

1998 NSCA
ALL-AMERICAN

**Strength & Conditioning
Athletes of the Year**



National Strength and Conditioning Association
P.O. Box 38909
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1996 NSCA All-American Strength and Conditioning Athletes of the Year

The NSCA All-American Strength and Conditioning Athletes of the Year program recognizes those collegiate athletes whose athletic accomplishments, in the opinion of their strength coach, reflect their dedication to strength training and conditioning.

These athletes are also recognized for their academic and personal accomplishments and their integrity as student athletes. Power Systems, Inc. is the official sponsor of this program.

Arizona State University

Kristin Mattson

Volleyball/Middle Blocker

Senior/Family Studies and Psychology

height - 6' 1", weight -160 pounds

Personal Bests: bench press - 130 pounds, squat - 180 pounds, vertical jump -

28 inches, power clean - 140 pounds, 40-yard dash - seconds

"Kristin has worked day in and day out developing herself physically. She has overcome injuries and lack of size to become one of the most dominating blockers in PAC-10 history." - Rich Wenner, CSCS, NSCA member sponsor

Arizona State University

Kyle Murphy

Football/Guard

Senior/Journalism

height - 6' 4", weight -300 pounds

Personal Bests: bench press - 400 pounds, squat - 610 pounds, vertical jump -

28 inches, power clean - 300 pounds, 40-yard dash - 5.0 seconds

"Kyle has done an outstanding job at improving his football skills through strength and conditioning. Kyle was also a 1997 All Pac-10 selection." - Rich Wenner, CSCS, NSCA member sponsor

Bates College

Amanda Schall

Field Hockey and Lacrosse/Right Wing and Defense Wing

History

height - 5' 10", weight -134 pounds

Personal Bests: bench press - 95 pounds, squat - 155 pounds, vertical jump -

23.5 inches, power clean - pounds, 40-yard dash - 5.3 seconds

"Amanda Schall is a two sport athlete at Bates participating on the women's field hockey and lacrosse teams. She has been a starter in both programs since her sophomore year. This past fall, Amanda led the field hockey team in scoring and total points. The team improved from a 6-8 record in 1996 to an 8-6 record in the 1997 season with a significant contribution from Amanda. Amanda was selected as a First Team Regional All-American in 1997 and was the NESCAC Player of the Week in mid October. A year ago, Amanda could not even lift the bar on the bench press without a struggle. Her strength was virtually non-existent. However, she was determined to improve and worked hard in the weight room to become stronger, more physically fit and an overall better competitor. Amanda has been in the weight room consistently since last November. I have seen an incredible change in her over the course of a year. Her strength has improved considerably, which has allowed her to do more on the playing field. Amanda can play an entire game without coming out. She is our most threatening player on attack in hockey and an outstanding midfielder player in lacrosse. She had the winning goal in several games this season, and she has simply gone from an average player to an All-American in one year. It is without hesitation that I recommend Amanda Schall for the All-American Strength and Conditioning Athlete of the Year award. Her numbers may not be staggering, but her improvement over the course of the year has been outstanding. She went from being an average athlete, contributing to the depth of two programs, to a significant starter and All-American selection in just one year. Amanda has become very dedicated to the strength and conditioning program. She has become a team leader on and off the field and has served as a role model for the first year players. Amanda even comes in to show off her muscles every once and a while!" - Michael N. Verville, LATC, CSCS, NSCA member sponsor

Baylor University

Jody Littleton

Football/Linebacker and Long Snapper

Senior/Teaching Certificate in Computer Informations Systems and Coaching

height - 6' 0", weight -240 pounds

Personal Bests: bench press - 360 pounds, squat - 610 pounds, vertical jump -

31.5 inches, power clean - 332 pounds, 40-yard dash - 4.8 seconds

"Jody's intensity and commitment were apparent from day one. As a 5' 11 1/2", 220 pound and 12% body fat freshman walk-on, Jody worked year round with extreme dedication. His goal was not only to travel, play and earn a scholarship, but to win a starting job. In his senior season, as a 6' 1/4", 240 pound, 9% body fat athlete that had improved his speed by over 1 full tenth, his vertical jump by 7.5 inches and added 25 pounds of mass, Jody was named the starting middle linebacker. Jody's hard work was recognized by his teammates as he was voted Lifter of the Year prior to his senior season. Jody is a winner." - Robb Rogers, M.Ed., CSCS, NSCA member sponsor

Baylor University

Bonnie Byas

Basketball/Guard

Senior/General Studies

height - 5' 4", weight -145 pounds

Personal Bests: bench press - 200 pounds, squat - 330 pounds, vertical jump -

38 inches, power clean - 200 pounds, 40-yard dash - seconds

"Bonnie holds the school record (female) for bench press, squat, power clean and vertical jump. The dedication and intensity she displays in the weight room carries over to the court as well. She is a team leader and a crucial component in the Lady Bear Basketball program." - Darren Honeycutt, NSCA member sponsor

Belleville Area College

Christy Diekemper

Volleyball/Middle Blocker

Business Major

height - 6' 0", weight -155 pounds

Personal Bests: bench press - 145 pounds, squat - 240 pounds, vertical jump -

20 inches, power clean - pounds, 40-yard dash - seconds

"Christy possess an excellent work ethic in the Fitness Center. She is consistently working to improve her level of conditioning. While being an All-Conference athlete and being a role model student-athlete, Christy maintains a GPA of 3.5." - Garry Ladd, NSCA member sponsor

Boise State University

Gayleene McManus

Tennis/#1 Player

Senior/Criminal Justice

height - 5' 7", weight -115 pounds

Personal Bests: bench press - pounds, squat - pounds, vertical jump -

17 inches, power clean - pounds, 40-yard dash - seconds

"Gayleene is one of the hardest workers I have ever seen on any level. She devoted 24 hours a day to improving herself for competition and life. She led her team to a Big West Championship in 1997, and finished the year ranked 36th in the nation. This year she started out the fall ranked 9th in the nation and is looking forward to a trip back to nationals. Off the court, Gayleene is a Criminal Justice Major." - Richard F. Gray, NSCA member sponsor

Boise State University

Roberto Bergerson

Basketball/2-Guard

Senior/Sociology

height - 6' 6", weight -199 pounds

Personal Bests: bench press - 295 pounds, squat - 463 pounds, vertical jump -

35.5 inches, power clean - pounds, 40-yard dash - seconds

"Roberto shows exceptional leadership on and off the court. He is the kind of athlete that will give you 110% everyday. Roberto knows and understands how to push himself and his teammates to the next level. In the weight room, Roberto posts a 2.5 GPA and majors in Sociology. Outside of sports, Roberto and his wife Ronda are the proud parents of a new baby girl named Ryland." - Richard F. Gray, NSCA member sponsor

Boise State University

Brian Steger

Football/Defensive end

Senior/Biology

height - 5' 10 1/2", weight -235 pounds

Personal Bests: bench press - 350 pounds, squat - 515 pounds, vertical jump -

34 1/2 inches, power clean - pounds, 40-yard dash - 4.75 seconds

"Overachiever? Probably. Brian is an intense individual who gave everything he had, every hour of every day to be the best athlete and player he could be. Most definitely! Brian utilized the strength and conditioning program to become an outstanding football player his senior year. He led our team in quarterback sacks and, more importantly, led our team to a victory over our rival, the Idaho Vandals, for only the second time in 15 years. Brian is the school record holder in the hang clean exercise with a 382 pound one repetition maximum. If anyone ever deserved this type of award, it is Brian Steger. His commitment to personal excellence is second to none." - Joe Kenn, MA, CSCS, NSCA member sponsor

Buena Vista University

Lisa Binkel

Track & Field/Javelin and Discus

Senior/Biology and Chemistry

height - 5' 5", weight -145 pounds

Personal Bests: bench press - 170 pounds, squat - 310 pounds, vertical jump -

inches, power clean - pounds, 40-yard dash - seconds

"Lisa has a personal best of 137' in the javelin and 139' in the discus. In 1997, she received first place in the Lone Conference in the javelin with a record throw of 135'. In that same year, she also placed 9th in the NCAA Nationals." - Joe Hadachek, NSCA member sponsor

Buena Vista University

Paul Schroeder

Football/Defensive Tackle

Senior/Physical Education w/ emphasis on Coaching

height - 6' 1", weight -260 pounds

Personal Bests: bench press - 375 pounds, squat - pounds, vertical jump -

24 inches, power clean - 285 pounds, 40-yard dash - 4.94 seconds

"Paul has completed a great career. He was a 4-year starter. He was a 1997 team captain and defensive MVP in addition to Second Team All-Conference honors." - Joe Hadachek, NSCA member sponsor

California State - Fullerton

Melissa Blackler

Volleyball/Setter

Senior/Kinesiology and Health Promotion

height - 5' 8", weight -145 pounds

Personal Bests: bench press - 125 pounds, squat - 220 pounds, vertical jump -

23 inches, power clean - 115 pounds, 40-yard dash - 5.4 seconds

"After suffering a potentially season-ending injury, she recovered through extensive physical therapy from a torn medial collateral elbow to play at season's end. Melissa finished her career at Cal State - Fullerton #2 in assists with 3,001." - Alison Wittwer, NSCA member sponsor

Clemson University

Lamont Hall

Football/Tight End

Senior/History

height - 6' 4", weight -260 pounds

Personal Bests: bench press - 387 pounds, squat - pounds, vertical jump -

27.5 inches, power clean - 341 pounds, 40-yard dash - 4.81 seconds

"Lamont has a great work ethic. He show outstanding leadership and trains with a tremendous amount of intensity." - Michael Joe Batson, NSCA member sponsor

Clemson University

Julie Polovick

Track & Field/Thrower

Junior

height - 5' 10 1/2", weight -204 pounds

Personal Bests: bench press - 172 pounds, squat - pounds, vertical jump -

21.5 inches, power clean - 185 pounds, 40-yard dash - seconds

"Julie is a team leader, self-motivated and has a tremendous desire to improve. Julie loves to compete." - Michael Joe Batson, NSCA member sponsor

College of St. Benedict

Michelle Macy

Swimming/Freestyle

Junior/Biology

height - , weight - pounds

Personal Bests: bench press - 115 pounds, squat - pounds, vertical jump - inches, power clean - pounds, 40-yard dash - seconds

“Michelle has used strength training and total conditioning on her way to becoming one of the top swimmers in the conference. Her relentless training has helped her to achieve several All-Conference titles, including Academic All-MIAC, Honorable Mention All-American in the 1650 freestyle, as well as many school records.” - Scott Elde, CSCS, NSCA member sponsor

Creighton University

Tom Zawislan

Soccer/Goalie

Sophomore/Exercise Science

height - 6' 1", weight -188 pounds

Personal Bests: bench press - 285 pounds, squat - pounds, vertical jump - 26.5 inches, power clean - pounds, 40-yard dash - seconds

“Tom is very dedicated to his strength and conditioning workouts. He has definitely gone the extra mile by performing many hours of extra training all year. In one year’s time, Tom gained 7 pounds of lean body mass while losing 1.5% body fat. He increased his bench press by 60 pounds to reach his personal best of 285 pounds. He also was able to increase his vertical jump by 3.5 inches. Tom is very committed and most deserving of this award.” - Charlie Oborny, NSCA member sponsor

Creighton University

Kristen Hafer

Basketball/Post

Junior/Finance

height - 6' 2", weight -171 pounds

Personal Bests: bench press - 200 pounds, squat - pounds, vertical jump - 20.5 inches, power clean - pounds, 40-yard dash - seconds

“Kristen has a great deal of commitment to her strength and conditioning program. In one year’s time, she gained 8 pounds of lean body mass and lost 2.5% body fat. She also increased her bench press by 65 pounds reaching her career high of 200 pounds. Kristen also improved her T-test time by 1.17 seconds faster. Kristen’s hard work in the weight room definitely helped make her a very competitive player on the court.” - Charlie Oborny, NSCA member sponsor

Drake University

Brad Fultz

Football/Defensive End

Senior/Secondary Education

height - 6' 3", weight -245 pounds

Personal Bests: bench press - 380 pounds, squat - 565 pounds, vertical jump - 27 inches, power clean - 335 pounds, 40-yard dash - 4.98 seconds

“Brad is truly dedicated to the strength and conditioning program. He is a two-time Second Team All-PFL Team.” - Bradley J. Flack, NSCA member sponsor

Drake University

Keisha Cox

Basketball/Point Guard

Senior/Sociology

height - 5' 5", weight -132 pounds

Personal Bests: bench press - 145 pounds, squat - 180 pounds, vertical jump - 24 inches, power clean - 120 pounds, 40-yard dash - 5.32 seconds

“Keisha has made tremendous improvement over her career. She was named MVP of the 1997 MVC Conference Tournament.” - Bradley J. Flack, NSCA member sponsor

East Carolina University

Larry Shannon

Football/Receiver

Senior

height - 6' 4", weight -210 pounds

Personal Bests: bench press - 335 pounds, squat - 540 pounds, vertical jump - 44 inches, power clean - 387 pounds, 40-yard dash - 4.25 seconds

“His dedication has led to numerous position and team records. Strength and Conditioning has allowed Larry to maximize his potential. He has the privilege of being projected as a draft pick in the upcoming NFL Draft.” - Jack b. Midyette, NSCA member sponsor

East Carolina University

Melissa Rucker

Soccer/Midfield

Sophomore

height - , weight -118 pounds

Personal Bests: bench press - 110 pounds, squat - 155 pounds, vertical jump - 16 inches, power clean - 105 pounds, 40-yard dash - 5.7 seconds

“Melissa is the most diligent worker I know. She leads by example. She is committed to strength and conditioning as a tool for athletic performance. It is a pleasure to work with someone like Melissa.” - Jack B. Midyette, NSCA member sponsor

East Tennessee State University

Mario Hankerson

Football/Linebacker

Senior/Criminal Justice

height - 5' 9", weight -220 pounds

Personal Bests: bench press - 410 pounds, squat - 650 pounds, vertical jump - 33.5 inches, power clean - 315 pounds, 40-yard dash - 4.39 seconds

“Mario started at linebacker as a freshman weighing 190 pounds. His determined attitude in the weight room contributed significantly to the high level of achievement that he attained on the field of play. Mario earned the Defensive Player-of-the-Year award for the Southern Conference. He set a career record for tackles at ETSU this season. He was selected as a First Team IAA All-American by the Associated Press and the Sports Network and was a finalist for the Buck Buchanan Award.” - Lee J. Morrow, NSCA member sponsor

Fresno State University

Joseph Gerber

Baseball/Centerfield

Junior/Psychology

height - 5' 8", weight -175 pounds

Personal Bests: bench press - 250 pounds, squat - 530 pounds, vertical jump - inches, power clean - 300 pounds, 40-yard dash - seconds

"It's an honor to coach a player who excels both in athletics and academics. He gets respect from all his peers. He is a natural leader who leads by example and always has a positive attitude." - Steve Sobonya, CSCS, NSCA member sponsor

Fresno State University

Deanna Voudouris

Swimming/Bread and Fly

Senior/Liberal Studies

height - 5' 6", weight -138 pounds

Personal Bests: bench press - 160 pounds, squat - 225 pounds, vertical jump - inches, power clean - 165 pounds, 40-yard dash - seconds

"Deanna is a major asset to the team due to her hard work and dedication. She holds many of the swimming strength records, because she works beyond the norm." - Steve Sobonya, CSCS, NSCA member sponsor

Furman University

Liz Nosthling

Basketball/Center

Senior/Political Science

height - 6' 2", weight - pounds

Personal Bests: bench press - 145 pounds, squat - 245 pounds, vertical jump - 24 inches, power clean - 155 pounds, 40-yard dash - 5.9 seconds

"She has a great work ethic and provided a great example for our young players in the weight room. She was always willing to do extra for the team." - C. Wayne Brown, NSCA member sponsor

Furman University

Leroy Davies-Venn

Football/Defensive Tackle

Senior/Biology

height - 6' 2", weight -245 pounds

Personal Bests: bench press - 450 pounds, squat - 670 pounds, vertical jump - 30 inches, power clean - 315 pounds, 40-yard dash - 4.6 seconds

"He has an untiring work ethic with a team concept. Strength and conditioning was a way for him to provide leadership as a senior." - C. Wayne Brown, NSCA member sponsor

Heidelberg College

Alonzo Armstead

Football/Linebacker

Senior

height - 6' 0", weight -208 pounds

Personal Bests: bench press - 340 pounds, squat - 250 pounds, vertical jump - 24 inches, power clean - 245 pounds, 40-yard dash - 4.9 seconds

"Alonzo has been an outstanding leader for us both on and off the field. He has been a 3-year starter and team captain. He has been one of the hardest workers in the strength and conditioning program. During his four years, he has made great improvements in strength, speed and agility." - Mike Vosburgh, NSCA member sponsor

Illinois State University

Angie Joy

Track & Field/Discus and Hammer

Senior/Psychology

height - 5' 6", weight -148 pounds

Personal Bests: bench press - 195 pounds, squat - 390 pounds, vertical jump - inches, power clean - 185 pounds, 40-yard dash - seconds

"Angie is a two-time conference champion in the discus and two-time NCAA qualifier in both the discus and hammer. She has a 3.52 GPA in psychology and was also selected team captain this year." - Robert B. Lindsey, NSCA member sponsor

Illinois State University

Travis Nigkamp

Football/Defensive End

Senior/Physical Education

height - 6' 5", weight -265 pounds

Personal Bests: bench press - 365 pounds, squat - 660 pounds, vertical jump - 31.5 inches, power clean - 300 pounds, 40-yard dash - 4.93 seconds

"Travis is the quintessential "come early, stay late" athlete. He is always trying to find new ways to improve, both on the field and in the weight room. He was selected team captain by his teammates this year." - Robert B. Lindsey, NSCA member sponsor

Illinois Wesleyan University

John Munch

Football/Linebacker

Senior/Elementary Education

height - 6' 1", weight -228 pounds

Personal Bests: bench press - 410 pounds, squat - 610 pounds, vertical jump -

37 inches, power clean - 365 pounds, 40-yard dash - 4.47 seconds

"John is a leader not only on the football field but also in the weight room. What he has accomplished on the football field epitomizes what type of effect hard work in the weight room will have on an athlete. He holds several strength and conditioning records due to his dedication to the strength program and his desire to get better. His accomplishments in the weight room are directly related with his on the field accomplishments of this past season. John has been named to two 1st Team All-American teams and also one 2nd Team honor. He has also been our Defensive Player of the Year in the conference and team Defensive MVP for the 3rd year in a row. John is also an outstanding student and citizen. He has built several homes for Habitat for Humanity and also volunteers a lot of time to helping others." - Michael Wagner, NSCA member sponsor

Illinois Wesleyan University

Rebekah Clark

Track & Field/Middle Distance and Pole Vault

Junior/Sociology and Health

height - 5' 3", weight -115 pounds

Personal Bests: bench press - 135 pounds, squat - 220 pounds, vertical jump -

inches, power clean - 145 pounds, 40-yard dash - seconds

"This past year, Rebekah has dedicated herself to the weight room and it shows in her running. She is running a lot stronger and faster than she was during the peak of the season last spring. She is an All-Conference performer in the 400m relay and was voted team captain for the upcoming track and field season. Her strength has increased tremendously from a strong dedication in the weight room. Not only is Rebekah a leader in the weight room, track and classroom, she is also a leader in the community. She has been a part of Habitat for Humanity and has spent the last two summers building homes for low income families as part of the Appalachian Service Project." - Michael Wagner, NSCA member sponsor

Iowa State University

Jay Schindler

Swimming/Breaststroke and Sprinter

Senior/Exercise and Sport Science

height - 6' 6 1/2", weight -215 pounds

Personal Bests: bench press - 290 pounds, squat - 370 pounds, vertical jump -

36 inches, power clean - pounds, 40-yard dash - seconds

"Jay's accomplishments are a result of his relentless work ethic in and out of the water. Jay is a three time All-American, two time conference champion in the 100m breaststroke, and has twice been named an Academic All-American. He placed eighth at the 1997 NCAAAs and his exploits are sure to continue as Jay trains for the 1998 NCAAAs." - Steve Ballenger, NSCA member sponsor

Iowa State University

Erin Woods

Softball/Catcher

Junior/Child Development and Family Services

height - 5' 7", weight - pounds

Personal Bests: bench press - 125 pounds, squat - 265 pounds, vertical jump -

23 inches, power clean - pounds, 40-yard dash - 5.37 seconds

"Erin is a talented athlete, a fierce competitor and one who dedicates herself when it comes to strength and conditioning. Her accolades include: 1995 1st Team All Big 12, 1996 2nd Team All Big 12, and 1997 Finalist Canadian National Softball Team." - Steve Ballenger, NSCA member sponsor

James Madison University

Doug Bigelow

Football/Linebacker

Senior/Sociology

height - 6' 2", weight -250 pounds

Personal Bests: bench press - 315 pounds, squat - pounds, vertical jump -

27.5 inches, power clean - 370 pounds, 40-yard dash - 4.80 seconds

"Doug is a 4-year letterman and a 3-year starter. He is a true leader on and off the field. He consistently worked hard in the weight room to better himself on the playing field." - Zachary Weatherford, NSCA member sponsor

James Madison University

Holly Garriott

Field Hockey/Back

Senior/Art

height - , weight - pounds

Personal Bests: bench press - 135 pounds, squat - 300 pounds, vertical jump -

17.5 inches, power clean - 135 pounds, 40-yard dash - seconds

"Holly's consistent work over the winter and summer brought her through an injury and put her back in the starting lineup. Holly is a fierce competitor who loves to work hard at strength and conditioning activities." - Gregory A. Werner, NSCA member sponsor

James Madison University

Nyasha Basey

Basketball/Guard

Senior/Political Science

height - 5' 6", weight - pounds

Personal Bests: bench press - 145 pounds, squat - 300 pounds, vertical jump -

20.5 inches, power clean - 135 pounds, 40-yard dash - seconds

"Nyasha is a fighter. She has persisted through rehab and training to overcome injuries. She meets all challenges with a positive-aggressive work ethic and not only pushed herself, but motivates her teammates. Nyasha's work in the weight room has been impressive." - Zachary Weatherford, NSCA member sponsor

James Madison University

Jonathan Dean

Football/Defensive End

Senior/Kinesiology

height - 6' 1", weight -250 pounds

Personal Bests: bench press - 480 pounds, squat - pounds, vertical jump - 29 inches, power clean - 340 pounds, 40-yard dash - 4.72 seconds

"Jon has been a tremendous asset to both our football team and our strength and conditioning staff. His leadership has come from his example of hard work and strength. He has been a warrior on the field and in the weight room." - Gregory A. Werner, NSCA member sponsor

John Carroll University

Kate Sullivan

Basketball/Forward

Junior/Education

height - 5' 11", weight -145 pounds

Personal Bests: bench press - pounds, squat - pounds, vertical jump - 24 inches, power clean - pounds, 40-yard dash - seconds

"Kate has improved her game to the next level by strengthening herself in the weight room. She is a true team leader in the strength program." - Gary Wroblewski, NSCA member sponsor

John Carroll University

Tony Affatato

Football/Fullback

Senior/Education

height - 5' 11", weight -215 pounds

Personal Bests: bench press - 275 pounds, squat - pounds, vertical jump - 27 inches, power clean - pounds, 40-yard dash - 4.6 seconds

"Tony's tremendous work ethic and leadership role set the tone for the rest of the team for the future year and the playoffs. He is the JV-MVB varsity strongest running back." - Gary Wroblewski, NSCA member sponsor

Johnson County Community College

Sarah Badsky

Basketball/Point Guard

Sophomore/Engineering

height - 5' 3", weight -125 pounds

Personal Bests: bench press - 132 pounds, squat - 220 pounds, vertical jump - 23 inches, power clean - 144 pounds, 40-yard dash - 5.1 seconds

"Sarah is a very hard worker and an excellent student. She never misses practice or conditioning. She is a leader in the classroom and on the court." - Istvan Javorek, NSCA member sponsor

Johnson County Community College

Eric Sanchez

Track & Field/Pole Vault

Sophomore/Business

height - 5' 11", weight -160 pounds

Personal Bests: bench press - 225 pounds, squat - 308 pounds, vertical jump - 34 inches, power clean - 242 pounds, 40-yard dash - 4.3 seconds

"Eric is a very hard worker. Conditioning is the main tool for him to improve in his event." - Istvan Javorek, NSCA member sponsor

Juniata College

John Haubrick

Football/Defensive End

Junior

height - 5' 11", weight -225 pounds

Personal Bests: bench press - 360 pounds, squat - 450 pounds, vertical jump - 30 inches, power clean - 240 pounds, 40-yard dash - 4.8 seconds

"John was a member of the 1996 Middle Atlantic Conference All-Academic Team." - Douglas B. Smith, NSCA member sponsor

Juniata College

Melissa Myers

Volleyball/Outside Hitter and Middle Hitter

Senior/Psychology and Human Development

height - 5' 11", weight -165 pounds

Personal Bests: bench press - 150 pounds, squat - 325 pounds, vertical jump - inches, power clean - 175 pounds, 40-yard dash - seconds

"Melissa was a member of the 1997 1st Team MAC Commonwealth, AVCA Middle Atlantic All-Region Team and AVCA 1st Team All-American. She was also named League Player of the Year." - Douglas B. Smith, NSCA member sponsor

Knox College

Kris Nelson

Football/Guard

Senior/Economics

height - 6' 1", weight -250 pounds

Personal Bests: bench press - 420 pounds, squat - 605 pounds, vertical jump - inches, power clean - 260 pounds, 40-yard dash - 5.02 seconds

"Kris was named First-Team All-Midwest Conference. He is one of the strongest players in the history of Knox Football. His work in the weight room was a huge factor in his success." - Randy Kruger, NSCA member sponsor

Lake Forest College

Simon Kotlyar

Football/Fullback

Junior/Pre-Med

height - 6' 0", weight -230 pounds

Personal Bests: bench press - 380 pounds, squat - 515 pounds, vertical jump - 26 inches, power clean - pounds, 40-yard dash - 4.8 seconds

"Simon has worked extremely hard in the weight room, on the field and in the classroom to put himself in a position to be a leader of our football team. He is a prime example of a model student." - Jason Nagel, NSCA member sponsor

Louisiana State University

Doug Thompson

Baseball/Pitcher

Senior/Kinesiology

height - 6' 0", weight -194 pounds

Personal Bests: bench press - 290 pounds, squat - 480 pounds, vertical jump - inches, power clean - pounds, 40-yard dash - seconds

"Doug's work habits and intensity is applied both on the field and in the weightroom. He is a competitor...period. 1997 Achievement: Winning pitcher in 1997 National Championship Game. Record: 12-3. Strikeouts: 158, 2nd most in LSU history. NCAA South I All-Regional Team. 1998 Pre-season Collegiate Baseball All-American Team." - Curtis Tsuruda, NSCA member sponsor

Louisiana State University

Anthony McFarland

Football /Defensive Tackle

Junior

height - 6' 1", weight -290 pounds

Personal Bests: bench press - 470 pounds, squat - 690 pounds, vertical jump - inches, power clean - 365 pounds, 40-yard dash - 4.5 seconds

"Anthony is blessed with great power and strength. Through strength training, he has become one of the better defensive players in the country. All-SEC performer." - Nick Bucholtz, NSCA member sponsor

Louisiana State University

Stacey Newton

Basketball, Forward/Softball, Centerfield

Sophomore

height - 5' 10", weight -150 pounds

Personal Bests: bench press - 175 pounds, squat - 275 pounds, vertical jump - inches, power clean - 145 pounds, 40-yard dash - 5.15 seconds

"Unbelievable athlete who plays two varsity sports at LSU. She is a great rebounder because of her strength and plays centerfield. 2-sport star and FCA member." - Nick Bucholtz, NSCA member sponsor

Louisiana State University

Chuck Wiley

Football/Defensive Tackle

Senior

height - 6' 4", weight -270 pounds

Personal Bests: bench press - 400 pounds, squat - 570 pounds, vertical jump - inches, power clean - 340 pounds, 40-yard dash - 5.14 seconds

"All SEC Defensive Tackle: 1996, 1997. Team Captain 1997. Leader in the weightroom." - Vern Banks, NSCA member sponsor

Marshall University

Brian Reed

Football/Guard

Senior

height - 6' 1", weight -260 pounds

Personal Bests: bench press - 420 pounds, squat - 550 pounds, vertical jump - 28 inches, power clean - 365 pounds, 40-yard dash - 4.94 seconds

"Brian takes pride in his work, studies and his training. He works very hard to improve his ability." - Scott Bennett, NSCA member sponsor

Marshall University

Juanita Venable

Volleyball/Middle Blocker

Junior/Social Work

height - 5' 10 1/2", weight -147 pounds

Personal Bests: bench press - 120 pounds, squat - 210 pounds, vertical jump - 23.5 inches, power clean - 140 pounds, 40-yard dash - seconds

"Juanita has a great focus and helps raise the work ethic and attitude of those around her." - Scott Bennett, NSCA member sponsor

McNeese State University

Donnie Ashley

Football/Receiver

Senior/Health and Human Performance

height - 5' 6", weight -165 pounds

Personal Bests: bench press - 300 pounds, squat - 465 pounds, vertical jump - 37 inches, power clean - 280 pounds, 40-yard dash - 4.4 seconds

"Donnie is a competitor at his size. Strength training has enabled him to play a physical style of football. He earned 1st Team All-Southland and All-American honors. He led his team to the 1-AA National Championship game." - Ronald Motton, NSCA member sponsor

McNeese State University

Nikki Hunter

Track/Shot and Discus

Senior/Health and Human Performance

height - 5' 8", weight -155 pounds

Personal Bests: bench press - 185 pounds, squat - 335 pounds, vertical jump - inches, power clean - 185 pounds, 40-yard dash - seconds

"Nikki is a very respectable strength trainer. Her hard work has allowed her to dominate the circle. She is one of the nicest athletes I have ever been associated with. It is an honor for me to nominate Nikki." - Ronald Motton, NSCA member sponsor

Miami University (Ohio)

Jessica Stout

Volleyball/Setter

Senior/Pre-Med

height - 5' 8", weight -135 pounds

Personal Bests: bench press - 120 pounds, squat - 225 pounds, vertical jump - 23.5 inches, power clean - 135 pounds, 40-yard dash - 6.1 seconds

"Jessica is the 1997 MAC Player of the Year. He is also a member of the 1st Team All-MAC. She holds the 10th place for all-time NCAA career assists." - Dan Dalrymple, CSCS, NSCA member sponsor

Miami University (Ohio)

Mike Bird

Football/Offensive Guard

Senior/Sociology

height - 6' 3", weight -303 pounds

Personal Bests: bench press - 450 pounds, squat - 675 pounds, vertical jump - 26 inches, power clean - 380 pounds, 40-yard dash - 5.27 seconds

"Mike holds the Miami Football squat record. This 1997 team captain is also a 3-time member of the All-MAC 1st Team." - Dan Dalrymple, CSCS, NSCA member sponsor

Miami University (Ohio)

Erika Riley

Softball/Catcher

Junior/Anthropology

height - 5' 8", weight -160 pounds

Personal Bests: bench press - 135 pounds, squat - 245 pounds, vertical jump - 17 inches, power clean - 115 pounds, 40-yard dash - 6.5 seconds

"Erika's commitment to the strength program took her to the next level in all aspects of her game." - Jessica Stuart, CSCS, NSCA member sponsor

Miami University (Ohio)

Damian Vaughn

Football/Tight End

Senior/International Business

height - 6' 3", weight -249 pounds

Personal Bests: bench press - 445 pounds, squat - 500 pounds, vertical jump - 30 inches, power clean - 360 pounds, 40-yard dash - 4.68 seconds

"Damian is a former walk-on who used dedication to strength and conditioning to not only start, but to be named 1st Team All MAC." - Dennis Kline, CSCS, NSCA member sponsor

Miami University (Ohio)

Carly Iagulli

Swimming/Sprints

Senior/Accounting

height - 5' 5", weight -120 pounds

Personal Bests: bench press - 125 pounds, squat - 210 pounds, vertical jump - 19 inches, power clean - 125 pounds, 40-yard dash - seconds

"Carly is the MAC champion in the 100m backstroke. She holds the school record holder in two events. She maintains a GPA of 3.9." - Dennis Kline, CSCS, NSCA member sponsor

Miami University (Ohio)

Nicki Lawri

Basketball and Track/Forward and High Jump

Senior

height - 6' 3", weight -145 pounds

Personal Bests: bench press - 120 pounds, squat - 220 pounds, vertical jump - 24 inches, power clean - 145 pounds, 40-yard dash - seconds

"Nicki has used weight training to help her compete in both basketball and track." - Brian Kelly, CSCS, NSCA member sponsor

Miami University (Ohio)

Wally Szerbiak

Basketball/Forward

Junior/Business

height - 6' 8", weight -235 pounds

Personal Bests: bench press - 300 pounds, squat - 385 pounds, vertical jump - 30.5 inches, power clean - 265 pounds, 40-yard dash - seconds

"Wally is a great worker who has increased his body weight, added 65 lbs. to his bench, 65 lbs. to his clean and 4.5 inches to his vertical jump." - Brian Kelly, CSCS, NSCA member sponsor

Miami University (Ohio)

Adam Copeland

Ice Hockey/Forward

Senior/Business

height - 6' 2", weight -215 pounds

Personal Bests: bench press - 335 pounds, squat - 425 pounds, vertical jump - 26 inches, power clean - 280 pounds, 40-yard dash - 5.09 seconds

"Adam is a strong, physical player who has used his dedication in the wt. room to his advantage on the ice." - Jessica Stuart, CSCS, NSCA member sponsor

Mid-America Nazarene University

Jeremy Pfaff

Football/Defensive End

Senior/Business Administration

height - 6' 3", weight -232 pounds

Personal Bests: bench press - 350 pounds, squat - 450 pounds, vertical jump -

32 inches, power clean - 315 pounds, 40-yard dash - 4.61 seconds

"Jeremy is an excellent player with speed and quickness. Following shoulder surgery in March of 1997, he worked relentlessly to rehab a body weakened by injury. Jeremy does everything with class and elevated his teammates. He is an Academic All-American, Conference Defensive Player of the Year and a strong candidate for NAIA All-American." - Tom N. Cross, NSCA member sponsor

Mid-America Nazarene University

Stacy M. Smith

Basketball/Center

Senior/Nursing

height - 5' 11", weight -170 pounds

Personal Bests: bench press - pounds, squat - 170 pounds, vertical jump -

22 inches, power clean - 155 pounds, 40-yard dash - seconds

"Stacy is a blue collar hard working athlete. She has made a spectacular improvement in her level of play during the past year. She is our strongest basketball player and has been recognized on each all-tournament team this season. She enjoys horseback riding and hiking. Stacy will become a nurse after graduation." - Tom N. Cross, NSCA member sponsor

Millsaps College

Wes Ingram

Football/Wide Receiver

Junior/Business

height - 6' 2 1/2", weight -201 pounds

Personal Bests: bench press - 290 pounds, squat - 460 pounds, vertical jump -

33 inches, power clean - 285 pounds, 40-yard dash - 4.55 seconds

"Wes is a classic over achiever both on the field and in the weight room. He was able to accomplish his goals by being more physically dominating than the opponent. Wes's 1997 football highlights include: 53 receptions for 677 yards (12.8 avg.) 9 touchdowns, 1st Team All Southern Collegiate Athletic Conference and he led the team in receptions. He maintains a GPA of 3.61 and is expected to graduate in May of 1998. Wes is a member of FCA, Omicron Delta Kappa Honor Society and is also on the Dean's List. In his spare time, Wes works at Christ United Methodist Church in the youth department." - Ken Ingram, NSCA member sponsor

Missouri Southern State University

Justin Taylor

Football/Running Back

Senior/Environmental Health

height - 5' 9", weight -189 pounds

Personal Bests: bench press - 385 pounds, squat - 610 pounds, vertical jump -

35 inches, power clean - 275 pounds, 40-yard dash - 4.42 seconds

"J.T. has made the transition from a walk-on to a starter and full scholarship athlete at Southern. He has made the transition through hard work and determination. J.T. also was named a \$10,000 Burger King Scholar Athlete. J.T.'s work ethic, on and off the field, make him a great example for all student-athletes at Missouri Southern." - Dan Scheible, NSCA member sponsor

Morris Brown College

Jamal Terry

Football/Cornerback

Junior/Education

height - 5' 10", weight -174 pounds

Personal Bests: bench press - 325 pounds, squat - 3RM-445 pounds, vertical jump -

34 inches, power clean - pounds, 40-yard dash - 4.40 seconds

"Pound for pound, Jamal is one of the strongest players on the team. He improved his bench press 65lbs., his squat 80 lbs., his pro shuttle .25 sec and the 40-yard dash .11 sec between spring and fall testing. He made a five day a week commitment to the summer program and reaped the rewards by earning a starting position on opening day. We look for Jamal to make an impact next season to ease the loss of our NFL bound comeback." - Eric Lougas, NSCA member sponsor

Mount Marty College

Keith Rasmussen

Basketball/Guard

Junior/Biology and Premed

height - 6' 0", weight -160 pounds

Personal Bests: bench press - 250 pounds, squat - 375 pounds, vertical jump -

36 inches, power clean - 210 pounds, 40-yard dash - 4.8 seconds

"Keith is one of our hardest and most consistent lifters. His 3-year improvement has enabled him to move into a part-time starting position and top reserve role. He has a 3.8 GPA in Biology." - James P. Thorson, NSCA member sponsor

Mount Marty College

Kari Hohn

Track & Field/Shot Put and Discus

Senior/Nursing

height - 5' 6", weight -180 pounds

Personal Bests: bench press - 165 pounds, squat - 315 pounds, vertical jump -

22 inches, power clean - 155 pounds, 40-yard dash - 5.5 seconds

"Kari has developed tremendous explosiveness through consistent hard work in the weight room. The rewards have been obvious as she has become a 5-time All-American in the shot put and discus." - James P. Thorson, NSCA member sponsor

Northeast Louisiana University

Marquis Williams

Football/Tailback

Senior/General Studies

height - 5' 11", weight -218 pounds

Personal Bests: bench press - 385 pounds, squat - 500 pounds, vertical jump -

23.5 inches, power clean - 315 pounds, 40-yard dash - 4.64 seconds

"Strength coaches always look for a special athlete who not only enjoys lifting and working out, but understands the value that it provided to their particular sport. Marquis Williams has, for the past few years, prepared himself mentally and physically to compete at a very high level. While "getting it done" in the weight room, Marquis has also achieved much on the field, leading our team in rushing for the past two years. Marquis has been a pleasure to coach and will continue to achieve in all endeavors." - Dave Richardson, NSCA member sponsor

Northeast Louisiana University

Sarah Dawson

Softball/Pitcher

Business Administration - Finance

height - 5' 7", weight -126 pounds

Personal Bests: bench press - 115 pounds, squat - 220 pounds, vertical jump -

16.5 inches, power clean - 125 pounds, 40-yard dash - seconds

"Sarah Dawson is a phenomenal athlete and student. Her natural ability is only rivaled by her determination and work ethic. Sarah's mental and physical preparation in the weight room has carried over onto the softball field. On the field, Sarah led our team to its first ever NCAA tournament bid and a top 20 National ranking (No. 19). Sarah, who finished with a 45-10 record and .52 ERA, also became the first player in Lady Indian history to be named First Team All-American by the National Fastpitch Coaches Association. Sarah has been a pleasure to coach and I know she will continue to excel in all her endeavors." - Wade Hooper, NSCA member sponsor

Northern Arizona University

Jenny Shayani

Basketball/Guard

Senior/Health Promotion and Physical Education

height - 5' 7", weight -130 pounds

Personal Bests: bench press - 133 pounds, squat - 213 pounds, vertical jump -

22.5 inches, power clean - 145 pounds, 40-yard dash - seconds

"Jenny has had a big physical turn around this past year and her efforts deserve this recognition. She is a 1996 Big Sky All-Conference performer that continues to find ways to improve on and off the court." - Richard McClure, NSCA member sponsor

Northern Arizona University

Dan Finn

Football/Offensive Line

Senior

height - 6' 4", weight -300 pounds

Personal Bests: bench press - 463 pounds, squat - 705 pounds, vertical jump -

27.5 inches, power clean - 353 pounds, 40-yard dash - 5.20 seconds

"Dan had off-season back surgery and was told not to lift or do any multi-joint type lifts. After nine months of very hard work and dedication, he earned the right to be named the top lineman in 1-AA football." - Richard McClure, NSCA member sponsor

Northwestern University

Keith Lozowski

Football/Defensive End

Senior/Pre-Med

height - 6' 3", weight -262 pounds

Personal Bests: bench press - 445 pounds, squat - 605 pounds, vertical jump -

36 1/2 inches, power clean - 385 pounds, 40-yard dash - 4.60 seconds

"Keith's hard work in the weight room has enabled him to become an impact player for Northwestern and a potential NFL candidate." - Jackie Berube, NSCA member sponsor

Northwestern University

Wendy Scholz

Soccer/Goal Keeper

Senior/Philosophy

height - 5' 4", weight -130 pounds

Personal Bests: bench press - 170 pounds, squat - 305 pounds, vertical jump -

19.5 inches, power clean - 140 pounds, 40-yard dash - 5.60 seconds

"Wendy's hard work and dedication to her training in the weight room has enabled her to reach great levels of success. She earned All Big Ten in 1995 and 1997 and All-Region in 1995." - Jackie Berube, NSCA member sponsor

Ohio Wesleyan University

Josh Mandel

Football

Senior/Education

height - 6' 1", weight -215 pounds

Personal Bests: bench press - 350 pounds, squat - 575 pounds, vertical jump -

inches, power clean - 325 pounds, 40-yard dash - 4.91 seconds

"Willful, disciplined and a full speed player best describe Josh. He is a symbolic team player with his relentless pursuit for achievement and team acknowledgment. Josh converted his body into a dynamo with the ability to dominate the game at his position. Josh has 91 tackles in 1997, which ranked 3rd on the team. He was voted team captain this year and maintains a 2.9 GPA." - W. Michael Carter, NSCA member sponsor

Olivet College

Todd Meredith

Cross Country and Track

Senior/Wellness

height - 5' 10", weight -160 pounds

Personal Bests: bench press - 180 pounds, squat - 200 pounds, vertical jump -

inches, power clean - pounds, 40-yard dash - seconds

"Todd strength trains three days each week, during the entire year. He truly "walks his talk" as a fitness professional. His tenacity and desire combined with a TaoSports philosophy makes him the consummate athlete. A team captain, Todd runs the 3200m in a time of 9:57 and the 8K in 25:57." - Kevin Rabineau, NSCA member sponsor

Oregon State University

Miya Malauulu

Volleyball/Setter

Senior/Fitness Program Management

height - 5' 8 1/2", weight -150 pounds

Personal Bests: bench press - 165 pounds, squat - 250 pounds, vertical jump -

inches, power clean - 176 pounds, 40-yard dash - seconds

"Miya is a hard worker and never misses a workout. She used her training to make herself functionally strong for volleyball and to keep herself in shape to play volleyball. Miya's personal accomplishments include team captain all of her four seasons, as a sophomore (1995) she received the team MVP award and her freshman and junior years, she was voted Most Inspirational. Miya holds the school records for single-match, single-season and career assists." - Dr. John Freeman, CSCS, NSCA member sponsor

Queen's University**James Osborn****Football/Defensive Lineman & Track and Field/Shot Put****Senior/Computing Science**

height - 6' 6", weight -282 pounds

Personal Bests: bench press - 405 pounds, squat - 520 pounds, vertical jump - 30 inches, power clean - 345 pounds, 40-yard dash - 4.95 seconds

"James is an outstanding example of the benefits of strength and conditioning. He came to Queen's a tall skinny kid who never played football or thrown the shot put before. His freshman year he was devoted to training like a demon and learning the game. In his sophomore year he had filled out and improved to the point that he saw limited playing time as a substitute. His unwavering commitment to training paid off in his junior year as he earned All Conference and Second Team All Canadian honors. This year James came into camp in the best shape of his life. He unfortunately broke his hand, which cost him All Canadian honors, but still earned All conference honors for the second year. James has progressed so much from his freshman year, largely due to his commitment to strength and conditioning." - Neil Purves, CSCS, NSCA member sponsor

Queen's University**Neil Purves****Track & Field/Shot Put****Senior/Physical Education/Math**

height - 5' 9", weight -250 pounds

Personal Bests: bench press - 315 pounds, squat - 440 pounds, vertical jump - 27 inches, power clean - 250 pounds, 40-yard dash - seconds

"Neil was nominated for this award last season for his outstanding commitment to training. Given his continued exemplary commitment to strength and conditioning and his shattering of personal marks again this fall, he again has more than earned this recognition. His performance in the shot has continued to improve as a result of his training commitment. Neil qualified for his second straight CIAU (Canadian University) Championship last season improving his personal best in the shot put 0.77m, to 14.38m, a performance recorded at the CIAU's. Despite a technique change from the glide to rotation this fall, Neil is on course to improve upon his sixth place finish at last year's CIAU Championship. He is an exceptional model of how focused strength and conditioning work can maximize an athlete's abilities." - Melody Torcolacci, NSCA member sponsor

Queen's University**Audrey Mckay****Soccer/Midfield****Sophomore/Commerce**

height - 5' 6", weight -125 pounds

Personal Bests: bench press - 75 pounds, squat - 155 pounds, vertical jump - 16 inches, power clean - pounds, 40-yard dash - 5.8 seconds

"Womens Soccer Coach, Dave McDowell, feels Audrey improved dramatically following her commitment to strength and conditioning. Not only did her test numbers improve, her improved strength, speed and conditioning was markedly evident on the field. She was able to run through tackles that previously would have knocked her down. She was far more explosive over five yards and was able to maintain that explosiveness over the full 90 minutes. Her ability in aerial battles also improved dramatically. Audrey's dedication to training and team has earned her this nomination. She is a deserving recipient of the All American Strength and Conditioning Athlete of the Year Award." - Melody Torcolacci, NSCA member sponsor

Rice University**Jarvis Kelley Sanni****Basketball/Power Forward****Senior/Political Science and Sociology**

height - 6' 9", weight -225 pounds

Personal Bests: bench press - 315 pounds, squat - pounds, vertical jump - 31.5 inches, power clean - pounds, 40-yard dash - seconds

"Jarvis has dedicated himself to hard work, and it has paid off for him this season. Jarvis began an off-season conditioning program 2 weeks after the end of the 1996-97 basketball season, and worked until the beginning of the 1997-98 season. His performance increased in all 14 tests that we administer to our players, and his confidence in his ability to perform and endure also increased. As a result of his increased strength and stamina, Jarvis has increased his points per game from 10.2 to 18.5 and his rebounds per game from 7.9 to 10.5. Jarvis is also able to perform for longer durations at higher degrees of intensity, and he is our most-valuable player. Jarvis works equally hard in the class room as he does on the floor. He will graduate this spring with a dual degree, and he is the President of the Black Student Association. He has participated in the Dream to Read and Rice Communities Day projects, and serves as a great role model for youths and adults alike in the Rice and greater Houston community. He is a fine representative of the NSCA, the NCAA, Rice and of himself." - Seth Isaac Deutsch, NSCA member sponsor

Rice University**LaDauphyous McCalla****Football/Cornerback****Senior/Human Performance**

height - 5' 8", weight -182 pounds

Personal Bests: bench press - 380 pounds, squat - pounds, vertical jump - 34 inches, power clean - 300 pounds, 40-yard dash - 4.42 seconds

"Pound for pound, McCalla is the strongest athlete at Rice University. He used his speed, strength, power and quickness to intercept five balls and return a pass for a touchdown this season!" - Scott R. Reeves, MS, CSCS, NSCA member sponsor

Rice University**Cory Teague****Swimming/Sprints****Junior/Human Performance and Health Science**

height - 6' 0", weight - pounds

Personal Bests: bench press - 160 pounds, squat - 180 pounds, vertical jump - 22.5 inches, power clean - 163 pounds, 40-yard dash - seconds

"Cory's hard work in the weight room and the pool has helped her to reach All-American status as a Junior and become one of the strongest athletes." - Scott R. Reeves, MS, CSCS, NSCA member sponsor

Rutgers University at Camden

James Washington

Basketball/Guard

Junior/Accounting

height - 6' 0", weight -180 pounds

Personal Bests: bench press - 200 pounds, squat - 315 pounds, vertical jump -

31 inches, power clean - pounds, 40-yard dash - seconds

"James has transformed himself into someone who can take a game over. He currently ranks 5th in scoring in the New Jersey Athletic Conference." - Gregory White, NSCA member sponsor

Rutgers University at Camden

Michelle Riley

Basketball/Center

Sophomore/Undecided

height - 6' 0", weight - pounds

Personal Bests: bench press - 100 pounds, squat - 300 pounds, vertical jump -

15 inches, power clean - pounds, 40-yard dash - seconds

"Michelle is an athlete! She is currently 3rd in blocks at 2.0 per game and 5th in rebounding at 9.3 per game in the New Jersey Athletic Conference." - Gregory White, NSCA member sponsor

Rutgers University at Camden

Jepheth White

Basketball and Track/Forward and Multi-Event

Junior/Computer Graphics

height - 6' 1", weight -193 pounds

Personal Bests: bench press - 225 pounds, squat - 560 pounds, vertical jump -

28 inches, power clean - pounds, 40-yard dash - 4.47 seconds

"Jepheth is a special athlete. He brings a lot of desire to everything he does. He was named MVP of the track team." - M. Scott Donnelly, CSCS, NSCA member sponsor

Rutgers University at Camden

Kelly Grillo

Cross Country

Sophomore

height - 5' 7", weight -134 pounds

Personal Bests: bench press - 110 pounds, squat - 315 pounds, vertical jump -

inches, power clean - pounds, 40-yard dash - seconds

"Kelly is a person who gives her best. She is ninth all-time for Rutgers-Camden cross country." - M. Scott Donnelly, CSCS, NSCA member sponsor

Santa Clara University

Lisa Sacco

Basketball/Guard

Senior/English

height - , weight - pounds

Personal Bests: bench press - 135 pounds, squat - pounds, vertical jump -

22.75 inches, power clean - pounds, 40-yard dash - seconds

"Over the years, Lisa has developed into a very hard working athlete in the weight room. She had earlier scored as one of the lowest in total work capacity in the weight room and now scores as one of the highest. This transformation has made her one of the best conditioned players on the team and a fearsome competitor on the court." - Steve Schulz, NSCA member sponsor

Santa Clara University

Craig Johnson

Basketball/Guard

Senior/Communications

height - , weight - pounds

Personal Bests: bench press - 290 pounds, squat - pounds, vertical jump -

38 inches, power clean - 205 pounds, 40-yard dash - seconds

"Craig transferred to Santa Clara in 1995 with very little experience in the weight room. He quickly realized he needed to improve his game in order to contribute to the team. Since that time, Craig has overcome shoulder surgery and has worked extremely hard in all areas to become a better player on the court. Craig has made significant gains in strength, power, quickness, and concentration on the court, which have helped bring his game to a new level. Craig, a team captain, has suddenly become one of the most consistent players on the court both offensively and defensively." - Steve Schulz, NSCA member sponsor

Shepherd College

Matt Cornwell

Football/Defensive Back and Outside Linebacker

Senior/Psychology

height - 6' 0", weight -195 pounds

Personal Bests: bench press - 325 pounds, squat - 525 pounds, vertical jump -

33 inches, power clean - pounds, 40-yard dash - 4.59 seconds

"Perseverance and desire to accomplish tasks at hand are Matt's best characteristics. He was a walk-one who coaches believed would never play. He was elected captain by his teammates and coaches because of his extraordinary work ethic. Matt also worked a full-time job the last two seasons while starting as a defensive back and outside linebacker." - Anthony "Pete" Yurish, NSCA member sponsor

Southern Illinois University**Lorraine Parkinson****Track & Field/Heptathlete****Senior/Physiology**

height - 5' 8", weight -142 pounds

Personal Bests: bench press - 140 pounds, squat - pounds, vertical jump - inches, power clean - pounds, 40-yard dash - seconds

"Lorraine has excelled in all areas of her life. A dedicated and determined student athlete (GPA 3.89), Lorraine's consistency in training properly has allowed here to achieve outstanding mechanics, strength and power in all methods of training. I have looked forward to Lorraine's work ethic, a very uncommon attribute." - Doug Salmon, NSCA member sponsor

Southern Methodist University**Chris Bordano****Football/Linebacker****Senior/History**

height - 6' 2", weight -240 pounds

Personal Bests: bench press - 425 pounds, squat - 560 pounds, vertical jump - 37 inches, power clean - 415 pounds, 40-yard dash - 4.61 seconds

"Chris is a rare individual. He is a great athlete who has a tremendous work ethic. However, Chris's greatest attribute is that fact that he is a genuine and sincere person. Chris's physical talents and his commitment to continually improve enabled him to average 12 tackles per game his senior year. He was also named Defensive WAC Player of the Year. Chris also demonstrated outstanding leadership as co-captain of the SMU football team." - Jonathan Jost, NSCA member sponsor

Southern Methodist University**Charity Savedra****Volleyball/Defensive Specialist****Senior/Spanish**

height - 5' 10", weight -167 pounds

Personal Bests: bench press - 120 pounds, squat - 209 pounds, vertical jump - 20.5 inches, power clean - 167 pounds, 40-yard dash - seconds

"Charity walked on the volleyball team her junior year and was determined to work herself into an important role on the team. She devoted herself to improving as an athlete, and displayed the work ethic required to do so. Charity's commitment to excellence and leadership skills enabled her to not only start on the team her senior year, but to be elected a co-captain of the volleyball team as well. Her dedication to the program culminated her election to the All-WAC Second Team, becoming the first SMU volleyball player to be given such an honor." - David E. Harris, NSCA member sponsor

Southern Oregon University**Ryan Morgan****Football and Track/Wide Receiver and Sprinter****Senior/Health Promotion**

height - 5' 9", weight -190 pounds

Personal Bests: bench press - 325 pounds, squat - 505 pounds, vertical jump - 36 inches, power clean - 310 pounds, 40-yard dash - 4.41 seconds

"Ryan is a very hard worker and a leader by example. Ryan is very consistent and dependable. He was named Honorable Mention CFA for a wide receiver. He also is a member of the team that holds the school record in the 4 x 100m relay." - Dale E. Fisher, NSCA member sponsor

Springfield College**Adam Maday****Track/Shot, Hammer and 35 lb. Weight Thrower****Senior/Health Fitness**

height - 6' 2", weight -256 pounds

Personal Bests: bench press - 400 pounds, squat - 600 pounds, vertical jump - 27 inches, power clean - 300 pounds, 40-yard dash - seconds

"He is the track team's hardest worker in the weight room. As a team captain, he leads by example. His maturity and self-confidence have helped to make him a national qualifier. He is a knowledgeable individual who strives to be technically proficient." - Margaret T. Jones, CSCS, NSCA member sponsor

Springfield College**Danielle LeBlanc****Track/Long, High and Triple Jumper****Junior/Health Fitness**

height - 5' 6", weight -145 pounds

Personal Bests: bench press - 125 pounds, squat - 225 pounds, vertical jump - 21.5 inches, power clean - 145 pounds, 40-yard dash - seconds

"She has a great work ethic. Her hard work and dedication in the weight room have translated into successful competitive seasons without injuries. Her self-confidence continues to grow as she strives to reach her athletic potential." - Margaret T. Jones, CSCS, NSCA member sponsor

St. Bonaventure University**James Singleton****Basketball/Guard****Senior/Sociology**

height - 6' 5", weight -180 pounds

Personal Bests: bench press - 272 pounds, squat - 260 pounds, vertical jump - 31.5 inches, power clean - 215 pounds, 40-yard dash - seconds

"James never misses a workout or a rep. He is a technician in the weight room. He stayed on campus and trained all summer and went from a reserve to a starter." - Kenneth White, NSCA member sponsor

St. Bonaventure University

Kelly Matthews

Basketball/Guard

Senior/Business

height - 5' 10", weight -150 pounds

Personal Bests: bench press - 137 pounds, squat - 195 pounds, vertical jump - 23.5 inches, power clean - pounds, 40-yard dash - seconds

"Kelly is a coach's dream. Other female athletes want to look and be like her. She loves to move some iron. She nearly averages a "double-double". She is a super athlete." - Kenneth White, NSCA member sponsor

St. John's University

Lavor Postell

Basketball/Forward

Sophomore/Foreign Language

height - 6' 5", weight -209 pounds

Personal Bests: bench press - 315 pounds, squat - 405 pounds, vertical jump - 35 inches, power clean - 273 pounds, 40-yard dash - seconds

"Lavor's work ethic is incredible. He gives 100% at every workout." - Alfred M. Caronia, NSCA member sponsor

St. John's University

Adrijana Bedalov

Basketball/Forward

Junior/Marketing

height - 6' 2", weight - pounds

Personal Bests: bench press - 140 pounds, squat - 215 pounds, vertical jump - 16 inches, power clean - 110 pounds, 40-yard dash - seconds

"Adrijana made incredible gains over the summer. She dedicated all her time to improve herself. She is one of the hardest workers I've seen." - Alfred M. Caronia, NSCA member sponsor

St. Lawrence University

Steve Davey

Football/Defensive End

Junior/Sport and Leisure Studies

height - 6' 2", weight -235 pounds

Personal Bests: bench press - 345 pounds, squat - 580 pounds, vertical jump - 27 inches, power clean - 285 pounds, 40-yard dash - 4.80 seconds

"Steve takes his "full speed" approach to football into the weight room. He leads through example on and off the field. He has developed great explosion from lifting. He led the team in tackle for loss (15), second with 6 sacks and 4 forced fumbles." - Mark J. Jozwiak, NSCA member sponsor

Sul Ross State University

Carl Galant

Football/Linebacker

Sophomore/Pre-Physical Therapy

height - 6' 0", weight -217 pounds

Personal Bests: bench press - 325 pounds, squat - 535 pounds, vertical jump - 27 inches, power clean - 305 pounds, 40-yard dash - 4.75 seconds

"Great attitude, commitment, dedication scholarship and motivation are just a few words that describe Carl. His great work ethic has helped him to obtain higher maxs, speed and flexibility in our strength and conditioning program." - David Rivera, NSCA member sponsor

Texas A&M University

Kerrie Patterson

Basketball/Guard

Junior/English

height - 5' 7", weight -155 pounds

Personal Bests: bench press - 145 pounds, squat - 250 pounds, vertical jump - 24 inches, power clean - pounds, 40-yard dash - seconds

"Kerrie is a positive, outgoing person who uses the weight room to improve herself and her team. She promotes her team through unity and constant positive communication." - Robert Graf, NSCA member sponsor

Texas A&M University

Tanya Klecker

Softball/Outfielder

Senior

height - 5' 5", weight -138 pounds

Personal Bests: bench press - 125 pounds, squat - 265 pounds, vertical jump - 23.5 inches, power clean - 65 kg pounds, 40-yard dash - 5.08 seconds

"Tanya is an intense competitor. With strength training, we have increased her vertical jump from 19 to 23.5 inches and decreased her 40-yr dash from 5.2 to 5.08 during her career" - Raychelle Ellsworth, NSCA member sponsor

The Citadel

Adrian Luster

Football/Defensive Tackle

Senior/Business

height - 6' 1", weight -305 pounds

Personal Bests: bench press - 615 pounds, squat - 765 pounds, vertical jump - 31.5 inches, power clean - 385 pounds, 40-yard dash - 4.92 seconds

"Through proper hard work, Adrian has taken advantage of his natural God given talents to become an All-Conference player and pro prospect." - James M. Peal, NSCA member sponsor

The College of William and Mary

Sean McDermott

Football/Safety

Senior/Business

height - 6' 0", weight -190 pounds

Personal Bests: bench press - 380 pounds, squat - 445 pounds, vertical jump -

32 inches, power clean - 270 pounds, 40-yard dash - 4.7 seconds

"Sean McDermott is a tireless worker. Sean came to William and Mary as a walk-on and worked his way into a full scholarship. He is a tremendous competitor who gives 110% at all times. Sean is a leader both on the field and in the weight room. It has been a pleasure working with him the last five years." - John Sauer, NSCA member sponsor

The Metropolitan State College of Denver

Laurie Anderson

Volleyball/Setter

Senior/Nursing

height - 5' 9", weight -130 pounds

Personal Bests: bench press - 100 pounds, squat - 239 pounds, vertical jump -

25 inches, power clean - 105 pounds, 40-yard dash - seconds

"Laurie's special qualities include an undaunted work ethic and an unselfish sense of team. She went above and beyond what was expected of her, working extra time in the gym on her volleyball skills and in the weight room on her physical conditioning. Strength training and conditioning helped Laurie physically and mentally. The high level strength and fitness she achieved, provided her with the self confidence to lead her teammates on and off the court. Leadership skills in a setter are most important to the success of a team and Laurie was pivotal in helping our team reach the Sweet 16 round of the NCAA Division II National Tournament. Her other personal accomplishments include All RMAC Conference Eastern division, 2nd Team; RMAC Player of the Week — October 10, 1997; ranked 4th in career assists for Metro State; All Northwest Region team; ranked 7th nationally in assists per game; against nationally ranked teams, ranked 2nd in assists per game and digs per game" - Elizabeth M. Armbrustmacher, NSCA member sponsor

The University of Findlay

Chris Barbara

Football/Outside Linebacker

Senior/Communication Production and Public Relations

height - 6' 0", weight -215 pounds

Personal Bests: bench press - 450 pounds, squat - 525 pounds, vertical jump -

26 inches, power clean - 280 pounds, 40-yard dash - 4.85 seconds

"Chris has used strength and conditioning to improve his performance each year. Early in his career, Chris had to overcome an ankle injury. With determination and desire, he fought through his red-shirt season to return better than before! Chris is our "over-achiever", who provided tremendous leadership as a captain his senior year and led us into the playoffs for the seventh straight year." - Don Ankers, NSCA member sponsor

The University of Memphis

Kevin Robinson

Track & Field/Thrower

Senior/Exercise Science

height - 6' 1", weight -260 pounds

Personal Bests: bench press - 425 pounds, squat - 625 pounds, vertical jump -

35 inches, power clean - pounds, 40-yard dash - seconds

"Kevin is one of the top collegiate shot putters in the country. He was ranked 12th among Division I collegiates last season as a junior. His success is due in large part to his dedication to weight training. He is a leader among my throwers, especially in motivating them to push themselves in the weight room. He is very coachable and at the same time possesses the knowledge to understand and apply the principles of strength training. I have never had an athlete with greater drive or determination. His work ethic is incredible! He is always punctual, never misses practice and give 110% every time. Even beyond that, he wants to do more than is required of him. For example, he chose to train under my supervision throughout the summer, working hard in the weight room and in his throwing workouts. He could have worked on his own at a much lower intensity with no pressure, but that is not the kind of person he is. He is the type of athlete who has to be held back at times so he does not over-train. Kevin is also an outstanding student in the area of exercise science. He just completed a semester with a GPA of 3.62. This is impressive considering the fact that these were all upper level courses in his major. His choice of exercise science as a major is closely linked to his love for strength training. He is also an active member of the local NSCA student chapter. I expect him to become a CSCS in the near future. He is a talented athlete who has worked very hard in the weight room to get where he is today." - Steve Whistler, MSE, CSCS, NSCA member sponsor

The University of the South

John Trussler

Football/Linebacker

Senior/Computer Science

height - 6' 0", weight -225 pounds

Personal Bests: bench press - 365 pounds, squat - 505 pounds, vertical jump -

27 inches, power clean - 295 pounds, 40-yard dash - 4.75 seconds

"John has been All SCAC for the past two years. He is also the team captain for the past season.

He is an avid member of FCA." - Ken Jones, NSCA member sponsor

U.S. Air Force Academy

Kallie Quinn

Basketball/Guard

Senior/Biology

height - 5' 7", weight -142 pounds

Personal Bests: bench press - 155 pounds, squat - 255 pounds, vertical jump -

22.5 inches, power clean - 171 pounds, 40-yard dash - seconds

"Kallie is the Air Force Academy's first 2-time winner of this award. She is a true leader in the weight room and on the court. She holds 3 Air Force Academy women's basketball strength and conditioning records." - Allen Hedrick, NSCA member sponsor

U.S. Air Force Academy

Chris Gizzi

Football/Linebacker

Senior/Behavioral Science

height - 6' 1", weight -225 pounds

Personal Bests: bench press - 425 pounds, squat - 575 pounds, vertical jump -

39 inches, power clean - 379 pounds, 40-yard dash - 4.75 seconds

"Chris is an outstanding leader who possesses extreme intensity in workout. He was named

Pacific Division WAC Defensive Player of the Year for 1996/97 and also 3rd Team All-

American for 1997." - Jack D. Braley, NSCA member sponsor

University of Alabama at Birmingham

Brian Creel

Football/Right Guard

Junior/Health Promotions

height - 6' 2", weight -285 pounds

Personal Bests: bench press - 450 pounds, squat - 705 pounds, vertical jump -

29 inches, power clean - 330 pounds, 40-yard dash - 4.85 seconds

"Brian is not the ideal size for his sport but his hard work and determination makes up for it.

Brian never misses anything. He's a great leader and he pushes people around him to get bet-

ter." - Stacey Torman, NSCA member sponsor

University of Alabama at Birmingham

Tonya Larson

Volleyball/Outside Hitter

Senior/Physical Education

height - 5' 8", weight -170 pounds

Personal Bests: bench press - 185 pounds, squat - 285 pounds, vertical jump -

30 inches, power clean - pounds, 40-yard dash - seconds

"Tonya is an extremely gifted athlete, mentally and physically. If there is anything she lacks, she

makes up for it in heart and determination. Tonya holds the record in leg press, squat, incline

press and bench press three years running, as well as many of the conditioning evaluations. She

will be greatly missed." - Stacey Torman, NSCA member sponsor

University of California - Irvine

Nikole Payton

Basketball/Guard

Junior/Criminology

height - 5' 7", weight -135 pounds

Personal Bests: bench press - pounds, squat - pounds, vertical jump -

inches, power clean - 165 pounds, 40-yard dash - seconds

"Nikole had developed the kind of training mentality that I try to instill in all of the athletes I

work with. She comes to the weight room strictly to train and get better. She understands how

to focus for heavy lifts and approaches training with the same aggressiveness as a competitive

weightlifter. Nikole thrives on challenging workouts and I thoroughly enjoy her presence in the

weight room." - Eric Burkhardt, NSCA member sponsor

University of Central Florida

Kelli Murray

Basketball/Point Guard

Senior/Biology

height - 5' 4", weight -97 pounds

Personal Bests: bench press - 115 pounds, squat - 120 pounds, vertical jump -

20 inches, power clean - 85 pounds, 40-yard dash - seconds

"Kelli is a leader who motivates others by displaying hard work and enthusiasm. Through self

discipline and dedication, Kelli has achieved scores that are unattained by women basketball

players much larger than herself." - Reese Bridgman, NSCA member sponsor

University of Central Florida

Reggie Doster

Football/Cornerback

Junior/Pre-Med

height - 5' 9", weight -182 pounds

Personal Bests: bench press - 355 pounds, squat - 415 pounds, vertical jump -

33 inches, power clean - 280 pounds, 40-yard dash - 4.4 seconds

"Reggie has improved in every area we test at UCP and this establishes him as a leader and

motivator of the players around him." - Reese Bridgman, NSCA member sponsor

University of Georgia

Charles Teasley

Track/Sprinter

Junior/Social Work

height - 6' 3", weight -186 pounds

Personal Bests: bench press - 285 pounds, squat - 378 pounds, vertical jump -

inches, power clean - 253.5 pounds, 40-yard dash - seconds

"Charles is a team leader who over achieves in the weight room which shows on the track. He

is a 400m and mile relay specialist." - Lee Anthony Glass, NSCA member sponsor

University of Georgia

Beverley Uipi

Volleyball/Outside Hitter

Senior/Child and Family Services

height - 5' 7 1/2", weight -170 pounds

Personal Bests: bench press - 115 pounds, squat - 265 pounds, vertical jump -

26.5 inches, power clean - 137 pounds, 40-yard dash - seconds

"Beverley is a team player who excels in the weight room. Her dedication to conditioning

shows on the court." - Lee Anthony Glass, NSCA member sponsor

University of Maine

Andrea Clark

Basketball/Forward

Junior/Food Science and Nutrition

height - 6' 2", weight - pounds

Personal Bests: bench press - 160 pounds, squat - 180 pounds, vertical jump -

18 inches, power clean - pounds, 40-yard dash - 5.70 seconds

"Andrea is a player who knows that hard work on the court is only part of the game, and hard work in the weight room is just as important. Her bench press is second all-time for University of Maine women's athletics. She has improved her automatic forty yard dash time from a 5.92 to a 5.70. Andrea is a team leader on and off the court, and an excellent role model for young athletes." - Matthew L. Cousins, NSCA member sponsor

University of Maine

Allen Ledbetter

Basketball/Forward

Junior/Communications

height - 6' 5", weight -245 pounds

Personal Bests: bench press - 270 pounds, squat - 355 pounds, vertical jump -

29 inches, power clean - pounds, 40-yard dash - 5.12 seconds

"Team captain and soft-spoken leader whose dedication to strength training and conditioning is unmatched by his teammates, and by many of his student-athlete peers. Rebounding the basketball is the "strength" of Allen's game. Increases in lower body strength and power have elevated this part of his game to a higher level. He is the co-founder of the Student Heritage Alliance Center, a campus organization which addresses issues of diversity. He is a communications major preparing for a career as a guidance counselor." - Jim St. Pierre, M.S., C.S.C.S., NSCA member sponsor

University of Mary

Zoe Lindquist

Track & Field/Triple Jump

Junior/Nursing

height - 5' 11", weight - pounds

Personal Bests: bench press - 105 pounds, squat - 260 pounds, vertical jump -

24 inches, power clean - 120 pounds, 40-yard dash - seconds

"Zoe has made a great commitment to the weight room this past year and has seen some big improvements as a result. We are excited to see how this carries over to her performance." - Doug Schweigert, NSCA member sponsor

University of Memphis

Kevin Robinson

Track & Field/Shot Put, Thrower

Senior/Exercise Science

height - 6' 1", weight -260 pounds

Personal Bests: bench press - 425 pounds, squat - 625 pounds, vertical jump -

35 inches, power clean - 405 pounds, 40-yard dash - seconds

"Kevin has an unbelievable work ethic in both academics and strength and conditioning. Kevin is far and away the BEST overall athlete at the University of Memphis." - Jeff Reinardy, NSCA member sponsor

University of Minnesota—Twin Cities

Amy Dahle

Golf

Senior/Kinesiology

height - 5' 5", weight -165 pounds

Personal Bests: bench press - 125 pounds, squat - 225 pounds, vertical jump -

inches, power clean - pounds, 40-yard dash - seconds

"Amy has proven herself a tremendous team leader in the weight room. She has galvanized the performance of her teammates during weight training and physical conditioning, and has committed herself to a training regimen that has helped her fully recover from an injury and elevated her level of play. Already having set course records this year, Amy anticipated making an NCAA regional appearance this year and holding her position as Minnesota's #1 player." - Sara Wiley, NSCA member sponsor

University of Missouri

Erin Windler

Cross Country

Junior/Hotel and Restaurant Management

height - 5' 6", weight - pounds

Personal Bests: bench press - 100 pounds, squat - pounds, vertical jump -

inches, power clean - 125 pounds, 40-yard dash - seconds

"Through Erin's commitment in the weight room, she has excelled into a champion on the track. She has been a joy to coach." - David Toub, NSCA member sponsor

University of Missouri

Heather White

Track/Hammer Thrower

Junior/Business

height - 5' 11", weight - pounds

Personal Bests: bench press - 240 pounds, squat - 380 pounds, vertical jump -

inches, power clean - 250 pounds, 40-yard dash - seconds

"Through weight training, Heather has positioned herself at the top of the Big 12 and closing in on becoming world class. She is a joy to work with." - Bob Jones, NSCA member sponsor

University of Missouri

Ron Janes

Football/Fullback

Senior

height - 6' 2", weight -270 pounds

Personal Bests: bench press - 520 pounds, squat - 800 pounds, vertical jump -

30 inches, power clean - 400 pounds, 40-yard dash - 4.75 seconds

"Ron is the strongest player I have ever coached. It's been a pleasure to have had Ron for five years." - David Toub, NSCA member sponsor

University of Missouri

Jud Price

Track/Shot Putter

Junior/Agricultural Economics

height - 6' 1", weight -270 pounds

Personal Bests: bench press - 475 pounds, squat - 700 pounds, vertical jump -

inches, power clean - 430 pounds, 40-yard dash - seconds

"Jud drives himself to excel in the weight room and other throwers follow his lead. His prowess in the weight room has transferred to the track." - Bob Jones, NSCA member sponsor

University of Nebraska

Scott Frost

Football/Quarterback

Senior

height - 6' 2", weight -215 pounds

Personal Bests: bench press - pounds, squat - pounds, vertical jump -

inches, power clean - 394 pounds, 40-yard dash - seconds

"Scott's hang clean, with 300 lbs for ten reps, led the National Champions pound for pound." - Boyd Epley, NSCA member sponsor

University of Nebraska

Tressa Thompson

Track/Shot Put

Senior

height - , weight -225 pounds

Personal Bests: bench press - 260 pounds, squat - 365 pounds, vertical jump -

inches, power clean - 253 pounds, 40-yard dash - seconds

"Her hard work in the weight room has made her the 1997 Indoor and Outdoor National Champion." - Boyd Epley, NSCA member sponsor

University of New Hampshire

Jason Woodruff

Football and Track/Linebacker and Shot Put

Senior/Math Education

height - 6' 1 1/2", weight -238 pounds

Personal Bests: bench press - 417 pounds, squat - 584 pounds, vertical jump -

39 1/2 inches, power clean - 400 pounds, 40-yard dash - 4.66 seconds

"He leads by example and is mentally tough. He has gained 49 pounds in body weight in college. He is a Smethport, PA native." - Fred Domowitz, NSCA member sponsor

University of New Hampshire

Denise Leckenby

Swimming/Sprinter

Senior/Economics

height - 5' 11", weight -145 pounds

Personal Bests: bench press - 195 pounds, squat - 295 pounds, vertical jump -

inches, power clean - pounds, 40-yard dash - seconds

"Denise possesses a strong desire to improve. She is very dedicated, thus continues to improve. She has been named America East Swimmer of the Year for the past 3 consecutive years. She is an All-American in the 200 Freestyle." - Fred Domowitz, NSCA member sponsor

University of North Dakota

Marc Sondreal

Track & Field/High Jumper

Senior/Physical Therapy

height - 6' 5", weight -200 pounds

Personal Bests: bench press - 195 pounds, squat - 290 pounds, vertical jump -

29 inches, power clean - 230 pounds, 40-yard dash - seconds

"Marc high jumped the school record of 7' 1/4" and he is also the NCC champion. His hard work and desire to excel makes him a strength and conditioning a All-American." - Paul Chapman, NSCA member sponsor

University of North Dakota

Kami Winger

Basketball/Center

Junior/Elementary Education

height - 6' 2", weight -185 pounds

Personal Bests: bench press - 130 pounds, squat - 225 pounds, vertical jump -

23 inches, power clean - 165 pounds, 40-yard dash - seconds

"Kami's hard work has made her one of the best centers in the nation. Her dedication to strength and conditioning is one of the reasons UND are NCAA Division II National Champions." - Paul Chapman, NSCA member sponsor

University of Oregon

Eric Winn

Football/Fullback

Senior/Business Administration

height - 5' 10 1/2", weight -212 pounds

Personal Bests: bench press - 385 pounds, squat - 560 pounds, vertical jump -

31 inches, power clean - 368 pounds, 40-yard dash - 4.69 seconds

"Eric has used consistent and continuous training to accomplish many of his athletic goals, from walk-on to scholarship player and to All-Conference performer in athletic and academics." - James C. Radcliffe, NSCA member sponsor

University of Pennsylvania

Amy Jodoin

Soccer/Goalie

Sophomore

height - 5' 3", weight -125 pounds

Personal Bests: bench press - 135 pounds, squat - 205 pounds, vertical jump -

inches, power clean - 130 pounds, 40-yard dash - seconds

"Amy demonstrated a true desire to excel. She has great enthusiasm in the weight room and it shows in the progress she has made." - Robert Wagner, NSCA member sponsor

University of Pennsylvania

Adrian Puzio

Football/Noseguard and Defensive Tackle

Sophomore

height - 5' 11", weight -260 pounds

Personal Bests: bench press - 430 pounds, squat - 600 pounds, vertical jump - 30 inches, power clean - pounds, 40-yard dash - 4.85 seconds

"Adrian is an exceptional athlete in the weight room. His ability to demonstrate high levels of strength and speed has been an asset to his field performance." - Robert Wagner, NSCA member sponsor

University of Richmond

Greg Yaffa

Baseball/Pitcher

Senior/Sports Science

height - 5' 11 1/2", weight -186 pounds

Personal Bests: bench press - 270 pounds, squat - 405 pounds, vertical jump - 40 inches, power clean - 281 pounds, 40-yard dash - seconds

"Greg's tremendous work ethic and dedication to strength and conditioning has gained him the respect of his teammates and coaching staff. He is a perfect example of what hard work and persistence can do to improve ones performance. He has continued to make great improvements in his strength and speed, which has lead to improvements on the baseball field. It has been an absolute pleasure to work with Greg for the last two years." - Steve Hilderbrand, NSCA member sponsor

University of Richmond

Marc Megna

Football/Defensive Line

Junior/Criminal Justice

height - 6' 1 1/2", weight -253 pounds

Personal Bests: bench press - 425 pounds, squat - 585 pounds, vertical jump - 34 inches, power clean - 375 pounds, 40-yard dash - 4.86 seconds

"For the second consecutive year, Marc has been selected as the University of Richmond NSCA All-American award winner representative. Marc is one of the most intense and dedicated athlete I have ever had the pleasure to coach. He has consistently paid his dues through hard work in the weight room and in conditioning. He expects the best out of himself and his teammates every workout and leads by example. No one deserves this award more than Marc Megna. He was named to the First Team Atlantic 10 and was one of the national leaders in quarterback sacks with 14." - Darin Thomas, NSCA member sponsor

University of Richmond

Mandy Hester

Basketball and Track/Guard, Shot and Javelin

Senior/American Studies

height - 5' 8", weight -154 pounds

Personal Bests: bench press - 130 pounds, squat - 195 pounds, vertical jump - 23 inches, power clean - 150 pounds, 40-yard dash - seconds

"I take great pleasure in writing this nomination for Mandy Hester. Mandy is unquestionably one of the hardest working athletes at Richmond, male or female. I am very impressed by her willingness to prepare herself for basketball/track by putting long hours into weight training and conditioning. She is a great leader in the weight room and on the basketball court. She is an extremely pleasant young lady to work with; who is both well liked and respected by everyone she works with. Mandy also has a 3.56 GPA and holds the school record for the shot put and discus." - Darin Thomas, NSCA member sponsor

University of San Diego

Susie Erpelding

Basketball/Guard

Sophomore/Sociology

height - 5' 9", weight -132 pounds

Personal Bests: bench press - 125 pounds, squat - 185 pounds, vertical jump - 19.5 inches, power clean - 140 pounds, 40-yard dash - seconds

"After sitting out her first year with a torn ACL, Susie has developed into a team leader in nearly every statistical category. She has a tremendous work ethic. Susie has a GPA of 3.75 and will graduate in three years." - Steve Brown, NSCA member sponsor

University of San Diego

Buddy Brown

Football/Defensive Tackle

Senior/Education

height - 5' 9", weight -275 pounds

Personal Bests: bench press - 365 pounds, squat - 555 pounds, vertical jump - 28 inches, power clean - 309 pounds, 40-yard dash - 5.16 seconds

"Buddy has a great love of the game. He led the team in sacks and tackles for loss. He is a 3-time All-Conference selection. Buddy also coaches high school track & field during the off-season." - Steve Brown, NSCA member sponsor

University of South Carolina

Kevin Mannon

Track & Field/Throwing Events

Sophomore/History

height - 6' 4", weight -270 pounds

Personal Bests: bench press - 475 pounds, squat - 700 pounds, vertical jump - 32 inches, power clean - 375 pounds, 40-yard dash - 4.7 seconds

"Kevin worked from sixth in the state (OH) as a senior in high school to 3rd in the NCAA Nationals as a sophomore. He made this incredible improvement through dedication in the weight room." - Larry Judge, NSCA member sponsor

University of South Carolina

Dawn Ellerbe

Track & Field/Throwing Events

Senior/Public Relations and Journalism

height - 6' 2", weight -240 pounds

Personal Bests: bench press - 260 pounds, squat - 380 pounds, vertical jump -

22 inches, power clean - 242 pounds, 40-yard dash - seconds

"Dawn was one of the most decorated athletes in NCAA track history. She was a 6-time All-American and was the USATP Thrower of the Year." - Larry Judge, NSCA member sponsor

University of Texas at Austin

Chris Akins

Football/Defensive Tackle

Senior/History

height - 6' 1", weight -305 pounds

Personal Bests: bench press - 556 pounds, squat - 760 pounds, vertical jump -

26 inches, power clean - 363 pounds, 40-yard dash - 4.90 seconds

"Chris understands commitment and is a very determined competitor. He follows directions and can elevate intensity when necessary." - Rock Gullickson, NSCA member sponsor

University of Tulsa

Melissa Mitchell

Soccer/Goalkeeper and Sweeper

Senior/Sports Administration

height - 5' 5", weight -125 pounds

Personal Bests: bench press - 120 pounds, squat - 225 pounds, vertical jump -

25 inches, power clean - 145 pounds, 40-yard dash - 5.15 seconds

"A 3-year starter as a goalkeeper, with the lowest goal against average in a career (1.2), Melissa moved to the field her senior year and was a WAC All-Tournament selection." - Jeffrey C. Fish, NSCA member sponsor

University of Tulsa

Brad Smith

Football/Offensive Line

Senior/History w/ a secondary in Education

height - 6' 2", weight -280 pounds

Personal Bests: bench press - 370 pounds, squat - 600 pounds, vertical jump -

28 inches, power clean - 370 pounds, 40-yard dash - 5.2 seconds

"Brad is the example when referring to an overachiever. By using every opportunity in the weight room and in his conditioning, Brad worked his way into a 3-year starter. Brad has never let an opportunity pass to enhance his performance at any time of the year." - Jeffrey C. Fish, NSCA member sponsor

University of Washington

Ed Turner

Track & Field/Sprinter

Senior/Sociology

height - 5' 10", weight -175 pounds

Personal Bests: bench press - 245 pounds, squat - 320 pounds, vertical jump -

33 inches, power clean - 215 pounds, 40-yard dash - - seconds

"Ed's hard work in the weight room took him from a good track athlete to an All-American" - Rick Heugli, NSCA member sponsor

University of Washington

Gena Pelz

Basketball/Post

Senior/Zoology

height - 6' 2", weight -190 pounds

Personal Bests: bench press - 200 pounds, squat - 265 pounds, vertical jump -

23.5 inches, power clean - 194 pounds, 40-yard dash - - seconds

"Gena has become one of our strongest women-athlete's ever. Not only becoming very strong but very knowledgeable in the weight room." - Rick Heugli, NSCA member sponsor

University of Wisconsin

Jeff Aspe

Football/Defensive Tackle

Junior

height - 6' 2", weight -240 pounds

Personal Bests: bench press - 400 pounds, squat - 595 pounds, vertical jump -

25 inches, power clean - 340 pounds, 40-yard dash - 4.89 seconds

"Jeff's attitude and work ethic has helped take our football and strength programs to a new level. He exemplifies power." - Duane Naatz, NSCA member sponsor

Virginia Tech

Todd Washington

Football/Center

Senior/Physical Education

height - 6' 3 1/2", weight -317 pounds

Personal Bests: bench press - 400 pounds, squat - 680 pounds, vertical jump -

30.5 inches, power clean - pounds, 40-yard dash - 5.10 seconds

"Todd Washington is a great example of what a person with goals and a great work ethic can accomplish. Todd has improved his bench press and hang clean by 100 lbs. during his career at Virginia Tech. His 445 lb. hang is a team record. Todd's vertical jump has improved five inches and his 40-yard sprint time has decreased four tenths of a second." - Mike Gentry, CSCS, NSCA member sponsor

Virginia Tech

Renee Maitland

Basketball/Guard

Senior/Industrial Systems Engineering

height - 5' 6", weight -134 pounds

Personal Bests: bench press - 160 pounds, squat - 180 pounds, vertical jump - 29 inches, power clean - pounds, 40-yard dash - seconds

"Renee is an extremely explosive athlete with an excellent work ethic. She is always ready to give her best effort in the weight room. Renee holds every strength and conditioning record for the women's basketball team. She has set a standard for other player to aspire to." - Mike Gentry, CSCS, NSCA member sponsor

Virginia Tech

Shawn Browne

Basketball/Forward

Senior/Interdisciplinary Studies

height - 6' 6", weight -200 pounds

Personal Bests: bench press - 290 pounds, squat - 450 pounds, vertical jump - 38 inches, power clean - pounds, 40-yard dash - seconds

"Shawn possesses a tremendous work ethic that extends from the weight room onto the basketball court. Through his participation in the strength program, Shawn has become one of the best leapers on the team, increasing his vertical jump 5.5 inches since his freshman year." - Jim Whitten, NSCA member sponsor

Virginia Tech

Katie Ollendick

Track & Field/Multi-Event and High Jumper

Senior/Exercise Science and Psychology

height - 5' 10", weight -149 pounds

Personal Bests: bench press - 160 pounds, squat - 265 pounds, vertical jump - 26.5 inches, power clean - pounds, 40-yard dash - seconds

"Katie is strong mentally, physically and academically. She is consistently focused and displays great dedication in the weight room. In 1996/97, she competed in the NCAA Championship during the indoor season, was named A-10 Performer of the Year for indoor and was A-10 All-Conference." - Jim Whitten, NSCA member sponsor

Virginia Tech

Lynelle Slade

Volleyball/Outside Hitter

Senior/Biology and Pre-Med

height - 5' 9", weight -132 pounds

Personal Bests: bench press - 125 pounds, squat - 275 pounds, vertical jump - 27.5 inches, power clean - pounds, 40-yard dash - seconds

"Lynelle has an impressive work ethic, whether on the court or in the weight room. While at Tech, she increased her bench by 50 lbs., squat by 115 lbs. and vertical jump by 5.5 inches. She has been a consistent force on the court, competing her entire career without a major injury." - Christy Haley, NSCA member sponsor

Virginia Tech

Paula Allan

Track & Field/Throws

Junior/Human Nutrition and Exercise

height - 6' 0", weight -195 pounds

Personal Bests: bench press - 170 pounds, squat - 330 pounds, vertical jump - 23 inches, power clean - 211 pounds, 40-yard dash - seconds

"Paula came into the program two years ago without any experience in strength and conditioning. Through hard work, she has steadily improved her overall athletic ability and developed herself into a potential All-American in shot put. One of the most committed athletes I have ever coached, she won the ECAC Outdoor Championship and provisionally qualified for the NCAA. She is also an American Open qualifier in Weightlifting." - Shigeru "Sonny" Sano, NSCA member sponsor

Wayne State College

Jesse Wavrunek

Football/Linebacker

Human Performance and Wellness

height - 6' 0", weight -228 pounds

Personal Bests: bench press - 400 pounds, squat - 580 pounds, vertical jump - 30 inches, power clean - 390 pounds, 40-yard dash - 4.64 seconds

"Jesse is a 1997 NSCA All-American and has continued to improve with his hard work and dedication. The physical attributes he has developed in the weight room and through conditioning helped Jesse accomplish the following during the 1997 season: 95 total tackles, 5 sacks, 1 interception, 1 punt blocked and returned for touchdown. I look for Jesse to be an excellent team leader throughout the off-season as he prepares for his senior season. I have truly enjoyed having the opportunity to oversee his progress." - Matthew J. Entz, CSCS, NSCA member sponsor

Yale University

Todd Scott

Football/Linebacker and Running Back

Senior/Economics

height - 6' 1", weight -225 pounds

Personal Bests: bench press - 335 pounds, squat - 506 pounds, vertical jump - 28.7 inches, power clean - 310 pounds, 40-yard dash - 4.68 seconds

"Todd was captain of the '97 Bulldog football squad, starting every game at linebacker. He led the team with 49 unassisted and 25 assisted tackles (for career totals of 111 and 70, respectively), and scored 3 career defensive touchdowns. He also excelled as a special teams player, and fought through recurring injuries to fill in as a tough, hard-nosed running back when Yale's offensive backfield was decimated midway through the season. He is a versatile, physical athlete whose work ethic and leadership never wavered despite a frustrating season." - Steven Plisk, CSCS, NSCA member sponsor

Youngstown State University

Colleen Cook

Basketball/Point Guard

Senior/Accounting

height - 5' 6", weight -125 pounds

Personal Bests: bench press - 130 pounds, squat - 250 pounds, vertical jump - 24 inches, power clean - 130 pounds, 40-yard dash - seconds

"Colleen is aggressive on the court and in the weight room. Her leadership in both areas is infectious. She has led the team to conference titles the past three years." - Dan Wathen, NSCA member sponsor

Youngstown State University

Harry Deligianis

Football/Defensive Tackle

Senior/Communications

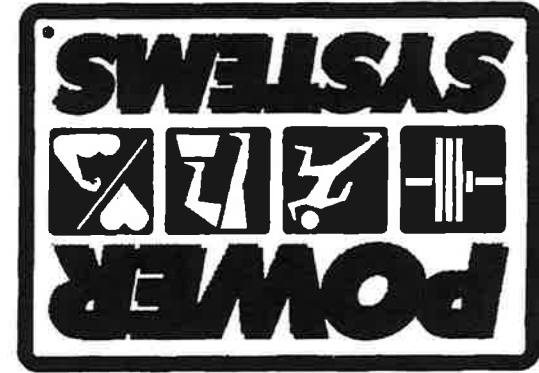
height - 6' 4", weight -300 pounds

Personal Bests: bench press - 420 pounds, squat - 675 pounds, vertical jump - 35 inches, power clean - 340 pounds, 40-yard dash - 4.8 seconds

"Harry is a "Bear" on the field and the weight room. He was First Team I-AA All-American and Gateway Conference Defensive Player of the Year. He has been a pleasure to coach." - Dan Wathen, NSCA member sponsor

**1996 NSCA All-American
Strength and Conditioning
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The NSCA wishes to thank