



Women's Basketball | 12/17/2015 4:34:00 PM | Shawn Smith, Sports Information Director

Polk and Nordick Named UMC Teambackers Student-Athletes of the Week



CROOKSTON, Minn. – University of Minnesota Crookston men's basketball player [C.J. Polk](#) (So., G, Milwaukee, Wis./Business Management) and women's basketball player [Katrina Nordick](#) (Sr., F, Perham, Minn./Applied Studies) were named UMC Teambackers Student-Athletes of the Week for the seven-day period from Dec. 10-16. Nordick has received the honor twice this season, while Polk is a first-time honoree.

Nordick earned NSIC North Player of the Week for her role in UMC's wins over Wayne State College (Neb.) and Augustana University last weekend. She averaged 22 points and 11.5 rebounds per game for the Golden Eagles on the weekend. Against Augustana, she had a double-double with 20 points and 14 rebounds on 7-of-11 shooting from the field with five assists. Against Wayne State Friday, she had 24 points and nine boards on 9-of-19 from the field. Nordick shot 53.3 percent (16-of-30) from the field and was 11-of-12 from the charity stripe. She had eight offensive rebounds on the weekend while averaging four assists per game. In addition, Nordick moved to fourth all-time on the career scoring list, surpassing former UMC star and current Northern State University graduate assistant Brittani Wiese, a former teammate. Nordick was the preseason NSIC North Player of the Year after earning All-NSIC First Team honors as a junior. She is averaging 15.0 points and 6.9 rebounds per game for the 6-3 Golden Eagles.

Polk had his best weekend in the Maroon and Gold against Wayne State and Augustana. The sophomore averaged 18 points as UMC picked up their first conference win of the year over Wayne State and fell to No. 2 Augustana. He also averaged 3.0 rebounds, 3.5 assists and 2.0 steals per game. Against the Wildcats, Polk had 16 points, three rebounds, six assists and three steals on 7-of-12 from the field and 2-of-4 from the line. Against the Vikings, he had 20 points, three boards and one assist on 8-of-17 from the field, 2-of-5 from beyond the arc and 2-of-2 from the line.

For more information, visit the Golden Eagle Athletics website at www.goldeneaglesports.com.

Follow the Golden Eagles on Facebook at Golden Eagle Sports and on Twitter at @UMCAthletics.

The University of Minnesota Crookston is a NCAA Division II university located in the Red River Valley of Northwest Minnesota. UMC sponsors 11 intercollegiate athletic teams with membership in the Northern Sun Intercollegiate conference (NSIC) and the Intercollegiate Horse Show Association (IHSA). The NSIC is a 16-team conference with schools situated in Minnesota, Iowa, North Dakota, South Dakota and Nebraska.

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2015-16 Honorees

- Dec. 16 – [Katrina Nordick](#) (women's basketball) and [C.J. Polk](#) (men's basketball)
- Dec. 9 – [Cathy Ackroyd](#) (western equestrian) and [Derrick Redd, Jr.](#) (men's basketball)
- Dec. 2 – [Katrina Nordick](#) (women's basketball) and [Jim Warmack](#) (men's basketball)
- Nov. 25 – [Alexa Thielman](#) (women's basketball) and [Derrick Redd, Jr.](#) (men's basketball)
- Nov. 18 – [Alexa Thielman](#) (women's basketball) and [Ben Grygiel](#) (men's basketball)
- Nov. 11 – [Amanda Guimont](#) (western equestrian) and [Dre Person](#) (football)
- Nov. 4 – [Emily Steeley](#) (hunt seat equestrian), [Selena Young](#) (hunt seat equestrian) and [Constant Jackson](#) (football)
- Oct. 28 – [Chloe Nelson](#) (western equestrian) and [Dre Person](#) (football)
- Oct. 21 – Delaney McIntyre (soccer), Courtney Amborst (soccer) and [Dre Person](#) (football)
- Oct. 15 – Katie Sheetz (women's golf) and [Adam Connette](#) (football)
- 10/7 - Marina Farrow (women's golf) and Chris Cobler (men's golf)
- 9/30 - Lexie Gauger (soccer) and Seth Heppner (men's golf)
- 9/23 - Maggie Perrel (volleyball) and Seth Heppner (men's golf)

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PLAYERS MENTIONED ▾

#11 Adam Connette WR / 5' 10" / Sophomore	#9 Constant Jackson WR / 5' 9" / Senior
#10 Derrick Redd, Jr. G / 6' 1" / Redshirt Senior	#54 Jim Warmack F/C / 6' 7" / Sophomore
#2 C.J. Polk G / 6' 0" / Sophomore	#32 Ben Grygiel F / 6' 5" / Junior
#21 Katrina Nordick F / 5' 10" / Senior	#12 Alexa Thielman G / 5' 8" / Senior
#30 Andre Person RB / 5' 10" / Redshirt Junior	Emily Steeley Senior

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- 02.21.23 Fox Named CSC Academic All-District
- 02.21.23 Fox Breaks UMN Crookston Rebounding Record as Season Ends in First Round of NSIC Tournament
- 02.20.23 Minnesota Crookston Opens NSIC Tournament Tuesday at Southwest Minnesota State

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