



Women's Volleyball | 4/26/2017 9:15:00 AM | Shawn D. Smith, Sports Information Director

## Trost Honored as NSIC Honor Student-Athlete



**BURNSVILLE, Minn.** – The Northern Sun Intercollegiate Conference has announced University of Minnesota Crookston's [Sierra Trost](#) (Ham Lake, Minn.) as a 2017 Honor Student-Athlete and scholarship award winner.

Trost has excelled as a student-athlete in her four years at Minnesota Crookston. She has maintained a 3.91 GPA in biology and health science. Trost was awarded with the NSIC Butch Raymond Scholarship earlier this year. The prestigious Butch Raymond Scholarship is a \$5,000 scholarship sponsored by Sanford Health. It is given to 16 student-athletes, one recipient at each of the NSIC member institutions. To be eligible for the scholarship the recipient must be a senior academically in 2016-17, have a GPA of 3.20 or higher, be participating in intercollegiate athletics and plan to work in a health related field or attend graduate school in a health related field.

In addition, Trost was named a NSIC Myles Brand All-Academic with Distinction Award recipient for having a 3.75 GPA or higher and being a graduating senior. On the court, Trost was a four-year starter at setter for the Golden Eagles. She averaged 9.78 assists per set. In addition, she averaged 0.62 kills per set and 0.34 blocks per set this season. She had a season-high 53 assists versus Minnesota State.

The NSIC honored Northern State University's Sarah Hovind as the 2017 Willis R. Kelly Scholar-Athlete award recipient and Northern State's Joe Gomez as the 2017 William Britton Scholar-Athlete Award winner. The Britton Scholar-Athlete Award for Academic Excellence, in its 33rd year, recognizes the NSIC's top male student-athlete and the Kelly Scholar-Athlete Award, in its 32nd year, is presented to the NSIC's top female student-athlete. This marks the sixth time that student-athletes from the same institution earned the Britton and Kelly Awards during the same year.

The member institutions of the NSIC nominate one male and one female student-athlete for the Britton and Kelly Awards. The nominees must meet the following criteria: a grade point average of 3.5 or better (on a 4.0 scale); evidence of academic excellence beyond the minimum grade point average (scholarship prizes and other academic recognition), evidence of participation in the life of the institution, and evidence of participation in at least two-thirds of the varsity events of the individual's primary sport. The award is voted on by the NSIC Faculty Athletic Representatives.

The 31 student-athletes nominated for the NSIC's two most prestigious awards will also be honored as NSIC Male and Female Honor Student-Athletes of the Year at their respective institutions. Gomez and Hovind will be recognized Tuesday, July 11 at the 2017 NSIC Hall of Fame Banquet at the Best Western Premier in Burnsville, Minn. and will each receive a \$2,500 post-graduate scholarship.

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**PLAYERS MENTIONED** ▾

**#13 Sierra Trost**  
S / 5' 8" / Senior

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