



Men's Basketball | 1/29/2016 10:33:00 AM | Shawn Smith, Sports Information Director

## Polk and Noga Named UMC Teambackers Student-Athletes of the Week



**CROOKSTON, Minn.** – University of Minnesota Crookston men's basketball player [C.J. Polk](#) (So., C, Milwaukee, Wis./Business Management) and women's basketball player [Micaela Noga](#) (So., G, Parkers Prairie, Minn./Health Management) have been named UMC Teambackers Student-Athletes of the Week. The pair were named for their performances during the seven-day period from Jan. 21-27. Polk is a four-time honoree and Noga is a first-time honoree.

Polk had one of his best weekends in the Maroon and Gold as he averaged 21.5 points and 3.5 rebounds on the weekend in losses to Minnesota State University Moorhead and Northern State University. Polk tallied a career-high 29 points against Northern State last Saturday and also had six rebounds and four assists. Polk's 29 helped UMC force overtime against the Wolves. Against Northern State, Polk was 10-of-17 from the field and 8-of-8 from the charity stripe. Against MSU Moorhead, he had 14 points, one rebound and three assists. On the weekend, he was a perfect 10-of-10 from the charity stripe.

Noga played a key role for the Golden Eagles last weekend. The sophomore had a huge second half against MSU Moorhead to help propel UMC to a win. She was 5-of-7 from the field and 4-of-6 from beyond the arc in the second half. Noga would finish the game with a team-high 16 points. Against Northern State, she also came up big in the second half, helping to keep the Golden Eagles in it. Noga would finish with 13 points on the day.

The UMC Teambackers Student-Athlete of the Week award honors accomplishments of Golden Eagle student-athletes on the field, in the classroom and in the community and has been doing so for the last three seasons.

For more information, visit the Golden Eagle Athletics website at [www.goldeneaglesports.com](http://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

- Jan. 27 – [Micaela Noga](#) (women's basketball) and [C.J. Polk](#) (men's basketball)
- Jan. 20 – [Alison Hughes](#) (women's basketball) and [C.J. Polk](#) (men's basketball)
- Jan. 13 – [Alexa Thielman](#) (women's basketball) and [Derrick Redd, Jr.](#) (men's basketball)
- Jan. 6 – [Alexa Thielman](#) (women's basketball) and [Chase Knickerbocker](#) (men's basketball)
- Dec. 22 – [Katrina Nordick](#) (women's basketball) and [C.J. Polk](#) (men's basketball)
- 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 Armbrorst (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)
- 9/16 – Katie Sheetz (women's golf) and Lethzee Calderon (football)
- 9/9 – Stephanie Pearson (volleyball) and Stephen Day (football)

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PLAYERS MENTIONED	
<b>#11 Adam Connette</b> WR / 5' 10" / Sophomore	<b>#9 Constant Jackson</b> WR / 5' 9" / Senior
<b>#10 Derrick Redd, Jr.</b> G / 6' 1" / Redshirt Senior	<b>#54 Jim Warmack</b> F/C / 6' 7" / Sophomore
<b>#2 C.J. Polk</b> G / 6' 0" / Sophomore	<b>#32 Ben Grygiel</b> F / 6' 5" / Junior
<b>#25 Chase Knickerbocker</b> G/F / 6' 6" / Freshman	<b>#21 Katrina Nordick</b> F / 5' 10" / Senior
<b>#10 Micaela Noga</b> G / 5' 7" / Sophomore	<b>#12 Alexa Thielman</b> G / 5' 8" / Senior

### Related Stories

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- 06.08.23 Former Men's Basketball Player Cleary Continues Professional Journey with Lahti Basketball in Finland
- 06.06.23 Minnesota Crookston Men's Basketball Adds Fourth Signee with Grand Forks Native Ben Hoverson
- 06.01.23 Minnesota Crookston Men's Basketball Adds Joel Hanson as Assistant Coach

- 05.18.23 Minnesota Crookston Men's Basketball Set to Host Two Youth Camps this Summer

### Related Videos

- 05.11.23 Post-Game - Mike Hallquist and Ben Goelz
- 05.10.23 Josh Dykhoff Grand Slam Against Minot State
- 05.10.23 Post-Game - Steve Gust vs. Minot State
- 05.10.23 Post-Game: Josh and Jake Dykhoff against Minot State
- 04.24.23 Post-Game - Mitch Goodwin and Conner Richardson



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