

NATIONAL HONORS & AWARDS

NRA ALL-AMERICANS

FIRST-TEAM

Year	Student-Athlete	Event(s)
2014	Denise Martin	SB
	Lauren Phillips	SB
2009	Amanda Jeffries	AR
2007	Kirsten Weiss	SB
2006	Misty Chanek	SB
	Kristina Fehlings	SB
	Andrea Franzén	AR
2005	Kristina Fehlings	AR
2004	Kristina Fehlings	AR
2002	Melissa Downsborough	AR
2001	Amanda Trujillo	AR
2000	Nicole Allaire	SB, AR

SECOND-TEAM

Year	Student-Athlete	Event(s)
2020	Elena Flake	SB, AR
	Macey Way	AR
2019	Samantha Peterson	SB
2018	Dacotah Faight	AR
2017	Dacotah Faight	AR
2016	Denise Martin	SB
	Rachel Martin	SB
2015	Denise Martin	SB
	Rachel Martin	AR
2014	Rachel Martin	SB
2013	Janine Dutton	AR
2008	Kirsten Weiss	SB
	Amanda Jeffries	AR
	Elisha LaFond	AR
2007	Kristina Fehlings	AR, SB
	Stacy Underwood	AR, SB
2006	Misty Chanek	AR
	Kristina Fehlings	AR
	Kirsten Weiss	SB
2005	Misty Chanek	SB, AR
	Kristina Fehlings	SB
2004	Misty Chanek	SB, AR
2003	Amanda Trujillo	SB, AR
2002	Amanda Trujillo	SB, AR
2001	Nicole Allaire	SB, AR
	Melissa Downsborough	AR
	Terim Richards	AR
	Amanda Trujillo	SB
2000	Amanda Trujillo	SB, AR

HONORABLE-MENTION

Year	Student-Athlete	Event(s)
2020	Hana Musser	SB
2017	Samantha Peterson	SB
2015	Jaycee Carter	AR
	Rachel Martin	SB
2012	Janine Dutton	AR
2011	Janine Dutton	AR

CRCA ALL-COLLEGIATE TEAM

The top four finishers at the NCAA Championships are awarded first-team honors, fifth-through eighth-place finishers are second team, while ninth- and 10th-place finishers are honorable mention. In 2020 the NCAA Championships were canceled due to the Coronavirus pandemic. However, CRCA All-America honors were still awarded.

FIRST-TEAM

Year	Student-Athlete	Event(s)
2005	Kristina Fehlings	SB
	Andrea Franzén	AR
2001	Amanda Trujillo	AR
2000	Nicole Allaire	SB

SECOND-TEAM

Year	Student-Athlete	Event(s)
2022	Cecelia Ossi	SB

COSIDA ACADEMIC ALL-AMERICANS



RACHEL SPIRY
First Team (2002)
Second Team (2001)



RYANN MCGOUGH
Third Team (2011)

2020	Emily Cheramie	SB
2013	Denise Martin	SB
	Katelyn Woltersdorf	AR
2010	Janine Dutton	AR
2008	Kirsten Weiss	SB
2007	Kirsten Weiss	SB
2005	Kristina Fehlings	AR
2001	Terim Richards	AR
2000	Terim Richards	AR
	Amanda Trujillo	SB

THIRD-TEAM

Year	Student-Athlete	Event(s)
2020	Elena Flake	Combined
2015	Rachel Martin	SB, AR
2014	Lauren Phillips	SB, AR
	Denise Martin	SB, AR

HONORABLE-MENTION

Year	Student-Athlete	Event(s)
2022	Madelynn Erickson	SB
2016	Rachel Martin	Combined
2014	Rachel Martin	Combined
2005	Misty Chanek	AR
2004	Misty Chanek	SB

CRCA COACH OF THE YEAR

2014	Stacy Underwood, Nebraska
2000	Karen Anthony, Nebraska

CRCA ALL-ACADEMIC TEAM

2006	Misty Chanek
	Kim Chrostowski
	Kristina Fehlings
	Andrea Franzén
	Katie Harrington
	Stacy Underwood
	Kirsten Weiss

ALL-TIME LETTERWINNERS

Allaire, Nicole	2000-01
Aletto, Kinga	2019-20-21
Aspden, Karen	2003
Carter, Jaycee	2014-15-16-17
Chanek, Misty	2004-05-06
Cheramie, Emily	2018-19-20-21-22
Chrostowski, Kim	2005-06-07-08

Costello, Christine	2007-08-09-10
Dutton, Janine	2010-11-12-13
Downsborough, Melissa	2001-02-03-04
Erickson, Madelynn	2021-22
Ewert, Elizabeth	2018
Fehlings, Kristina	2004-05-06-07
Faight, Dacotah	2017-18
Flake, Elena	2019-20-21-22
Franzén, Andrea	2005-06
Fry, Payton	2022
Gadeken, Kayla	2017-18-19
Hansen, Kelsey	2012-13-14-15
Harrington, Katie	2005-06-07-08
Jeffries, Amanda	2007-08-09-10
Johnson, Laura	2004
Kim, Joyce	2010-11-12-13
Korthas, Maddison	2018-19-20
Kostal, Katie	2009-10-11-12
LaFond, Elisha	2008
Lane, Ashley	2008-09
Lorentz, Alexandra	2013-14-15-16
Lorentz, Elizabeth	2019
Mahloch, Sheena	2009-10-11
Major, Marissa	2013-14-15-16
Martin, Denise	2013-14-15-16
Martin, Rachel	2014-15-16-17
McGough, Ryann	2008-09-10-11
Mical, Magdalena	2013-14-15-16
Musser, Hana	2020
Ossi, Ceelia	2021-22
Peterson, Samantha	2017-18-19-20
Phillips, Lauren	2014-15
Pissos, Heather	2001
Powell, Bailey	2019-20
Quinn, Sarah	2004
Radulovic, Nina	2016-17-18-19
Richards, Terim	1999-00-01-02
Richert, Eva	2005
Ridge, Victoria	2000
Russell, Sunny	2011-12-13-14
Sawyer, Alicia	2002-03
Spiry, Rachel	1999-00-02-03
Strauch, Mackenzie	2022
Sutton, Sarah	2017
Trujillo, Amanda	2000-01-02-03
Underwood, Stacy	2004-05-06-07
Virga, Hannah	2016-18-19
Way, Macey	2020-21
Weiss, Kirsten	2005-06-07-08
Wilson, ReAnn	2011-12-13-14
Woltersdorf, Katelyn	2011-12-13
Yager, Rachel	2017-18-19

NATIONAL HONORS & AWARDS

NEBRASKA SCHOLAR-ATHLETE HONOR ROLL

Spring 2022

Kinga Aletto
Emily Cheramie
Madelynn Erickson
Elena Flake
Payton Fry
Cecelia Ossi
Mackenzie Strauch

Fall 2021

Kinga Aletto
Emily Cheramie
Madelynn Erickson
Elena Flake
Payton Fry
Cecelia Ossi
Mackenzie Strauch

Spring 2021

Kinga Aletto
Emily Cheramie
Madelynn Erickson
Elena Flake
Elizabeth Lorentz
Cecelia Ossi

Fall 2020

Kinga Aletto
Anna Butler
Emily Cheramie
Madelynn Erickson
Elena Flake
Elizabeth Lorentz
Cecelia Ossi

Spring 2020

Kinga Aletto
Emily Cheramie
Elizabeth Ewert
Elena Flake

Kayla Gaden
Maddie Korthas
Hana Musser
Samantha Peterson
Bailey Powell
Sarah Sutton
Macey Way

Fall 2019

Emily Cheramie
Elizabeth Ewert
Kayla Gaden
Maddie Korthas
Elizabeth Lorentz
Hana Musser
Samantha Peterson
Bailey Powell

Spring 2019

Nina Radulovic
Sarah Sutton
Macey Way

Spring 2019

Kinga Aletto
Maddie Korthas
Elizabeth Lorentz
Samantha Peterson
Bailey Powell
Nina Radulovic
Sarah Sutton
Hannah Virga
Rachel Yager

Fall 2018

Kinga Aletto
Elizabeth Ewert
Elena Flake
Kayla Gaden
Maddie Korthas
Elizabeth Lorentz
Samantha Peterson

Bailey Powell
Nina Radulovic
Sarah Sutton
Hannah Virga
Rachel Yager

Spring 2018

Mari Butler
Elizabeth Ewert
Dacotah Faught
Kayla Gaden
Maddie Korthas
Samantha Peterson
Nina Radulovic
Sarah Sutton
Hannah Virga
Rachel Yager

Fall 2017

Emily Cheramie
Elizabeth Ewert
Dacotah Faught
Maddie Korthas
Samantha Peterson
Nina Radulovic
Rachel Yager

Spring 2017

Katie Brown
Dacotah Faught
Maddie Korthas
Rachel Martin
Samantha Peterson
Nina Radulovic
Hannah Virga
Rachel Yager

Fall 2016

Jaycee Carter
Dacotah Faught

Kayla Gaden
Maddie Korthas
Rachel Martin
Magdalena Mical
Samantha Peterson
Nina Radulovic
Sarah Sutton
Hannah Virga
Rachel Yager

Spring 2016

Katie Brown
Jaycee Carter
Alexandrea Lorentz
Marissa Major
Denise Martin
Rachel Martin
Magdalena Mical
Nina Radulovic
Hannah Virga
Rachel Yager

Fall 2015

Jaycee Carter
Alexandrea Lorentz
Denise Martin
Rachel Martin
Magdalena Mical
Jordan Miller
Nina Radulovic
Hannah Virga
Rachel Yager

Spring 2015

Jaycee Carter
Alexandrea Lorentz
Marissa Major
Denise Martin
Rachel Martin
Magdalena Mical

Lauren Phillips
Fall 2014
Jaycee Carter
Alexandrea Lorentz
Marissa Major
Denise Martin
Rachel Martin
Magdalena Mical
Lauren Phillips

Spring 2014

Jaycee Carter
Kelsey Hansen
Alexandrea Lorentz
Marissa Major
Denise Martin
Rachel Martin
Magdalena Mical
Lauren Phillips
Sunny Russell

Fall 2013

Jaycee Carter
Kelsey Hansen
Marissa Major
Denise Martin
Rachel Martin
Magdalena Mical
Lauren Phillips
Sunny Russell

Spring 2013

Kelsey Hansen
Joyce Kim
Alexandrea Lorentz
Marissa Major
Magdalena Mical
Sunny Russell
Katelyn Woltersdorf

Fall 2012

Kelsey Hansen
Joyce Kim
Katie Kostal
Marissa Major
Denise Martin
Magdalena Mical
Sunny Russell
ReAnn Wilson
Katelyn Woltersdorf

Spring 2012

Janine Dutton
Joyce Kim
Katie Kostal
Sheena Mahloch
Sunny Russell
ReAnn Wilson
Katelyn Woltersdorf

Fall 2011

Kelsey Hansen
Katie Kostal
Sheena Mahloch
Sunny Russell
Katelyn Woltersdorf

ACADEMIC ALL-BIG TEN

2022

Kinga Aletto
Emily Cheramie
Madelynn Erickson
Elena Flake
Cecelia Ossi

2021

Kinga Aletto
Emily Cheramie
Elena Flake
Elizabeth Lorentz
Macey Way

2020

Kinga Aletto
Emily Cheramie
Elizabeth Ewert
Kayla Gaden
Maddie Korthas
Elizabeth Lorentz
Samantha Peterson
Bailey Powell

2019

Elizabeth Ewert
Kayla Gaden
Maddie Korthas
Samantha Peterson
Nina Radulovic
Sarah Sutton
Hannah Virga
Rachel Yager

2018

Dacotah Faught
Kayla Gaden
Maddie Korthas
Samantha Peterson
Nina Radulovic
Sarah Sutton
Hannah Virga
Rachel Yager

2017

Jaycee Carter
Rachel Martin
Nina Radulovic
Rachel Yager

2016

Jaycee Carter
Alexandrea Lorentz
Marissa Major
Denise Martin
Rachel Martin
Magdalena Mical

2015

Jaycee Carter
Kelsey Hansen
Alexandrea Lorentz
Marissa Major
Denise Martin
Rachel Martin
Magdalena Mical
Lauren Phillips

2014

Kelsey Hansen
Marissa Major
Denise Martin
Magdalena Mical
Sunny Russell

2013

Kelsey Hansen
Joyce Kim
Sunny Russell
Katelyn Woltersdorf

2012

Joyce Kim
Sheena Mahloch
Sunny Russell
Katelyn Woltersdorf



Hannah Virga, Nina Radulovic and Rachel Yager all earned All-Big Ten honors in both 2018 and 2019.

NATIONAL HONORS & AWARDS

BIG TEN DISTINGUISHED SCHOLAR

2022

Emily Cheramie

2020-21

Elana Flake
Elizabeth Lorentz

2019-20

Emily Cheramie

Elizabeth Ewert
Elizabeth Lorentz
Bailey Powell

2018-19

Nina Radulovic
Rachel Yager

2017-18

Nina Radulovic
Rachel Yager

2016-17

Nina Radulovic
Rachel Yager

2015-16

Alexandrea Lorentz

2014-15

Alexandrea Lorentz

2013-14

Sunny Russell

2012-13

Sunny Russell

2011-12

Sunny Russell

BIG 12 COMMISSIONER'S HONOR ROLL

Spring 2011

Janine Dutton
Joyce Kim
Sheena Mahloch
Ryann McGough
Sunny Russell
Katelyn Woltersdorf

Fall 2010

Joyce Kim
Katie Kostal
Sheena Mahloch
Ryann McGough
Sunny Russell
Katelyn Woltersdorf

Spring 2010

Christine Costello
Amanda Jeffries
Joyce Kim
Katie Kostal
Sheena Mahloch
Ryann McGough

Fall 2009

Christine Costello
Amanda Jeffries
Sheena Mahloch
Ryann McGough

Spring 2009

Christine Costello
Amanda Jeffries
Sheena Mahloch
Ryann McGough

Fall 2008

Christine Costello
Amanda Jeffries
Sheena Mahloch
Ryann McGough

Spring 2008

Kim Chrostowski
Christine Costello
Kristina Fehlings
Katie Harrington
Amanda Jeffries
Ryann McGough
Kirsten Weiss

Fall 2007

Kim Chrostowski
Christine Costello
Kristina Fehlings
Katie Harrington
Amanda Jeffries
Ryann McGough
Kirsten Weiss

Spring 2007

Kim Chrostowski
Kristina Fehlings
Katie Harrington

Amanda Jeffries
Stacy Underwood
Kirsten Weiss

Fall 2006

Kim Chrostowski
Christine Costello
Kristina Fehlings
Katie Harrington
Amanda Jeffries
Kirsten Weiss

Spring 2006

Misty Chanek
Kim Chrostowski
Kristina Fehlings
Andrea Franzén
Katie Harrington
Stacy Underwood
Kirsten Weiss

Fall 2005

Misty Chanek
Kim Chrostowski
Kristina Fehlings
Andrea Franzén
Katie Harrington
Eva Richert
Stacy Underwood
Kirsten Weiss

Spring 2005

Misty Chanek
Kim Chrostowski

Melissa Downsbrough
Kristina Fehlings
Andrea Franzén
Katie Harrington
Eva Richert
Kirsten Weiss

Fall 2004

Misty Chanek
Kim Chrostowski
Melissa Downsbrough
Katie Harrington
Stacy Underwood
Kirsten Weiss

Spring 2004

Karen Aspden
Misty Chanek
Melissa Downsbrough
Laura Johnson
Amanda Trujillo

Fall 2003

Melissa Downsbrough
Sherri Gallagher
Laura Johnson
Stacy Underwood

Spring 2003

Melissa Downsbrough
Laura Johnson
Amanda Trujillo

Fall 2002

Kiki Chosid
Melissa Downsbrough
Laura Johnson
Alicia Sawyer
Rachel Spiry

Spring 2002

Laura Johnson
Alicia Sawyer
Rachel Spiry
Amanda Trujillo

Fall 2001

Melissa Downsbrough
Alicia Sawyer
Rachel Spiry
Amanda Trujillo

Spring 2001

Nicole Allaire
Melissa Downsbrough
Rachel Spiry
Amanda Trujillo

Fall 2000

Melissa Downsbrough
Heather Pissos
Terim Richards
Rachel Spiry
Amanda Trujillo

Spring 2000

Rachel Spiry
Amanda Trujillo

Fall 1999

Terim Richards
Rachel Spiry
Amanda Trujillo
Spring 1999
Jennifer Latimer
Rachel Spiry

Fall 1998

Jennifer Latimer
Rachel Spiry