

# News Release



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## Carissa Jahner Named Recipient of NCC Inspiration Award

Sioux Falls, S.D. -- North Dakota women's basketball player Carissa Jahner has been selected as the recipient of the Inspiration Award by the North Central Conference. The announcement of the award coincides with the National Girls & Women in Sports Day on Wednesday.

The selection by Senior Women's Administrators at NCC institutions was made on the basis of significant contribution to her team along with contributions to her home and college community, while showing courage in overcoming adversity that influenced their collegiate career. The female athlete must be in her senior year of eligibility and have a minimum 3.00 grade point average.

Jahner is a team captain and natural team leader for the Sioux. She has been a starter since her sophomore year and has never missed a game in her four-year career. She currently leads the league in assist-to-turnover ratio, leads the team in assists, steals and minutes played and is fourth on the team in rebounding. She is a two-time NCC Defensive Player of the Year with her strength being defense as well as her team leadership on offense being a tremendous asset to the team.

When Jahner was a senior in high school, her father, Frank, was among the first troops deployed to Iraq. He continued to serve his country through her freshman year in college. This was hard on everyone in the family, including her brother Jade who also played basketball for UND. But basketball helped ease the separation for both Carissa and her dad as he was able to listen to all of her basketball games through the internet.

Jahner has been active in community activities as well. In the fall of 2006 she participated in a basketball clinic and read to school children on the Spirit Lake Indian Reservation. She has also helped with the Grand Forks Community Fair, Potato Bowl activities, UND pre-game tailgating events and was a speaker for the Grand Forks South Middle School D.A.R.E. program.

Jahner is the daughter of Frank and Diane Jahner of Fargo, N.D. and is majoring in nursing.

### The NCC Inspiration Award Honor Roll

2007 - Carissa Jahner, North Dakota, Basketball  
2006 - Angie Hummel, Augustana, Volleyball  
2005 - Chelsie Groslie, Nebraska-Omaha, Basketball  
2004 - Jackie Hingst, Augustana, Volleyball  
2003 - Aleasha Jacobson, South Dakota State, Volleyball  
2002 - Emily Birkholz, Minnesota State, Basketball  
Anne Bomstad, Nebraska-Omaha, Basketball  
2001 - Krista Niezwaag, Nebraska-Omaha, Volleyball

2000 - Kim Birkel, Nebraska-Omaha, Basketball  
1999 - Theresa Lang, North Dakota State, Basketball  
1998 - Missy McVoy, Northern Colorado, Basketball  
1997 - Hiedi Reed, Augustana, Cross Country/Track  
1996 - Stormie Wells, Northern Colorado, Volleyball  
1995 - Sarah Johnson, Morningside, Softball  
1994 - Melissa Laatsch, Minnesota State, Softball

Ruth Marske served as a professor, coached volleyball, basketball, softball and track, and was an assistant to the athletic director during her two decades of service at South Dakota State from 1970-1990. Her involvement in athletics influenced decisions made by three governing organizations (WRA/Women's Recreation Association, AIAW/Association of Intercollegiate Athletics for Women and the NCAA). Early in her career, Ruth's personal automobiles were station wagons which she used to transport teams to competitions. In 1985, Ruth was diagnosed with breast cancer but she continued working in her administrative and teaching capacity until her death. Growth in local, state and regional women's sports can be attributed directly to Marske's efforts.