

News Release

Senior Alexa Thielman Focused on the Future

By Elizabeth Tollefson on Wednesday, February 17, 2016



With her eye on the ball, senior guard Alexa Thielman prepares meticulously for the upcoming playoff game, but Thielman's eyes also are looking beyond the basketball. Thielman, a health sciences major from Buffalo, Minn., will graduate in May from the University of Minnesota Crookston and is focused on a career in the medical field.

Her hours are filled primarily with homework and basketball leaving very little time for much else. Thielman says she is deeply connected to her teammates and the bond she has with them creates the framework of her experience as a college student. She has outlined clearly defined goals for what's after graduation, "I am at school for an education and to set myself up for the future," she says. "I believe that is how it should be."

Thielman credits athletics for her competitiveness and her drive to succeed, but some of that drive comes from her mother whom she says is her greatest influence. "My mom is a nurse and has been a guide for me both athletically and academically," she explains. "I grew up with her as my basketball coach in grade school where she helped me grow as a player. She also encouraged me to aspire to excellence in the classroom."

"Today, I wear the number 12 jersey because that was my mom's jersey number when she played high school basketball," she continues.

Growing up in Buffalo, Thielman recalls how the community was drawn together when the boys' basketball team won the state high school tournament in 2007. "We felt their support growing up," she says. "The community rallied around us as student-athletes and gave us a lot of support. In many ways, attending college at the U of M Crookston was an easy transition because it felt not much different than home."



In her academic life, Associate Professor Brian Dingmann encouraged her right from the start to work hard in her core math and science classes in preparation for the classes needed for the health sciences degree. "He has been a great advisor and has been helpful as I look ahead to graduate school," Thielman says.

It goes without saying that Golden Eagle Women's Basketball Coach Mike Roysland has been a significant influence on Thielman. "He loves to see us succeed as players *and* in the classroom," she says. "I have enjoyed playing for him and he is one of the most positive coaches I know. I like his style and the way he pushes you to be better."



If Thielman could only hold on to one memory from her basketball career, she responds quickly. "That question is an easy one for me to answer," she smiles. "Last year we hosted our first ever home playoff game. I needed nine points to reach 1,000 career points and the game was down to the last seconds when I was fouled still two points shy of the goal. I won't ever forget it; I made the first basket to tie the game, and the second to win. I reached my 1,000 point goal, and our team made the trip to the quarterfinals at the Sanford Pentagon in Sioux Falls, S.D."

An hour or so prior to the playoff game on Wednesday, February 24, Thielman will probably be found in Lysaker gymnasium. She uses the time to prepare making sure she has her shoes tied just how she likes them and warms up alone in the gym.

"I warm up on my own, take a break, and then, warm up with the team," she says. "It is the way I like to get ready for a game."

However she prepares for a competition or for the future, Thielman will keep her eye on the ball during the game and beyond.

The University of Minnesota Crookston now delivers 34 bachelor's degree programs, 22 minors, and 39 areas of emphasis on campus as well as 14 degree programs entirely online. These degrees are offered in the areas of agriculture and natural resources; business; liberal arts and education; and math, science and technology. With an enrollment of 1,800 undergraduates from more than 20 countries and 40 states, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit www.umcrookston.edu.

In the photo, bottom, Senior Alexa Thielman prepares to shoot during one of the Golden Eagle's regular season games.

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