

COLLEGE — TRACK & FIELD

AVERETT UNIVERSITY
ANDREW OLVERSON

Throws
Senior

Andrew's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Andrew's impact on the field transcends mere statistics, leaving an unmistakable mark on the sporting world. As a 2-sport collegiate athlete, Andrew has found a way to excel at a high level in both areas of competition, while also ensuring his preparation for the subsequent season is kept at the upmost importance. ~Samuel Roome

AVERETT UNIVERSITY
DARIUS EUBANKS

Middle Distance
Freshman

"Darius exemplifies remarkable dedication and progress in his athletic pursuits, showcasing significant advancements in performance while fostering a genuine passion for training. Leading by example, his stellar attendance underscores his unwavering commitment to excellence." ~Tyler Smith

AVERETT UNIVERSITY
CARLOTA GONZALEZ

Throws
Freshman

Carlota's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. Although still in her first year of competition, she has found a way to not only elevates her own performance but inspires those around her to push their limits and be the best version on themselves. With a burning ambition to lead, Carlota's impact on the field transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

AVERETT UNIVERSITY
SHANNEA INGRAHAM
Sprints/Middle Distance
Sophomore

"Shannea epitomizes dedication and progress in sports, showcasing significant improvements in performance while fostering a genuine passion for training. Leading by example, her stellar attendance reflects her unwavering commitment to excellence." ~Tyler Smith

BRADLEY UNIVERSITY
ELI RIEKER

Sprinter
Senior

Eli is one of the most dedicated student athletes I have ever gotten the pleasure of working with. He is the type of athlete and student that every coach and professor wants more of. Eli has a 4.0 GPA, while always going the extra mile to have an impact and be a leader for our team. Instead of spending his summers traveling or taking time off, Eli was showing up to the weight room 3-5 times a week, and practicing by himself wherever he could find space to do so. This hard work and commitment not only in season but off season as well paid off heavily. In both his Junior and Senior year he not only was consistently hitting PB's on the track but also smashing school records in the process. He has also increased his performance in the weight room dramatically from his freshman to senior seasons, going from a 230lbs Bench to 290lbs, and always hitting a 10-20lbs PR's in both the Clean and Trap Bar Deadlift. However, this not what is most impressive about him. It's how he impacts others, as a leader in the classroom, on the track, and in the weight room. He can constantly be seen helping other athletes with technique, set up, and always pushing everyone to be better while also holding himself to a high standard. This is the reason I know no matter what is next for Eli, it is going to be something great. ~Josie Jay

COLLEGE — TRACK & FIELD

CAL POLY POMONA

ALAN RENNIE

Thrower

Junior

Alan came in as a transfer to Cal Poly Pomona and is by far the strongest athlete within the athletic department. His Fall PR numbers were Back Squat: 512 to 534, Clean: 291 to 324, Snatch: 174 to 238. This is after one semester of coaching. Alan is a leader amongst the throwers group, showing up early to practice and lift, leading by example by cleaning up and shows a willingness to be coached and refine his craft. He's doing this with a 3.03 GPA while pursuing a degree in Mechanical Engineering. ~Mike Senyo

CENTRE COLLEGE

JASMINE CLAUNCH

Triple Jump & Long Jump

Senior

Jasmine Claunch has etched her name into Centre College's athletic history with an impressive array of accomplishments, both on the track and in the weight room. As a 3x All-American and 1x Scholar All-American she has had an impressive indoor and outdoor career. On the indoor circuit, she set school records with a Long Jump of 5.75-meters and a Triple Jump of 12.18-meters. She mirrored this success outdoors, establishing new school benchmarks with a 5.67-meter Long Jump and a 12.36-meter Triple Jump. Claunch's prowess extended to the weight room, where she demonstrated remarkable strength by Bench Pressing 145 lbs., Back Squatting 260 lbs., and setting school records with a Clean of 195 lbs. and a vertical jump of 27.5 inches. Her success on the Track and in the weight room are a result of her remarkable work ethic and attention to detail. Congratulations Jasmine! ~Jeremy Carlson

CENTRE COLLEGE

LAUREN FOUTCH

Thrower

Senior

Lauren Foutch has solidified her legacy at Centre College with a series of outstanding accomplishments in Track and Field, aided by her impressive achievements in the weight room. Indoors, she showcased her efforts with a Weight Throw of 15.76-meters and a Shot Put distance of 12.64-meters. Outdoors, Foutch continued to excel, throwing the Hammer 47.70-meters and setting a school record in the Discus with a throw of 41.54-meters, alongside a Shot Put throw of 12.87 meters (2nd in Centre's history books). Her strength was further demonstrated in the weight room, where she established school records with a 345 lbs. Back Squat and 190 lbs. Bench Press, complemented by a clean of 185 lbs. and a 23-inch vertical jump. Above all, Lauren will be remembered for her infectious enthusiasm for the weight room. Congratulations Lauren! ~Jeremy Carlson

CLEMSON UNIVERSITY

DANIEL COPE

Thrower

Junior

Daniel Cope is unique representation of the Clemson Athletic Department, and exemplifies how Clemson Tigers should approach training. As a competitor, his impact is felt both on the score card as well as in his approach to preparation. Cope also stands tall among others in the weight room, where he brings consistent intensity to his training while demonstrating leadership qualities for younger athletes in the program. Wholistically, he sets a strong example for all Tigers. ~Sam Aswegan

COLLEGE — TRACK & FIELD

COLORADO COLLEGE

JOE BULLOCK

Sophomore

Since knowing Joe, he has consistently been a top performer in the weight room and is always striving to get better. He shows up every day focused and prepared to work hard no matter what task I put in front of him. Joe is one of the most driven individuals I have had the pleasure of coaching and his dedication to his craft is truly admirable. ~Rachel Nicholson

COLORADO COLLEGE

EMMA JONES

Sophomore

Emma embodies the definition of hard work. She has put in countless hours of additional work in the weight room to improve at her events for Track and Field. She knows what it takes and goes the extra mile. Not only does she have phenomenal work ethic, but a positively infectious attitude and demeanor. ~Derek Savage

COLORADO COLLEGE

OWEN SHI

Thrower

Freshman

Owen was a walk on to the Track & Field team this year. We didn't know to expect with him in terms of attitude or work ethic. He has showed up and outworked everyone in the room all year. He has continued to go above and beyond and is seeing progress in his throws because of it. ~Derek Savage

DALLAS BAPTIST UNIVERSITY

ELLIE FRYE

Sophomore

Ellie is a sophomore and one of the most encouraging athletes I've ever worked with. Her physical abilities and charisma are unmatched. She has taken it upon herself to become a leader for a young team. Ellie even has the potential to be a great coach herself, always stepping up to help her teammates master the technique of many exercises. ~Alex Spencer

DUQUESNE UNIVERSITY

JAMELAH CARSWELL

Jumps/Multi's

Junior

Jamelah has displayed a high-level of competitive excellence over the past year. She has shown great improvements in the weight room that have helped transition to a successful track and field performance. A 2024 Atlantic 10 in-door championship gold medalist in the Pentathlon, Jamelah is a leader by example. Her strong work ethic and desire to improve have made a significant impact on her career. I am extremely proud of all her accomplishments. ~Chris Gilman

DUQUESNE UNIVERSITY

NICK TARABOKIA

Thrower

Junior

Nick is an extremely hard worker who has consistently improved over the past three years. He always displays a positive attitude and is one of the most coachable athletes I have worked with. Nick looks to improve everyday and pushes his teammates to be just as good. I look forward to seeing his future development over this upcoming season. ~Chris Gilman

COLLEGE — TRACK & FIELD

GLENDALE COMMUNITY COLLEGE

JOHN OJEDA

Sprinter

Sophomore

It has been a privilege to work with John these past two years. John has shown commitment to getting better since he stepped foot here, and has always given me 100% day in and day out. John continues to progress and his hard work has shown in the weight room, on the track, and most importantly, in the classroom. He was awarded the All Arizona Academic award, is constantly hitting new PR's in the weight room, and qualified for nationals as a freshman, and is currently preparing for nationals again as a sophomore. ~Michael Woods

KUTZTOWN UNIVERSITY

JACOB SOLONOSKI

Thrower (Hammer, Weight, Shot)

Junior

From his freshman year through to his junior year, Jake has made exceptional progress as a student-athlete. He has demonstrated significant improvements in the throwing events, particularly in the hammer throw, where he has added over 16 meters to his personal record (ranked 9th in school history). Additionally, he has excelled in the weight throw, securing the 5th furthest throw in school history. Furthermore, Jake has shown dedication in the weight room by enhancing his strength and technical proficiency in all major lifts, most notably the back squat and snatch. He continues to progress in this area. Moreover, Jake has actively pursued opportunities to coach other throwers and contribute to the weight room as a student intern. Through these experiences, he has expanded his knowledge in areas such as strength and conditioning, injury rehabilitation, and training organization. ~Scott Hobbs

MINNESOTA STATE UNIVERSITY - MANKATO

FLORE GRACIA

Triple Jump

Senior

Flore's consistent effort and positive attitude have led her to use the weight room to its full benefit in helping her perform in the triple jump. She is always pushing herself to the limit to be the strongest and most powerful athlete she can be. This has led to Flore being one of the best Triple Jumper's in the entire country across all divisions. She is a role model of what it takes to be a high-level athlete through extreme dedication and hard work. Flore is always a joy to be around in the weight room and will do great things in her event, the Triple Jump, even after her college career. ~Samuel Lee

MINNESOTA STATE UNIVERSITY, MANKATO

CARTER AGUILERA

Throws

Senior

Carter has truly used the weight room to enhance his performance in the ring. He has won conference championships in both weight throw and discus and has also made multiple appearances at the NCAA National Championships. His love for lifting has brought him great improvements in the weight room that have helped produced big throws in competition. We look forward to Carter sharing his passion with others in the future.

~Andy Stocks

COLLEGE — TRACK & FIELD

ROCHESTER INSTITUTE OF TECHNOLOGY

EMILY DIMARCO

Throws

Junior

Emily's prowess in the weight room is truly remarkable, reflecting her innate power and exceptional movement competence. Her success across multiple physical parameters, including bench press, squats, cleans, chin-ups and vertical jump places her consistently among the top performing female athletes. Her dedication to her craft and relentless work ethic are evident in all aspects of her training and performance. Emily's positive demeanor and attitude make her a pleasure to coach. Her willingness to learn and grow, coupled with her commitment to hard work, create a supportive and conducive environment for both herself and her teammates. ~Ryan Kelly

SMITH COLLEGE

SHAMS FERVER

Distance/Middle Distance

Junior

Shams has been a quiet leader in the weight room but her accomplishments and work speak volumes. She is constantly the first one to push those around her and raise the caliber for her teammates. This has resulted in a training environment that is constantly rising. Outside of the weight room, Shams is an incredible runner which is shown through her individual qualification for the NCAA DIII Cross Country National Championship and her multiple accolades in track and field. Shams embodies the philosophies of Smith Strength and Conditioning and what we aim to teach our student athletes. We would not be more proud of Shams and all she has accomplished and continues to accomplish.

~Kate Winstanley

SOUTHERN METHODIST UNIVERSITY

RAEALYN ROBERSON

Sprints/Jumps

Senior

Rae has not only done the work to be an All-American but she does it with the focus of a true champion. She has perfected her technique in the weight room and on the track and leads by example in sport and within the university. There is no student athlete better than Rae who exemplifies weight room work ethic and care to detail like Rae does. ~Peter Kenn

SPRINGFIELD COLLEGE

SIERRA BOND

Throws

Senior

Sierra is a true leader inside and outside of the weight room. She is not only a role model to her teammates by working hard during every training session, but also encouraging and helping them with their training. She wants to be a strength and conditioning coach herself and takes advantage of every opportunity to learn as much as she can about the field. ~Brian Thompson

COLLEGE — TRACK & FIELD

UNIVERSITY OF MICHIGAN

AIDEN FELTY

Throws

Senior

Aiden Felty is an excellent candidate for the All-American Strength and Conditioning Athlete of the Year award. He embodies discipline, leadership, humility, persistence, and strength, in all that he does. He is the first to show up, and the last one out, tidying the gym as he leaves. He encourages his teammates while staying focused on his own, personal goals. Aiden has spent the last three years training hard and has improved his power clean from 265lbs to 325lbs. His back squat has improved by over 100lbs— he can now crush 535lbs for a triple. He remains coachable as he climbs the ranks as an elite male shot putter— now boasting a PR of 18.06m. There are many great qualities that could describe Aiden, but “elite” is definitely one of the truest. ~Kate Smith

UNIVERSITY OF NORTH DAKOTA

KENNA CURRY

Throws

Senior

It has been a privilege to coach Kenna over the past 4 years to see her develop as a person and an athlete. She has a relentless work ethic in the classroom, the circle, and the weight room. She currently has 5 all-conference honors in Track & Field, has made the Summit League Academic Honor Roll, qualified for the Outdoor West Region meet, and qualified for the NCAA Indoor National Championships. She owns the indoor and outdoor shot put school records, and ranks second in the weight throw, fourth in the discus, and seventh in the hammer throw at UND. She has always excelled in the weight room and I believe that dedication has helped play a crucial role in her sports performance. I looked forward to seeing what she will accomplish the rest of her career.

~Alex McKee-Crow

UNIVERSITY OF PROVIDENCE

ALLYSON CONNER

Senior

She doesn't shy away from anything in the weight room. Her hard work and dedication shows up when it really counts at the meets. I'm super proud to coach her and help her in her journey to becoming a national champion thrower. ~Lucky Lovan

UNIVERSITY OF PROVIDENCE

KORBEN KERBY

Senior

A great leader to track and field team. He leads by example and hold everyone accountable. ~Lucky Lovan

UNIVERSITY OF SOUTHERN MAINE

JAIGAN BOUDREAU

Throws

Sophomore

Has done a great deal of rehabilitation for ACL and Herniated Discs. Added over 2' and 12' to her HS best in shot and discus as a freshman. Has best bench in school @ 175. Has overcome injuries with additional work that allows her to practice and compete. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

JAYDEN JACQUES

Sprinter

Senior

One of the top sprinters in conference. A top strength on the team with 400+ deadlift and squat. Member of one of the top 400 relays in school history ~James Giroux

COLLEGE — TRACK & FIELD

UNIVERSITY OF SOUTHERN MAINE

ETHAN SHAIN

Sprints

Junior

Shain has continued to improve maxes. Benched 255 @ 165 body weight, cleaned 230 and squatted 380. Had longest MBall over on track team, 48'3". Is one of top sprinters in conference in NE D3, has run 10.81 100m.

~James Giroux

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

HANNAH HILDING

Thrower

Sophomore

Placed 4th in discus, 10th in hammer throw and 12th in shot put at WAC Outdoor Championships ... Won discus at the Cactus Cup and was 3rd in hammer with a PR of 51.91 meters while taking 9th in shot put ... Was 3rd in discus at the J. Fred Duckett Twilight with a PR throw of 48.12 meters ... Was 5th in discus and 8th in hammer at the UTSA Invitational ... Finished 5th in discus at the Charles Austin Classic. Marked PRs in shot put (13.36 meters) and weight throw (15.56 meters) at WAC Indoor Championships, finishing 12th and 18th in those respective events ... Was 3rd in weight throw and 8th in shot put at the Jarvis Scott Open. ~Lucas Monroe

UNIVERSITY OF WISCONSIN - LA CROSSE

IZZY CARROLL

Throws

Senior

Izzy's dedication to strength and conditioning has been noticed in the past year. She is a thrower and member of the UWL Women's track and field program. Izzy has always understood how strength training could help her improve in throwing but took a major step forward in her development during the past off-season. She was fully engaged in the training process and has been able to help others in her event group and on her team. Izzy has also shown incredible improvements in her strength and

technique. This willingness to improve has allowed her to accept greater challenges in her training and it has paid off in her sport. She is ranked in the top-20 in NCAA III shot put and top-5 in the WIAC. As a biology major, Izzy has obtained a 3.81 GPA along with her time commitments in sport. The confidence she developed in the strength center has been noticed by her sport coaches at practices and competitions, and she is seen as one of the team leaders. I strongly recommend Izzy to be a recipient of the NSCA All-American Award.

~Philip Whitesitt

UNIVERSITY OF WISCONSIN - LA CROSSE

DOUG GRACE

Throws

Senior

Doug is a natural leader in strength and conditioning. He is an Exercise & Sports Science major who has used his education to become a better himself and those around him. Throughout his academic career, Doug has earned a 3.08 GPA. He is highly motivated to better himself in school and sport. Doug has been a staple in assessing new strength training programs and has worked directly with his strength coach to provide feedback on the program's efficacy. Doug is also a leader in his event group and team. Others recognize his dedication to the track and field program and are willing to follow his lead. Doug's strengths include effective communication, adaptability, and the ability to motivate others. He has shown tremendous improvements in his lifting technique, strength, and ability to teach movements in his time at UWL. This progress helped him be a top finisher in the hammer throw at the WIAC championships in 2023 and a top-50 performer in the NCAA III. Doug has used his time in strength and conditioning to better himself as an individual and has set himself up to be a successful strength and conditioning coach in the future. ~Philip Whitesitt

COLLEGE — TRACK & FIELD

VASSAR COLLEGE

NORA JENSEN

Sprints/Hurdles

Senior

Nora Jensen is hard working and perseverant. Nora has overcome obstacles big and small to build strength from the ground up. If the weight room is open... Nora is there building the blocks of strength, mobility and power needed to perform on the track. In addition to her impressive commitment, she is also a calm and steady leader in the weight room motivating both teammates and fellow Brewers alike. ~Alice Read

WASHINGTON AND LEE UNIVERSITY

STEVAN BAJSKI

Thrower

Junior

Driven for success Stevan returned for his junior season after missing his sophomore year due to injury. He has put in the work to regain strength and mobility to be cleared to compete. Compete he did opening his junior campaign with a massive personal best in the Shot Put by nearly a meter and a half. This performance put him 6th All-Time on the Indoor Shot Put performance list. Stevan has stepped into a leadership role and taken on responsibilities for the team as junior, leading to him becoming an example to younger team members about where hard work and dedication to the developmental process can get you. ~Aron Gibson

WASHINGTON AND LEE UNIVERSITY

OLIVIA BERNTSON

Thrower

Senior

A positive role model and outstanding leader for student-athletes of all ages. Olivia handles balancing academics and athletics superiorly with nearly a perfect career GPA while being a top Shot Putter for the team. Despite losing her freshman and sophomore years to injury, she currently is ranked 2nd All-Time for Indoor Shot Put, 5th

All-Time for Outdoor Shot Put, and 9th All-Time for Hammer in W&L history. She brings energy and joy to her teammates both during throwing practice and in the weight room. Playing a supportive teammate role regardless if she is competing or not to make sure the team needs are met. ~Aron Gibson

WEST TEXAS A&M UNIVERSITY

ELLIOT HARRISON

Multi

Senior

Elliot is one of the hardest working athletes on her team. As a multi, she has to practice and compete in multiple events in one meet. This speaks to her drive and focus as an athlete. She's atop the LSC as far as multi's go, and gearing up to have a great indoor and outdoor season! Off the track, Elliot is an excellent student with great aspirations for her future. Excited to see what her future holds!! ~Brandon Miller

WEST TEXAS A&M UNIVERSITY

LUKE HOLCOMBE

Throws

Senior

Luke is a great student athlete. He was the only thrower to attend both indoor and outdoor nationals in 2023. He is off to a great start in his 2024 season, and were excited to see what this 2024 season holds for him! Outside athletics, Luke is a hard working student. He's involved in a few clubs on campus and in the community. A great athlete, but even better individual! ~Brandon Miller