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CONTACT:

Ted Breidenthal

816/474-7264, ext. 119

tbreidenthal@d3independents.org

www.d3independents.org

Sneath, Knight Receive March Honors
From the Association of Division III Independents

KANSAS CITY, MO.--- Helen Sneath, a midfielder on the Colorado College lacrosse team, and Evan Knight, a middle-distance runner from Nebraska Wesleyan University, were named today as the recipients of the Association of Division III Independents Student-Athlete of the Month awards for March.

Sneath, a senior geology major from Wayne, Pa., led the Colorado College women's lacrosse team to a 6-3 record during the month of March. One of only three Division III players to be named to the watch list for the Tewaaraton Trophy (the pre-eminent lacrosse award honoring the top female and male varsity collegiate lacrosse player in the U.S.), Sneath led the Tigers with 22 goals and three game-winning goals during the eight games in which she played. She scored five goals in a 9-7 victory at Roanoke College and six goals in a loss to ninth-ranked Colby College. One of the top two-way players in the nation, Sneath leads the team in goals, draw controls and caused turnovers. She is second in points and third in ground balls. The top-ranked team in the West Region, Colorado College has earned an NCAA tournament berth in each of the last three seasons and likely will earn its fifth straight this year.

Knight, a sophomore Spanish and history major from Keystone, Neb., put an exclamation point on his sophomore indoor track season during the month of March. At the Iowa State University qualifier March 4, he helped Nebraska Wesleyan automatically qualify both its distance medley and 4x400 relay teams as both turned in the third fastest times in Division III entering the 2006 NCAA Division III Indoor Track & Field Championships. The distance medley relay team ran 9:56.82 (10:00.32c), while the 4x400 team ran

3:14.56 (3:16.56c). Knight, who also entered the national meet ranked third in the 800, was named Central Region Male Athlete of the Year by the USTCCCA at a banquet March 9. He topped it all off with a runner-up 800 finish in 1:53.07, which ranks third in Nebraska Wesleyan history, to help propel the Prairie Wolves to fourth place in the final NCAA Division III men's team standings.

The Association of Division III Independents consists of 19 Division III independent institutions that have joined together to recognize student-athletes at independent institutions, and to provide exempted postseason championship competition in nine sports in 2005-06. The Association recognizes outstanding athletic achievements of its student-athletes on a weekly, monthly and annual basis. For the second year, the Association provides statistical services for its members in seven sports. In addition, it also will announce all-Independent teams at the conclusion of nine sports this year.

All student-athletes from the Association's 19 members were eligible for the award. Each school was allowed to nominate its top performing male and female student-athletes from March. The award recipients were selected after a vote of the Association's Student-Athlete Recognition Committee.

More information about the Association of Division III Independents is available at <http://www.d3independents.org>.

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