



FOR IMMEDIATE RELEASE
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2024 Fall Scholar-Athletes of the Year Announced

Irving, Texas - The Big 12 Conference has announced its 2024 Winter Scholar-Athletes of the Year. The following student-athletes have been selected as award winners for their respective sports based on a vote of each sport's head coaching group.

BIG 12 MEN'S BASKETBALL SCHOLAR-ATHLETE OF THE YEAR

Dylan Disu, Texas, Graduate Student, Pflugerville, Texas

- Holds a 4.00 GPA while pursuing a masters degree in sport management.
- Averaged 15.5 points and 5.0 rebounds per game while leading the Longhorns to the second round of the NCAA Tournament.
- Selected as the Big 12's Most Improved Player and named to the All-Big 12 First Team.
- Two-time Academic All-Big 12 First Team selection.

BIG 12 WOMEN'S BASKETBALL SCHOLAR-ATHLETE OF THE YEAR

Emily Ryan, Iowa State, Senior, Claflin, Kansas

- Kinesiology and health major with a 3.53 grade point average.
- Averaged 11.6 points, 6.9 assists and 4.5 rebounds per game while leading the Cyclones to the second round of the NCAA Tournament.
- Named to the Phillips 66 Big 12 Championship All-Tournament Team averaging 10.3 points and 9.3 assists in three games.
- Three-time Academic All-Big 12 First Team selection.

BIG 12 EQUESTRIAN SCHOLAR-ATHLETE OF THE YEAR

Maddie Vorhies, Baylor, 5th Year, Canton, Georgia

- Electrical and computer engineering major with a 3.87 GPA.
- Posted Baylor's top score over fences (90) and two of BU's five top scores on the flat (90, 93).
- Earned one MOP selection on the season.
- Four-time Academic All-Big 12 First Team selection.

BIG 12 GYMNASTICS SCHOLAR-ATHLETE OF THE YEAR

Eliza Millar-Crossman, BYU, Junior, Cincinnati, Ohio

- Holds a 3.98 GPA while majoring in neuroscience.
- Helped the Cougars advance to the second round of NCAA Regionals by defeating Boise State.
- Posted high marks of 9.9000 on both the floor exercise and balance beam.
- Academic All-Big 12 First Team selection.

BIG 12 MEN'S SWIMMING & DIVING SCHOLAR-ATHLETE OF THE YEAR

Justin Heimes, West Virginia, Senior, Quakertown, Pennsylvania

- Majoring in computer science with a 3.94 GPA.
- Qualified for the U.S. Olympic Trials in the 100-yard backstroke.
- Had two fourth-place finishes at the Big 12 Championships and was part of two more fourth-place relay teams.
- Three-time Academic All-Big 12 selection and two-time CSC Academic All-District selection.

BIG 12 WOMEN'S SWIMMING & DIVING CO-SCHOLAR-ATHLETE OF THE YEAR

Jessica Davis, Cincinnati, Senior, Plainfield, Illinois

- A communication major with a 3.87 GPA.
- Earned five medals at the Big 12 Championships, including being on relays that set the school record in the 200 and 400 freestyle.
- Finished second in the 100 freestyle at the Big 12 Championships with a time of 48.72.
- First Team Academic All-Big 12 selection.

BIG 12 WOMEN'S SWIMMING & DIVING CO-SCHOLAR-ATHLETE OF THE YEAR

Hedda Grellz, Houston, Senior, Lund, Sweden

- Boasts a 4.00 GPA in mechanical engineering.
- Helped Houston to a second-place finish at the Big 12 Championship, scoring 45 points.
- Qualified for NCAA Diving Zone meets in all three events.
- First Team Academic All-Big 12 selection and two-time CSC Academic All-District selection.

BIG 12 WRESTLING SCHOLAR-ATHLETE OF THE YEAR

David Carr, Iowa State, Senior, Canton, Ohio

- Maintained a 3.74 GPA while pursuing a degree in education.
- Won the NCAA Championship at the 165-pound weight class, leading Iowa State to its best finish since 2010 (4th).
- Five-time All-American and four-time Big 12 Champion that finished with a 120-5 career record.
- Five-time Academic All-Big 12 selection and a CSC Academic All-American in 2022-23.

The Big 12 Conference established its Scholar-Athlete of the Year Award in 2012-13. A recipient is named in each conference-sponsored sport. Every Big 12 institution nominates one individual per sport with the winners selected by a vote of the league head coaches for that sport, who are not allowed to vote for their own student-athletes. *Scholar-Athlete of the Year nominees* must be a junior or senior (athletic and academic standing), have a cumulative grade point average of 3.20 or higher, participate in at least 20 percent of the team's scheduled contests and have a minimum of one year in residence at the institution.