Baltes	Northwestern
Bailey Colahan (cox)	Purdue
Sara Kallio	Ohio State
Rebecca Lipasek	Purdue
Melinda Miles	Purdue
Sam Morgan	Grand Valley
Natalie Ramirez	Michigan State
Liz Spears	Ohio State
Sarah Zelenka	Grand Valley

### ACRA Mid-Atlantic All-Regional Team

#### Men:

Phil Bresnahan	Lehigh
Michael Dietz (cox)	Virginia
Peter Frechette	Maryland
Gavin Gramstad	Old Dominion
Nathan Humberston	Bucknell
Ryan Jornlin	Delaware
Conor O'Brien	Penn State
David Wingate	Bucknell
Brian Wood	Virginia

#### Women:

Lauren Blakeslee	Lafayette
Katy Hartz	Penn State
Meredith McPherson	Old Dominion
Lauren Menges	Lafayette
Jackie Molzon (cox)	Lafayette
Tracy Norman	Penn State
Allison Quigley	Lafayette

## ACRA Plains All-Regional Team

### Men:

David Alviar	Texas
Laurel Anderson (cox)	Wichita State
Tyler DeWitt	Colorado
Michael Fowler	Wichita State
Anders Lindberg	Minnesota
Jeremy Niznick	Texas
Johan Quie	Minnesota
Rane Shaub	Colorado
Ryan Whelpley	Washington U.

### Women:

Cally Donahue	Washington U.
Sara Gawick	Colorado
Melody Harstine	Wichita State
Angela Johnson	Wichita State
Kathleen Johnson	Washington U.
Sara Keidel	Texas
Michelle Modisett	Texas
Kacy Jo Peek (cox)	Texas
Theo Spinelli	Colorado

## ACRA South All-Regional Team

### Men:

Nick Carrea	Georgia
Sara Donovan (cox)	Florida
Mark Gallrein	Florida
Michael Gaston	Georgia Tech
David Hofmayer	Emory
Kevin Mara	Georgia
Igor Radovitskiy	Emory
Daniel Ringo	Tulane
David Walker	Tulane

### Women:

Jessie Barnett	Georgia
Becca Conley (cox)	Emory
Alexa Erck	Tulane
Charlotta Eriksson	Emory
Emily Grimmit	Northwestern St.
Megan Kotsko	Georgia
Michelle Williams-Davis	Georgia Tech
Sadie Winterstein	Northwestern St.
Beth York	Georgia Tech

## ACRA West Coast All-Regional Team

### Men:

Stephen Held	UC-Davis
Sarah Koff (cox)	UCLA
Sean Martin	Washington State
Martin Reschke	UCLA
Brad Stapelton	UCLA
Seth Weil	UC-Davis

### Women:

Scarlett Kettwich	UC-Santa Barbara
Eziaku Nmokocho	UC-Santa Barbara
Karin Worden	UC-Santa Barbara

Incomplete as of this release:

## ACRA Northeast All-Regional Team