

COLLEGE — SWIMMING

DREXEL UNIVERSITY

SEBASTIAN SMITH

Fly/Free/Breast

Sophomore

Sebastian has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Sebastian's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man.

~Anthony McCloskey

DUQUESNE UNIVERSITY

HALEY SCHOLER

Junior

Haley excels in the water and in the weight room. Haley strains on a consistent basis. Haley never has had a bad day. Her attitude is second to none and she treat everything like an Olympian. Most recently, she placed 1st in the 200 backstroke during the A-10 Conference. She has the 2nd all time fastest race in A-10 history. Later this year she looks to qualify for the Olympics in both the 100 and 200 backstroke while already having the 100 qualified. I cannot think of anyone else more worthy for this award. ~Zach Chandler

FAIRMONT STATE UNIVERSITY

PATRICK FUBIO

Freestyle/Backstroke

Junior

Patrick Fubio, a junior from Clarksburg, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. As a captain on the swim team, Patrick is a fantastic all around leader. Patrick has been extremely consistent with his training, both in the weight room and in the pool. That consistency paid off, as he put together his best season. This season, Patrick set two home pool records in the 100 and 200 yard backstroke and set the overall program record in the 100 backstroke. At the

conference meet he took home seven all-MEC honors. Patrick's work ethic and dedication as a student-athlete also carry into the classroom, where he currently has a 3.76 GPA, and has been honored on multiple all-conference academic teams, as well as being a member of the 2022-23 CSCAA Scholar All-America team. Patrick also represents the swim team as part of the SAAC.

~Adam Kolberg

FRESNO PACIFIC UNIVERSITY

CHRIS LEE

Senior

Chris Lee approaches every session in the weight room with a clear purpose: to enhance his performance as a swimmer and continually elevate his capabilities. His unwavering focus and determination to execute each lift with precision underscore his profound commitment to training excellence. Chris has been instrumental in instilling a culture of dedication to strength training within the swim team, setting a shining example for his peers. His fervent passion for strength and conditioning has not only propelled him to personal success but has also driven his team to new heights in the pool. Even beyond his competitive swimming career, Chris' unwavering dedication ensures that he will always gravitate back to the weight room, a testament to his enduring pursuit of excellence.

~Whitney Leyva-Camberos

IOWA STATE UNIVERSITY

CARLEY CAUGHRON

Sprint Free/Fly

Junior

Carley is an asset to the weight room. As someone working towards becoming a S&C coach, she enjoys opportunities in which she can coach and encourage her teammates. She is extremely competitive and pushes herself to limits that help her exceed in anything she sets her mind to. ~Madeline Prado

COLLEGE — SWIMMING

SMITH COLLEGE

GRACE MAGEE

Sophomore

Grace is the epitome of a leader in the weight room. She has risen the caliber for her teammates every day and pushes those around her to rise with her. Grace embodies the values of the Smith College weight room and displays a level of maturity, strength and tenacity that is extremely admirable. During this past season, Grace swam to a new school record 200 backstroke, breaking the previous record which was set 38 years prior. With success in the weight room and in the pool, Grace is a prime example of what Smith Strength and Conditioning strives to teach and embody in our athletes and we could not be more proud of her efforts and accomplishments. ~Kate Winstanley

SOUTHERN METHODIST UNIVERSITY

LANCE BUTLER

Senior

Lance has excelled over the past few years physically and mentally. He takes on any challenge head on and doesn't complain about the work. He is a great example of striving for excellence. ~Peter Kenn

TEXAS WOMAN'S UNIVERSITY

ANAYA KASHIKAR

Junior

Anaya is a standout student-athlete. Since I have had the opportunity to work with her she has shown that she embodies what it means to be an NSCA All-American. She is a rock-solid leader for her team in the weight room, the pool, and the classroom. Inside the weight room she brings a work ethic and willingness to learn and improve that provides an awesome example for her teammates. She is always wanting to challenge herself and push her teammates to strive for better whether that be improving their form or increasing the weight lifted. She has a cumulative GPA of 3.967, is a captain of her team, and is an active member of the Student-Athlete Advisory

Committee at TWU. Her attitude and leadership have been a game changer for the program.

~Delaney Baxendale

UNIVERSITY OF PITTSBURGH

JERRY CHEN

Senior

Jerry Chen is a remarkable student athlete in the weightroom, the pool, the classroom, and his community. He not only serves as a leader for Pitt's Swim and Dive program, but is a shining example of hard work and dedication to the weightroom for all other Pitt Olympic Sports athletes. His resume is filled with athletic accolades like high scoring at Conference Championships, ACC Swimmer of the week, Olympic Trials cuts and more, all while being an exceptional student. Whether it's working towards a new PB in the water or furthering his lead of having Pitt Olympic Sports' highest recorded vertical jump, Jerry always represents the core values of our weightroom and strength staff extremely well. ~Aaron Duvall

VASSAR COLLEGE

ALEJANDRA ROBINS

Butterfly/Freestyle

Senior

Alejandra Robins is driven and disciplined. Alejandra has displayed exemplary commitment to strength and conditioning throughout the off-season preparation and in-season competitive periods. Alejandra boasts an impressive 60 push-ups, displaying a mastery of bodyweight movements and relative strength. Alejandra's drive to develop as an athlete has transferred directly to the pool. Alejandra's outstanding engagement in their own athletic development, as well as their leadership of self and others, sets them apart.

~Alice Read