

## Griewisch Wins SAC Presidents Award

Written by LRU Sports Information  
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Lenoir-Rhyne's Kate Griewisch is the 2010-11 recipient of the South Atlantic Conference Presidents Award.

The award was voted on by the league's Faculty Athletic Representatives at the annual SAC Business Meetings in Asheville, N.C.

A native of Banner Elk, N.C., Griewisch becomes the first Lenoir-Rhyne student-athlete in school history to earn this honor.

The SAC Presidents Award is the most prestigious honor the conference awards to its student-athletes. The award exemplifies the finest combined qualities of excellence in athletics, academics and community leadership.

During the year, the league recognizes 14 SAC Scholar-Athlete Award winners, representing each of the conference-sponsored sports. The top male and female SAC Scholar-Athlete Award winners from each represented member school are then nominated for the Presidents' Award. Tusculum's Simon Holzapfel (men's cross country) was the male student-athlete to win the award in 2010-11.

Griewisch is the first student-athlete in L-R history to earn All-American honors in two different sports, garnering accolades in women's cross country twice (2009 & 2010) and outdoor track and field this past spring.

Last month at the 2011 NCAA Division II Outdoor Track and Field National Championships in Turlock, Calif., Griewisch ran a school-record time of 34:21 in the women's 10,000-meter race to finish sixth out of 18 competitors. In cross country, Griewisch is a three-time All-South Atlantic Conference first team honoree (2008-10) and won the Food Lion SAC Championship and the NCAA Division II Southeast Regional Championship in each of the past two seasons.

Griewisch was named the United States Track and Field and Cross Country Coaches Association (USTFCCCA) Southeast Region Women's Athlete Of The Year for women's cross country (2009-10) and indoor track and field (2011) and holds several school track records in the 5K (17:01), indoor 5K (16:45), 3K (10:36) and the 1,500-meter run (4:41).

An outstanding student as well, Griewisch has been named the SAC women's cross country Scholar-Athlete Award winner and a Capital One Academic All-District III first team honoree for the past two years. She is a Capital One Academic All-America® nominee this season.

Griewisch carries a 3.81 GPA while majoring in biology. She is a three-time member of Lenoir-Rhyne Dean's List and was a member of the President's List in the Fall of 2009. She is a member of the L-R Honors Academy, holds a Martin Luther Fellows Our College – Our Future Scholarship and is a GlaxoSmithCline Women in Science Scholar.

She is a member of numerous clubs and organizations, including Chi Beta Phi, Alpha Lambda Delta, Campus Crusade for Christ, Fellowship of Christian Athletes, Lutheran Student Movement and the Student Government Association. She has taken mission trips to Mexico, St. Croix, Atlanta, Cincinnati, Texas, China and Kenya.

In May, Griewisch also did an internship at the Summer STAR (Student Training And Research) Program at the Georgia Health Sciences University in Augusta, Georgia.

Griewisch and Holzapfel will be the South Atlantic Conference's nominees for the NCAA Division II Conference Commissioner's Association Scholar Athlete of the Year Award.

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