



CENTRAL COLLEGE ATHLETICS

ELEVATE YOUR  
GAME

[central.edu](http://central.edu)

# BE MORE THAN A **SPECTATOR**

Central College's campus culture empowers students to engage with opportunity.

More than half of Central's students participate in intercollegiate athletics because the Central experience allows you to pursue your passions and be more than a spectator.

Here at Central, you'll be pushed, stretched and challenged to be your best.

**As an athlete. As a student. As a person.**

**THAT'S CENTRAL ATHLETICS –  
EMBRACE THE CHALLENGE.**





## BLAINE HAWKINS '21

**HOMETOWN:** Ankeny, Iowa

**MAJOR:** Economics and Business Management

**SPORT:** Football

**POSITION:** Quarterback

**SCHOLARSHIPS:** Presidential, Trustee, Journey and Creative Writing Award

**CAREER:** Associate, Public Finance Investment Banking. Piper Sandler Companies, Denver, Colorado

Former quarterback **Blaine Hawkins '21** is one of Central's all-time football greats. He's the most prolific passer in school history and his name sits atop the list of nearly every single-season and career passing record.

After leading the Dutch to two wins in two tries during the COVID-19 shortened Spring 2021 season, Hawkins returned for a fifth season.

"What I love is being part of the brotherhood that is Central College football," he says. "I'm lucky to be part of that group."

In 2019, Hawkins threw for a school record 3,302 yards and 44 touchdowns and rushed for 522 yards and another nine touchdowns. He was a first-team All-American Rivers Conference selection for a second year in a row and was named the conference's offensive player of the year.

He and the Dutch had a season to remember. They finished 10-2, won a share of their first conference title since 2009 and advanced to the Division III playoffs, winning a postseason game for the first time since 2007.

While football and athletics certainly were a big reason Hawkins chose Central, he found so much more once he got on campus. He majored in economics and business management, served on Student Senate, studied abroad in London and participated in internships in the U.S. and abroad. In 2021, Hawkins was named to the Academic All-America® team by College Sports Communicators.

Even after graduating, Hawkins continues to earn accolades for his successes on the field, in the classroom and in the community. He recently received the 2023 NCAA Today's Top 10 Award, given to the top 10 student-athletes across all NCAA divisions.

"Your time at Central is what you make it," he says. "I've gained experience with stuff that will benefit me going forward."

Hear more of Blaine's story:  
[central.edu/hawkins](https://central.edu/hawkins)



**"The football team is like family. They're always ready to give you a hand if you need it."**

**– BLAINE HAWKINS '21**

# FOOTBALL

+ AMERICA'S FOURTH-WINNINGEST COLLEGE FOOTBALL TEAM SINCE 1975

+ 32 CONFERENCE CHAMPIONSHIPS

+ 22 NCAA PLAYOFF BERTHS



Central reached the 2021 NCAA Division III Football Championships quarterfinals.



"Central's football tradition and long history mean so much to me, especially the family aspect. My teammates are my brothers, and we all bleed the red and white."

– LOGAN MONT '24

**HOMETOWN:** Aurora, Illinois

**MAJOR:** Business Management and Accounting

**POSITION:** Receiver

**SCHOLARSHIPS:** Journey

# VOLLEYBALL



“This program cares about the student in the gym. I’m able to play the sport I love while pursuing a challenging degree that is preparing me for the career I want.”

– **AVERY REXROAT '26**

**HOMETOWN:** Macomb, Illinois

**MAJOR:** Biology

**POSITION:** Setter

**SCHOLARSHIPS:** Journey

**17**  
CONFERENCE  
VOLLEYBALL TITLES

+

**11**  
NCAA  
TOURNAMENT  
BERTHS

+

**3**  
NATIONAL  
CHAMPIONSHIPS

# BASKETBALL

6

Winner of six conference crowns, the Central women's basketball team has captured a national championship while earning five NCAA tournament berths.



OFFICIAL SPONSOR



UNDER ARMOUR.

CENTRAL WAS THE  
FIRST UNDER ARMOUR  
COLLEGE IN IOWA.

"I love the community around our program. I feel so loved even when I am so far away from family. The impact that their support has on me has been life-changing and made this such an amazing experience."

– JASMYN WILLIAMS '26

**HOMETOWN:** Denver, Colorado

**MAJOR:** Elementary Education

**POSITION:** Guard

**SCHOLARSHIPS:** Journey and Ward E.

Katherine A. McDaniel Endowed Scholarship



18

CENTRAL HAS WON 18  
CONFERENCE MEN'S  
BASKETBALL TITLES WITH  
11 NCAA DIVISION III  
TOURNEY BERTHS.

"Central has provided me an environment to grow and improve. The campus is filled with professors, coaches, workers, and staff members who genuinely care about you and are invested in your future."

– KALEB BRAND '24

**HOMETOWN:** Mount Vernon, Iowa

**MAJOR:** Business Management

**POSITION:** Guard

**SCHOLARSHIPS:** The Barnes Family Scholarship



# SOCCER

2019

Central won the 2019 men's conference title and made its first NCAA Division III Championships appearance.



With 102 wins in nine seasons under Coach **Mike Kobylinski '03**, the Central women's soccer team is a regional contender.



"Central women's soccer has provided me with an experience I couldn't get anywhere else. I am so thankful for the opportunities Central gives its students and the amazing memories that I have made on this campus."

– **GRACE COATES '24**

**HOMETOWN:** Marion, Iowa

**MAJOR:** Exercise Science

**POSITION:** Forward

**SCHOLARSHIPS:** Ellingson Family and Pella Rolscreen





# WRESTLING



“Central wrestling is building my character each and every day. I’m becoming stronger and faster but also more knowledgeable. I love being able to continuously improve myself on and off the mat.”

– **PIERRE BALDWIN '26**

**HOMETOWN:** Carol Stream, Illinois

**MAJOR:** Exploring

**WEIGHT CLASS:** 141 pounds

**SCHOLARSHIPS:** Katie Johnson Hill Scholarship in Memory of Al & Margaret Johnson and Journey

**3**

**FULL-TIME STRENGTH AND  
CONDITIONING COACHES  
GIVE EACH CENTRAL ATHLETE  
AN INDIVIDUALIZED STRENGTH  
AND CONDITIONING PLAN**

**+**

**7**

**TOP-10 NCAA WRESTLING  
TEAM FINISHES**

**+**

**57**

**WRESTLING  
ALL-AMERICA AWARDS**



## WOMEN'S WRESTLING LAUNCHING IN 2023-24

“What drew me to Central was the environment, both the people and the campus itself. The faculty and staff really take care of their students.”

– **PAIGE BAYNES**  
Head Women's Wrestling Coach

# BASEBALL

11

Central has won 20-plus games in 11 seasons since 2005, with two conference titles.



“I like that, at Central, I’m allowed to be myself on the field. I feel like a lot of other programs put their players in a box. But we are encouraged to show emotion and play with passion here.”

– COLTON DEROCHE '24

**HOMETOWN:** Sioux City, Iowa

**MAJOR:** Kinesiology

**POSITION:** Outfielder

**SCHOLARSHIPS:** Jim and Deb Israel, The Artis Vande Voort Leabo and The Joseph L. and Marjorie E. Petz

“The mental side of baseball is so deep that I think it translates well into the classroom.”

– GARRETT SAUNDERS '19

Two-time CoSIDA Academic All-District honoree  
Former shortstop, Atlanta Braves minor league organization





# SOFTBALL

31

CENTRAL HAS FOUR NCAA  
NATIONAL SOFTBALL TITLES  
WITH A RECORD 31 NCAA  
TOURNEY APPEARANCES.

“Central softball is a program like no other. I love the tradition this program has because you’re able to connect with those who played before you. It reminds you the game goes beyond just you as an individual.”

– FRANIE BURNETT '24

**HOMETOWN:** Ankeny, Iowa

**MAJOR:** Chemistry and Mathematics

**POSITION:** Third Base

**SCHOLARSHIPS:** Journey



# CROSS COUNTRY

Central's on-campus cross country course is one of Division III's top college courses. It was the site of two NCAA Central Region Championships.

The Central women's cross country team won an NCAA national championship.



The Central men's cross country team has been represented at nine NCAA national meets since 2011.



"D-III is a path that more should consider. Running for Central has given me experiences I would not have had elsewhere."

– CALEB SILVER '23

**HOMETOWN:** Albion, Iowa

**MAJOR:** Communication Studies

**SPORT:** Cross Country



# TRACK & FIELD

12

Winner of 12 indoor and outdoor conference men's track and field titles since 2009, Central captured five individual national championships the past four seasons.



11

The Dutch women's track and field team has an NCAA national team title and 11 individual crowns.

"I love the feeling of finishing a hard workout knowing that I am bettering myself as an athlete. Central track and field provides me with a challenge I enjoy and the encouraging atmosphere that helps me succeed."

— **ABBI ROERDINK '24**

**HOMETOWN:** Tiffin, Ohio

**MAJOR:** Accounting

**SPORT:** Track and Field

**SCHOLARSHIPS:** Journey



# GOLF

32

The Central men's golf team has a record 32 conference crowns while earning 33 NCAA tourney berths.

The Bos Landen Golf Club is Central's home course and was ranked as Iowa's #1 Public Golf Course for five years. Central's Ryerson Golf Practice Range features chipping greens, practice bunkers and 20 tee boxes.



11

The Dutch won their 11th conference women's golf title in 2022 and earned a berth in the 2023 NCAA Division III Championships.

"Coach **Blasi** is competitive, determined to win a conference and national title, and so are his players. Central provides everything you need as a golfer to take your game as far as you want to take it."

– **HAROLD DOBERNECKER '24**

**HOMETOWN:** Nevada, Iowa

**MAJOR:** Business Management

**MINOR:** Entrepreneurship

**SPORT:** Golf

**SCHOLARSHIPS:** Journey and The Hamilton Family



# TENNIS



# 38



THE DUTCH HAVE EARNED ALL-CONFERENCE WOMEN'S TENNIS HONORS 38 TIMES IN THE PAST 15 YEARS.



# 14

14 conference men's tennis championships belong to the Dutch, who have 35 top-three league team finishes since 1975.

"Central tennis has taught me how you have to choose to be tough. Being tough doesn't always come easy, in matches or in life, but each time we face an opponent we have the opportunity to choose toughness for ourselves and when we do, we often conquer those challenges."

– JENNA HERNANDEZ '24

**HOMETOWN:** Slater, Iowa

**MAJOR:** Biochemistry

**SPORT:** Tennis

**SCHOLARSHIPS:** Distinguished, Trustee, Van Doornick-Rempe and Journey



# WOMEN'S TRIATHLON



2

Central is one of just two NCAA Division III colleges in Iowa, and fewer than 40 nationwide, with a triathlon program.

"Triathlon has allowed me to grow in new ways. I've been stretched athletically, academically, relationally and even spiritually as I've embarked on this journey of trying something completely new and pushing myself beyond what I thought I could."

– GRACE BENSON '26

**HOMETOWN:** Newton, Iowa

**MAJORS:** Exploring

**SPORT:** Triathlon

**SCHOLARSHIPS:** H.S. Kuyper



## CHEER TEAM

Central again won the Cheer-Game Day competition at the 2023 American Rivers Cheer and Dance Invitational. The squad placed third in the Division III Spirit Rally Open at the NDA/NCA College Nationals in Daytona Beach, Florida.

## DANCE TEAM

Central took top honors in the Jazz and Hip-Hop Divisions and won the Overall title at the American Rivers meet. Central then won the Division III Pom competition at the NDA/NCA College Nationals in Daytona Beach, Florida.



# FACILITIES FOR THE FUTURE

Central is inspired by its athletics tradition and continues to build first-class facilities for competition and training.

**AN \$18 MILLION EXPANSION/RENOVATION OF P.H. KUYPER GYMNASIUM IS PART OF ONGOING IMPROVEMENTS THAT INCLUDE:**

- + All new strength equipment and flooring in Ron Schipper Fitness Center
- + Spacious men's and women's varsity locker rooms
- + Expansive wrestling center
- + Team meeting spaces
- + Enhanced athletic training room



**"These are championship facilities that reflect Central's incredible commitment to its student-athletes."**

**ERIC VAN KLEY**  
Athletics Director



# RECENT ALUMNI

## TREY MELVIN '23

Men's Tennis Captain  
Financial Analyst  
EquipmentShare  
Columbia, Missouri

## WILL DEHAAN '22

All-America  
Men's Indoor Track and Field  
Technology Adoption Analyst  
Vermeer Corp.  
Pella, Iowa

## SYDNEY CANNEY '22

All-Conference  
Women's Soccer Defender  
Social Media Strategist  
TwoTone Creative  
West Des Moines, Iowa

## BLAINE HAWKINS '21

Gagliardi Trophy-Winning  
Football Quarterback  
Associate Public Finance  
Investment Banker  
Piper Sandler Companies  
Denver, Colorado

## KIKI PINGEL '21

NCAA Heptathlon Qualifier  
Doctoral Student  
Occupational Therapy  
University of South Dakota  
Vermillion, South Dakota

## KARLEIGH SCHILLING '21

All-Conference  
Women's Tennis Player  
Graduate Student, Economics  
Baylor University  
Waco, Texas

## KATIE WANG '21

Women's Soccer Player  
Graduate Student  
Pacific Northwest University of  
Health Sciences  
Yakima, Washington

## LUKE LEON '19

Men's Tennis Player  
Baseball Technology Fellow  
Tampa Bay Rays  
St. Petersburg, Florida

# BEYOND CENTRAL

"Central's diverse curriculum, which included a range of subjects, forced me to be mentally nimble and develop the ability to keep multiple projects moving at the same time. Essentially, multi-tasking that requires critical thinking. I've used that skill each and every day since I began working."

## WILL DANIELS '19

2021 U.S. Olympic Decathlon Trials competitor  
Three-time NCAA champion, Multi-Events  
CoSIDA Academic All-American of the Year  
NCAA Postgraduate Scholarship Winner  
Men's Track and Field  
Master's Degree, Clinical Exercise Physiology  
University of Iowa  
Iowa City, Iowa





## **“YOU GET THE EXPERIENCE”**

“Central prepared me for athletic training, but the biggest things are the intangibles Central provides. Just being able to live on your own and handle things. Being comfortable in certain situations and problem-solving. The way Central’s program works, you get that experience right away.”

### **NATE WEIR '05**

Men’s Soccer Defender

Associate Athletic Trainer/Director of Rehab

2023 NFC Tim Davey Assistant Athletic Trainer of the Year

Green Bay Packers, Green Bay, Wisconsin



## **“A COMMUNITY I CAN STILL TURN TO”**

“Central helped me get to where I am today by supporting both my academic and athletic dreams. Central allowed me to develop personal relationships with my teammates, classmates, coaches and professors, creating a community I can still turn to today.”

### **TARYN PENNINGTON '13**

Softball Outfielder

High-Performance Health Care Services Provider

U.S. Olympic and Paralympic Training Center

Colorado Springs, Colorado



## **“I WILL ALWAYS BE THANKFUL”**

“I will always be thankful that Central prepared me for a meaningful career and encouraged an interest in public service. I’m forever proud that I had the honor of wearing that ‘C’ on my helmet while playing a game I love with some of the best friends I will ever have.”

### **ADAM GREGG '06**

Football Defensive Back

Lieutenant Governor, State of Iowa

Des Moines, Iowa



## **“CONFIDENCE IS IMPORTANT”**

“The world is competitive, and developing confidence is important, especially for young women. Being at a place like Central where you are challenged, but also have people who believe in you, is really valuable for life after college.”

### **MOLLY PARROTT '02**

All-America Women’s Basketball Guard, Softball Second Baseman

Radio/Television Sports Color Analyst, Senior Director of Development

Iowa State University Foundation

Ames, Iowa

# WE ARE FOREVER DUTCH®





## CENTRAL ATHLETICS: MORE THAN A FOUR-YEAR EXPERIENCE

### ATHLETICS AND EDUCATION UNITE

They do at Central, which is one reason the Central experience is so special. The confidence you can develop navigating a late-night bus schedule in London, the rush of discovering something new in a lab and the poise displayed in facing an 0-2 pitch with the tying run on third base all come together to make you who you were meant to be.

### CHAMPIONSHIPS DON'T COME EASILY

The training can be exhausting. The competition can be fierce. But at Central, the hardest thing you'll be asked to do is to turn in your uniform at the end of your senior season because you've learned to cherish every minute of the game and the journey with your fellow teammates.

### THE CENTRAL ATHLETICS JOURNEY CONTINUES AFTER GRADUATION

You'll savor memories of the most grueling workouts. You'll retain the bonds with teammates and coaches you've formed for a lifetime. You'll appreciate and apply daily the lessons you learned about self-discipline, teamwork and commitment. Your connections to the program and to the athletes of yesterday and tomorrow will continue to grow.

Only at Central can you discover what it means to be **FOREVER DUTCH®**.

[central.edu](http://central.edu)

LEVEL UP  
YOUR GAME  
**COMPETE  
AT  
CENTRAL**

**DIVISION III: A BETTER WAY TO PLAY**

Competing in NCAA Division III is about becoming better prepared for success in all aspects of life after college.

Few places do that as well as Central – in fact, former Central President **Ken Weller** authored the original Division III philosophy.

“I call Ken Weller the father of Division III.”

– **DAN DUTCHER**

Former Vice President of Division III  
NCAA



## DELANEY UNDERWOOD '23

**HOMETOWN:** Mitchellville, Iowa

**MAJOR:** Biology

**SCHOLARSHIPS:** Journey

**CAMPUS ACTIVITIES:** Golf, Student Athlete Advisory Committee

**CAREER GOAL:** Biostatistician

**“Ultimately, what makes Central so unique is that it sets you up and prepares you for the future. Everyone here pushes you to be your best. Everybody wants you to succeed and is willing to help you in any way that you need.”**

– DELANEY UNDERWOOD '23

What does a golf lover and statistics enthusiast achieve when they attend Central? For **Delaney Underwood '23**, it all adds up to a college experience that, in her own words, has been nothing short of remarkable.

Underwood always dreamed of being a college student-athlete. In fact, having the opportunity to extend her golfing career past high school was one of the deciding factors when it came to choosing Central.

“I knew I wanted to play golf in college,” Underwood says. “When I first came for my visit here, I was initially just thinking about it from an athletic perspective. But once I got on campus and spoke with the coaches and faculty, I saw that in choosing Central, I would have time to do everything.”

“From the minute I stepped on campus, I had the golf team here as a first connection and group of friends,” Underwood says. “From there, you branch out to making other friends. It’s just so nice to have all those connections.”

Over the past three seasons, the women’s golf team at Central has been working towards a conference championship. With Underwood captaining the team, this year they achieved their goal.

“Last year, on paper, we should have won conference,” she says. “We came up just seven shots shy of winning. That has motivated our team all year long, and I think that’s what ultimately led us to winning conference by 42 strokes this year.”

A conference championship qualified the team for their third NCAA Division III Championship appearance. Underwood led the Dutch in scoring, capping off her golf career at Central in style.

Off the green, instead of counting strokes, Underwood is tabulating statistics. In fact, her next goal is pursuing her Master of Science in biostatistics.

“All of it has led me to enrolling in graduate school at Duke University, which I’ll be attending this fall. There, I’ll be studying biostatistics, which I never even knew was something that interested me until I came to Central. With the help and guidance of my professors, the more and more I looked into it, the more I was like, if that’s not me, I’m not sure what is.”

Underwood’s Division III experience at Central has also been highlighted in her being a member of the Student Athlete Advisory Committee here on campus.

Everything that Underwood has had the opportunity to experience here at Central is something she’ll hold on to for the rest of her life.

For more of Delaney’s story:  
[central.edu/underwood](http://central.edu/underwood)



# BECAUSE AVERAGE IS NOT AN OPTION

5 0 0 +

ALL-AMERICA AWARDS

1 1

NCAA DIVISION III TEAM TITLES IN SIX SPORTS

1 8 7

CONFERENCE TEAM CHAMPIONSHIPS

6 6

CSC ACADEMIC ALL-AMERICA® AWARDS

2 6

NCAA POSTGRADUATE SCHOLARSHIP WINNERS

ADMISSION@CENTRAL.EDU  
CENTRAL.EDU

812 UNIVERSITY ST., PELLA, IOWA 50219  
PHONE: 641-628-7616 TEXT: 641-632-9667



Central  
College®  
— 1853 —