



National Strength and Conditioning Association
1955 N. Union Blvd.
Colorado Springs, CO 80909-2229
Phone: (719) 632-6722 ~ Fax: (719) 632-6367
E-mail: nsca@iex.net ~ Website: www.nsca-lift.org

1999 NSCA

ALL

**M
E**

R

I

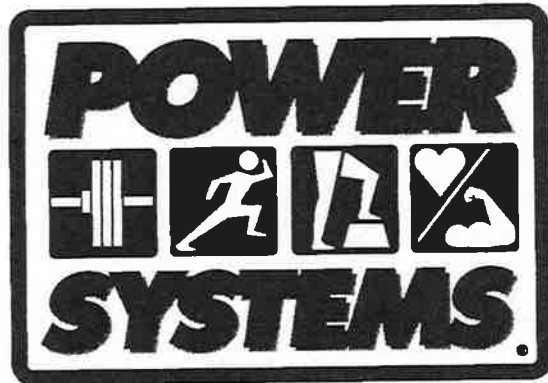
C

A

N

*Strength
and
Conditioning
Athletes
of the
Year*

The NSCA wishes to thank



Official Sponsor
1999 NSCA All-American
Strength and Conditioning
Athletes of the Year

1999 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
Dawnyell Linder
Track/Sprint
Senior

Height - 5'5", Weight -120 pounds

Personal Bests: Bench Press - 155 pounds, Squat - 300 pounds,

Vertical Jump - 28.5", Power Clean - 180 pounds, 40-yard dash - seconds

"NCAS competitor in the 100M. Qualified in 100, 200, and 55M. Selected as outstanding role model by Atlanta-CRSF Council. 2nd in 200 and 3rd in 100 at PAC-10. Won 100 and 200 at Pepsi team invitational. 4x100 anchor for third place PAC-10 and 4x400 2nd place Pac-10 Team. Qualified for 55M and 200M indoor." - Rich Wenner, CSCS, NSCA member sponsor.

Arizona State University
Grey Ruegamer
Football/Center
Senior

Height - 6'5", Weight -305 pounds

Personal Bests: Bench Press - 375 pounds, Squat - 550 pounds,

Vertical Jump - 28", Power Clean - 325 pounds, 40-yard dash - 5.1 seconds

"Top 12 finalist for Lombardi award, Cutland trophy candidate, played in East West spring game, co-captain, Welter Camp All-American Team, All Pac-10, 2nd team football news All-American, football news all Pac-10 four year starter. Played in Senior Bowl. Football Iron Man award winner." - Rich Wenner, CSCS, NSCA member sponsor.

Bates College
Alexi Whitney
Football & Lacrosse/Fullback & Face-off Mid-Fielder
Junior/Cultural and Medieval Studies

Height - 6'1", Weight -205 pounds

Personal Bests: Bench Press - 350 pounds, Squat - 500 pounds,

Vertical Jump - 30", Power Clean - 295 pounds, 40-yard dash - 4.65 seconds

"Alexi is a two sport athlete and has been a starter in both sports since his matriculation to Bates College. Through his hard work and dedication in the weight room, Alexi has developed into a dominating force in both sports. In lacrosse, he has a greater than 60% face-off winning average. He has contributed to the success of the Bates Lacrosse Team helping them finish in the top 15 in New England and as high as 9th. In football, Alexi has been a factor as a blocker and short yardage back." - Michael N. Verville, LATC, CSCS, NSCA member sponsor.

Boise State University
Jarred Rome
Track & Field/Throws, Shot Put & Discus
Junior/Business Management

Height - 6'4", Weight -300 pounds

Personal Bests: Bench Press - 516 pounds, Squat - 650 pounds,

Vertical Jump - 33.5", Power Clean - pounds, 40-yard dash - 4.82 seconds

"Jarred is a training fanatic and it has carried over to his sport. He is a two-time All-American in the discus including a national runner-up finish in 1997. He also is a 2-time Big West Conference Champion in the discus with a personal best throw of 196'1". Jarred is a tireless worker who is always striving to better himself. He owns several school records in our strength program; bench press 516, incline press 455, hang clean 400, jerk 401. I feel very fortunate to have an athlete of his stature in our program." - Joseph Kenn, NSCA member sponsor.

Boise State University
Melanie Bemis
Track & Field/Sprinter, Hurdler
Junior/Biology, Secondary Education

Height - , Weight - pounds

Personal Bests: Bench Press - pounds, Squat - pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"In the 8 years that I have been at Boise State, there is no woman who has worked harder than Melanie in the weight room. She is a quiet assassin, who attacks the weight as well as any athlete we have. Melanie is an All-Conference performer in the Heptathlon as well as Academic All-Conference. Her best lifts in the strength program are; hang clean 163x3, back squat 301x3 and incline press 110x1." - Joseph Kenn, NSCA member sponsor.

Boston College
Doug Brzezinski
Football/Offensive Guard
Senior

Height - 6'4 1/2", Weight -300 pounds

Personal Bests: Bench Press - 453 pounds, Squat - 640 pounds,

Vertical Jump - 29", Power Clean - 370 pounds, 40-yard dash - 5.21 seconds

"Doug is a tireless worker whose efforts in the weightroom has made him into one of the premier guards in the Big East. His is a pleasure to work with, and has tremendous purpose." - Mike Poidomani, NSCA member sponsor.

Buena Vista University
Andi Royster
Softball/First Baseman
Senior/Education, Coaching

Height - 5'10", Weight -175 pounds

Personal Bests: Bench Press - 210 pounds, Squat - pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"Andi developed herself to become one of the most dominant hitters in the Iowa Conference and Western Region. She is religious with her workouts. Her improvements each year allowed her to receive four-time All-Conference, four time All-West region, three year team Big Stick Award, and 1st Team D-III All-American honors." - Joe Hadachek, CSCS, NSCA member sponsor.

Buena Vista University
Brian Miller
Football/Offensive Guard
Senior/Exercise Science

Height - 6'2", Weight -262 pounds

Personal Bests: Bench Press - 395 pounds, Squat - 520 pounds,

Vertical Jump - 24", Power Clean - 320 pounds, 40-yard dash - 5.07 seconds

"Brian developed himself into one of the most dominant linemen in the Iowa Conference. He improved his play each season through a year round program. Brian was a first-team All-Conference selection and a third team Western Region NCAA III selection. He was an excellent trap blocker and a pass protector." - Joe Hadachek, CSCS, NSCA member sponsor.

California State-Fullerton

Erin Whiteside

Basketball/Center

Junior/Communication

Height - 6'1", Weight -170 pounds

Personal Bests: Bench Press - 125 pounds, Squat - 255 pounds,

Vertical Jump - 21", Power Clean - 120 pounds, 40-yard dash - 6.6 seconds

"Erin possesses an extremely strong work ethic in the weight room, on the court and in school. She is a 3.96 GPA student and the consummate overachiever. Averaging 15.3 PPG and 11 RPG, often facing taller opponents." - Alison Wittwer, NSCA member sponsor.

Central Methodist College

Famous McKenny

Football/Linebacker

Senior/Criminal Justice

Height - 5'11", Weight -240 pounds

Personal Bests: Bench Press - 345 pounds, Squat - 600 pounds,

Vertical Jump - 24", Power Clean - 235 pounds, 40-yard dash - 4.8 seconds

"He came to us late and could be the deciding factor in our season. His attitude and poise are unmatched on our squad." - Jason W. Lewis, NSCA member sponsor.

Clemson University

Allison Coday

Volleyball/Outside Hitter

Senior/Sports Marketing

Height - 6', Weight -180 pounds

Personal Bests: Bench Press - 142 pounds, Squat - pounds,

Vertical Jump - 24", Power Clean - 145 pounds, 40-yard dash - seconds

"A self motivator and tenacious competitor. Allison's commitment to strength and conditioning landed her the 1997 dedication award for volleyball at Clemson. Along with numerous ACC In-Season honors. Also, AVCA Division I All District 3 team for the second consecutive years." - Michael Joe Batson, NSCA member sponsor.

Clemson University

Jason Gamble

Football/Center

Senior/Speech & Communications

Height - 6'3", Weight -305 pounds

Personal Bests: Bench Press - 527 pounds, Squat - 640 pounds,

Vertical Jump - 29", Power Clean - 400 pounds, 40-yard dash - 5.08 seconds

"Tremendous work ethic and leadership in the weight room. Jason received the strength and conditioning dedication award the past two years and currently holds all-time records in the Bench & Clean at Clemson. He plans to play in two All-Star Games, the Blue-Gray and Senior Bowl." - Michael Joe Batson, NSCA member sponsor.

College of St. Benedict

Rhonda Swanson

Track & Field/Pole Vault, Long Jump

Senior/Natural Science

Height - 5'5", Weight -130 pounds

Personal Bests: Bench Press - 130 pounds, Squat - 170 pounds,

Vertical Jump - 21", Power Clean - 110 pounds, 40-yard dash - 4.88 seconds

"Rhonda is a leader and a competitor both in the weight room and on the track. She is always willing to accept a personal challenge as well as do whatever it takes to help the team. Her major increases in strength and speed led her to be All-Conference in the long jump and Conference Champion in the pole vault. She is a team captain and one of our top scorers." - Scott Eide, CSCS, NSCA member sponsor.

Creighton University

Brian Bell

Soccer/Goal Keeper

Junior/Pre Medicine

Height - 5' 11", Weight -165 pounds

Personal Bests: Bench Press - 285 pounds, Squat - pounds,

Vertical Jump - 28.5", Power Clean - pounds, 40-yard dash - seconds

"This male 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. This athlete was able to increase his leg strength by ranking fourth place on the hip sled endurance test all time record at Creighton, by lifting 495 pounds 80 times. This is 27 more times than he was able to do last year. He is also second place on the all time Creighton record for the shoulder press, where he was able to lift 225 pounds one time. This athlete has also improved his vertical jump 5 inches to his personal best of 28.5 inches. This athlete is very committed to everything he does and is most deserving for this award." - Charlie Oborny, NSCA member sponsor.

Creighton University

Kori Dahlkoetter

Soccer/Sweeper

Sophomore/Exercise Science

Height - 5' 7", Weight -140 pounds

Personal Bests: Bench Press - 135 pounds, Squat - pounds,

Vertical Jump - 19", Power Clean - pounds, 40-yard dash - seconds

"This female has a great deal of commitment to her strength and conditioning program. In one year, she was able to improve her T-test agility run time by .30 seconds faster. This athlete also increased her bench press by 35 pounds, reaching her career high of 135 pounds. The dedication and hard work in the weight room definitely makes this female athlete a very competitive player on the field." - Charlie Oborny, NSCA member sponsor.

Dartmouth College

Adam Young

Football/Tight End

Senior/Earth Science

Height - 6'5", Weight -250 pounds

Personal Bests: Bench Press - 335 pounds, Squat - 525 pounds,

Vertical Jump - 31", Power Clean - 357 pounds, 40-yard dash - 4.75 seconds

"Adam Young has a superior work ethic and trains with tremendous intensity and enthusiasm. Over his four year career he has made significant improvements in his strength, power and speed. He is a team leader and sets the standard for accountability. He was elected captain by his peers and had career bests in knockdowns and receptions in the 1998 season." - Jay M. Butler, CSCS, NSCA member sponsor.

Dartmouth College

Brendan Reidy
Soccer/Center Back
Senior/History

Height - 5'11", Weight -175 pounds

Personal Bests: Bench Press - 250 pounds, Squat - 315 pounds,
Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"Brendan made a full commitment to our program during the summer of 1998 in preparation for his senior year. His incredible work ethic set the benchmark by which the soccer team is measured. Everyday has worked toward improving his strength, power, speed, and agility. He has never quit on himself or his team, and as a result captained both his junior and senior years. His junior year he was named to the Stanford Nike Classic All-Tournament Team, made Regional All-American, All-New England, as well as First Team All-Ivy. His senior year he was named to the Soccer America Team of the Week, Umbro-Hypertherm Classic All-Tournament Team, and made Second Team All-Ivy Honors." - Jane M. Taylor, CSCS, NSCA member sponsor.

Dartmouth College

Janna Merryfield
Volleyball/Outside Hitter
Junior/English, Environmental Studies

Height - 5'6", Weight -133 pounds

Personal Bests: Bench Press - 120 pounds, Squat - 235 pounds,
Vertical Jump - 22.5", Power Clean - pounds, 40-yard dash - seconds

"Janna arrived her freshmen year already blessed with athleticism, speed, and explosiveness. But that did not deter her from improving those attributes because she knew they would elevate her volleyball game. Her discipline, intensity, and hard work over the last two years have resulted in increases of 20lb in bench, 75lb in squat, 40lb in hang clean, 2" in her block jump, and 4.5" in her approach! She is a tremendous athlete, a joy to coach, and a true leader by example. Her sophomore year she was named Most Improved Player of the Ivy League, made the Ivy League All-Tournament Team, and Second Team All-Ivy. This year, she made the All-Tournament Teams for the 1998 West Point Invitational and the Dartmouth Invitational, was named to the Ivy League Honor roll three times, and Second Team All-Ivy. One would expect her senior year to be even better!" - Jane M. Taylor, CSCS, NSCA member sponsor.

Dartmouth College

Robin O'Sullivan
Field Hockey/Mid Fielder
Senior/English

Height - 5'5", Weight -140 pounds

Personal Bests: Bench Press - 135 pounds, Squat - 294 pounds,
Vertical Jump - 22", Power Clean - 136 pounds, 40-yard dash - seconds

"Robin O'Sullivan provides tremendous leadership on and off the field. She is a quiet leader with an outstanding work ethic in the weight room. She continues to elevate expectations for herself and her teammates." - Jay M. Butler, CSCS, NSCA member sponsor.

Duquesne University

Andre Hatcher
Football/Running Back
Senior/Psychology

Height - 5'11", Weight -225 pounds

Personal Bests: Bench Press - 435 pounds, Squat - 550 pounds,
Vertical Jump - 35", Power Clean - pounds, 40-yard dash - 4.5 seconds

"An extremely gifted athlete that has an impressive work ethic in the weight room. Ranking in the top 10 in several record categories, Andre has been a potential threat due to his speed, strength and athleticism." - Brian Scott Austin, CSCS, NSCA member sponsor.

Duquesne University

Kelly Eberhardt
Basketball/Forward
Senior/Physical Therapy

Height - 5'11", Weight -150 pounds

Personal Bests: Bench Press - 120 pounds, Squat - 225 pounds,
Vertical Jump - 20", Power Clean - pounds, 40-yard dash - 5.2 seconds

"Kelly is the hardest working athlete at Duquesne. Her efforts in the weight room have improved her quickness and speed. An honor student, she ranked 22nd nationally in Free Throw Percentage during the 97-98 season." - Brian Scott Austin, CSCS, NSCA member sponsor.

East Carolina University

Amy Horton
Soccer/Goal Keeper
Junior

Height - 5'6", Weight -141 pounds

Personal Bests: Bench Press - 140 pounds, Squat - 205 pounds,
Vertical Jump - 24", Power Clean - 170 pounds, 40-yard dash - 5.15 seconds

"Amy has outdone herself in the weight room. She jumped to the front of the team with the lead by example attitude. Her intensity to achieve success in her lifts, running times, and conditioning has impressed younger players. Amy has set a standard that all athletes should try to achieve. Her efforts have contributed to the first back to back winning seasons (10 wins each) in school history." - Michelle Clayton, NSCA member sponsor.

East Carolina University

Cecilia Shinn
Basketball/Forward
Junior/Psychology, Biology, Philosophy

Height - 6'2", Weight - pounds

Personal Bests: Bench Press - 130 pounds, Squat - 215 pounds,
Vertical Jump - 21.5", Power Clean - 160 pounds, 40-yard dash - seconds

"Cecilia is a transfer from Portugal. She came to ECU last year with no weight training experience; however her cardiovascular condition is unmatched. She knew of her weaknesses, thus trained with a relentless attitude to get better. In one year Cecilia has attained more points than any other past player and finished second on the team during testing. Each day you can see the intensity in her eyes when training." - Jim Faircloth, NSCA member sponsor.

East Carolina University

Cliff Godwin
Baseball/Catcher
Sophomore

Height - 5'11", Weight -190 pounds

Personal Bests: Bench Press - 235 pounds, Squat - 425 pounds,
Vertical Jump - 30", Power Clean - 300 pounds, 40-yard dash - 4.87 seconds

"Cliff is an athlete who knows what sacrifice means. His commitment to weight training intensified this past summer. Cliff lifted at 6:00 am, worked, and played in a summer league each day. Cliff's numbers will become more impressive because he is only a sophomore. Cliff is someone you can count on to be a leader in the weight room and on the field." - Jack Midyette, CSCS, NSCA member sponsor.

East Carolina University

Dwayne Ledford

Football/Left Tackle

Senior/Exercise & Sport Science

Height - 6'4", Weight -285 pounds

Personal Bests: Bench Press - 440 pounds, Squat - 680 pounds,

Vertical Jump - 33", Power Clean - 424 pounds, 40-yard dash - 4.93 seconds

"Dwayne made a change from defense to offense during the off season before his senior year at the request of the coaching staff. He made a tremendous commitment to the weight room in hopes to gain lean tissue. To Dwayne's credit, he now weighs 285lbs and runs as good as he did on defense. This may allow him a shot in the NFL." - Jeff Connors, CSCS, NSCA member sponsor.

East Carolina University

Garratt Blackwelder

Basketball/Guard

Junior/Business Administration

Height - 6'2", Weight -180 pounds

Personal Bests: Bench Press - 265 pounds, Squat - 340 pounds,

Vertical Jump - 34", Power Clean - 250 pounds, 40-yard dash - seconds

"Garratt is an individual motivated by challenges. The greater the challenge the more he steps up. Being one of the smaller players on his team, Garratt rose to surpass all other players in all lifts. Garratt has improved tremendously since his freshman year and now commits to this conditioning program year round." - Jim Faircloth, NSCA member sponsor.

East Carolina University

Isonette Poldnius

Softball/Third Base & UTL

Senior/Business Management

Height - , Weight - pounds

Personal Bests: Bench Press - 160 pounds, Squat - 245 pounds,

Vertical Jump - 23.5", Power Clean - 165 pounds, 40-yard dash - 5.54 seconds

"Iso, as everyone calls her, is a NCAA 2nd Team All-American who was recently selected as the number one pick in the women's professional softball league draft. Iso starves for weights and conditioning everyday. She takes things personally. Her desire for success has been contagious. Iso also hit more H.R.'s last year than the former career leader in that category." - Jack Midyette, CSCS, NSCA member sponsor.

East Carolina University

Michelle Clayton

Track & Field/Thrower

Senior/Athletic Administration (MA ED)

Height - 5'4", Weight -170 pounds

Personal Bests: Bench Press - pounds, Squat - pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"Once again Michelle has stepped up her intensity toward her training. After knee surgery following a redshirt year, she has utilized a good training plan with her lifting and throwing so not to re-injure herself. Her vision of the Olympics is enough to drive her. Michelle is still the most focused athlete at East Carolina." - Jeff Connors, CSCS, NSCA member sponsor.

East Tennessee State University

Jim Beverly

Football/Center

Public Health-School Health

Height - 6'3 1/2", Weight -300 pounds

Personal Bests: Bench Press - 500 pounds, Squat - 565 pounds,

Vertical Jump - 26.5", Power Clean - 315 pounds, 40-yard dash - 5.32 seconds

"Jimmy had mediocre skills and good strength as a freshman. His efforts in the weight room have made him more than competitive on the field and enabled him to start for us the last two years. His strength level is superlative and will enable him to potentially have a great senior season. He was listed as a pre-season All-Southern Conference Lineman by the Southern Conference Coaches." - Lee Morrow, NSCA member sponsor.

Fairleigh Dickinson University

Thomas Pouliot

Football/Linebacker

Junior/Sociology

Height - 5'11", Weight -230 pounds

Personal Bests: Bench Press - 375 pounds, Squat - 455 pounds,

Vertical Jump - 28", Power Clean - 286 pounds, 40-yard dash - 4.7 seconds

"Tommy is a human bulldozer on the football field. I've never seen a kid on this level (NCAA Division III) work this hard at becoming the best. He used his strength and conditioning to get on the field as a sophomore - and was first team All-Middle Atlantic Conference for an 0-10 team! In game #9, he fractured his fibula and dislocated his ankle, and there were doubts about his returning to his old form. Through his hard work, he rehabbed and made himself better than ever. He truly is an All-American, on the field and in the weight room." - William T. Klika III, NSCA member sponsor.

Fort Hays State University

Matt Kuhn

Football & Track/OT & WT, Discus

Senior/Exercise Physiologist

Height - 6'1 3/4", Weight -272 pounds

Personal Bests: Bench Press - 425 pounds, Squat - 700 pounds,

Vertical Jump - 26", Power Clean - 345 pounds, 40-yard dash - 4.76 seconds

"3.31 GPA, two-time All-American in track, 1st team All-Conference in football, All-Conference Academic Team, graduate student." - John P. Thyfault, NSCA member sponsor.

Fort Lewis College

Angie Nilsen

Women's Soccer/Defender

Junior/Mathematics

Height - 5' 6", Weight - pounds

Personal Bests: Bench Press - 110 pounds, Squat - 140 pounds,

Vertical Jump - 21", Power Clean - 160 pounds, 40-yard dash - 5.1 seconds

"Angie is always positive and approaches all activities with a contagious enthusiasm." - Daniel R. Scheich, NSCA member sponsor.

Fort Lewis College**Scott Schaefer****Football/Linebacker****Senior/Exercise Science**

Height - 6' 0", Weight -229 pounds

Personal Bests: Bench Press - 395 pounds, Squat - 540 pounds,

Vertical Jump - 31", Power Clean - 320 pounds, 40-yard dash - 4.87 seconds

"Scott has always led by example in lifting and conditioning. His positive attitude and strong work ethic inspires his team mates to work harder." - Daniel R. Scheich, NSCA member sponsor.

Furman University**Lisa Pizzolato****Track/400m****Senior/Business**

Height - , Weight - pounds

Personal Bests: Bench Press - 145 pounds, Squat - 295 pounds,

Vertical Jump - 24", Power Clean - 155 pounds, 40-yard dash - seconds

"She combines intensity, commitment, and excellent athletic ability to continue to be a fierce competitor.

Through her endless work ethic and desire she has been a motivator for those around her." - C. Wayne Brown, NSCA member sponsor.

Furman University**Mark Foster****Football/Center****Senior/Biology**

Height - 6'2", Weight -288 pounds

Personal Bests: Bench Press - 440 pounds, Squat - 650 pounds,

Vertical Jump - 23.5", Power Clean - 330 pounds, 40-yard dash - 5.02 seconds

"Combines excellent athletic ability with impressive physical strength and dedication. He has been a consistent leader and worker for four years. This has led him to receive the Offensive Lineman of the Year Award. His character and values will lead him to achieve great things in life." - C. Wayne Brown, NSCA member sponsor.

Glendale Community College**Michael Rabago****Football/Strong Safety & Linebacker****Sophomore/Exercise Science**

Height - 5'11", Weight -190 pounds

Personal Bests: Bench Press - 260 pounds, Squat - 425 pounds,

Vertical Jump - 29", Power Clean - 255 pounds, 40-yard dash - 4.46 seconds

"Some of the special qualities Michael has are his excellent work ethics and determination that has allowed him to accomplish the goals of our strength and conditioning team program and his own. By following a vigorous S&C program, it has allowed him to overcome a past shoulder injury and wrist surgery where a pin still remains. Mike has made adjustments in his Olympic lifts with the wrist injury and continues to have great execution of them. His diligent and dedicated work to enhance his playing ability has earned him a starting place in the GCC defense at safety and/or weak linebacker. Mike came to GCC at 170 lbs. but is now at 190 solid pounds. He no longer gets "stringers" on his tackles. Mike's commitment to the S&C program and vocal leadership on a nationally rated team are a contributing factor. Mike's major is Exercise Science, and he is continuing to learn all he can. I look forward to hearing about his future accomplishments." - Winston E. Washington, CSCS, NSCA member sponsor.

Greensboro College**Ted Wewer****Basketball/Wing Position****Junior/Political Science**

Height - 6'3", Weight -195 pounds

Personal Bests: Bench Press - 300 pounds, Squat - 350 pounds,

Vertical Jump - 30", Power Clean - 225 pounds, 40-yard dash - 4.55 seconds

"For the past two years Ted has begun to see the advantages of strength training and conditioning. He has never missed a session, even during the summer. He is so skilled and trained that he helps me with teaching the principles of Hang Cleans and Back Squats with the incoming freshmen and transfers. During his training, Ted has increased his Hang Cleans, Back Squats, and Bench Press while increasing his quickness and agility with team drills and his favorite agility drill is Jumping Rope using the program of Louisville. Ted has been an inspiration by his hard work and dedication to our team members. His game has vastly improved along with his confidence. Being a sophomore, he has won the Field Goal Percentage Award. His academic average is 3.25 and has been on the Dean's List for two semesters. Ted is planning to enter law school after he finishes Greensboro College. Ted is 6'3" and 190 lbs. His scoring average as a sophomore is 10.5 points and averages five rebounds a game. His ability to handle the scoring of team members is amazing." - Johnny Earles, M.Ed., NSCA member sponsor.

Humboldt State University**Mike Mari****Football/Offensive Line****Senior/Kinesiology**

Height - 6'3", Weight -302 pounds

Personal Bests: Bench Press - 315 pounds, Squat - 575 pounds,

Vertical Jump - 33", Power Clean - 380 pounds, 40-yard dash - 5.03 seconds

"Mike was one of the weakest players to ever report to camp as a freshman. The progress Mike made in four years is remarkable; over 200 lbs. on the clean, 375 lbs. on the squat. 150 lbs. on the bench, 13 inches on the vertical jump and four tenths on the 40. During this time Mike gained 63 pounds! Mike started every game of his four year career and was named all-conference three years in a row." - Drew Peterson, NSCA member sponsor.

Humboldt State University**Taiisha Pleasant****Softball/Outfield Junior****Junior/Kinesiology**

Height - , Weight - pounds

Personal Bests: Bench Press - 185 pounds, Squat - 275 pounds,

Vertical Jump - 25", Power Clean - 215 pounds, 40-yard dash - seconds

"Taiisha is a two-time softball All-American with incredible strength and power. Tai is a great example of transferring training in the weight room to performance on the field. Last year she hit .380 with 13 home runs for a team that was ranked #1 for most of the season. With her dedication and outstanding work ethic, Taiisha's greatest accomplishments are yet to come." - Drew Peterson, NSCA member sponsor.

Illinois State University**Bridgett Fournie****Softball****Sophomore/Physical Education**

Height - 5'4", Weight -149 pounds

Personal Bests: Bench Press - 175 pounds, Squat - 400 pounds,

Vertical Jump - 20.5", Power Clean - pounds, 40-yard dash - seconds

"Always goes the extra mile to accomplish her goals. Very hard worker. Currently in try-outs for Olympic softball team." - Robert B. Lindsey, CSCS, NSCA member sponsor.

Illinois State University**Tony Knutson****Football/Offensive Tackle****Senior**

Height - 6'4", Weight -305 pounds

Personal Bests: Bench Press - 410 pounds, Squat - 575 pounds,

Vertical Jump - 29.5", Power Clean - pounds, 40-yard dash - 5.0 seconds

"Very diligent and hard worker. Always striving to improve performance. Very self motivated." - Robert

B. Lindsey, CSCS, NSCA member sponsor.

Illinois Wesleyan University**Don Fleck****Football/B-Line****Senior/Business**

Height - 5' 8", Weight -200 pounds

Personal Bests: Bench Press - 412 pounds, Squat - 715 pounds,

Vertical Jump - 36", Power Clean - 365 pounds, 40-yard dash - seconds

"Don has been a tremendous leader for us in the weight room. He holds several of our team lifting records and has raised the bar for work ethic in the weight room. Not only does he hold our records for the most weight lifted, but also for greatest improvement from his first testing as a freshman. In addition to his incredible weight lifting talent, Don is also a tremendous student at a very academically challenging university." - Michael Wagner, NSCA member sponsor.

Illinois Wesleyan University**Maggie Lamb****Basketball/Guard****Senior/Biology**

Height - 5' 3", Weight -125 pounds

Personal Bests: Bench Press - 165 pounds, Squat - 205 pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"This past year Maggie has dedicated herself to the weight room and it shows in her play. She is quicker, faster and has improved her jumping ability from last season. She is a fierce competitor and was voted team captain for the current season. Maggie has been a great leader in the weight room by her tremendous work ethic. Academically, she is an A student with a major in Biology and plans to study exercise physiology in graduate school." - Michael Wagner, NSCA member sponsor.

Indiana State University**Jennifer Folz****Track & Field/Thrower****Senior/English,Political Science**

Height - 5'10 1/2", Weight -202 pounds

Personal Bests: Bench Press - 212 pounds, Squat - 416 pounds,

Vertical Jump - 18", Power Clean - 215 pounds, 40-yard dash - 6.14 seconds

"Jennifer is a standout and a valuable asset to the Indiana State Track and Field team and to the sport itself. Jennifer is determined to give everything she has both in competition and in training. She strives to excel and push herself to the edge. Among the many qualities that Jennifer possess is dedication. She is consistent in spending time in the weight room and pushes herself in conditioning. Jennifer is focused on what she wants to accomplish and will let nothing stand in her way. Jennifer takes time to listen to advice and is always open to any suggestions her coaches may have. She is also a tremendous help when working with the underclassmen and she sets a perfect example of how an athlete needs to conduct themselves in the weight room and on the field. The results of Jennifer's hard work and dedication are as follows: Missouri Valley Conference shot-put Champ, nine times All-Conference, attended USTAF Indoor Meet-took 13th in weight throw." - David L. Koon, NSCA member sponsor.

Iowa State University**Jamie Beyer****Track & Field/Thrower****Junior/Engineering**

Height - 6'4", Weight -250 pounds

Personal Bests: Bench Press - 365 pounds, Squat - 560 pounds,

Vertical Jump - 35", Power Clean - 365 pounds, 40-yard dash - seconds

"Jamie's work ethic in the weight room has earned him All-American honors three times and was ISU's first Big XII champion in the indoor shot put (61-11). He owns several school records in his events and placed 3rd in the nation in shot put (outdoor) and 6th in shot and 6th in the 35-pound WT (indoor). He is a dominating presence in and out of the weight room." - Kevin M. Early, NSCA member sponsor.

Iowa State University**Lisa Griebel****Track & Field/Thrower****Sophomore/Education**

Height - 5'8", Weight -180 pounds

Personal Bests: Bench Press - 165 pounds, Squat - 320 pounds,

Vertical Jump - 22.5", Power Clean - 195 pounds, 40-yard dash - seconds

"Lisa, who was a two-time South Dakota state shot put champion, has brought her winning ways to ISU. Her hard work in the weight room has earned her a Big XII runner-up in the shot (outdoor). She is also a two-time NCAA qualifier and placed 10th in the World Junior Championships. She continues to gain strength and confidence and expects to continue to dominate the Big XII." - Kevin M. Early, NSCA member sponsor.

James Madison University**Kevin Knight****Soccer/Midfield****Senior/History**

Height - 6'0", Weight -176 pounds

Personal Bests: Bench Press - 225 pounds, Squat - 570 pounds,

Vertical Jump - 26", Power Clean - pounds, 40-yard dash - 4.65 seconds

"Kevin epitomizes hard work and consistency. As a freshman Kevin ran a 5.0 forty and lacked strength. By applying his tremendous work ethic to his strength and conditioning workouts, Kevin has developed himself into a consistent All-Conference player." - Gregory A. Werner, CSCS, NSCA member sponsor.

James Madison University**Lisa Banbury****Lacrosse/Defense****Senior/Kinesiology**

Height - 5'7", Weight - pounds

Personal Bests: Bench Press - 120 pounds, Squat - 265 pounds,

Vertical Jump - 18", Power Clean - 135 pounds, 40-yard dash - 5.35 seconds

"An intense competitor, Lisa has a passion for pushing herself and her teammates. Where Lisa lacks raw talent she more than makes up for it with a die-hard commitment to strength and conditioning. Lisa's work ethic has been a contagious force in motivating her teammates as well as other athletes." - Gregory A. Werner, CSCS, NSCA member sponsor.

James Madison University

Mandy Carter
Volleyball/Right Side
Senior/Health Science

Height - 6'1", Weight -180 pounds

Personal Bests: Bench Press - 200 pounds, Squat - 300 pounds,

Vertical Jump - 22", Power Clean - 185 pounds, 40-yard dash - seconds

"Mandy is an outstanding leader on and off the court. Her accomplishment and success in the weight room was only second to that of the court." - Zachary Weatherford, CSCS, NSCA member sponsor.

James Madison University

Mike Masella
Football/DB Strong Safety
Senior/Health Science

Height - 6'1", Weight -210 pounds

Personal Bests: Bench Press - 315 pounds, Squat - 430 pounds,

Vertical Jump - 32", Power Clean - 315 pounds, 40-yard dash - 4.56 seconds

"Mike is highly motivated and dedicated to his team. His consistent hard work and success in the weight room was a carry over to the field." - Zachary Weatherford, CSCS, NSCA member sponsor.

John Carroll University

Pat Heenan
Football/Offensive Line Center
Senior/Sports Medicine

Height - 6'2", Weight -270 pounds

Personal Bests: Bench Press - 275 pounds, Squat - pounds,

Vertical Jump - 30", Power Clean - pounds, 40-yard dash - 4.8 seconds

"His leadership both in the classroom and on the field made Pat one of the premier linemen in the country in Division III." - Gary Wroblewski, CSCS, NSCA member sponsor.

Johnson County Community College

Corey Doss
Basketball/Pointguard
Sophomore/Business

Height - 5'8", Weight -160 pounds

Personal Bests: Bench Press - 195 pounds, Squat - 330 pounds,

Vertical Jump - 41", Power Clean - 198 pounds, 40-yard dash - 4.3 seconds

"3.2 grade average, 30M sprint 3.7, standing longjump-9'8", hard worker." - Istvan Javorek, NSCA member sponsor.

Johnson County Community College

Macy Thanking
Volleyball & Track and Field/Hitter & Heptathlete
Sophomore/Interior Design

Height - 5'9", Weight -149 pounds

Personal Bests: Bench Press - 135 pounds, Squat - 210 pounds,

Vertical Jump - 25", Power Clean - 142 pounds, 40-yard dash - 5.2 seconds

"3.8 Grade Average. 30M Sprint 4.4. Great personality and hard worker!" - Istvan Javorek, NSCA member sponsor.

Juniata College

Josh DeVitis
Football/Nose Tackle
Junior/Criminal Justice

Height - 5'10", Weight -240 pounds

Personal Bests: Bench Press - 390 pounds, Squat - pounds,

Vertical Jump - 30", Power Clean - 250 pounds, 40-yard dash - 4.8 seconds

"Very strong and explosive athlete that has worked very hard to overcome sports induced asthma and play a key role on the defensive line." - Douglas B. Smith, NSCA member sponsor.

Juniata College

Kristin Damico
Volleyball & Track/Defensive Specialist
Senior/Education

Height - 5'2", Weight -118 pounds

Personal Bests: Bench Press - 135 pounds, Squat - 225 pounds,

Vertical Jump - , Power Clean - 120 pounds, 40-yard dash - seconds

"Super dedicated athlete that works year round to develop herself for her sport. Member of 1996-1997 Division III National Runner-ups Women's Volleyball Team." - Douglas B. Smith, NSCA member sponsor.

Kansas State University

Mark Simoneau
Football/Linebacker
Junior/Social Science

Height - 6'0", Weight -235 pounds

Personal Bests: Bench Press - 450 pounds, Squat - 911 pounds,

Vertical Jump - 37.5", Power Clean - 390 pounds, 40-yard dash - 4.40 seconds

"As a two-time Lifter-of-the-Year for our football squad Mark is an amazingly diligent and intense worker. He truly deserves any recognition he gets." - Rod Cole, NSCA member sponsor.

Kansas State University

Renetta Seiler
Track and Field/Thrower
Senior/Elementary ED.

Height - 5'10", Weight -220 pounds

Personal Bests: Bench Press - 226 pounds, Squat - 605 pounds,

Vertical Jump - 24", Power Clean - 231 pounds, 40-yard dash - seconds

"Renetta has thrown the hammer 209-4, the discus 178-10, and the shot 49-2 1/2. As good as she is as a thrower, she is an even better person- a joy to work with." - Rod Cole, NSCA member sponsor.

Knox College

John Wozniak
Football/Quarterback
Senior/Physics, Education

Height - 6'2", Weight -215 pounds

Personal Bests: Bench Press - 305 pounds, Squat - 405 pounds,

Vertical Jump - , Power Clean - 285 pounds, 40-yard dash - 4.60 seconds

"John is not only one of the finest athletes we have had at Knox, but also one of the finest individuals. He has used his abilities to be named All-Conference at 2 positions (QB & WR). This past season he was team captain, most valuable player, and most valuable senior. He is also president of his fraternity." - Randy Kruger, NSCA member sponsor.

Louisiana State University

Brandon Bowe

Baseball/Pitcher

Senior/Religious Studies

Height - 6'2", Weight -222 pounds

Personal Bests: Bench Press - 225 pounds, Squat - 465 pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"Brandon came in at 195lbs squatting 225x1 and bench pressing 135. His endless workout ethic has built him up to one of our front-line pitchers in just a year. His stellar performance during the 1998 Regionals, put LSU into the College World Series." - Curtis I. Tsuruda, NSCA member sponsor.

Louisiana State University

Kevin Faulk

Football/Running Back

Senior/Kinesiology

Height - 5'9", Weight -198 pounds

Personal Bests: Bench Press - 345 pounds, Squat - 480 pounds,

Vertical Jump - , Power Clean - 345 pounds, 40-yard dash - 4.47 seconds

"Kevin Faulk is a real team player. Returned for his senior year when he easily could have been a first round draft pick after the '97 season. Graduates with a bachelor's in Kinesiology this month (December 1998). Did an excellent job in the weight room during his athletic career here at LSU. Great leadership ability, outstanding work ethic. Born for success!!" - Vernon Banks, CSCS, NSCA member sponsor.

Louisiana State University

Ryan Thomassie

Football/Offensive Lineman

Senior/General Business

Height - 6'1", Weight -285 pounds

Personal Bests: Bench Press - 455 pounds, Squat - 605 pounds,

Vertical Jump - , Power Clean - 328 pounds, 40-yard dash - 5.03 seconds

"Two year starter who is one of the hardest working athletes on the team. His work ethic and intense drive helped LSU to participate and win three straight post-season bowl games and win back-to-back Western Division Titles in the SEC." - Curtis I. Tsuruda, NSCA member sponsor.

Louisiana State University

Stacey Newton

Basketball & Softball

Junior/Kinesiology

Height - 5'10", Weight -150 pounds

Personal Bests: Bench Press - 180 pounds, Squat - 300 pounds,

Vertical Jump - 28, Power Clean - 155 pounds, 40-yard dash - 5.01 seconds

"Tremendous work ethic in the weight room twice a day. Her strength training has helped her to compete and letter in two varsity sports. Active member of the Fellowship of Christian Athletes." - Nicholas Bucholtz, NSCA member sponsor.

Louisiana State University

Todd McClure

Football/Center

Senior/General Business

Height - 6'2", Weight -290 pounds

Personal Bests: Bench Press - 455 pounds, Squat - 565 pounds,

Vertical Jump - , Power Clean - 355 pounds, 40-yard dash - 4.96 seconds

"Tremendous footwork, has been a four year starter at center. Has been training since high school, really excelling in all Olympic lifts." - Nicholas Bucholtz, NSCA member sponsor.

Marshall University

Doug Hodges

Football/Safety

Sophomore/Sports Management

Height - 5'9", Weight -185 pounds

Personal Bests: Bench Press - 370 pounds, Squat - 490 pounds,

Vertical Jump - 32", Power Clean - 319 pounds, 40-yard dash - 4.55 seconds

"Doug has used strength and conditioning to overcome his size. He is one of the hardest hitters on the field showing his power and explosiveness. He always spends extra time in the weight room and on the field. Doug is a great inspiration and leader to this football team." - Michael P. Jenkins, NSCA member sponsor.

Marshall University

Juanita Venable

Volleyball/Middle Blocker

Senior/Nursing

Height - 6'0", Weight -160 pounds

Personal Bests: Bench Press - 125 pounds, Squat - 210 pounds,

Vertical Jump - 23", Power Clean - 165 pounds, 40-yard dash - seconds

"Juanita is a great leader for our volleyball team physically and verbally. She has always pushed herself to the limit during training which has helped her achieve outstanding play on the court. Juanita wishes to go to Medical school upon graduating Marshall." - Michael P. Jenkins, NSCA member sponsor.

Mayville State University

Brandi Krop

Fastpitch Softball/Shortstop

Senior/Exercise Science

Height - 5'8", Weight -160 pounds

Personal Bests: Bench Press - 155 pounds, Squat - 275 pounds,

Vertical Jump - 20", Power Clean - 135 pounds, 40-yard dash - 5.6 seconds

"Brandi is extremely dedicated during the off season. Brandi hit .380 with four HR in her junior year." - Paul Hopman, NSCA member sponsor.

Mayville State University

Jason Washington

Football/Defensive End

Senior/Business Administration

Height - 6'1", Weight -245 pounds

Personal Bests: Bench Press - 395 pounds, Squat - 600 pounds,

Vertical Jump - 27", Power Clean - 335 pounds, 40-yard dash - 4.8 seconds

"Jason is one of the hardest working athletes I have ever been around. He moved from offense to defense his junior year, and lost 30 lbs. He got much stronger and faster, and was a two year all conference choice." - Paul Hopman, NSCA member sponsor.

Mayville State University

Steve Gerszewski

Football/Tight End

Freshman/Business

Height - 6'3", Weight -218 pounds

Personal Bests: Bench Press - 300 pounds, Squat - 475 pounds,

Vertical Jump - 36", Power Clean - 375 pounds, 40-yard dash - 4.62 seconds

"Without a doubt, Steve is the hardest worker we have in our weightroom. Our strength program has provided huge benefits to our whole team, but Steve has really excelled from it. His work ethic shows not only in the weight room but in the classroom (3.14gpa) and on the football field (All-Conference 1998)." - Darren M. Soucy, NSCA member sponsor.

McNeese State University

Reggie Nelson

Football/Off-Tackle

Senior/Psychology

Height - 6'4", Weight -320 pounds

Personal Bests: Bench Press - 500 pounds, Squat - 600 pounds,

Vertical Jump - 30", Power Clean - 315 pounds, 40-yard dash - 5.05 seconds

"Plays one year of High School football, impresses scouts enough to earn a scholarship. Reggie started four years at off-tackle. He has never missed a game. Through strength and conditioning, he has transformed himself into a two-time All-American and a NFL candidate." - Ronald Motton, NSCA member sponsor.

McNeese State University

Tracey Barry

Basketball/Forward

Senior/Criminal Justice

Height - 5'8", Weight -140 pounds

Personal Bests: Bench Press - 155 pounds, Squat - 295 pounds,

Vertical Jump - , Power Clean - 160 pounds, 40-yard dash - seconds

"Tracey is one of the most dominant athletes I have ever seen. Through strength and conditioning she is dominating the forward position in the Southland Conference. Tracey will achieve all her endeavors because she is a work oriented individual. It has been a pleasure working with her." - Ronald Motton, NSCA member sponsor.

Miami University

Alisha Abernathy

Track & Field/Thrower

Senior/Marketing

Height - 5'8", Weight -190 pounds

Personal Bests: Bench Press - 215 pounds, Squat - 315 pounds,

Vertical Jump - 24.5", Power Clean - 165 pounds, 40-yard dash - seconds

"Because of Alisha's great dedication and determination in the weight room she has been named to All-MAC honors three years straight and holds the school records in 20 lb. weight at 49-6 1/2 & hammer at 161-7. Alisha has made tremendous leaps in the weight room and on the field." - Patrick A. Sandora, NSCA member sponsor.

Miami University

Damon Frierson

Basketball/Guard

Senior/Sport Organization

Height - 6'3", Weight -201 pounds

Personal Bests: Bench Press - 310 pounds, Squat - 415 pounds,

Vertical Jump - 33.5", Power Clean - 275 pounds, 40-yard dash - seconds

"Damon leads by example in the weight room and on the court." - Jessica Ambrose, NSCA member sponsor.

Miami University

Jamie Hales

Volleyball/Defensive Specialist

Senior/Elementary Education

Height - 5'4", Weight -145 pounds

Personal Bests: Bench Press - 150 pounds, Squat - 315 pounds,

Vertical Jump - 24", Power Clean - 165 pounds, 40-yard dash - seconds

"Jamie's hard work ethic and enthusiasm helped make her an integral part of four MAC Championship teams." - Dan Dalrymple, CSCS, NSCA member sponsor.

Miami University

JoJuan Armour

Football/Linebacker

Senior/Secondary Education

Height - 6', Weight -235 pounds

Personal Bests: Bench Press - 405 pounds, Squat - 565 pounds,

Vertical Jump - 40.5", Power Clean - 375 pounds, 40-yard dash - 4.51 seconds

"JoJuan's intensity in the weight room and on the field helped him to be named MAC Defensive Player of the Year in 1997 and 1998." - Dan Dalrymple, CSCS, NSCA member sponsor.

Miami University

Nicole Earhart

Swimming/Sprinter

Senior/Exercise Science

Height - 5'8", Weight -130 pounds

Personal Bests: Bench Press - 115 pounds, Squat - 210 pounds,

Vertical Jump - , Power Clean - 105 pounds, 40-yard dash - seconds

"Nicole's dedication to her weight lifting has been an integral part of her success in the pool. Everyday she was committed to working hard in the weight room which helped her lead by example." - Jessica Ambrose, NSCA member sponsor.

Miami University

Tyson Neal

Baseball/Pitcher

Senior/Sports Organization

Height - 6'1", Weight -185 pounds

Personal Bests: Bench Press - 240 pounds, Squat - 380 pounds,

Vertical Jump - 27", Power Clean - 200 pounds, 40-yard dash - seconds

"TY exemplifies the dedication that our team has toward weight training. He is a team captain and shows his leadership with total confidence. His training has lead him to an overall record of 19-8 overall and 7-3 last year." - Patrick A. Sandora, NSCA member sponsor.

Mid-America Nazarene University

Claudette Fisher

Volleyball & Track/Outside Hitter & High Jump and Sprinter

Junior/Computer Science

Height - 5' 7", Weight -135 pounds

Personal Bests: Bench Press - 85 pounds, Squat - 150 pounds,

Vertical Jump - 21.5", Power Clean - 120 pounds, 40-yard dash - seconds

"An outstanding student (3.8 GPA) and athlete. Has been a volleyball starter for three years and has participated in NAIA National track meets in the jumps and sprints. Placed 1st in Kansas Weightlifting Championships in 1997. Plans a career in medical technology and research. Eager to serve where God calls her." - Tom Cross, CSCS, NSCA member sponsor.

Mid-America Nazarene University

Travis Hunnicutt

Basketball/Point Guard & Forward

Senior/Business Administration

Height - 6' 3", Weight -180 pounds

Personal Bests: Bench Press - 150 pounds, Squat - 295 pounds,

Vertical Jump - 31", Power Clean - 203 pounds, 40-yard dash - seconds

"Travis has made himself into the ultimate role player on the team. As a sub, he comes in and changes the tempo of the game through effort and defensive tenacity. He's an honor roll student with plans to manage the family business after graduation. He loves the outdoors; a simple guy who is grateful to God for His many blessings. A quiet, inspirational leader to those around him." - Tom Cross, CSCS, NSCA member sponsor.

Missouri Southern State University

Mike Tosaw

Football/Offensive Guard

Junior/Business

Height - 6'3", Weight -297 pounds

Personal Bests: Bench Press - 515 pounds, Squat - 815 pounds,

Vertical Jump - 28", Power Clean - 315 pounds, 40-yard dash - 5.27 seconds

"Mike has been a consistent leader for our football program at Missouri Southern. Mike holds five Missouri Southern Football All-Time Strength Records. He is a two year starter on the field and a great student and role model off the field. Mike is a proven leader for all student athletes at Missouri Southern."

- Dan Scheible, NSCA member sponsor.

Mount Marty College

Tom Nelson

Track & Field/Sprints-400M

Junior/Pre-Law

Height - 6'0", Weight -175 pounds

Personal Bests: Bench Press - 225 pounds, Squat - 400 pounds,

Vertical Jump - 29", Power Clean - pounds, 40-yard dash - 4.5 seconds

"Tom is an outstanding athlete who has shown great improvement through weight training. He is a conference champion for indoor & outdoor 400M and qualified for Nationals. He maintains a 3.7 GPA, is active in campus activities, and music groups." - James P. Thorson, NSCA member sponsor.

Murray State University

Jessica Wood

Volleyball/Outside Hitter

Freshman/History

Height - 5'7", Weight -145 pounds

Personal Bests: Bench Press - 135 pounds, Squat - 225 pounds,

Vertical Jump - 26", Power Clean - 135 pounds, 40-yard dash - seconds

"Started as a freshman. Best VJ on the team. Conference freshman player of the year two-times in 1998.

Made the post-season conference all-newcomer team." - Brian Church, CSCS, NSCA member sponsor.

Murray State University

Michael McKee

Track & Field, Football/Discus, Fullback

Junior/Political Science

Height - 6'2", Weight -250 pounds

Personal Bests: Bench Press - 315 pounds, Squat - 475 pounds,

Vertical Jump - 30", Power Clean - 330 pounds, 40-yard dash - 4.8 seconds

"158-2 discus throw as a sophomore. Has used strength and conditioning to help him play two sports and stay injury free. Never has a bad day in the weightroom." - Brian Church, CSCS, NSCA member sponsor.

North Carolina Central University

Myron Flowers

Football/Running Back

Junior/Art

Height - 5'9", Weight -187 pounds

Personal Bests: Bench Press - 345 pounds, Squat - 555 pounds,

Vertical Jump - 30", Power Clean - 245 pounds, 40-yard dash - 4.5 seconds

"Integrity! Team and position motivator. Weight room leader knowledgeable of periodization and Olympic-style lifts." - T.J. Tipper, NSCA member sponsor.

Northeast Louisiana University

Brian Taylor

Football/Safety

Senior/Psychology

Height - 5'10", Weight -202 pounds

Personal Bests: Bench Press - 355 pounds, Squat - 435 pounds,

Vertical Jump - 31", Power Clean - 315 pounds, 40-yard dash - 4.58 seconds

"Brian Taylor is the type of athlete that every strength coach looks forward to working with. His work ethic and desire to improve himself, led Brian to attain most of the goals that he set for himself. Named as a team captain, Brian led the Indians in tackles (144) for the season and was a constraint presence on a defense that led the nation in takeaways. His performance in the weight room was a great indication of what Brian accomplished on the field. Playing in 41 consecutive games and playing his career virtually injury free. Brian Taylor is the type of athlete that the NSCA All-American program is all about." - Dave Richardson, NSCA member sponsor.

Northern Arizona University

Casey Frank

Basketball/Power Forward

Senior/Criminal Justice

Height - 6'9", Weight -235 pounds

Personal Bests: Bench Press - 300 pounds, Squat - 470 pounds,

Vertical Jump - 36", Power Clean - 286 pounds, 40-yard dash - seconds

"When Casey came to NAU, he first experienced a 6-20 Basketball team that did not want to be a part of the S&C program. He and others made the commitment to work out during the summer. Resulting in two 20 win seasons and a first ever NCAA Tournament. He has been a two-time All-Conference player as well as team captain." - Richard McClure, CSCS, NSCA member sponsor.

Northern Arizona University

Jess LeBlanc

Basketball/Power Forward

Senior/Anthropology

Height - 5'11", Weight -150 pounds

Personal Bests: Bench Press - 125 pounds, Squat - 185 pounds,

Vertical Jump - 21", Power Clean - 130 pounds, 40-yard dash - seconds

"Jess was a two-time All-Conference performer who has used the S&C area to continue to improve her natural talents. A very hard and disciplined worker, who inspired all of her teammates to achieve higher standards." - Richard McClure, CSCS, NSCA member sponsor.

Northwestern University

Amanda Peterson

Softball/Outfield(center)

Senior/Sociology

Height - 5'5", Weight -150 pounds

Personal Bests: Bench Press - 140 pounds, Squat - 315 pounds,

Vertical Jump - 23", Power Clean - 145 pounds, 40-yard dash - 5.5 seconds

"Co-captain, led the team in hits, had the highest batting average, has a hundred and four errorless streak in center field. Her attitude and work ethic contributes to her great success in the weight room." - Ann Marie Hacker, NSCA member sponsor.

Northwestern University**Jessica Holloway****Volleyball/Outside Hitter(left)****Senior/Learning and Organizational Change**

Height - 5'9", Weight -155 pounds

Personal Bests: Bench Press - 170 pounds, Squat - 385 pounds,

Vertical Jump - 26.5", Power Clean - 175 pounds, 40-yard dash - 5.32 seconds

"Achieved 1,000 career kills and digs in her junior year. Last three seasons, led the team in digs, and has been NU's kill leader twice. Her success is not only on the court but in the weight room as well." - Jacquelynn Berube, CSCS, NSCA member sponsor.

Oregon State University**Krista Kinsman****Volleyball/Outside Hitter****Sophomore/Pre-Med.**

Height - 6'1", Weight -168 pounds

Personal Bests: Bench Press - 150 pounds, Squat - 260 pounds,

Vertical Jump - 28", Power Clean - 150 pounds, 40-yard dash - seconds

"Krista works at conditioning, she uses lifting and running to be a totally conditioned athlete, and to be functionally strong for volleyball. Krista earned All PAC-10 Freshman team honors and is also All PAC-10 Academic Team." - Dr. John Freeman, CSCS, NSCA member sponsor.

Oregon State University**Mathew Orndorff****Wrestling/HWT Class****Senior/English**

Height - 6'3", Weight -265 pounds

Personal Bests: Bench Press - 359 pounds, Squat - 550 pounds,

Vertical Jump - , Power Clean - 335 pounds, 40-yard dash - seconds

"Mat has used lifting to make himself a stronger, bigger and quicker athlete. Mat was PAC-10 runner-up last year in the HWT class and wrestled at Nationals." - Dr. John Freeman, CSCS, NSCA member sponsor.

Rice University**Raphael Tillman****Football/Wide Receiver****Senior/Human Performance**

Height - 5'9", Weight -188 pounds

Personal Bests: Bench Press - 300 pounds, Squat - pounds,

Vertical Jump - 31.5", Power Clean - 300 pounds, 40-yard dash - 4.7 seconds

"Pound for pound he is one of the strongest athletes at Rice University. His work ethic has allowed him to play several different positions and make a contribution to our football success." - William Todd Gilkey, CSCS, NSCA member sponsor.

Rice University**Suzanne Koy****Women's Basketball/Forward****Senior/Psychology**

Height - 6'1", Weight - pounds

Personal Bests: Bench Press - 140 pounds, Squat - pounds,

Vertical Jump - 21", Power Clean - 150 pounds, 40-yard dash - seconds

"Suzanne has become one of our most physical players through her increases in strength power. Her scrappy play has earned her a starting spot in this years roster. It also earned her an invitation to play overseas last summer." - William Todd Gilkey, CSCS, NSCA member sponsor.

Rutgers University at Camden**Brandy Meacham****Basketball/Forward****Psychology**

Height - 5'10", Weight -168 pounds

Personal Bests: Bench Press - 120 pounds, Squat - 415 pounds,

Vertical Jump - 18", Power Clean - pounds, 40-yard dash - seconds

"Brandy brings an intensity that is unmatched in everything she does. Currently third in team scoring and second in team rebounding." - Gregory White, NSCA member sponsor.

Rutgers University at Camden**Chris DiGiuseppe****Soccer/Forward****Senior/Business**

Height - 5'10", Weight -170 pounds

Personal Bests: Bench Press - pounds, Squat - pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"Great athlete, better person, led team in goals, tied for lead in assists. Led team in point, four game winning goals. Scored the only goal in win over Rowan University." - Gregory White, NSCA member sponsor.

Samford University**Alvin Garrett****Football/Linebacker****Junior/Accounting, Management**

Height - 5'11", Weight -220 pounds

Personal Bests: Bench Press - 430 pounds, Squat - 530 pounds,

Vertical Jump - 30", Power Clean - 300 pounds, 40-yard dash - 4.78 seconds

"Alvin is a very vocal leader both in the weight room and on the field. Alvin is by far the strongest player on our team regardless of size. Alvin is also the embodiment of the term student/athlete." - Thomas P. Rohling, NSCA member sponsor.

Samford University**Heidi Sauers****Track & Field/Sprinter****Junior/Exercise Science**

Height - 5'8", Weight -135 pounds

Personal Bests: Bench Press - 135 pounds, Squat - 275 pounds,

Vertical Jump - 27", Power Clean - 135 pounds, 40-yard dash - 4.8 seconds

"Heidi is a leader by example. She possesses tremendous strength and an overachieving will to succeed. She holds the school records in the 100, 200 meters and the long jump." - Thomas P. Rohling, NSCA member sponsor.

San Jose State University**David Loverne****Football/Left Tackle****Senior/Sociology**

Height - 6'3", Weight -300 pounds

Personal Bests: Bench Press - 460 pounds, Squat - 570 pounds,

Vertical Jump - 28.5", Power Clean - 375 pounds, 40-yard dash - 5.19 seconds

"David's greatest attribute is his ability to capitalize on his natural strength. David is always searching for more. He is the best athlete of his size I have ever had the pleasure of working with. A committed family man, David missed one workout this past summer because he got married the following day. The miss upset him none-the-less. His dedication to the weight room and field has landed him an invitation to the Hula Bowl. A quality young man, David, defines NCAA athletics." - Jeff Pitman, NSCA member sponsor.

San Jose State University

Kathleen Barrett

Basketball/Guard

Senior/Systems Physiology

Height - 5'8", Weight -156 pounds

Personal Bests: Bench Press - 145 pounds, Squat - 265 pounds,

Vertical Jump - 21", Power Clean - 143 pounds, 40-yard dash - seconds

"Kathleen is an athlete that is extremely competitive. She is a vocal leader that pushes everybody around her. What she doesn't have athletically she makes up with effort in the weight room. In the end she will always win." - Jeff Pitman, NSCA member sponsor.

Santa Clara University

Alex Lopez

Basketball/Center

Senior/History

Height - 6' 10", Weight -257 pounds

Personal Bests: Bench Press - 275 pounds, Squat - 550 pounds,

Vertical Jump - 26", Power Clean - 242 pounds, 40-yard dash - seconds

"Alex transferred to Santa Clara in 1996. His physical assessment tests were below normal for his position. Alex sat out the first year and trained to improve the areas he was low in. He soon became a leader in the weight room with his work ethic and dedication. Through his hard work Alex has made significant gains in his strength and power which has helped improve his performance and confidence on the court." - Steve Schulz, NSCA member sponsor.

Santa Clara University

Piper Cook

Soccer/Defender

Senior/Communications

Height - 6', Weight - pounds

Personal Bests: Bench Press - 130 pounds, Squat - pounds,

Vertical Jump - 17.25", Power Clean - pounds, 40-yard dash - seconds

"Never one to step down from a challenge, Piper has always had a tremendous work capacity in the weight room. She has twice been voted as "team's most inspirational player." Her leadership and hard work in the weight room has been a tremendous boost for this team." - Steve Schulz, NSCA member sponsor.

Shepherd College

Brian Lamb

Football/Offensive Line

Senior/Recreation & Leisure Studies

Height - 6'2", Weight -302 pounds

Personal Bests: Bench Press - 385 pounds, Squat - 525 pounds,

Vertical Jump - 27", Power Clean - 285 pounds, 40-yard dash - 5.01 seconds

"Very persistent and diligent with doing everything it takes to be the best player possible-classroom, weight room, practice field, off the field, etc. Became three-time All-Conference player when he decided to dedicate himself to athletics. Is the most athletic lineman we have had in a long time. His work ethic helped him to be elected team captain by his teammates." - Anthony "Pete" Yurish, CSCS, NSCA member sponsor.

Sonoma State University

Colleen McDole

Track & Field/100HH & 400IH

Sophomore/Biology

Height - 5'10", Weight -130 pounds

Personal Bests: Bench Press - 180 pounds, Squat - 385 pounds,

Vertical Jump - 29.5", Power Clean - 155 pounds, 40-yard dash - 5.05 seconds

"Extremely dedicated, hard worker, applies power from strength training by perfecting technique and force application into track. She placed in both hurdle events as a freshman (with no experience) in our conference." - Jim Hiserman, NSCA member sponsor.

Southern Oregon University

Erin Lytle

Volleyball/Setter

Junior/Communications

Height - 5'8", Weight -132 pounds

Personal Bests: Bench Press - 125 pounds, Squat - 285 pounds,

Vertical Jump - 24", Power Clean - 140 pounds, 40-yard dash - 5.30 seconds

"Erin is always the first person in the weight room and the last to leave. She has used strength and conditioning to excel in the sport of volleyball, and can always be counted on as a leader on and off the court. Accomplishments include: First-team All-Cascade Conference Setter, Cascade Conference Leader for assists per game, second-team All-Region Setter, #4 ranking setter for assists per game in the NAIA." - Dale E. Fisher, NSCA member sponsor.

Southern Oregon University

J.J. Jedrykowski

Football/Defensive Back

Junior/Health Promotion

Height - 5'10", Weight -200 pounds

Personal Bests: Bench Press - 355 pounds, Squat - 525 pounds,

Vertical Jump - 33", Power Clean - 325 pounds, 40-yard dash - 4.50 seconds

"JJ is very confident, leads by example and has tremendous work ethic. JJ has a genuine commitment to success and motivates others through his example. The numbers speak for themselves, strength and conditioning has improved all necessary qualities for JJ to be successful on the field. Accomplishments include: Two-time All-Conference selection, has started 25 of 27 collegiate games, selected team captain as a Sophomore, will graduate on time!" - Dale E. Fisher, NSCA member sponsor.

Springfield College

Ilana Garbowit

Track-Thrower/Hammer, Weight (Indoor)

Junior/Health Education

Height - 5'8", Weight -180 pounds

Personal Bests: Bench Press - 175 pounds, Squat - 355 pounds,

Vertical Jump - 19.5", Power Clean - 175 pounds, 40-yard dash - seconds

"" - Margaret Jones, CSCS, NSCA member sponsor.

Springfield College

Steve Duggan

Football/Defensive End

Senior/Business

Height - 6'2", Weight -240 pounds

Personal Bests: Bench Press - 370 pounds, Squat - 560 pounds,

Vertical Jump - 26", Power Clean - 357 pounds, 40-yard dash - 4.8 seconds

"" - Margaret Jones, CSCS, NSCA member sponsor.

St. Bonaventure University**Jen Bovee****Softball/Catcher & First Base****Senior/Physical Education**

Height - 5'7", Weight -165 pounds

Personal Bests: Bench Press - 155 pounds, Squat - 250 pounds,

Vertical Jump - , Power Clean - 155 pounds, 40-yard dash - seconds

"Jen Bovee trains to win and loves to spend time in the weight room. Hit a single season school record seven home runs last season and earned her second consecutive first-team all Atlantic-10 Conference selection. She drove 55 miles each way three times a week throughout the summer to train in the weight room - enough said. Her commitment to physical development and preparation is unparalleled at this University." - Kenneth White, CSCS, NSCA member sponsor.

St. Bonaventure University**Tim Burris****Baseball/OF/C/DH****Sophomore/Physical Education**

Height - 5'9", Weight -202 pounds

Personal Bests: Bench Press - 385 pounds, Squat - 565 pounds,

Vertical Jump - 32.5", Power Clean - 300 pounds, 40-yard dash - seconds

"The easiest coaching decision I have had to make this year is nominating Tim Burris for this distinction. Tim is a self-made baseball player. His high school did not have a baseball team, yet through a tremendous commitment to physical training and skill work, he has earned a starting position on an Atlantic-10 Conference contender. As this semester concluded, Tim hang cleaned 300 for a single, squatted 435 for 10 reps, push jerked 265 and front squatted 430 one time. He is extremely coachable and is always a gentleman. Tim is a pleasure to coach and his relentless work ethic is a breath of fresh air in the world of intercollegiate athletics." - Kenneth White, CSCS, NSCA member sponsor.

St. Lawrence University**Jim Walter****Football/Offensive Guard****Junior/Business**

Height - 6' 1", Weight -260 pounds

Personal Bests: Bench Press - 385 pounds, Squat - 605 pounds,

Vertical Jump - 22", Power Clean - 240 pounds, 40-yard dash - 5.1 seconds

"Jim is a third year starter and captain. He has earned both from a great commitment in the weight room. His success in the off-season program allows him to succeed in the trenches of the offensive line." - Mark J. Jozwiak, NSCA member sponsor.

Tennessee State University**Marvin Jones****Football/Tailback****Sophomore/Biology**

Height - 5'10", Weight -178 pounds

Personal Bests: Bench Press - 300 pounds, Squat - 447 pounds,

Vertical Jump - 39", Power Clean - 327 pounds, 40-yard dash - 4.65 seconds

"Marvin's combination of tenacity and character is unmatched by any athlete; He is coachable, workmanlike, and consistently a strength coach's dream. His tireless efforts enabled him to post a team best 39" vertical jump and, pound for pound, his 327lb power clean also ranks as team best. Marvin was named Offensive Lifter of the Year by his teammates." - Mark Davis, CSCS, NSCA member sponsor.

Tennessee State University**Tamara Washington****Basketball/Forward****Sophomore/HPER**

Height - 5'10", Weight -197 pounds

Personal Bests: Bench Press - 165 pounds, Squat - 275 pounds,

Vertical Jump - 22.5", Power Clean - 185 pounds, 40-yard dash - 5.28 seconds

"Tam always has a positive, upbeat attitude and infectious energy. Her unfailing dedication to strength training assisted her in making the OVC All-Freshman Team (as a true freshman), averaging 9.9 points and rebounds per game, while also making the Dean's List. She is an outstanding young woman in all respects." - Mark Davis, CSCS, NSCA member sponsor.

Texas A&M University**Beth Weynand****Volleyball/Defensive Specialist****Sophomore/General Studies**

Height - 5'8", Weight -147 pounds

Personal Bests: Bench Press - 120 pounds, Squat - 225 pounds,

Vertical Jump - 28.5", Power Clean - 148.5 pounds, 40-yard dash - seconds

"Has improved her VJ three inches in one year due to her strong work ethic. Improved her bench 25lbs and squat 35lbs as well. Finished #1 overall in off-season testing. Named to Academic All-Big XII 1st Team. Has a cumulative 4.0 GPR out of 4.0 possible." - Raychelle Ellsworth, CSCS, NSCA member sponsor.

Texas A&M University**Lisa Klam****Softball/Outfield****Freshman/Biomedical Science**

Height - 5'5", Weight -148 pounds

Personal Bests: Bench Press - 125 pounds, Squat - 230 pounds,

Vertical Jump - 25", Power Clean - 148.5 pounds, 40-yard dash - 5.04 seconds

"Although just a freshman, Lisa has worked very hard in our off-season program. She is a natural leader. She has seen improvements in all areas in a short (10wk) period of time. Her future is very bright. She finished #1 overall in our off-season testing." - Raychelle Ellsworth, CSCS, NSCA member sponsor.

The College of William and Mary**Sean Reid****Football/Offensive Tackle****Senior/Business-Accounting**

Height - 6'6", Weight -295 pounds

Personal Bests: Bench Press - 425 pounds, Squat - 525 pounds,

Vertical Jump - 28", Power Clean - 330 pounds, 40-yard dash - 5.09 seconds

"Sean Reid has made tremendous progress since coming to the College of William and Mary. He is a leader (Team Captain) both on the field and in the weightroom. Sean is an extremely intelligent young man, who also possesses an outstanding work ethic. For his performance, he was selected to the Atlantic-10 third team. It has been a pleasure working with Sean the last five years." - John Sauer, CSCS, NSCA member sponsor.

The Ohio State University

Marrita Porter

Basketball/Power Forward

Senior/Sports & Leisure

Height - 5' 9 1/2", Weight -188 pounds

Personal Bests: Bench Press - 175 pounds, Squat - pounds,

Vertical Jump - 29.5", Power Clean - 185 pounds, 40-yard dash - seconds

"Marrita is a phenomenal competitor. She is a leader on the court with her 1st team All-Conference play, and off the court in the weight room. With two steel rods (one in each leg) in her legs due to stress fractures, she puts her all into everything she does." - Sean Sheppard, NSCA member sponsor.

The Ohio State University

Scoonie Penn

Basketball/Point Guard

Junior

Height - 5'10", Weight -182 pounds

Personal Bests: Bench Press - 280 pounds, Squat - pounds,

Vertical Jump - 35", Power Clean - 240 pounds, 40-yard dash - seconds

"Tremendous focus and business-like approach. Was Big-East freshman of year 95-96, and Big-East Tournament MVP 96-97. Guided Boston College to it's first regular season championship 96-97. Lightning quick, tremendous explosiveness, great leader. Has an NBA future ahead of him." - Sean Sheppard, NSCA member sponsor.

U.S. Air Force Academy

Tim Curry

Football/Cornerback

Senior/Operations Research

Height - 5' 10", Weight -176 pounds

Personal Bests: Bench Press - 325 pounds, Squat - 435 pounds,

Vertical Jump - 30.9", Power Clean - 35.5" pounds, 40-yard dash - 4.43 seconds

"Tim's tremendous dedication to our strength and conditioning program played a big role in his being named to the Western Athletic conference first team following his senior season. He was a tremendous role model, demonstrating the value of training with intensity and dedication to his teammates. His outstanding work ethic was obvious on a team full of hard workers." - Allen Hedrick, NSCA member sponsor.

United States Air Force Academy

Connie Cann

Swimming/100 Fly 55.22

Senior/Management

Height - 5'7", Weight -135 pounds

Personal Bests: Bench Press - 145 pounds, Squat - 220 pounds,

Vertical Jump - 24", Power Clean - 150 pounds, 40-yard dash - seconds

"Connie possesses excellent exercise technique due to her hard work which shows in her testing and strength levels. Connie has used her lifting and hard work to transform herself into a ranked Div 1 athlete her first year at the Div 1 level (From Div 2)." - Peter Melanson, CSCS, NSCA member sponsor.

University at Albany

Dawn DiMicco

Women's Basketball/Guard

Junior/Social Welfare

Height - 5'6", Weight -160 pounds

Personal Bests: Bench Press - pounds, Squat - 235 pounds,

Vertical Jump - 20.3", Power Clean - 150 pounds, 40-yard dash - 5.5 seconds

"Starter last year, also major contributor to women's lacrosse team. Dawn is a true competitor in the weightroom. Her efforts have raised the level of intensity and expectations of all our female athletes here." - John Janeczek, CSCS, NSCA member sponsor.

University at Albany

Matt Caliendo

Football/Defensive End

Senior/Accounting

Height - 6'5", Weight -250 pounds

Personal Bests: Bench Press - pounds, Squat - 455 pounds,

Vertical Jump - 34", Power Clean - 350 pounds, 40-yard dash - 4.8 seconds

"1998 Empire State Games Silver Medalist in super heavy weight class, snatched 275 lbs., clean & jerk 341 lbs. Two-time Division II All-American (non-scholarship). Matt leads by example in the weightroom and on the field." - John Janeczek, NSCA member sponsor.

University Massachusetts

Khari Samuel

Football/Linebacker

Senior/Communications

Height - 6'2 1/2", Weight -240 pounds

Personal Bests: Bench Press - 410 pounds, Squat - 560 pounds,

Vertical Jump - 34", Power Clean - 385 pounds, 40-yard dash - 4.56 seconds

"Khari arrived as a 185 lb. freshman who bench pressed 260 lbs. Through hard work all 28 NFL teams are looking at him for next years draft." - Robert Otrando, NSCA member sponsor.

University Massachusetts

Rebecca Hasson

Volleyball/Middle Blocker

Sophomore/Exercise Science

Height - 5'11", Weight -156 pounds

Personal Bests: Bench Press - 125 pounds, Squat - 250 pounds,

Vertical Jump - 21", Power Clean - 145 pounds, 40-yard dash - seconds

"A 3.3 GPA student who has great work ethic in all areas of her life." - Robert Otrando, NSCA member sponsor.

University of California-Irvine

Kevin Dake

Volleyball/Setter

Senior/Economics

Height - 6'4", Weight -205 pounds

Personal Bests: Bench Press - pounds, Squat - pounds,

Vertical Jump - , Power Clean - 264 pounds, 40-yard dash - seconds

"Kevin dedicated himself to lifting all four years of his collegiate career. His presence in the weight room improved the performance of those around him. Kevin set the pace in the weight room for the UCI Men's Volleyball program by demonstrating what taller athletes can achieve." - Eric Burkhardt, CSCS, NSCA member sponsor.

University of California-Irvine

Lamarr Butler-Parker

Basketball/Guard

Senior/Social Sciences

Height - 6'2", Weight -190 pounds

Personal Bests: Bench Press - pounds, Squat - pounds,

Vertical Jump - , Power Clean - 242 pounds, 40-yard dash - seconds

"Lamarr was one of the most dedicated athletes I have ever worked with. He made significant improvements in the weight room and on the basketball court every year. He never missed a weight workout in the off-season or in-season." - Eric Burkhardt, CSCS, NSCA member sponsor.

University of Central Florida

Paul Miranda

Football/Defensive Back/Kick Returner

Senior/Health Administration

Height - 5'10.5", Weight -184 pounds

Personal Bests: Bench Press - 320 pounds, Squat - 445 pounds,

Vertical Jump - 39.5", Power Clean - 241 pounds, 40-yard dash - 4.29 seconds

"Paul has utilized our strength and conditioning program to improve every phase of his game. He has been one of the leading kick returners in the nation all year while contributing as a defensive back with plays like an interception return for a touchdown. He is very coachable and will represent himself and UCF well at the next level." - Reese Bridgman, NSCA member sponsor.

University of Central Florida

Stephanie Noiseux

Volleyball/Outside Hitter

Junior/Radio/T.V. Advertising

Height - 5'11", Weight - pounds

Personal Bests: Bench Press - pounds, Squat - 255 pounds,

Vertical Jump - 24", Power Clean - 160 pounds, 40-yard dash - seconds

"Stephanie is a fierce competitor. Whether she is in the weight room or on the court, she always wants to be the best. It is a pleasure to work with her." - Reese Bridgman, NSCA member sponsor.

University of Connecticut

Courtney Williams

Football/Center

Senior/Economics

Height - 6'1", Weight -280 pounds

Personal Bests: Bench Press - 420 pounds, Squat - 550 pounds,

Vertical Jump - 29.5", Power Clean - 300 pounds, 40-yard dash - 4.97 seconds

"When Courtney first entered the University of Connecticut Football Program, he was initially a walk-on player. Through his hard work and dedication in the weight room, as well as on the practice field, he has elevated his status to a full scholarship player. He is the starting center and, he has played in 19 games over the past three years, starting in seven. I believe that Courtney's desire, commitment and loyalty to this program exemplify how strength training and hard work can help anyone achieve their goals. His is truly a model of how to push yourself athletically in order to get where you want to be!" - Michael Golden, CSCS, ATC, NSCA member sponsor.

University of Findlay

Bret Hebenstreit

Football/Nose Tackle

Senior/Strength & Conditioning

Height - 5'11", Weight -225 pounds

Personal Bests: Bench Press - 420 pounds, Squat - 615 pounds,

Vertical Jump - 28", Power Clean - 280 pounds, 40-yard dash - 4.68 seconds

"Bret has truly utilized strength and conditioning to improve himself and take his game to a new level. During Bret's junior year, he suffered a season-ending injury that knocked him out of the line-up. Bret fought his way back to the top during spring ball and throughout the off-season weight program. His "PR's" listed, were records he set before his senior season. Bret continued to improve throughout his career, never missed a workout, and his intensity could not be matched! I will miss the opportunity to coach a young man like Bret and his presence in our weight room will be missed." - Don Akers, NSCA member sponsor.

University of Georgia

G.G. Smith

Basketball/Guard

Senior/Health & Physical Education

Height - 5'9", Weight -182 pounds

Personal Bests: Bench Press - 255 pounds, Squat - 400 pounds,

Vertical Jump - 34.5", Power Clean - 215 pounds, 40-yard dash - seconds

"G.G. is not only a team leader, but an outstanding person as well. His work ethic exemplifies what every coach wishes each athlete could possess. He has been a starter at Georgia for three years." - Lee Anthony Glass, NSCA member sponsor.

University of Georgia

Jay Harvard

Track & Field/Hammer, Shot Put & Discus

Senior/Environment Econ & Mgmt

Height - 6'0", Weight -260 pounds

Personal Bests: Bench Press - 431 pounds, Squat - 644 pounds,

Vertical Jump - 27.5", Power Clean - 347 pounds, 40-yard dash - 4.67 seconds

"Jay has greatly improved his bests in the weightroom and on the field tests to improve his hammer PR 30 feet from last year. His is an NCAA qualifier. PR's: 211-1 HT, 167-7 DT, 56-7 SP." - Donald Babbitt, CSCS, NSCA member sponsor.

University of Georgia

Josh Mallard

Football/Defensive Line

Sophomore

Height - 6'1.4", Weight -250 pounds

Personal Bests: Bench Press - 400 pounds, Squat - 555 pounds,

Vertical Jump - 35", Power Clean - 325 pounds, 40-yard dash - 4.61 seconds

"Josh is one of the most intense weight lifters we have on the football team. He works hard to become a bigger, stronger, and faster athlete." - Eric Lawlah Fears, NSCA member sponsor.

University of Georgia

Rhonda Coffelt

Softball/Pitcher

Senior/Dietetics

Height - 5' 7 1/2", Weight -125 pounds

Personal Bests: Bench Press - pounds, Squat - 170 pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"Rhonda has more energy than any athlete I have ever coached. Her work ethic is outstanding. This born leader has been a starter here at Georgia for three years." - Lee Anthony Glass, NSCA member sponsor.

University of Georgia

Rhonda Hackett

Track & Field/Shot Put & Discus

Junior/Geography

Height - 6'0", Weight -198 pounds

Personal Bests: Bench Press - 181 pounds, Squat - 355 pounds,

Vertical Jump - 24.5", Power Clean - 220 pounds, 40-yard dash - 5.02 seconds

"Rhonda has a very good understanding of what she needs to do to be good. The weightroom and conditioning is part of that. She never misses a workout. PR's: 51-0 SP, 176-0 DT, three-time NCAA qualifier." - Donald Babbitt, CSCS, NSCA member sponsor.

University of Illinois

J.P. Machado

Football/OL

Senior/English

Height - 6'5", Weight -300 pounds

Personal Bests: Bench Press - 500 pounds, Squat - 700 pounds,

Vertical Jump - 35", Power Clean - 385 pounds, 40-yard dash - 5.0 seconds

"JP began his career at Illinois as a walk-on. Through hard work and determination, both on the football field and in the weightroom, he has earned a starting position in the offensive line. He possess great work ethic and determination. His goal is to pursue a career in coaching, possibly in the strength field." - Mike Crawford, NSCA member sponsor.

University of Maine

Lateef O'Connor

Football/Outside Linebacker

Senior/Elementary Education

Height - 6' 0", Weight -210 pounds

Personal Bests: Bench Press - 355 pounds, Squat - 375 pounds,

Vertical Jump - 32.5", Power Clean - 315 pounds, 40-yard dash - 4.69 seconds

"Lateef has unmatched focus, intensity and technique in his approach to strength training and conditioning. He is passionate about competing to beat his previous bests in everything with an unwavering belief that it will improve his performance on the football field. He is a strength coach's dream and a measuring stick by which to measure others." - Jim St. Pierre, CSCS, NSCA member sponsor.

University of Maine

Sara Jewett

Softball/Catcher

Sociology

Height - 5' 6", Weight - pounds

Personal Bests: Bench Press - 165 pounds, Squat - 265 pounds,

Vertical Jump - 21", Power Clean - pounds, 40-yard dash - 5.38 seconds

"Sara is a hard working, self motivated, team leader who thrives on competition. She recently beat the school record in the squat by 10 pounds, which consequently was her own. Sara is also the record holder in the 40-Yard Dash. She is a half inch away from tying the record in the vertical jump, and five pounds away from tying the record in bench press. Sara has made steady progress in the weight room throughout her career here at Maine. A privilege to coach, Sara was an obvious choice for this award." - Matt Cousins, CSCS, NSCA member sponsor.

University of Minnesota-Twin Cities

Mindy Hansen

Basketball/Guard

Senior/Pre-Med.

Height - 5'9", Weight -150 pounds

Personal Bests: Bench Press - 145 pounds, Squat - 250 pounds,

Vertical Jump - 22", Power Clean - 140 pounds, 40-yard dash - 4.7 seconds

"" - Amy Lynette Scott, NSCA member sponsor.

University of Missouri

Andrea Czarnik

Soccer/Midfielder

Senior/Biology, Pre-Veterinary

Height - 5'9", Weight -140 pounds

Personal Bests: Bench Press - 100 pounds, Squat - 250 pounds,

Vertical Jump - 17.5", Power Clean - pounds, 40-yard dash - 5.1 seconds

"Andrea has put forth a great deal of work to raise the expectations of our other soccer players. She was a walk-on the first year of the program and worked her way up to captain. She has been great." - Don Sommer, NSCA member sponsor.

University of Missouri

Darren File

Track/Javelin

Senior/Business

Height - 6'1", Weight -220 pounds

Personal Bests: Bench Press - 380 pounds, Squat - 580 pounds,

Vertical Jump - , Power Clean - 410 pounds, 40-yard dash - seconds

"Darren has used the weight room to propel himself into the elite javelin throwers in the world. As his strength levels rose, so did his confidence. Hope to see him in the 2000 Olympics. Good Luck" - Bob Jones, NSCA member sponsor.

University of Missouri

Devin West

Football/Tailback

Senior/Pre-Med.

Height - 6'1", Weight -225 pounds

Personal Bests: Bench Press - 380 pounds, Squat - 700 pounds,

Vertical Jump - 34.5", Power Clean - 380 pounds, 40-yard dash - 4.48 seconds

"He puts everything he has into being a better athlete. He has used the weight room to become one of the top running backs in the nation. He is a joy to work with." - Don Sommer, NSCA member sponsor.

University of Missouri

Kim Slover

Softball/First Base

Senior/Leisure Service Management

Height - 5'3", Weight -170 pounds

Personal Bests: Bench Press - 180 pounds, Squat - 445 pounds,

Vertical Jump - 18", Power Clean - pounds, 40-yard dash - 5.55 seconds

"Kim has always been a great worker in the weight room. She is a great leader for us in the weight room and on the field." - Bob Jones, NSCA member sponsor.

University of Missouri

Rene Rosinski

**Volleyball/Middle Blocker
Senior/Fitness and Nutrition**

Height - 5'11", Weight -145 pounds

Personal Bests: Bench Press - 150 pounds, Squat - 400 pounds,

Vertical Jump - 24", Power Clean - 230 pounds, 40-yard dash - seconds

"Rene has been a real leader in the weight room. She has set the standard of effort that volleyball looks for when conditioning and lifting." - Dave Toub, NSCA member sponsor.

University of Missouri

Todd Neimeyer

**Football/Offensive Tackle
Senior/Business**

Height - 6'5", Weight -308 pounds

Personal Bests: Bench Press - 500 pounds, Squat - 720 pounds,

Vertical Jump - 29", Power Clean - 435 pounds, 40-yard dash - 5.19 seconds

"He made the most of his time in the weightroom. He built himself up from 230lbs. Very aggressive in the weight room and it transfers over onto the field. I am glad I had a chance to coach him. He will be missed." - Dave Toub, NSCA member sponsor.

University of New Hampshire

Coreen Woodbury

Nordic Skiing

Senior/Communication Disorders

Height - 5'5", Weight -127 pounds

Personal Bests: Bench Press - 130 pounds, Squat - 205 pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"Academic All-American as JR/SR All-American SO/SR. Coreen always gave 100% and led by example." - Fred Domowitz, NSCA member sponsor.

University of New Hampshire

Greg Krause

Football/Guard

Senior/Exercise, Science/Nutrition

Height - 6'3 1/4", Weight -287 pounds

Personal Bests: Bench Press - 510 pounds, Squat - 602 pounds,

Vertical Jump - 28", Power Clean - 308 pounds, 40-yard dash - 5.0 seconds

"Greg was a pleasure to coach in the weight room. He holds the New Hampshire drug free state bench record of super heavy weight. Holds team frosh bp record 195x28." - Fred Domowitz, NSCA member sponsor.

University of New Hampshire

Marion Haber

Crew/Starboard Rower

Senior/Pre-Veterinary Sciences

Height - 5'11", Weight -157 pounds

Personal Bests: Bench Press - 130 pounds, Squat - 225 pounds,

Vertical Jump - , Power Clean - 152 pounds, 40-yard dash - seconds

"Captain of the team, attended U.S. Rowing National Identification Camp in 1997. Marion has been a dedicated worker on the water, and in the weight room, for the past four years." - Alison A. Parakh, CSCS, NSCA member sponsor.

University of North Dakota

Jim Kleinsasser

Football/Tight End

Senior/Financial Management

Height - 6' 2", Weight -280 pounds

Personal Bests: Bench Press - 420 pounds, Squat - 535 pounds,

Vertical Jump - 37", Power Clean - 370 pounds, 40-yard dash - 4.44 seconds

"Jim is one of the finest athletes to attend UND. His hard work and desire to be a great athlete makes him an All-American on the field, in the classroom and in the weightroom." - Paul Chapman, NSCA member sponsor.

University of North Dakota

Sarah Doeden

Swimming/100 & 200 Fly, 50 & 100 Free

Senior/Physical Education

Height - 6' 0", Weight -160 pounds

Personal Bests: Bench Press - 135 pounds, Squat - 160 pounds,

Vertical Jump - 23.5", Power Clean - 155 pounds, 40-yard dash - seconds

"Sarah is a nine-time NCAA All-American in several events. Sarah is also a tremendous athlete in the weightroom. Her commitment to be a great swimmer will carry her even further." - Paul Chapman, NSCA member sponsor.

University of Oregon

Josh Bidwell

Football/Punter

Senior/English

Height - 6'3", Weight -220 pounds

Personal Bests: Bench Press - 375 pounds, Squat - 450 pounds,

Vertical Jump - 31", Power Clean - 341 pounds, 40-yard dash - 4.68 seconds

"Josh has a work ethic that is unsurpassed. He carries with that work ethic a discipline and dedication that includes all areas of his life. He has been recognized as an all-conference special teams performer and academic scholar athlete award winner." - James C. Radcliffe, NSCA member sponsor.

University of Oregon

Stacy Robson

Track & Field/Jumper, Sprinter

Senior/Psychology, Sociology

Height - 5'6", Weight -132 pounds

Personal Bests: Bench Press - pounds, Squat - 225 pounds,

Vertical Jump - 25.5", Power Clean - 171 pounds, 40-yard dash - seconds

"Stacy is a very dedicated athlete who takes her athletic life very seriously. A PAC-10 qualifier in long and triple jump, a team counsel representative, and a freshman walk-on who through continual improvement earned scholarship status." - James C. Radcliffe, NSCA member sponsor.

University of Pennsylvania

Brett Matter

Wrestling

Senior/Finance & Real Estate

Height - 5'8", Weight -149 pounds

Personal Bests: Bench Press - 260 pounds, Squat - 375 pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"Brett is a regular fixture in the Quaker varsity weight room. He has served not only as a team leader on the mat (he is current team captain) but has taken this attribute and demonstrated it in his off the mat training as well. Brett will be looking to repeat as a NCAA qualifier this year in the 149lbs. weight class. He is currently ranked third in the nation in his weight class at the time of this writing. He has effectively used the athletic skills he has developed in the weight room to earn himself two EIWA Championship titles and two All-Ivy League first-team honors prior to this year." - Robert Wagner, CSCS, NSCA member sponsor.

University of Pennsylvania

Diana Caraminico

Basketball/Forward

Sophomore/Business

Height - 6'2", Weight -180 pounds

Personal Bests: Bench Press - 125 pounds, Squat - 180 pounds,

Vertical Jump - 20.5", Power Clean - 150 pounds, 40-yard dash - 5.75 seconds

"Though only a sophomore, Diana, shows great potential in her sport and in the weight room. Her commitment to in-season and off-season training made her a role model for her teammates this past year. In her first year she earned Rookie of the year honors in the Ivy League, the ECAC and The Big Five. She averaged 20.2 points and 10 rebounds per game and was selected to the All-Ivy League first-team. With her determination and drive to achieve being demonstrated regularly in the weight room it is expected that she will develop into an even better athlete. This will help in making her future in basketball a bright one." - Robert Wagner, CSCS, NSCA member sponsor.

University of Richmond

Hester Mandy

Basketball, Track/Guard, Shot, Javelin

Senior/American Studies

Height - 5'8", Weight -154 pounds

Personal Bests: Bench Press - 130 pounds, Squat - pounds,

Vertical Jump - 24", Power Clean - 175 pounds, 40-yard dash - seconds

"For the second consecutive year, Mandy has been selected as the University of Richmond NSCA All-American award winner representative. Mandy is one of the most intense and dedicated athletes I have ever had the pleasure to coach. She has consistently paid her dues through hard work in the weight room and in conditioning. She expects the best out of herself & her teammates every workout. No one deserves this award more than Mandy Hester. Mandy also graduated with a 3.60 GPA and now is enrolled in Graduate School at Richmond. She also holds the school record for the shot put and discus." - Darin Thomas, NSCA member sponsor.

University of Richmond

Mac Janney

Football/Linebacker

Sophomore/History

Height - 6'2.5", Weight -225 pounds

Personal Bests: Bench Press - 330 pounds, Squat - pounds,

Vertical Jump - 34", Power Clean - 303 pounds, 40-yard dash - 4.70 seconds

"Mac'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 & speed, which has lead to improvements on the football field. He expects the best out of himself & his teammates every workout & leads by example. He was named third-team Atlantic-10 and was one of the team leaders in quarterback sacks this past season." - Darin Thomas, NSCA member sponsor.

University of San Diego

Gina Borba

Crew

Junior/Liberal Arts, Multiple Subject Credential

Height - 5'4", Weight - pounds

Personal Bests: Bench Press - 135 pounds, Squat - 235 pounds,

Vertical Jump - 15.0", Power Clean - 155 pounds, 40-yard dash - seconds

"Has third highest all-time lift total at USD for clean, jerk, squat, bench. Gina's strength puts her in "engine room" of boat. Top five all-time for 2000M and 6000M ERG scores. Was part of West Coast Conference Varsity Four Championship Boat." - Steve Brown, CSCS, NSCA member sponsor.

University of San Diego

Lukas Smart

Football/Defensive End

Senior/Business Economics

Height - 6'1", Weight -232 pounds

Personal Bests: Bench Press - 365 pounds, Squat - 485 pounds,

Vertical Jump - 28.0", Power Clean - 309 pounds, 40-yard dash - 4.7 seconds

"Missed only one workout in four years of training. Has 7th highest lift total at USD for clean, jerk, squat, bench. All-Conference (Pioneer Football League) selection for 1998. 7th on team in tackles. Led team in tackles for loss. Constantly works to improve performance through strength & conditioning, nutrition, martial arts, etc." - Steve Brown, CSCS, NSCA member sponsor.

University of the South

Eddie Yeh

Football/Nose Tackle

Junior/Computer Science

Height - 5'11", Weight -224 pounds

Personal Bests: Bench Press - 435 pounds, Squat - 675 pounds,

Vertical Jump - 34", Power Clean - pounds, 40-yard dash - 4.82 seconds

"Eddie is extremely disciplined and has a very high threshold for pain. He is a true warrior. Eddie also exhibits these qualities in the classroom." - Ken Jones, CSCS, NSCA member sponsor.

University of Vermont

Kevin Karlander

Ice Hockey/Forward

Junior/Business Administration

Height - 6'0", Weight -195 pounds

Personal Bests: Bench Press - pounds, Squat - pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"His work ethic has been an inspiration to everyone on the team. Our S&C program is just into its second year and all three hockey coaches have said Kevin came onto the ice playing a better and more physical game this year." - George W. Ligon, CSCS, NSCA member sponsor.

University of Washington

Aretha Hill

Track & Field/Thrower

Senior/Sociology

Height - 6'0", Weight -255 pounds

Personal Bests: Bench Press - 225 pounds, Squat - 335 pounds,

Vertical Jump - 30", Power Clean - 230 pounds, 40-yard dash - seconds

"Aretha was on the 1996 Olympic Team, finishing third in the Olympic Trials. She set the NCAA American Discus record with a throw of 215' 6". She was a four-time All-American and two-time Pac-10 champion." - Rick Huegli, NSCA member sponsor.

University of Washington

Chris Magruder

Baseball/Outfielder

Junior/Communications

Height - 5'11", Weight -190 pounds

Personal Bests: Bench Press - 335 pounds, Squat - pounds,

Vertical Jump - 30", Power Clean - 300 pounds, 40-yard dash - 6.5 seconds

"Chris was basically unknown out of high school. He became an outstanding college athlete and leader on the Pac-10 Championship team. Chris also drafted in the second round." - Rick Huegli, NSCA member sponsor.

University of Wisconsin-Stout

Ben Leslie

Football/Offensive Tackle

Senior/Applied Math

Height - 6'5", Weight -300 pounds

Personal Bests: Bench Press - 350 pounds, Squat - 550 pounds,

Vertical Jump - , Power Clean - 340 pounds, 40-yard dash - 5.15 seconds

"Ben is a true leader by example. His training habits are excellent, he works hard at everything he does and is a successful student and athlete for our university." - Duane Naatz, CSCS, NSCA member sponsor.

University of Wisconsin-Stout

Rachel Traynor

Basketball/Guard

Senior/Early Childhood Education

Height - 5'6", Weight -140 pounds

Personal Bests: Bench Press - 175 pounds, Squat - 275 pounds,

Vertical Jump - , Power Clean - 150 pounds, 40-yard dash - seconds

"Rachel is a four-year starter and a real leader for her team. Her strength is a result of hard work and a continued drive to improve herself as an athlete." - Duane Naatz, CSCS, NSCA member sponsor.

University of Wyoming

Annie Stohrer

Volleyball/Hitter

Senior

Height - 5'11", Weight -165 pounds

Personal Bests: Bench Press - 140 pounds, Squat - 255 pounds,

Vertical Jump - 24", Power Clean - 165 pounds, 40-yard dash - seconds

"Annie is a great leader and leads by example. She pushes hard to better her performance every workout. Her competitive nature and commitment to excellence through preparation makes her a grand candidate for this award." - Scott Bennett, NSCA member sponsor.

University of Wyoming

Dominy Thompson

Diving

Junior

Height - 5'9", Weight -177 pounds

Personal Bests: Bench Press - 150 pounds, Squat - 200 pounds,

Vertical Jump - 23", Power Clean - pounds, 40-yard dash - seconds

"Dominy definitely earns this award on work ethic, and determination. In her preparation, she leaves no stone unturned. She sets the example to be followed when she steps into the room to train." - David L. Satory, NSCA member sponsor.

University of Wyoming

J.P. Williams

Football/Cornerback

Senior

Height - 5'9", Weight -177 pounds

Personal Bests: Bench Press - 300 pounds, Squat - 505 pounds,

Vertical Jump - 36.5", Power Clean - 302.5 pounds, 40-yard dash - 4.4 seconds

"JP exemplifies everything a strength All-American should. His work ethic, attitude as well as his ability definitely boost the work and attitudes of the people around him." - David L. Satory, NSCA member sponsor.

University of Wyoming

Jeff Smith

Football/Guard

Senior

Height - 6'3 1/2", Weight -283 pounds

Personal Bests: Bench Press - 435 pounds, Squat - 605 pounds,

Vertical Jump - , Power Clean - 331 pounds, 40-yard dash - seconds

"Jeff takes tremendous pride in his workouts, and is determined to be the strongest player on the team. I only got to coach Jeff for a few months. When I arrived at Wyoming in February of 1998, he was undergoing shoulder surgery, and only saw limited time in the weight room for the whole spring. Over the summer he got his lifts back up, and benched 405. He set the team bench record for guards at 435 during the season! To come back from a shoulder operation and put up numbers like that speaks for itself. When he is training, no one will outwork him." - Scott Bennett, NSCA member sponsor.

University of Wyoming**Jessica Cross****Track/Throws****Senior/Communications**

Height - 5'10", Weight -185 pounds

Personal Bests: Bench Press - 215 pounds, Squat - 380 pounds,

Vertical Jump - 26", Power Clean - 225 pounds, 40-yard dash - seconds

"Jessica used strength and conditioning to improve her shot-put personal best from 46'10" to 57'1" in one year. She is a tireless worker that carries a 3.8 GPA. She is a three-time All-American and finished third in the NCAA shot put." - Dr. Larry Judge, NSCA member sponsor.

University of Wyoming**Kevin Mannon****Track/Throws****Senior/History**

Height - 6'4", Weight -280 pounds

Personal Bests: Bench Press - 500 pounds, Squat - 650 pounds,

Vertical Jump - 33", Power Clean - 380 pounds, 40-yard dash - 4.8 seconds

"Kevin is a very intense competitor in the ring and the weight room. He has used strength and conditioning to become a nine-time All-American. His goal is to make the 2000 Olympic team." - Dr. Larry Judge, NSCA member sponsor.

University of Wyoming**Matt Winninger****Wrestling****Senior**

Height - 5'7", Weight -157 pounds

Personal Bests: Bench Press - 275 pounds, Squat - 405 pounds,

Vertical Jump - 28.5", Power Clean - 242 pounds, 40-yard dash - seconds

"Matt is a relentless competitor who never misses a workout. He is a very physical wrestler. His strength improvements definitely support his style of wrestling" - Luke Richesson, NSCA member sponsor.

Virginia Tech**Eddie Lucas****Basketball/Forward/Guard****Senior/General Engineering**

Height - 6' 6", Weight -200 pounds

Personal Bests: Bench Press - 350 pounds, Squat - 440 pounds,

Vertical Jump - 35.5", Power Clean - pounds, 40-yard dash - seconds

"Eddie worked extremely hard in the weight room and on the court to improve his game. His tremendous work ethic and leadership skills are clearly apparent in his approach to athletics and academics." - Jim Whitten, NSCA member sponsor.

Virginia Tech**Erick Kingston****Track & Field/Hammer, Discus****Junior/Accounting**

Height - 6' 1", Weight -225 pounds

Personal Bests: Bench Press - 410 pounds, Squat - 515 pounds,

Vertical Jump - 34", Power Clean - 336 pounds, 40-yard dash - 4.72 seconds

"Erick is an All-American in the Hammer as a sophomore and aspiring to throw over 70m this coming season. His dedication and work ethic is contagious to other teammates and as a result we had a great off-season training. He holds a school record of 270 lbs. snatch and ran 30m in 3.59 sec." - Shigeru Sano, NSCA member sponsor.

Virginia Tech**Kelly Drinka****Basketball/Forward****Senior/Interdisciplinary Study**

Height - 6'0", Weight -171 pounds

Personal Bests: Bench Press - 170 pounds, Squat - 225 pounds,

Vertical Jump - 22", Power Clean - pounds, 40-yard dash - seconds

"Kelly Drinka has been an inspiration to all of her teammates. Despite having three knee operations, she continually battled back to play because of her great love of the game. In addition to overcoming her injury obstacles, she set the team bench press record her senior year at 170 pounds." - Mike Gentry, CSCS, NSCA member sponsor.

Virginia Tech**Melissa Wagner****Lacrosse/Goal Keeper****Senior/Human Nutrition & Exercise**

Height - 5' 2", Weight -115 pounds

Personal Bests: Bench Press - 125 pounds, Squat - 210 pounds,

Vertical Jump - 24.5", Power Clean - pounds, 40-yard dash - seconds

"Melissa has a focus that drives her to train and compete like a true champion. Her dedication to training is evident, as she has become Virginia Tech's all-time career leader in saves after only three seasons." - Christy Haley, NSCA member sponsor.

Virginia Tech**Nick Perlozzo****Baseball/First baseman****Junior/Exercise & Health Promotion**

Height - 6' 1", Weight -225 pounds

Personal Bests: Bench Press - 320 pounds, Squat - 545 pounds,

Vertical Jump - 42", Power Clean - pounds, 40-yard dash - seconds

"Nick is an amazing athlete who will be an integral part of our Baseball team this coming season. He is the biggest, strongest, and fastest baseball player I have ever coached. He also ran 6.66 in 60m dash." - Christy Haley, NSCA member sponsor.

Virginia Tech**Pierson Prioleau****Football/Defensive Back****Senior/Interdisciplinary Study**

Height - 5'11", Weight -193 pounds

Personal Bests: Bench Press - 355 pounds, Squat - 520 pounds,

Vertical Jump - 43.5", Power Clean - 305 pounds, 40-yard dash - 4.39 seconds

"Pierson Prioleau is an excellent example of what can happen when an athlete combines athletic ability with hard work and dedication. During his four year career, Pierson gained 22 pounds in bodyweight, increased his bench press 95 pounds, his vertical 6.5 inches, and decreased his 40 time .35 sec. He developed into a first-team All Big East's performer in 1997 and 1998." - Mike Gentry, CSCS, NSCA member sponsor.

Wagner College**Buddy Smalls****Basketball/Guard****Senior/Criminal Justice**

Height - 6', Weight -180 pounds

Personal Bests: Bench Press - 255 pounds, Squat - 300 pounds,

Vertical Jump - 32", Power Clean - 200 pounds, 40-yard dash - seconds

"Buddy has developed a passion for training. He has not missed a workout in three years. Committed to training and a team leader. A strength coach's dream!" - Matthew White, CSCS, NSCA member sponsor.

West Virginia University
Adrianna "Nikki" Hardy
Volleyball/Outside Hitter
Sophomore/Exercise Physiology

Height - 5'10", Weight - pounds

Personal Bests: Bench Press - 155 pounds, Squat - 295 pounds,

Vertical Jump - 22", Power Clean - 130 pounds, 40-yard dash - seconds

"Very intense worker and player on the court. Team leader, Big East Rookie of the Week, Wake Forest Tourney M.V.P., Penn State All-Tournament Team. Team Leader in kills, attack attempts, service aces, digs, Academic Honor Roll, 31 kills versus Mississippi, 17 digs versus Syracuse." - David B. Lawson, NSCA member sponsor.

West Virginia University
Bryan Pukenas
Football/Offensive Guard
Senior/Biology/Pre-Med.

Height - 6'4", Weight -300 pounds

Personal Bests: Bench Press - 465 pounds, Squat - 630 pounds,

Vertical Jump - 28", Power Clean - 335 pounds, 40-yard dash - 5.0 seconds

"Has been a consistent, hard worker throughout his career. Leader of the offensive line; intense, intelligent, and pushes others around him. All Big-East, All-ECAC, three year starter, team captain, "Ideal Mountaineer Award" - 1997 Second Team All-American, Big East Scholar Athlete. Has graded 85% or higher in every game of his career. Alpha Epsilon Medical Fraternity, honor roll student. Three years as Big East Scholar Athlete - 3.53 G.P.A." - David B. Lawson, NSCA member sponsor.

West Virginia University
Eric DeGroh
Football/Center
Senior/Biology & Exercise Physiology

Height - 6'5", Weight -295 pounds

Personal Bests: Bench Press - 425 pounds, Squat - 670 pounds,

Vertical Jump - 30", Power Clean - 360 pounds, 40-yard dash - 5.1 seconds

"Eric works to his maximum potential in all aspects of football and academics. Awards: 1998 Iron Mountaineer Award, 2nd Team GTE, COSIDA Academic All-American, three year starter at center, 1997 Big East 2nd Team, Playboy All-American, winner of Anson Mount Scholar Athlete Award. Eric came to WVU as a 260 pound lineman." - Allan Johnson, NSCA member sponsor.

West Virginia University
Maria Tchobanova
Basketball/Forward
Senior/Business

Height - 6'1", Weight -170 pounds

Personal Bests: Bench Press - 180 pounds, Squat - pounds,

Vertical Jump - 24.5", Power Clean - 130 pounds, 40-yard dash - seconds

"Maria is a tireless worker who has high goals and ambitions. 1996-1997, third Team All-Team Big East, ability to be among best forwards in Big East. She is a very physical player as a result of hard work in the strength program. Definitely one of Big East best defensive players. Has ranked in the top seven in league in steals in the last three years. Two-time member of the Bulgarian Junior National Team." - Allan Johnson, NSCA member sponsor.

West Virginia University
Nikki West

Gymnastics/All Around
Senior/Exercise Physiology

Height - 5'1", Weight -137 pounds

Personal Bests: Bench Press - 230 pounds, Squat - 315 pounds,

Vertical Jump - 25", Power Clean - pounds, 40-yard dash - seconds

"All EAGL Champ-vault, floor, all-around/1998 EAGL vault and floor champion. Nikki is an extremely explosive athlete. She provides excellent leadership and has a superb work ethic. Her attitude in the weight room is carried into her competition." - Michael Barwis, NSCA member sponsor.

West Virginia University
Sean Hage

Wrestling/Heavyweight
Junior/Elementary ED.

Height - 6'2", Weight -230 pounds

Personal Bests: Bench Press - 375 pounds, Squat - 500 pounds,

Vertical Jump - , Power Clean - pounds, 40-yard dash - seconds

"Only six time National Champion Jr. Division, 1995 World Freestyle Champion, four time State Champion. Sean is a tireless worker who is extremely dedicated to success. He is always the first to arrive and the last to leave. He provides excellent leadership for the team." - Michael Barwis, NSCA member sponsor.

West Virginia University
Shawn Foreman

Football/Wide Receiver
Senior/Child Development

Height - 6'1", Weight -213 pounds

Personal Bests: Bench Press - 400 pounds, Squat - pounds,

Vertical Jump - 35", Power Clean - pounds, 40-yard dash - seconds

"A true leader, not only on the field and in the weight room, he is a leader in life. Serving as a team captain, his work habits are second to none. Received the "Iron Mountaineer Award" for winter conditioning in 1998." - Steven Bissett, NSCA member sponsor.

West Virginia University
Stacey Adams

Soccer/Goal Keeper
Senior/Graphic Design

Height - 5'9", Weight -172 pounds

Personal Bests: Bench Press - 155 pounds, Squat - 255 pounds,

Vertical Jump - 19.5", Power Clean - pounds, 40-yard dash - seconds

"A leader on and off the field, she is an Academic All-American and one of the best Keepers in the Big East, as well as one of the most physical." - Steven Bissett, NSCA member sponsor.

Yale University

Cory Carruthers

Football/Defensive Line

Senior/Economics

Height - 6'2", Weight -295 pounds

Personal Bests: Bench Press - 475 pounds, Squat - 624 pounds,

Vertical Jump - 31.0", Power Clean - 330 pounds, 40-yard dash - 5.09 seconds

"Cory captained the 1998 Bulldog football squad that made the turnaround to 6-4 from 1-9 the previous year. He has 11 unassisted and 19 assisted career tackles, as well as 3.5 sacks, despite being double-teamed on almost every play (and working through serious knee injuries). His enormous strength and competitiveness made him a force to reckon with on every play." - Steven Plisk, CSCS, NSCA member sponsor.

Yale University

Derek Bentley

Football/Fullback, Tailback

Senior/Economics

Height - 6'0", Weight -220 pounds

Personal Bests: Bench Press - 349 pounds, Squat - 571 pounds,

Vertical Jump - 27.5", Power Clean - 317 pounds, 40-yard dash - 4.74 seconds

"Derek is arguably the Ivy league's best blocking back, and he consistently punished defensive players every week despite the limited number of times he got the ball. His career totals include 107 carries for 408 yards, 23 receptions for 160 yards, and 6 TD's. He is a tough, versatile player who fought back from a serious knee injury during his junior year, and executed his assignments at 100% effort on every play." - Bill Hughan, CSCS, NSCA member sponsor.

Yale University

Emerson Whitley

Basketball/Center

Senior/Economics

Height - 6'6", Weight -210 pounds

Personal Bests: Bench Press - 241 pounds, Squat - 343 pounds,

Vertical Jump - , Power Clean - 257 pounds, 40-yard dash - seconds

"Emerson was captain of the 1997-98 Bulldog basketball squad, and the Ivy League's second-leading scorer (16.1 PPG), putting up double figures in 22 games and 20+ points in eight games. He was also sixth in the league in rebounding (6.8 per game), and fifth in free throw percentage (.800) as well as steals (1.85 per game). He was the only Bulldog to start all 26 games in '97-98, and Yale's first All-Ivy first team selection since 1991-92. He is a leader by example who played to the limits of his ability by virtue of his work ethic on and off the court." - Russ DeRosa, NSCA member sponsor.

Yale University

Rosie Wustrack

Volleyball/Middle Blocker

Senior/Biology

Height - 5'10", Weight -165 pounds

Personal Bests: Bench Press - 133 pounds, Squat - 185 pounds,

Vertical Jump - 19.7", Power Clean - pounds, 40-yard dash - seconds

"Rosie was captain of the 1997-98 Bulldog volleyball squad, and virtually rewrote the Yale record book. She is the career leader in kills, blocks, hitting percentage and service aces, and her other honors are even more remarkable: District I All-District team in 1998; first team All-Ivy in '96, '97 and '98; Ivy League Player of the Year in '96 and '97; Ivy League Rookie of the Year in '95; nine time Ivy League Player of the Week; and two time Academic All-American and Academic All-Ivy selection. Despite a serious back injury requiring surgery after her junior season, Rosie set a new standard for over achievement as both a student and an athlete." - Bill Hughan, CSCS, NSCA member sponsor.

Youngstown State University

Matt Richardson

Football/Fullback

Senior/Criminal Justice

Height - 6'0", Weight -245 pounds

Personal Bests: Bench Press - 400 pounds, Squat - 535 pounds,

Vertical Jump - 29", Power Clean - 292 pounds, 40-yard dash - 4.85 seconds

"Matt has become a fine fullback through dedication and very hard work. He always does a little extra and leads by quiet example. He was elected team captain by his teammates." - Dan Wathen, CSCS, NSCA member sponsor.