May 3, 2010 - The Macalester Athletic Department held its annual Awards Banquet at the Leonard Center Friday night (May 1) and presented numerous awards and honors to several deserving student-athletes. The M Club Male Athlete of the Year award was presented to James Murrey (Sr., Western Springs, Ill. / Lyons Township) from the baseball team, and the M Club Female Athlete of the Year award was presented to Maddie Mette (Sr., Burnsville, Minn.) from the soccer and track & field teams.

Macalester’s Senior Scholar-Athletes of the Year are Wade Ekstrom (La Crescent, Minn.) from cross country and track, and Trina PaStarr (Minneapolis, Minn. / Southwest) from basketball. The Macalester Junior Scholar-Athletes of the Year are Jeff Yamashita (Honolulu, Hi. / Iolani) from swimming, and Emily Bardwell from soccer.

Other major Macalester departmental award winners include:

**Senior Male Athlete of the Year** – Carson Gorecki (soccer)
**Senior Female Co-Athletes of the Year** – Ann Baltzer (basketball) & Erin Lowrey (cross country/track)
**Junior Male Athlete of the Year** – Pete Goldberg (football)
**Junior Female Athlete of the Year** – Emily Bardwell (soccer)
**Sophomore Male Athlete of the Year** – Robert Williams (baseball)
**Sophomore Female Athlete of the Year** – Jessica Rene (basketball)
**First-Year Male Athlete of the Year** – Pierce Peters (basketball/golf)
**First-Year Female Athlete of the Year** – Paige Schaefer (tennis)

Community Service Award – Lee Nystrom

All Mac seniors received the M Club blankets and recognition was given to all Academic All-MIAC recipients.

**2009-10 Athletic Dept. Awards**

**M Club Male Athlete of the Year**
**James Murrey - Baseball**

James Murrey owns nearly every Macalester single-season and career pitching record and should become the school’s first four-time All-MIAC player ever. With a couple more starts to go in his career, Murrey owns a 27-12 career record and a 2.52 earned run average. He has struck out 298 batters in his career, including 18 in a game earlier this season against nationally-ranked Johns Hopkins, which tied a 73-year-old Mac record. Murrey is 8-3 this spring and with 100 strikeouts, and is ranked seventh in the nation in strikeouts. He was ranked in the top 10 in the national as a junior in both earned run average and strikeouts. Murrey is a two-time All-Central Region selection.

**M Club Female Athlete of the Year**
**Maddie Mette – Soccer / Track & Field**

Maddie Mette has been a standout on both the women’s soccer and track & field teams, and this past fall was named to the adidas Division III All-America team after leading the Scots to the NCAA playoffs. A two-time all-conference selection, Mette started all 79 Macalester games over the past four years and led a Scots defense which allowed just 22 goals in 22 games this past season, while scoring one goal and assisting on three others.
During her four seasons leading the Macalester defense, the Scots gave up less than a goal per game while posting 35 shutouts in 79 games. In track & field, Mette is a team leader in both the jumps and the sprints and in March placed seventh in the long jump at the MIAC indoor championships. She ranks on the program’s all-time performance in the long jump, 100-meter dash and 55-meter dash, and helped established a school record in the 800-meter relay.

**Senior Male Scholar-Athlete of the Year**  
**George Scotten Award**  
**Wade Ekstrom – Cross Country / Track & Field**

Wade Ekstrom is one of the most accomplished distance runners ever to compete at Macalester and is the school record holder in the outdoor 1500-meter run, indoor 3000-meter run, and indoor mile run. During the fall season, he posted the second-fastest cross country time in school history. Ekstrom placed fifth at the MIAC cross country championships in November and with his 10th place finish at Central Regionals, qualified for the NCAA championships to close out his collegiate career. During this winter’s indoor campaign, Ekstrom added another All-MIAC certificate when he placed third in the mile run, and so far during the outdoor campaign, has been running as well as ever, as he attempts to once again qualify for the NCAA meet after making the finals in the 1500-meter run last spring.

Ekstrom majors in English with a minor in Chinese Studies, and has compiled a 3.82 cumulative GPA at Macalester.

**Senior Female Scholar-Athlete of the Year**  
**Dorothy Michel Award**  
**Trina PaStarr – Basketball**

Trina PaStarr helped lead the Scots to an all-time best 16-6 conference record, earning All-MIAC honors for the third time and All-West Region honors for the second time. PaStarr and her fellow seniors helped turn a last-place team into a conference title contender as the team improved its record in each of the past four years. For the third straight season, PaStarr ranked in the top 10 in the MIAC in scoring, rebounding and blocked shots, and was once again one of the league’s best defensive players. PaStarr finishes her career ranked No. 5 in Mac’s record book for career points with 1,265 and also No. 4 in career rebounds with 712.

PaStarr majors in Environmental Studies and has accumulated a 3.75 GPA at Macalester.

**Junior Male Scholar-Athlete of the Year**  
**David Primrose Award**  
**Jeff Yamashita – Swimming & Diving**

Jeff Yamashita was the top point-scorer this past winter for the Macalester men’s swimming & diving team and swam to numerous first-place finishes throughout the course of the season. A team captain, as he will be again next winter, Yamashita moved up to the No. 2 position on the program’s all-time honor roll in both the 100-yard freestyle and 100-yard butterfly events. Yamashita was presented with the team’s 2010 Bachman Award, given to the person who has done the most to contribute to the success of the program. He is the Mac water polo club team captain and an All-American.

Yamashita majors in History and American Studies and has earned a 3.79 cumulative Macalester GPA.

**Junior Female Scholar-Athlete of the Year**  
**Dorothy Michel Award**  
**Emily Bardwell – Soccer**

Emily Bardwell was one of the most dangerous strikers in the region and her offensive skills helped sparked Mac to a third-place 7-3-1 conference finish, a 14-6-2 overall record, and an invitational into the NCAA championship playoffs. Bardwell netted 16 goals, becoming just the sixth player in the proud history of the program to reach
that figure, and received both All-conference and All-North Region honors. She ranked third in the MIAC with eight goals in 11 MIAC games and on the season contributed nine game-winning goals.

Bardwell has compiled a 3.54 cumulative GPA at Macalester and is Geography major.

ATHLETIC DIRECTOR AWARDS (Athletes of the Year by Class)

Senior Male Athlete of the Year
Carson Gorecki – Soccer
Carson Gorecki came back after missing an entire season with a leg injury and quickly re-gained his old form as the Scots went 13-8-1, qualified for the NCAA Division III playoffs, and won the MIAC post-season tournament and placing second in the league in the regular-season. Gorecki netted seven goals and assisted on three others, and netted four second half game-winning, tie-breaking during a five-game stretch early in the season. Gorecki is a three-time All-MIAC pick and finished his career No. 8 on the school’s all-time list with 25 goals. He also earned All-North Region honors this past fall.

Senior Female Athlete of the Year
Ann Baltzer – Basketball
Erin Lowrey – Cross Country / Track & Field

Ann Baltzer helped lead the dramatic turnaround of the women’s basketball program and as a senior, led the Scots to the MIAC playoffs and an all-time best conference record. Baltzer was the MIAC scoring champion with a 17.4 conference average and also ranked second in the league in shooting percentage and 10th in rebounds per game. She was Mac’s scoring leader in 13 out of 22 conference games and finishes her career ranked No. 4 on the program’s all-time scoring chart with 1,278 points.

Erin Lowrey put together one of the finest and most consistent distance running careers in the history of the women’s cross country and track programs and has been the team’s No. 1 runner in every cross country race over the past three years. Lowrey is the first four-time Macalester All-MIAC cross country runner in 20 years and placed seventh at last fall’s conference meet. She is a four-time all-region runner. Lowrey is the school record-holder in the indoor 5000-meter run.

Junior Male Athlete of the Year
Pete Goldberg – Football
Pete Goldberg has been a three-year starter on the offensive line and this past fall enjoyed his best season ever as the starting left tackle. Goldberg was selected as Macalester’s Offensive Co-Most Valuable Player, anchoring a line which helped the balanced Mac offensive run for 136 yards per game and pass for 178 yards a game. He graded out as the top offensive lineman in all 10 games over the course of the season and easily led the team with just under 50 “pancake” blocks.

Junior Female Athlete of the Year
Emily Bardwell – Soccer
Emily Bardwell was named team MVP, all-conference, and all-region, and leading the Scots to a 14-win season, a runner-up finish in the MIAC playoffs, and a berth in the NCAA Division III championship playoffs. Bardwell scored 16 of her team’s 34 goals, and her 16 goals is topped by only five other players in the history of the program (all of whom are All-Americans). She ranked third in the MIAC with eight goals in 11 MIAC games and on the year netted nine game-winning goals.
Sophomore Male Athlete of the Year
Robert Williams – Baseball
With a couple weeks remaining in the season, Robert Williams leads the Mac baseball team in hitting with a .422 batting average and is also tops on the team with 34 runs batted in through 33 games. Williams is currently riding an 11-game hitting streak and had a 10-game streak earlier in the season. A catcher and first baseman, Robert is Macalester’s co-leader in home runs with four.

Sophomore Female Athlete of the Year
Jessica Rene – Basketball
Jessica Rene was one of the top three-point shooters in the MIAC and gave spark to an offense which averaged over 70 points a game for the first time in school history. Joining the starting lineup this season after coming off the bench as a first-year, Rene averaged 9.3 points a game for the Scots and ranked fourth in the MIAC in three-point shooting percentage at 43%. She was also third in the league in assist-to-turnover ratio.

First-Year Male Athlete of the Year
Pierce Peters – Basketball / Golf
During the fall, Pierce Peters played for the Mac men’s golf team and was usually the fourth or fifth player. In the winter, he started and tied for the scoring leadership on the Macalester men’s basketball team. Peters was one of five players named to the MIAC’s All-Newcomer team and for the season was Mac’s scoring leader in eight games. In addition to leading the Scots with a 10.2 scoring average, he also averaged 4.1 rebounds per game and led the squad with a 48% shooting mark, 74% free throw percentage and 16 blocked shots.

First-Year Female Athlete of the Year
Paige Schaeffer – Tennis
With just one match to go on the spring season, Paige Schaeffer is second on the team with a 13-5 record, primarily at No. 3 singles. Her conference record is 4-5 as she has emerged as one of the MIAC’s top newcomers. Schaeffer is likely to take over the No. 1 position in the singles lineup next year.

Department Service Award
Lee Nystrom
A Macalester College graduate and longtime alumni leader, Lee Nystrom has assisted Mac’s Student-Athlete Advisory Committee in putting together its annual Career Night for the last three years. Nystrom was Chair of the Fundraising Committee for the building of the Leonard Center, and he and his wife Gail provided the funding for the Hall of Fame Room, which was named in his honor. A former Green Bay Packer, he is on the national board of the NFL Alumni, Inc., currently serving as Chairman of the Board. Nystrom serves on the Macalester College Board of Trustees and his daughter Ali, is a four-year starter on the Mac softball team. Lee and Gail have rarely missed attending a Mac softball games over the last four years.