

## Hamilton Named Student-Athlete of Week

Written by Ryan Bower  
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Appalachian State University women's track and field athlete Amanda Hamilton was named as the Southern Conference Student-Athlete of the week, the league office announced Tuesday. Hamilton, who finished fourth in the 10,000-meter run at

last weekend's Raleigh Relays, sports an impressive 3.83 grade-point average as a health care management major.

Her time of 35:51.53 in the 10,000-meter run last week marked the fourth-fastest time in Mountaineer history and is the fastest time in the Southern Conference this year.

Hamilton is the sixth Appalachian State student-athlete to win the weekly award this season and the second from ASU's women's track and field team.

## 2011-2012 Southern Conference Student-Athlete of the Week

- Sept. 7 Demetrios Pagonis, Cross Country, Davidson
- Sept. 14 Chris Berry, Cross Country, Chattanooga
- Sept. 21 Ashley Schnell, Cross Country, UNCG
- Sept. 28 Jessica Smith, Women's Soccer, Furman
- Oct. 5 Samantha Hodge, Women's Soccer, Western Carolina
- Oct. 13 Stephanie Gerow, Women's Soccer, Davidson
- Oct. 19 ☐☐☐ Maggie Seeds, Volleyball, Appalachian State**
- Oct. 26 Jeremy Buncum, Football, The Citadel
- Nov. 3 Ashley Schnell, Cross Country, UNCG
- Nov. 9 Kate Van Dyke, Volleyball, Georgia Southern
- Nov. 16 Nick Millington, Men's Soccer, Elon
- Nov. 30 Kalia'Shea Menendez, Women's Basketball, Western Carolina
- Dec. 7 Mitch Allen, Football, Wofford
- Dec. 14 Brad Loesing, Men's Basketball, Wofford
- Dec. 21 JP Kuhlman, Men's Basketball, Davidson
- Jan. 4 Paige Anderson, Women's Basketball, Samford
- Jan. 11 ☐☐☐ Nathan Healy, Men's Basketball, Appalachian State**

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**Jan. 18** Sarah Williamson, Indoor Track & Field, Appalachian State

Jan. 25 Raegan Thompson, Women's Basketball, Furman

**Feb. 1** Courtney Freeman, Women's Basketball, Appalachian State

Feb. 8 Demetrios Pagonis, Indoor Track & Field, Davidson

Feb. 15 Haley Pace, Softball, Western Carolina

**Feb. 22** Carter Downs, Wrestling, Appalachian State

Feb. 29 Lucas Cotter, Indoor Track & Field, Chattanooga

Mar. 7 Paola Garrido, Women's Tennis, Georgia Southern

Mar. 14 Amy Salek, Outdoor Track & Field, Elon

Mar. 21 Alex Whitehead, Women's Tennis, UNCG

Mar. 28 Kelly Kambourelis, Women's Tennis, College of Charleston

**Apr. 3** Amanda Hamilton, Outdoor Track & Field, Appalachian State

**Photo Courtesy: Amanda Hamilton, ASU Athletics**