



Rio Rapids Soccer Club

2024 College Commitment Recognition Social

Sunday, April 28, 2024

Rio Rapids Soccer Club is thrilled and proud to recognize nine 2024 high school graduates who as of today have committed to play for college soccer programs this coming fall. These players have worked tirelessly to achieve excellence on the field and in the classroom.

Commitments by College/University

Adams State University (CO) (1): Carissa Benavidez

Eastern New Mexico University (1): Douglas Cutshall

Embry Riddle Aeronautical University (AZ) (1): Tessa Updegraff

Fort Lewis College (CO) (1): Kiana Jamerson

Harvey Mudd College (CA) (1): Paul Melendres


University of Mount Saint Vincent (NY) (1): Jaime Landavazo


North Idaho College (1): Tiana Griego


University of Texas at Tyler (1): Carter Neiman


Westminster University (1): Emery Miller



Carissa Benavidez		
Adams State University, Alamosa, CO NCAA Division II – Rocky Mountain Athletic Conference		
Club Team:	Rio Rapids 06/05 GA	
Hometown:	Albuquerque, NM	
College Major:	Communications and Media	
Academic Honors/Awards:	Soccer Honors/Awards:	
2021-23 Honor Roll	4 year Varsity Letter Defensive Player of the Year 2 nd Team All State 1 st Team All District	

Douglas Cutshall		
Eastern New Mexico University, Portales, NM NCAA Division 2 – Lone Star Conference		
Club Team:	Rio Rapids ECNL 06/05	
Hometown:	Rio Rancho, NM	
College Major:	Pre-Med	
Academic Honors/Awards:	Soccer Honors/Awards:	
2-year National Honor Society Member 3-year academic letter	2 nd Team All State 1 st Team All District 2023 Led team in goals & assists 2022 Led team in assists 2021 State Champion	

Tiana Griego		
North Idaho College, Coeur d'Alene, ID Northwest Athletic Conference		
Club Team:	Rio Rapids 06/05 GA	
Hometown:	Albuquerque, NM	
College Major:	Biology	
Academic Honors/Awards:	Soccer Honors/Awards:	

Kiana Jamerson		
Fort Lewis College, Durango, CO NCAA Division 2 - Rocky Mountain Athletic Conference		
Club Team:	Rio Rapids 06/05 GA	
Hometown:	Rio Rancho, NM	
College Major:	Exercise Physiology	
Academic Honors/Awards:	Soccer Honors/Awards:	
2023 & 2022 5A 1 st Team All-Academic	2023 1 st Team All District 2022 2 nd Team All District 2023 5A State Champions 2022 5A State Finalist 2022 Metro Champions 2 Time District Champions	



Jaime Landavazo

University of Mount Saint Vincent, Bronx, NY
NCAA Division III – Skyline Conference

Club Team: Rio Rapids 06/05 GA

Hometown: Albuquerque, NM

College Major: Pre-Med

Academic Honors/Awards:

2-time Dean’s Honor Role
3-year National Honor Society Member
4-year All Academic Team for Soccer
All Academic Team for Basketball

Soccer Honors/Awards:

2-time 1st Team All State
2-time 1st Team All District
3-time State Champion
All Star Team



Paul Melendres

Harvey Mudd College – Claremont-Mudd-Scripps Athletics, Claremont, CA
NCAA Division III - Southern California Intercollegiate Athletic Conference

Club Team: Rio Rapids ECNL 06/05

Hometown: Albuquerque, NM

College Major: Engineering

Academic Honors/Awards:

Ranked in the Top 10 at Eldorado
2023 New Mexico State Debate Champion

Soccer Honors/Awards:



Emery Miller

Westminster University, Salt Lake City, UT
NCAA Division 2 – Rocky Mountain Athletic Conference

Club Team: Rio Rapids 06/05 GA

Hometown: Hesperus, CO

College Major: Sports Medicine

Academic Honors/Awards:

4-time High Honor Roll
2-years Durango High School Student Council

Soccer Honors/Awards:

2022-23 Rio Rapids Durango Female Player of the Year
2023 2nd Team All-State
High School Team Captain



Carter Neiman

University of Texas at Tyler, Tyler, TX
NCAA Division 2 – Lone Star Conference

Club Team: Rio Rapids 06/05 GA

Hometown: Durango, CO

College Major: Civil Engineering

Academic Honors/Awards:

Soccer Honors/Awards:



Tessa Updegraff	
Embry Riddle Aeronautical University, Prescott, AZ NAIA – California Pacific Conference	
Club Team:	Rio Rapids 06/05 GA
Hometown:	Albuquerque, NM
College Major:	Forensic Biology with a minor in Global Intelligence and Security
Academic Honors/Awards:	Soccer Honors/Awards:
GPA: 4.575 2023-24: Earned academic letter and bar 2020-21: Journalism/Newspaper, earned a letter, 6 articles published in school online newspaper 2022-24: National Honor Society, earned a letter, participated in 8 service projects 2022-24: Random Acts of Kindness, earned a letter, participated in community services projects, including Make Merry and multiple school projects 2021-24: National English Honor Society, performed multiple school service project, including organizing backpack donations 2023-24: National Math Honor Society	4-year letterman 2023 District Player of the Year & Captain 2023 All-Star Team 2023 & 2021 1st Team All-State 2021-2023 1st Team All-District 2020 2nd Team All-District 2023 1st Team All-Metro 2021-2023 1st Team All-District Academic 2023 & 2021 District Champions 2023 Metro Champions 2023 State Runner-Up 2021 & 2023 Leading scorer (16 goals) and (22 goals) 2023 Tied for leading assister (12 assists)



Rio Rapids Soccer Club is New Mexico’s premier youth soccer club and a non-profit organization offering programs for 4 to 19 year olds. The Club is a member of the Elite Clubs National League (ECNL), the Girls Academy League (GA), New Mexico Youth Soccer Association (NMYSA), the U.S. Youth Soccer Desert Conference and the Duke City Soccer League (DSCL).

Rio Rapids Soccer Club Mission Statement

Rio Rapids Soccer Club invites New Mexicans to share in what is a very positive era of development in youth soccer. The Club aims to promote a healthy environment, which enables each player to fulfill his or her potential both on and off the field. Players, parents, and coaches should feel confident and comfortable that key areas of development—technical, tactical, academic, personal and social—are the primary concern in each and every decision the Club takes.

The Club offers the most comprehensive and proven college search and player development program in New Mexico that has helped place 570 of our alumni in college soccer programs. Our 2024 graduates will join this group next fall.

For additional information about the club or its programs, please contact:

Ray Nause
College Search Program Coordinator
ray.nause@riorapids.org
505-417-0610

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6300 San Mateo Blvd NE
Space K-4
Albuquerque, NM 87109

