

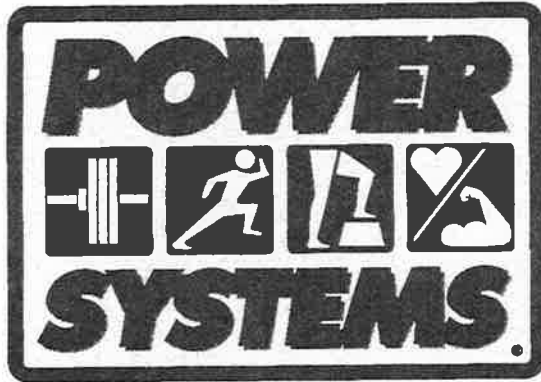


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**2000 NSCA**  
**ALL-AMERICAN**  
**Strength & Conditioning**  
**Athletes of the Year**



**The NSCA wishes to thank**



**Official Sponsor  
2000 NSCA All-American  
Strength and Conditioning  
Athletes of the Year**

## **2000 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.

# 2000 NSCA ALL-AMERICAN Strength and Conditioning Athletes of the Year



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**Baseball/ Catcher**

**College of DuPage**

**Todd Lawler**

**Freshman**

5'11", 200 lbs.

**Personal Bests:** Bench Press- 350 lbs., Squat- 375 lbs.,

Power Clean- 215 lbs.

"Todd has performed exceptionally well in our strength and conditioning complex and has come a long way in technique of his core lifts. Todd's work habits are tremendous. He has utilized his work ethic to earn a spot on the 2000 Baseball team as well as the first freshman at College of DuPage to earn this award."

- Scott Kellar, NSCA member sponsor.

**Baseball/ Catcher**

**Miami University**

**Luke Reinhart**

**Junior/ Marketing**

5'10", 190 lbs.

**Personal Bests:** Bench Press- 275 lbs., Squat- 435 lbs.,

Vertical Jump- 27.5", Power Clean- 225 lbs.

"Luke is an incredible leader that leads by example with his tremendous work ethic. He is the strongest overall member of the baseball team and has a 3.1 GPA." - Ryan Thomas, NSCA member sponsor.

**Baseball/ Outfield**

**University of Richmond**

**Nick Jackson**

**Junior**

6'3", 197 lbs.

**Personal Bests:** Bench Press- 325 lbs., Squat- 440 lbs.,

Vertical Jump- 40", Power Clean- 275 lbs.

"Nick is unquestionably one of the hardest working athletes in Richmond. I am impressed by his willingness to prepare for baseball by putting long hours into weight training and conditioning. He is a perfect example of what hard work and persistence can do to improve ones performance." - Darin Thomas, NSCA member sponsor.

**Baseball/ Outfielder**

**University of Central Florida**

**Mark Batia**

**Junior/ Engineering**

5'9 1/2", 181 lbs.

**Personal Bests:** Bench Press- 320 lbs., Squat- 458 lbs.,

40 yard dash- 6.7 seconds

"At 5'9" Mark is not a physically imposing player. However, his strength gains in the weightroom have increased his ability to run, to drive the ball, and his durability. His consistent work in the weightroom mirrors his performance on the field. Mark has turned himself into a solid Division-1 baseball player." - David Montiel, NSCA member sponsor.



**Baseball/ Second Base  
Creighton University**

**Vince Pietro  
Senior**

6'0", 189 lbs.

**Personal Bests:** Bench Press- 300 lbs.,  
Vertical Jump- 25.5"

"Vince is very dedicated to his strength and conditioning workouts. He was able to increase his lean body mass by 16 lbs., increase his vertical jump by 5 1/2", and improved his bench press by 70 lbs. Vince is very committed to everything he does and always performs at 110 %. Vince is most deserving of this award." – Charlie Oborny, NSCA member sponsor.

**Baseball/Outfield  
James Madison University**

**Jared Doyle  
Freshman**

6'0", 191 lbs.

**Personal Bests:** Bench Press- 275 lbs., Squat- 430 lbs.,  
Vertical Jump- 24.0", Power Clean- 265 lbs., 40 yard dash- 7.26 seconds

"Jared has a work ethic that you wish all athletes had. He is constantly doing extra work to help improve his performance. In the four months that Jared has been in our program his 60 yard dash time has decreased 0.3 seconds, his hang clean has increased 40 lbs., his back squat is up 75 lbs., and his bench press has increased 15 lbs. The added self-confidence from seeing his power, speed, and strength increases have helped to make the transition from high school to intercollegiate athletics smoother. Jared also pays just as much attention to detail with his academic studies. He is a great young man." – Larry N. Durfey, CSCS, NSCA member sponsor.

**Basketball  
Humboldt State University**

**Theresa Gethins  
Senior/ Sports Medicine**

6'2", 170 lbs.

**Personal Bests:** Bench Press- 135 lbs., Squat- 190 lbs.,  
Vertical Jump- 22", Power Clean- 175 lbs., 20 yard shuttle- 4.9 seconds

"Theresa underwent a tremendous transformation during the off season due to her complete dedication to a sport specific training regimen. In a six month period, Theresa gained 50 lbs. on the clean; 50 lbs. on the squat; 20 lbs. on the bench; 6" on the vertical jump; and dropped 0.5 seconds off the shuttle run. Theresa's improvement is evident on the court as she has emerged as a dominate player for the Lady Jack Basketball team." – Andrew Peterson, NSCA member sponsor.

**Basketball  
University of Missouri**

**Amy Monsees  
Senior**

6'0", 160 lbs.

**Personal Bests:** Bench Press- 160 lbs., Squat- 280 lbs.,  
Vertical Jump- 20.5", Power Clean- 165 lbs.

"Amy has developed into the player she is through desire and hard work. She is by far the hardest worker on the team and uses this to challenge all her teammates to compare with her." – Don Summer, NSCA member sponsor.



**Basketball  
University of San Diego**

**Tyler Field  
Sophomore**

6'9", 246 lbs.

**Personal Bests:** Bench Press- 255 lbs., Squat- 345 lbs.,  
Vertical Jump- 24", Power Clean- 248 lbs.

"Banger uses strength to compete with bigger players. He transferred last year and worked extremely hard while he sat out of competition. He makes up for less physical talent with intensity and dedication." – Chris Benes, NSCA member sponsor.

**Basketball/ Center  
University of New Hampshire**

**Orsi Farkas**

**Senior/ Business Administration**

6'2", 165 lbs.

**Personal Bests:** Bench Press- 150 lbs., Squat- 240 lbs.,  
Power Clean- 132 lbs.

"1000 plus points. Never misses a workout and gives 110%. American East Outstanding Scholar Athlete Award." – Fred Domowitz, NSCA member sponsor.

**Basketball/ Center  
California State University**

**Mate Milisa**

**Senior/ International Business**

6'11", 240 lbs.

**Personal Bests:** Bench Press- 245 lbs., Squat- 300 lbs.,  
Power Clean- 210 lbs.

"Mate Milisa is one of the most dedicated athlete's I have been lucky to train. His dedication has not only improved his performance, but has set a standard for the rest of his teammates." – Eric La Bombarda, NSCA member sponsor.

**Basketball/ Forward  
Drake University**

**Megan Wright**

**Senior/ Business**

6'0", 165 lbs.

**Personal Bests:** Bench Press- 155 lbs., Squat- 265 lbs.,  
Vertical Jump- 21", Power Clean- 185 lbs.

"Megan works hard every time she comes into the weight room, even when she is tired, sick or injured. Over the years she has developed the strength and size to play both forward positions." – Stewart Briggs, NSCA member sponsor.



**Basketball/ Forward**  
**Tennessee State University**  
**Tamara Washington**  
**Senior/ Health & Physical Education**  
 5'11", 210 lbs.

**Personal Bests:** Bench Press- 165 lbs., Squat- 275 lbs.,  
 Vertical Jump- 22.5", Power Clean- 205 lbs., 40 yard dash- 5.28 seconds

"Through consistency and perseverance in the weightroom, Tam overcame a major knee injury and returned to top form. By working through pain and refusing to quit, she showed the mental toughness of a true athlete. Her positive attitude and good nature make her a pleasure to work with." – Mark C. Davis, NSCA member sponsor.

**Basketball/ Forward**  
**University of Wisconsin- Stout**  
**Andrea Bresette**  
**Senior/ Human Development & Family Studies**  
 5'11"

**Personal Bests:** Bench Press- 130 lbs., Squat- 225 lbs.,  
 Power Clean- 140 lbs.

"Andrea is a quality student athlete. She has bettered her lifts continually throughout her career as a four year letter winner. A captain and a leader of her team, Andrea is going to be very successful and sorely missed." – Duane Naatz, NSCA member sponsor.

**Basketball/ Forward**  
**University of Wyoming**  
**Carrie Bacon**  
**Sophomore/ Exercise Physiology**  
 6'1", 156 lbs.

**Personal Bests:** Bench Press- 145 lbs., Squat- 215 lbs.,  
 Vertical Jump- 21.5", Power Clean- 143 lbs.

"Carrie is considered by our staff as "work" personified. Since her first day in this program, she has set forth goals and achieved them. Carrie is an asset to the program." – Scott Bennett, NSCA member sponsor.

**Basketball/ Forward**  
**University of Richmond**  
**Greg Stevenson**  
**Junior/ Sport Science**  
 6'6", 215 lbs.

**Personal Bests:** Bench Press- 280 lbs., Squat- 475 lbs.,  
 Vertical Jump- 37"

"Greg is an extremely hard worker with a tremendous focus on being the best he possibly can be. He is an excellent role model for other athletes to follow. It has been a pleasure to work with Greg over the year." – Jason Les, NSCA member sponsor.



**Basketball/ Forward**  
**Virginia Tech**  
**Andre Ray**  
**Senior/ Housing, Interior Design, & Resource Management**  
 6'5", 215 lbs.

**Personal Bests:** Bench Press- 360 lbs., Squat- 465 lbs.,  
 Vertical Jump- 39.5", Power Clean- 345 lbs.

"Andre is one of the most talented athletes I have ever coached. He hold basketball strength records which may not be broken for a long time. Because of his athleticism and strength he has been one of the best defenders in the Atlantic Ten and more offensive contributions can be expected this season." – Christy Haley, NSCA member sponsor.

**Basketball/ Forward Guard**  
**University of Georgia**  
**Adrian Jones**  
**Senior**  
 6'4", 200 lbs.

**Personal Bests:** Bench Press- 245 lbs., Squat- 400 lbs.,  
 Vertical Jump- 32", Power Clean- 231 lbs.

"Adrian has made great improvements since coming to the University of Georgia. Through his hard work and dedication in the weightroom he is now a team leader." – Lee Anthony Class, NSCA member sponsor.

**Basketball/ Guard**  
**Duquesne University**  
**LunnDee Howell**  
**Senior/ Information Technology**  
 5'9", 145 lbs.

**Personal Bests:** Bench Press- 160 lbs., Squat- 240 lbs.,  
 Vertical Jump- 29", Power Clean- 120 lbs., 40 yard dash- 4.93 seconds

"LunnDee is the strongest female athlete at Duquesne and she led the team in rebounding and scoring. As a junior, she was a Third Team All-Atlantic Ten selection. She has been selected to the All-Atlantic Ten Academic Team for the past two years." – Adam Hittinger, NSCA member sponsor.

**Basketball/ Guard**  
**Santa Clara University**  
**Kim Sorenson**  
**Junior**  
 5'8"

**Personal Bests:** Bench Press- 150 lbs.,  
 Vertical Jump- 20.75"

"Initially, Kim tested low on her physical evaluation. She realized that in order for her to contribute to her team she would need to dedicate herself to her strength & training program. In just two years she scored one of the all-time highest work index test scores and has made tremendous gains. Her improved strength and power has helped her to become an outstanding player and major contributor to her team." – Steve Schulz, NSCA member sponsor.



**Basketball/ Guard**  
**Texas A&M University**  
**Bandy Jones**  
**Junior/ Sports Management**

5'7", 155 lbs.  
**Personal Bests:** Bench Press- 130 lbs., Squat- 260 lbs.,  
 Vertical Jump- 24", Power Clean- 67.5 lbs.

"Brandy has a great job making herself a better player. She has improved her vertical jump and her lateral movement skills are much quicker through her hard work in the weight room. Her work ethic has made her someone that everyone looks to for guidance and she is a tremendous leader on and off the court. She also finish number one in our off season program." – Raychelle Ellsworth, NSCA member sponsor.

**Basketball/ Guard**  
**University fo San Diego**  
**Susie Erpelding**  
**Senior/ Marriage Family Counseling**

5'9", 133 lbs.  
**Personal Bests:** Bench Press- 125 lbs., Squat- 195 lbs.,  
 Vertical Jump- 21", Power Clean- 155 lbs.

"Susie has overcome knee reconstruction to become a two time All-Conference selection. She is set to become University of San Diego's all-time leading scorer. She is the strongest female athlete, pound-for-pound, of all-time. Susie graduated in three years and is now in her second year of graduate school." – Steve Brown, NSCA member sponsor.

**Basketball/ Guard**  
**University of Maine**  
**Kristen McCormick**  
**Senior/ Kinesiology & Physical Education**

5'10"  
**Personal Bests:** Bench Press- 150 lbs., Squat- 155 lbs.,  
 Vertical Jump- 19", Power Clean- 120 lbs., 40 yard dash- 5.81 seconds

"Kristen is very committed to strength training and conditioning. She fully appreciated what being a strong, fast, and fit athlete has done for her on the basketball court. She has prepared herself to compete successfully against the best in Division I basketball. Most importantly, Kristen is a great role model for other female athletes to follow." – Jim St. Pierce, NSCA member sponsor.

**Basketball/ Guard**  
**University of Richmond**  
**Liz Green**  
**Junior/ American Studies**

5'9", 150 lbs.  
**Personal Bests:** Bench Press- 130 lbs., Squat- 205 lbs.,  
 Vertical Jump- 21"

"Liz 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 and her teammates throughout every workout." – Darin Thomas, NSCA member sponsor.



**Basketball/ Guard**  
**Santa Clara University**  
**Nathan Fast**  
**Senior/ Business**

6'4", 191.5 lbs.  
**Personal Bests:** Bench Press- 265 lbs., Squat- 425 lbs.,  
 Vertical Jump- 32.5", Power Clean- 235 lbs.

"Nathan was a talented athlete coming out of high school. Nathan was extremely dedicated to his strength program throughout his collegiate career and made significant gains in his strength, power, and speed. These gains and his dedicated effort helped to make him one of the top perimeter players around." – Steve Schulz, NSCA member sponsor.

**Basketball/ Guard, Forward**  
**Samford University**  
**Will Daniel**  
**Senior/ Computer Science**

6'4", 210 lbs.  
**Personal Bests:** Bench Press- 315 lbs., Squat- 405 lbs.,  
 Vertical Jump- 40", Power Clean- 275 lbs., 40 yard dash- 4.7 seconds

"Will is by far the best all-around player and leader on the team. Will's work ethic makes a strength coaches job easier. Will leads by example and desire." – Thomas Rohling, NSCA member sponsor.

**Basketball/ Point Guard**  
**Rider University**  
**Michael Crawford**  
**Junior/ Marketing**

6'0", 175 lbs.  
**Personal Bests:** Bench Press- 245 lbs., Squat- 415 lbs.,  
 Vertical Jump- 28.5", Power Clean- 275 lbs., 40 yard dash- 4.6 seconds

"Mike is a great example of what strength training can do, his vertical has gone up 4.5" while gaining 15 lbs. of muscle. His hard work has allowed him to be a much more physical and complete player and he is averaging 15 points a game and shooting 45% from 3 point and 93% from the line. Off the court Mike is a member of the Student Athlete Council and volunteers with youth programs in his hometown." – Michael McNully, NSCA member sponsor.

**Basketball/ Shooting Guard**  
**Samford University**  
**Clarissa Clark**  
**Junior/ Business Management**

5'8"  
**Personal Bests:** Bench Press- 110 lbs., Squat- 190 lbs.,  
 Vertical Jump- 21", Power Clean- 95 lbs., 40 yard dash- 5.0 seconds

"Clarissa recovered from major ACL surgery. Clarissa is a leader by example. She is the constant spark needed to charge up the intensity when needed." – Thomas Rohling, NSCA member sponsor.



**Basketball/Forward**  
**Mount Marty College**  
**Andy Kappenman**  
**Junior/Nursing**  
 6'5", 205 lbs.

**Personal Bests:** Bench Press- 300 lbs., Squat- 370 lbs.,  
 Vertical Jump- 33", Power Clean- 275 lbs., 40 yard dash- 5.08 seconds  
 "Andy is intelligent and self motivated, with a 3.6 GPA in Nursing. He has improved his bench 60 lbs., to 300 lbs., incline 55 lbs. to 265 lbs. and hang clean 50 lbs. to 275 lbs. since his freshman year. The results are improved speed and quickness dropping 0.3 seconds off his times in the 40 yard sprint, T-drill, and pro-agility drill. His vertical improved over 2". Andy has worked his way into a starting role averaging 12 ppg., 5 rpg., and is considered one of our best defenders." – Jim Thorson, NSCA member sponsor.

**Crew**  
**Creighton University**  
**Heather Leitner**  
**Senior**  
 5'6", 150 lbs.

**Personal Bests:** Bench Press- 195 lbs., Squat- 225 lbs.  
 "Heather has a great deal of commitment to her strength and conditioning program. She was able to improve her bench press by 85 lbs., her Hip Sled Max by 225 lbs., and she was able to lift 370 lbs. for 51 repetitions on the Hip Sled Endurance Test. Heather has gained much respect with her leadership capabilities and her performance in the weight room and at practice. This definitely makes her very deserving of this award." – Charlie Oborny, NSCA member sponsor.

**Crew**  
**University of San Diego**  
**Laura Duryea**  
**Business**  
 5'4", 136 lbs.

**Personal Bests:** Bench Press- 115 lbs., Squat- 205 lbs.,  
 Vertical Jump- 15", Power Clean- 138 lbs.  
 "Laura is a dedicated athlete who works well with minimal supervision. Her strength allows her to row in both lightweight and openweight boats. She has seen tremendous increases during the last year. She is in the top ten pound-for-pound all the time." Chris Bennes, NSCA member sponsor.

**Diving**  
**University of Wyoming**  
**Wendy O'Connell**  
**Junior/ Business Management**  
 5'6", 137 lbs.

**Personal Bests:** Bench Press- 135 lbs., Squat- 205 lbs.,  
 Vertical Jump- 20", Power Clean- 132 lbs.  
 "Wendy does a great job of pushing the people around her. She is an asset to our team and I hope her enthusiasm has rubbed off on others." – JeNay Jackson, NSCA member sponsor.



**Field Hockey/ Forward**  
**University of Massachusetts**  
**Chrissy Millhauer**  
**Senior**  
 5'2", 130 lbs.

**Personal Bests:** Bench Press- 130 lbs., Squat- 230 lbs.  
 "Chrissy came back from a torn ACL as a Sophomore and increased her squat 25 lbs. post operation. She was Senior North South All-Star Game." – Bob Otrando, NSCA member sponsor.

**Football & Track/ Defensive Back**  
**Miami University**  
**Brandon Godsey**  
**Junior/ Exercise Science**  
 6'0"

**Personal Bests:** "Brandon started out at Miami as a walk-on and has worked his way into a scholarship and a starting position." – Jessica Ambrose, NSCA member sponsor.

**Football and Track/ Offensive Line**  
**Bates College**  
**Lucas Adams**  
**Senior/ Biochemistry**  
 6'0", 260 lbs.

**Personal Bests:** Bench Press- 420 lbs., Squat- 680 lbs.,  
 Vertical Jump- 30", Power Clean- 340 lbs., 40 yard dash- 5.2 seconds  
 "Along with being a 3 year starter on the football team, Lucas has achieved national prominence in the field events. Lucas is a two time All American (indoor) in the 35 lb. weight throw as well as an All American (outdoor) in the hammer throw. Lucas has set the bench mark for future Bates athletes." – Michael Verville, NSCA member sponsor.

**Football/ Center**  
**University of Missouri**  
**Rob Riti**  
**Senior/ Finance**  
 6'4", 290 lbs.

**Personal Bests:** Bench Press- 450 lbs., Squat- 1000 lbs.,  
 Vertical Jump- 30", Power Clean- 460 lbs., 40 yard dash- 4.86 seconds  
 "Rob is a very special person. Through his hard work and desire in the weight room he has achieved great things on the field." –Don Summer, NSCA member sponsor.

**Football/ Defensive Back**  
**John Carroll University**  
**Tom Rini**  
**Senior/ Exercise Science**  
 6'1", 220 lbs.

**Personal Bests:** Bench Press- 365 lbs., Squat- 525 lbs.,  
 Vertical Jump- 35", Power Clean- 305 lbs., 40 yard dash- 4.52 seconds  
 "Tom's commitment and leadership to our strength and conditioning program has vaulted him to a 3.8 GPA, two year co-captain, first team OAC, and a trip to play in the Division III all star game in Mexico City." – Gary Wroblewski, NSCA member sponsor.



**Football/ Defensive Back**  
**Southern Methodist University**  
**James Orr**  
**Sophomore/ MGT Info Science**  
 165lbs.

**Personal Bests:** Bench Press- 275 lbs., Squat- 440 lbs.,  
 Vertical Jump- 32.5", Power Clean- 295 lbs., 40 yard dash- 4.70 seconds  
 "James came to Southern Methodist University as a walk-on defensive back and spent his first year behind two cornerbacks that were eventually drafted into the NFL. James used that time to get stronger, faster, and more explosive. In three months he improved his clean and squat 30 lbs., his 40 yard dash 0.16 seconds, and his vertical jump 3" while holding a 3.5GPA and earning a scholarship for his improved play on the field." – John Janecek, NSCA member sponsor.

**Football/ Defensive Back**  
**Springfield College**  
**Matt Lawlor**  
**Senior/ English**  
 5'9", 160 lbs.

**Personal Bests:** Bench Press- 230 lbs., Squat- 395 lbs.,  
 Vertical Jump- 32", Power Clean- 265 lbs., 40 yard dash- 4.67 seconds  
 "Matt is always the last to leave the weight room. He posses great drive and determination. These attributes have served him well in all he does, especially for an athlete of his size." – Margaret Jones, NSCA member sponsor.

**Football/ Defensive Back**  
**The College of William and Mary**  
**Mike Beverly**  
**Senior/ Sociology**  
 5'11", 175 lbs.

**Personal Bests:** Bench Press- 275 lbs., Squat- 425 lbs.,  
 Vertical Jump- 36.5", Power Clean- 260 lbs., 40 yard dash- 4.38 seconds  
 "Mike has made phenomenal progress since joining our football program. The numbers do not indicate how far and how much work he did. This young man has put in to improving himself as an athlete. This past season Mike achieved second team All-Conference in the Atlantic Ten. It has been a pleasure working with him." – Jonh Sauer, NSCA member sponsor.

**Football/ Defensive Back**  
**University of Richmond**  
**Harold Hill**  
**Junior/ History**  
 5'8", 172 lbs.

**Personal Bests:** Bench Press- 300 lbs., Squat- 445 lbs.,  
 Vertical Jump- 36", Power Clean- 285 lbs., 40 yard dash- 4.48 seconds  
 "Harold's tremendous work ethics and dedication to strength and conditioning has given 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. His continued improvements in strength and speed has lead to improvement on the football field. He expects the best out of himself and his teammates and leads by example." – Bryan Stohrer, NSCA member sponsor.



**Football/ Defensive Back**  
**University of Wyoming**  
**Trent Gamble**  
**Senior/ Finance**  
 5'9", 187 lbs.

**Personal Bests:** Bench Press- 400 lbs., Squat- 500 lbs.,  
 Vertical Jump- 38", Power Clean- 325 lbs., 40 yard dash- 4.31 seconds  
 "Trent is a blue-collar worker, a self starter, and a great leader. Not only does he lead by example, but also with works of direction and drive. His performance numbers speak volumes about him as a person." – Anne Stohrer, NSCA member sponsor.

**Football/ Defensive Back-Safety**  
**University of Louisiana-Lafayette**  
**Matt Cieslak**  
**Sophomore/ Finance**  
 6'0", 205 lbs.

**Personal Bests:** Bench Press- 330 lbs., Squat- 600 lbs.,  
 Vertical Jump- 34", Power Clean- 330 lbs., 40 yard dash- 4.4 seconds  
 "Dedicated athlete with an unconscious approach to strength and conditioning. Has improved strength with huge gains: Bench 230-330 lbs., Squat 395-600 lbs., Power Clean 225-330 lbs., 40 yard dash- 4.65-4.42 seconds." – Chris Gannon, NSCA member sponsor.

**Football/ Defensive End**  
**Dartmouth College**  
**Kyle Schroeder**  
**Senior/ Computer Science**  
 6'4", 274 lbs.

**Personal Bests:** Bench Press- 425 lbs., Squat- 535 lbs.,  
 Vertical Jump- 27.5", Power Clean- 365 lbs., 40 yard dash- 4.94 seconds  
 "Kyle has tremendous work ethic, dedication, and determination. He has increased his bench, squat, and clean a total of 402 lbs. since he was a freshman. He has also increased his body weight 39 lbs. while decreasing his 40 yard dash time 0.36 seconds. He plays with intensity and heart and has attracted the interest of many NFL scouts." – Jay Butler, NSCA member sponsor.

**Football/ Defensive End**  
**University of Alabama at Birmingham**  
**Brian Thomas**  
**Junior/ Criminology**  
 6'4", 240 lbs.

**Personal Bests:** Bench Press- 415 lbs., Squat- 455 lbs.,  
 Vertical Jump- 33", Power Clean- 310 lbs., 40 yard dash- 4.56 seconds  
 "Brian works hard every day; he shows great leadership ability. He works well with the younger guys and that helps me with teaching. Brian has worked to get the numbers that he has." – Stacey Torman, NSCA member sponsor.





**Football/ Defensive End  
University of Connecticut**

**Chad Cook**  
Senior/ Spanish  
5'1 1/2", 268 lbs.

**Personal Bests:** Bench Press- 445 lbs., Squat- 575 lbs.,  
Vertical Jump- 30", Power Clean- 330 lbs., 40 yard dash- 4.92 seconds

"After surgery for an ACL, LCL, and PCL injury, that avulsed both lateral gastrocnemius tendon and bicep femoris, and compressed his common peroneal nerve, the team physicians stated that he would never play again. With rigorous rehabilitation and hard work in the weight room, he brought his knee back to normal function. At the start of the season he posted the all time best squat, bench press, power clean, and vertical jump. Voted Team Captain for 1999 season. All time best! For a man who should not be walking." – Mike Golden, NSCA member sponsor.

**Football/ Defensive End  
University of Oregon**

**Terry Miller**  
Senior/ Environmental Studies  
6'3", 254 lbs.

**Personal Bests:** Bench Press- 360 Jerk lbs., Squat- 475 lbs.,  
Vertical Jump- 26", Power Clean- 352 lbs., 40 yard dash- 4.75 seconds

"Terry came in as a walk-on running back and trained with extremely consistent dedication and work ethic to make himself first team Academic All-Conference and GTE All-District player for two years." – James C. Radcliff/John Krasinski, NSCA member sponsors.

**Football/ Defensive End  
Virginia Tech**

**John Engelberger**  
Senior/ Interdisciplinary Studies  
6'4", 269 lbs.

**Personal Bests:** Bench Press- 440 lbs., Squat- 550 lbs.,  
Vertical Jump- 34", Power Clean- 400 lbs., 40 yard dash- 4.55 seconds

"John has exemplified the result of hard work and dedication to physical training. He was a walk-on player weighing 210 lbs. and had a 40 yard dash time of 4.75 seconds. He became an all Big East player with a team record push jerk of 400 lbs. and ran a 40 yard dash of 4.55 seconds at 269 lbs." – Mike Gentry, NSCA member sponsor.

**Football/ Defensive End  
Yale University**

**Pete Sarantos**  
Senior/ American Studies  
6'4", 250 lbs.

**Personal Bests:** Bench Press- 394 lbs., Squat- 544 lbs.,  
Vertical Jump- 36.5", Power Clean- 385 lbs., 40 yard dash- 4.71 seconds

"Pete has a rare combination of athletics' and strength that made him a very dangerous defensive weapon. In 1999 he was selected as First Team All-Ivy, First Team All-New England, and GTE/COSIDE District I Academic All-America, and was Second Team All Ivy in 1998. His aggressive work ethic and reckless playing style were on the Bulldog defense that lead the Ivy league in scoring, total defense, and turnover margin." – Derek Duncan, NSCA member sponsor.



**Football/ Defensive Line  
Boston College**

**Chris Hovan**  
Senior/ Communications  
6'2 1/2", 295 lbs.

**Personal Bests:** Bench Press- 450 lbs., Squat- 646 lbs.,  
Vertical Jump- 30", Power Clean- 380 lbs., 40 yard dash- 4.86 seconds

"Simply put he is the hardest worker I have ever coached. His work ethic is exemplary." – Michael Poidomani, NSCA member sponsor.

**Football/ Defensive Line  
Clemson University**

**Damonte McKenzie**  
Senior/ Parks & Recreation  
6'5", 280 lbs.

**Personal Bests:** Bench Press- 482 lbs., Squat- 547 lbs.,  
Vertical Jump- 29", Power Clean- 355 lbs., 40 yard dash- 4.75 seconds

"Damonte was a steady and consistent performer during his career. He posses tremendous strength, speed, and quickness. His dedication to strength and conditioning greatly enhanced his performance." – Jory Batson, NSCA member sponsor.

**Football/ Defensive Line  
Duquesne University**

**Ato Troop**  
Senior/ History, Political Science  
5'11", 225 lbs.

**Personal Bests:** Bench Press- 425 lbs., Squat- 500 lbs.,  
Vertical Jump- 32", Power Clean- 315 lbs., 40 yard dash- 4.61 seconds

"Ato set the school record for the 225 lbs. Bench Press Test with 31 reps. He finished his senior season with 11 tackles for loss and 7.5 sacks. A Second team ALL-MAAC selection for defense, he adds to the three consecutive selections on the ALL-MAAC Academic Team and a Second Team GTE All-District Selection." – B. Scott Austin, NSCA member sponsor.

**Football/ Defensive Line  
Southern Illinois University**

**Tavita Tavis**  
Junior/ Administration of Justice  
6'0", 275 lbs.

**Personal Bests:** Bench Press- 445 lbs., Squat- 480 lbs.,  
Vertical Jump- 24", Power Clean- 320 lbs., 40 yard dash- 5.18 seconds

"Tavita is a very hard working individual and he continues to improve everyday. His accomplishments include second team All Gateway Conference Selection and Team Captain as a Junior. He also participated in voluntary summer workouts." – Mike Richardson, NSCA member sponsor.

**Football/ Defensive Line****University of Missouri****Jeff marriot****Senior/ Agricultural Economics**

6'5", 300 lbs.

**Personal Bests:** Bench Press- 565 lbs., Squat- 700 lbs.,

Vertical Jump- 26.5", Power Clean- 410 lbs., 40 yard dash- 4.9 seconds

"His tenacity and dedication in the weight room has translated to the field. He has used everything he had learned to become a better football player and person. It has been a joy." – Sara Gonzales, NSCA member sponsor.

**Football/ Defensive Line****University of Wisconsin- Stout****Mike Purfeerst****Senior/ Construction Management**

6'0", 265 lbs.

**Personal Bests:** Bench Press- 405 lbs., Squat- 605 lbs.,

Power Clean- 350 lbs., 40 yard dash- 4.95 seconds

"Mike has continually trained and pushed himself and others to their upper limits in strength and conditioning. His leadership in our weight room will be missed." – Duane Naatz, NSCA member sponsor.

**Football/ Defensive Line****University of Wyoming****Brian VanEmerik****Senior/ Business**

6'3", 268 lbs.

**Personal Bests:** Bench Press- 425 lbs., Squat- 600 lbs.,

Vertical Jump- 32", Power Clean- 341 lbs., 40 yard dash- 5.04 seconds

"Brian is a vocal leader, a hard worker, and a tough competitor. His 425 lb. bench press is one of the most impressive lifts he has. His presence and leadership will be missed." – Scott Bennett, NSCA member sponsor.

**Football/ Defensive Lineman****University of Iowa****Scott Pospisil****Senior/ Business**

6'2", 260 lbs.

**Personal Bests:** Bench Press- 385 lbs., Squat- 540 lbs.,

Vertical Jump- 35.5", Power Clean- 350 lbs., 40 yard dash- 4.78 seconds

"Scott is the hardest working athlete at the University of Iowa. A former walk-on who also won the Hayden Fry Award for on field intensity." – Christopher Doyle, NSCA member sponsor.

**Football/ Defensive Tackle****Buena Vista University****Brad Pohlman****Senior/ Exercise Science**

6'1", 250 lbs.

**Personal Bests:** Bench Press- 385 lbs., Squat- 470 lbs.

"Brad was double teamed all season and played ten games injury free. He is a religious lifter who holds an all time team record. Brad cut body weight this year to be explosive off the ball." – Joe Hadachek, NSCA member sponsor.

**Football/ Defensive Tackle****Shepherd College****Matt Roark****Senior/ Sports Management**

6'2", 265 lbs.

**Personal Bests:** Bench Press- 365 lbs., Squat- 495 lbs.,

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

"Matt never missed a workout his entire career! He probably did not have ability as freshman to be a three year starter, but work and effort in training assisted with making him improve on the field. He was elected team captain in 1999 and will graduate with a 3.1 GPA. He is an outstanding person that will make a difference in our society." – Anthony "Pete" Yurish, NSCA member sponsor.

**Football/ Defensive Tackle****Youngstown State University****Frank Kaydo****Senior/ Justice**

6'2", 290 lbs.

**Personal Bests:** Bench Press- 445 lbs., Squat- 590 lbs.,

Vertical Jump- 29.5", Power Clean- 308 lbs., 40 yard dash- 5.1 seconds

"Frank has been a very hard worker since day one of his freshman year. His steady play has been a mainstay of our defense. He leads by example." – Dan Wathen, NSCA member sponsor.

**Football/ Free Safety****Glendale Community College****Reggie Webb****Sophomore/ Criminal Justice**

6'1", 190 lbs.

**Personal Bests:** Bench Press- 300 lbs., Squat- 500 lbs.,

Vertical Jump- 31", Power Clean- 260 lbs., 40 yard dash- 4.42 seconds

"Reggie overcame limited range of motion in his right deltoid and an elbow surgery (the doctor told him he would never play football again) to power clean lift 260 lbs. His dedication to our strength and conditioning program has resulted in overcoming past injuries and moving into the starting free safety position where he averaged 1.5 interceptions per game to help Glendale Community College get back into the Valley of the Sun Bowl." – Winston E. Washington CSCS, NSCA member sponsor.

**Football/ Free Safety****Utah State University****Donald Dick****Senior/ Business**

5'10 3/4", 198 lbs.

**Personal Bests:** Bench Press- 390 lbs., Squat- 650 lbs.,

Vertical Jump- 33.5", Power Clean- 325 lbs., 40 yard dash- 4.72 seconds

"Donald is a great leader, possesses the inner drive to make himself and his teammates better. Never missed a practice or game due to injury. Demonstrates the commitment you want the whole team to have." – Shawn Griswold, NSCA member sponsor.



**Football/ Fullback**  
**Glendale Community College**  
**Aaron Midkiff**  
**Sophomore/ Business & Exercise Science**

5'11", 210 lbs.  
**Personal Bests:** Bench Press- 300 lbs., Squat- 430 lbs.,  
 Vertical Jump- 30", Power Clean- 310 lbs., 40 yard dash- 4.62 seconds  
 "Aaron's determination earned him the starting fullback position this season. He had to overcome a late season ankle injury, but performed well in our bowl game. His power clean increased to 310 lbs., as well as his body weight, which went up 20 lbs. Aaron demands the best of himself and his teammates alike."  
 – Winston E. Washington CSCS, NSCA member sponsor.

**Football/ Fullback**  
**State University of West Georgia**  
**Steve Ivie**  
**Senior/ Business & Real Estate**

6'0", 220 lbs.  
**Personal Bests:** Bench Press- 400 lbs., Squat- 550 lbs.,  
 Vertical Jump- 37", Power Clean- 320 lbs., 40 yard dash- 4.6 seconds  
 "Steve has received numerous awards: three time Special Teams Player of the Game, and one time Offensive Player of the Game. Steve stepped into to fill a slot at fullback position, gained 25 lbs. and tremendous amount of strength due to a select strength and conditioning program. He is a force to be reckoned with at his new position. He is a great asset to the special teams unit. I have to attribute all of his success first to God, second to his great character, and third to strength and conditioning." – Kevin Johnson, NSCA member sponsor.

**Football/ Fullback**  
**University of Central Florida**  
**Page Sessoms**  
**Senior/ Exceptional Education**

6'0", 227 lbs.  
**Personal Bests:** Bench Press- 410 lbs., Squat- 465 lbs.,  
 Vertical Jump- 36", Power Clean- 301 lbs., 40 yard dash- 4.55 seconds  
 "Page broad jumps 10' 2 1/2" and benched 225 lbs. 33 times. He has maintained good flexibility and great shuttle times. Page has shown great patience and this year he has finally had a chance to show his ability as a runner and a pass catcher." – Reese Mikulski, NSCA member sponsor.

**Football/ Fullback**  
**University of Maine**  
**Brent Naccara**  
**Senior/ Mass Communications**

6'3", 262 lbs.  
**Personal Bests:** Bench Press- 385 lbs., Squat- 470 lbs.,  
 Vertical Jump- 28", Power Clean- 360 lbs., 40 yard dash- 4.82 seconds  
 "As with all great leaders, Brent is a standard by which all others will be measured. I can't recall a strength or conditioning session that he missed in his years as a student athlete. Brent's incredible work ethic and great intensity allowed him to become extremely strong, fast, and fit. He prepared himself for a great college career." – Jim St. Pierre, NSCA member sponsor.



**Football/ Linebacker**  
**College of the Canyons**  
**Sean Cogswell**  
**Sophomore/ Business**

5'11", 215 lbs.  
**Personal Bests:** Bench Press- 300 lbs., Squat- 485 lbs.,  
 Vertical Jump- 27", Power Clean- 300 lbs., 40 yard dash- 4.85 seconds  
 "Sean is a two time All-Conference linebacker that dominated on the defensive side of the ball and lead his team to back-to-back bowl games in only his second season. His dedication and belief in all phases of our strength and conditioning system has helped him remain virtually injury free and placed him at the top of ALL of our athletes in terms of physical condition." – Robert Remedios, NSCA member sponsor.

**Football/ Linebacker**  
**East Stroudsburg University**  
**Kevin Nagle**  
**Senior/ Recreation**

6'2", 235 lbs.  
**Personal Bests:** Bench Press- 375 lbs., Squat- 485 lbs.,  
 Vertical Jump- 33", Power Clean- 315 lbs., 40 yard dash- 4.56 seconds  
 "Kevin, the 1998 PSAC Eastern Division Player of the year, possesses the qualities necessary to be a team leader both on and off the field. He has lead the team in tackles the last three years with over 100 each in the last two seasons. Off the field, his excellent work ethic and dedication in the weightroom as well as the classroom has made him a pleasure to work with." – Robert Mikulski, NSCA member sponsor.

**Football/ Linebacker**  
**The University of Southern Mississippi**  
**T.F. Slaughter**  
**Senior/ Business Management**

6'0 3/4", 247 lbs.  
**Personal Bests:** Bench Press- 400 lbs., Squat- 505 lbs.,  
 Vertical Jump- 32.5", Power Clean- 300 lbs., 40 yard dash- 4.61 seconds  
 "Respected by peers and staff, T.F. has phenomenal work ethic and has been named Strength and Conditioning Athlete of the Year at University of Southern Mississippi for the past two years." – Charlie Dudley, NSCA member sponsor.

**Football/ Linebacker**  
**University of North Dakota**  
**Wes Atkinson**  
**Senior/ Banking and Finance**

6'0", 222 lbs.  
**Personal Bests:** Bench Press- 355 lbs., Squat- 555 lbs.,  
 Vertical Jump- 33.5", Power Clean- 360 lbs., 40 yard dash- 4.51 seconds  
 "Wes will be remembered as one of the hardest athletes at University North Dakota. His leadership is second to no one." – Paul Chapman, NSCA member sponsor.



**Football/ Linebacker**  
**University of Missouri**  
**Barry Odom**  
**Senior/ Agricultural Economics**  
 6'0", 230 lbs.

**Personal Bests:** Bench Press- 550 lbs., Squat- 700 lbs.,  
 Vertical Jump- 35.5", Power Clean- 440 lbs., 40 yard dash- 4.5 seconds  
 "Barry battled back from two knee injuries to become the heart and soul of the defense unit. He is an inspiration and a joy to coach." – Bob Jones, NSCA member sponsor.

**Football/ Linebacker**  
**University of Pennsylvania**  
**Dan Morris**  
**Sophomore/ Business**  
 6'1", 225 lbs.

**Personal Bests:** Bench Press- 370 lbs., Squat- 505 lbs.,  
 Vertical Jump- 35", Power Clean- 355 lbs., 40 yard dash- 4.75 seconds  
 "Dan started at linebacker after moving positions from strong safety. He added 15 lbs. of body weight during off season and maintained speed. Dan was second on the team with total tackles. He is a solid leader on and off the field. His dedication to the weight room and conditioning was demonstrated on the field." – Robert Wagner, NSCA member sponsor.

**Football/ Nose Guard**  
**Central Connecticut State University**  
**Ben Gottlieb**  
**Freshman/ Sociology**  
 5'11", 260 lbs.

**Personal Bests:** Bench Press- 405 lbs., Squat- 780 lbs.,  
 Vertical Jump- 27", 40 yard dash- 5.0 seconds  
 "As a Freshman Redshirt has been the strongest player in the room. He had a severe car accident but still maintained the strength he has. He is a true leader in the weightroom and on the field." – Michael Ericksen, NSCA member sponsor.

**Football/ Offensive Back**  
**Southern College, Kansas**  
**Nathan Turner**  
**Senior / Health, Physical Education**  
 6'2", 280 lbs.

**Personal Bests:** Bench Press- 495 lbs., Squat- 550 lbs.,  
 Vertical Jump- 29", Power Clean- 325 lbs., 40 yard dash- 5.2 seconds  
 "Nate is a great athlete and continues to work hard on his strength and speed. He also aids in coaching others in the weightroom. After receiving several injuries, he has remained consistent in his attendance and effort." – Chris Douglas, NSCA member sponsor.



**Football/ Offensive Guard**  
**Tennessee State University**  
**Benny Anderson**  
**Senior/ Secondary Education & History**  
 6'5", 320 lbs.

**Personal Bests:** Bench Press- 440 lbs., Squat- 540 lbs.,  
 Vertical Jump- 21", Power Clean- 340 lbs., 40 yard dash- 5.4 seconds  
 "As one of the football team's captains, Benny led by example, and was a model of consistency during all phases of the strength and conditioning program. He was a key factor in the football team's back-to-back conference championships and undefeated 1999 regular season. Benny was also named first team All-Conference twice." – Mark C. Davis, NSCA member sponsor.

**Football/ Offensive Line**  
**Elmhurst College**  
**Kevin Donovan**  
**Senior/ Geography, Urban Studies**  
 6'2", 270 lbs.

**Personal Bests:** Bench Press- 330 lbs., Squat- 480 lbs.,  
 Vertical Jump- 23", Power Clean- 280 lbs., 40 yard dash- 5.15 seconds

**Football/ Offensive Lineman**  
**Louisiana State University**  
**Louis Williams**  
**Junior/ Kinesiology**  
 6'4", 300 lbs.

**Personal Bests:** Bench Press- 405 lbs., Squat- 605 lbs.,  
 Vertical Jump- 26", Power Clean- 335 lbs., 40 yard dash- 5.2 seconds  
 "Louis is a great leader in the weightroom. His strength has made him one of the top offensive linemen in the South Eastern Conference." – Nick Bucholtz, NSCA member sponsor.

**Football/ Offensive Tackle**  
**Juniata College**  
**Randy Williams**  
**Senior/ Political Science**  
 6'2", 290 lbs.

**Personal Bests:** Bench Press- 405 lbs., Squat- 515 lbs.,  
 Vertical Jump- 21", Power Clean- 250 lbs.  
 "Randy is Hansen's Football Gazette Division III and All American Middle Atlantic All Conference Team. He leads on and off the field with his example of hard work." – Douglas Bryce Smith, NSCA member sponsor.

**Football/ Offensive Tackle**  
**Shepherd College**  
**Jay Green**  
**Senior/ Sports Communication**  
 6'5", 285 lbs.

**Personal Bests:** Bench Press- 375 lbs., Squat- 485 lbs.,  
 Vertical Jump- 30", Power Clean- 320 lbs., 40 yard dash- 4.85 seconds  
 "Jay was a two year captain that was elected based on his work ethic and dedication. Strength and conditioning changed his whole outlook on not only his athletic career, but his whole life. Jay is very unselfish and extremely team orientated." – Anthony "Pete" Yurish, NSCA member sponsor.



**Football/ Outside Linebacker**

**Drake University**

**Jim Makris**

**Senior/ Education**

5'11", 235 lbs.

**Personal Bests:** Bench Press- 400 lbs., Squat- 645 lbs.,

Vertical Jump- 29.5", Power Clean- 375 lbs., 40 yard dash- 4.76 seconds

"Jim has great confidence in himself and has the ability to concentrate on each lift in a work-out. Jim has always been strong, but has really worked on his explosiveness. He is a three year starter." – Stewart Briggs, NSCA member sponsor.

**Football/ Outside Linebacker**

**Moorhead State University**

**Colin Anderson**

**Senior/ Art & Computer Animation**

6'0", 236 lbs.

**Personal Bests:** Bench Press- 435 lbs., Squat- 720 lbs.,

Vertical Jump- 28", Power Clean- 345 lbs., 40 yard dash- 4.94 seconds

"Colin is a work-horse in the weight room. He realizes that the gains made in the weight room correlate to his performance on the field." – Keith Wiedrich, NSCA member sponsor.

**Football/ Quarterback**

**Midamerica Nazarene University**

**Jeremy Males**

**Junior/ English Education**

6'0", 175 lbs.

**Personal Bests:** Squat- 300 lbs.,

Vertical Jump- 28", Power Clean- 225 lbs., 40 yard dash- 4.9 seconds

"Jeremy is a leader by example with great perseverance and a tremendous work ethic. He has made himself a great player by constant work on rehabilitation from injuries during his freshman and sophomore years." – Tom Cross, NSCA member sponsor.

**Football/ Quarterback**

**Northern Arizona University**

**Travis Brown**

**Senior/ Secondary Education, Social Studies**

6'4", 215 lbs.

**Personal Bests:** Bench Press- 332 lbs., Squat- 535 lbs.,

Vertical Jump- 27", Power Clean- 255 lbs., 40 yard dash- 4.85 seconds

"Travis is one of the most prolific passer's in NCAA history (11,000) yards with a linebacker work ethic. He spent every summer lifting, running, and devoting time to making himself and those around him better." – Rick McClure, NSCA member sponsor.



**Football/ Quarterback**

**Southern Methodist University**

**Josh McCown**

**Sophomore/ Communications**

210lbs.

**Personal Bests:** Bench Press- 280 lbs., Squat- 485 lbs.,

Vertical Jump- 33.5", Power Clean- 380 lbs., 40 yard dash- 4.42 seconds

"Josh has worked extremely hard to improve his strength, power and speed. In one year Josh put on 10 lbs. of muscle, improved his bench 55 lbs., his squat 100 lbs., and his clean 50 lbs. In addition, Josh improved his 40 yard dash 0.23 seconds and increased his vertical jump 4" to 33.5". He is an excellent leader." – Jon Jost, NSCA member sponsor.

**Football/ Receiver**

**University of Nevada**

**Trevor Insley**

**Senior/ Physical Engineering**

6'0"

**Personal Bests:** Bench Press- 315 lbs., Squat- 465 lbs.,

Vertical Jump- 34", Power Clean- 301 lbs., 40 yard dash- 4.62 seconds

"Trevor became the NCAA All-Time receiving yards record holder in November. The Biletnkoff Award finalist is only 11 catches away from the All-time receptions record. Trevor credits these honors to the hard work of his teammates and his own efforts in the weight room and practice on the field. He takes pride in the sacrifice of his own personal statistics to help the team win. Because of his team dedication we were able to have a top-ranked offense in Division I-A football." – Aaron Shelley, NSCA member sponsor.

**Football/ Receiver**

**Yale University**

**Jake Fuller**

**Senior/ History**

5'10", 191 lbs.

**Personal Bests:** Bench Press- 297 lbs., Squat- 524 lbs.,

Vertical Jump- 31", Power Clean- 304 lbs., 40 yard dash- 4.59 seconds

"Jake captained the 1999 Bulldogs to a 9-1 record and the Ivy League co-championship, their first of the decade. He set Yale's single season record for kickoff return yardage, led the Ivy league in kickoff returns, and was ranked 8th in all-purpose yards per game. He also was a two time selection as GTE/ CoSIDA Academic All-America District I and Academic All- Ivy." – Steven Plisk, NSCA member sponsor.

**Football/ Running Back**

**Miami University**

**Travis Prentice**

**Senior/ Elementary Education**

6'0", 228 lbs.

**Personal Bests:** Bench Press- 415 lbs., Squat- 600 lbs.,

Vertical Jump- 36.5", Power Clean- 405 lbs., 40 yard dash- 4.37 seconds

"Travis came to Miami as a 197 lb. freshman running a 40 yard dash at 4.75 seconds. He left as the leading scorer in NCAA history!" – Dan Dalrymple, NSCA member sponsor.



**Football/ Strong Safety**  
**University of San Diego**  
**Brian Lyman**  
**Sophomore/ Undecided**  
 5'11", 195 lbs.

**Personal Bests:** Bench Press- 300 lbs., Squat- 510 lbs.,  
 Vertical Jump- 31", Power Clean- 309 lbs., 40 yard dash- 4.73 seconds  
 "Brian is the strongest athlete, pound-for-pound, we have ever had. He has started since his first game as a freshman. He also dances with the Oregon State Ballet Company. He has used ballet, strength and conditioning to improve his performance on the football field." – Steve Brown, NSCA member sponsor.

**Football/ Tailback**  
**The University of Virginia's College**  
**Greg Tester**  
**Sophomore/ Administration of Justice**  
 5'8", 195 lbs.

**Personal Bests:** Bench Press- 435 lbs., Squat- 540 lbs.,  
 Vertical Jump- 37", 40 yard dash- 4.52 seconds  
 "Greg is a quiet, unassuming, intense weight lifter and avid conditioner. Without any expected fanfare, he always gives his best; in the weight room, in conditioning drills, and on the game field." – Bruce Wasem, NSCA member sponsor.

**Football/ Tailback**  
**University of Louisiana - Monroe**  
**Mike Mitchell**  
**Senior/ General Studies**  
 5'7", 184 lbs.

**Personal Bests:** Bench Press- 335 lbs., Squat- 545 lbs.,  
 Vertical Jump- 34", Power Clean- 305 lbs., 40 yard dash- 4.44 seconds  
 "This past season Mike led the team in rushing, all purpose yards, was third in receiving, and led the team in scoring eight touchdowns. This All-Louisiana performer always leads by example. He worked hard in the weight room and was the top point getter at our annual "Iron Indian" competition. Mike Mitchell is not only one of the best athletes I have ever coached, he is one of the best people as well." – Dave Richardson, NSCA member sponsor.

**Football/ Tight End**  
**Illinois State University**  
**Scott Preusker**  
**Senior/ Public Relations**  
 6'4", 243 lbs.

**Personal Bests:** Bench Press- 460 lbs., Squat- 680 lbs.,  
 Vertical Jump- 27.5", Power Clean- 365 lbs., 40 yard dash- 4.77 seconds  
 "Scott is an All-Conference selection as well as an Academic All-Conference and GTE Academic All American. He maintains a 3.2 GPA and he finished the regular season with thirty-two catches for 314 yards and two touchdowns." – Robert B. Lindsey, NSCA member sponsor.



**Football/ Tight End**  
**St. Lawrence University**  
**Ban DeBottis**  
**Senior/ Biology**  
 6'1", 217 lbs.

**Personal Bests:** Bench Press- 350 lbs., Squat- 500 lbs.,  
 Vertical Jump- 25", Power Clean- 305 lbs., 40 yard dash- 4.70 seconds  
 "Three year starter - Great blocker and receiver. Dan takes his intensity and love of football into the weightroom. Dedicated team leader in the way he works and plays. All the coaches and players respect him." – Mark J. Jozwiak, NSCA member sponsor.

**Football/ Wide Receiver**  
**University of New Hampshire**  
**Jermaine Washington**  
**Senior/ Sociology**  
 5'9", 176 lbs.

**Personal Bests:** Bench Press- 245 lbs., Squat- 452 lbs.,  
 Vertical Jump- 31.5", Power Clean- 254 lbs., 40 yard dash- 4.59 seconds  
 "Jermaine has used strength training and conditioning to transform himself from a walk-on to the leading receiver on the team. He hold the school record for most receptions in a season. Jermaine was named second team all conference this year." – Alison Parakh, NSCA member sponsor.

**Football/Tailback**  
**James Madison University**  
**Curtis Keaton**  
**Senior**  
 5'11", 215 lbs.

**Personal Bests:** Bench Press- 405 lbs., Squat- 750 lbs.,  
 Vertical Jump- 41.5", Power Clean- 405 lbs., 40 yard dash- 4.26 seconds  
 "Curtis is a gifted athlete, yet has never taken his gifts for granted. His is constantly working toward maximizing his strength, speed, and skills. Curtis suffered with spinal meningitis back in 1996, an illness that would end most athlete's careers, but he fought back from this illness, kept his sights on his lifelong goal to make it to the NFL and has never looked back. Curtis rushed for over 1700 yards and scored twenty-one touchdowns this season, was named the most valuable player in the Atlantic Ten, and let the Dukes to an 8-4 conference championship season which ended in the National playoffs. Curtis has truly been a leader in the weightroom, motivating his teammates and others through his example." – Greg Werner, CSCS, NSCA member sponsor.

**Ice Hockey/ Center**  
**Yale University**  
**Keith McCullough**  
**Senior/ Economics**  
 5'10", 190 lbs.

**Personal Bests:** Bench Press- 319 lbs., Squat- 488 lbs.,  
 Vertical Jump- 29", Power Clean- 260 lbs.  
 "Keith captained the 1998-1999 Bulldogs to their second consecutive Ivy League championship. He was the team's best face-off specialist, finished his career with twenty-two goals and forty-two assists, and was recognized by his teammates with the "Malcom G. Chase Award" for sportsmanship, spirit, and ability. Keith is an aggressive two-way center who fought through recurring shoulder injuries and sparked the team to play their best in big games." –Tom Migdalski, NSCA member sponsor.



**Ice Hockey/ Defense**

**Dartmouth College**

**Ryan Burkart**

**Senior/ Economics**

5'11", 192 lbs.

**Personal Bests:** Bench Press- 300 lbs., Squat- 415 lbs.,

Vertical Jump- 30.5", Power Clean- 302 lbs.

"Ryan has a superior work ethic and trains at the highest level of intensity and enthusiasm. Over his career he has made tremendous improvements in his strength, power, and speed. He has established himself as a physically dominant player and last season posted career marks offensively. He was elected captain by his teammates for the 1999-2000 season." – Jane Taylor, NSCA member sponsor.

**Ice Hockey/ Forward**

**Dartmouth College**

**Kristina Guarino**

**Junior/ History, Psychology**

5'6", 166 lbs.

**Personal Bests:** Bench Press- 155 lbs., Squat- 337 lbs.,

Vertical Jump- 21", Power Clean- 158 lbs.

"Kristina is an incredible leader, not only on the ice, where she co-captains, but in the weight room and during off ice training. She has made it her mission to become to become a better player aspiring to make the US Hockey Team. This summer she was invited to participate in the US Development Camp at Lake Placid. She was also selected to play USA Hockey's 1998 and 1999 Women's Hockey Festivals." – Jay Butler, NSCA member sponsor.

**Ice Hockey/ Forward**

**University of New Hampshire**

**Melissa McKenzie**

**Senior/ Exercise Science- Athletic Training**

5'4", 138 lbs.

**Personal Bests:** Bench Press- 135 lbs., Squat- 205 lbs.,

Power Clean- 118 lbs.

"Melissa is very dedicated to improving her athletic skills through strength and conditioning. Last year she scored two hat tricks. Melissa has been named to the U.S. Select Women's team for 1999." – Alison Parakh, NSCA member sponsor.

**Ice Hockey/ Left Defense**

**The Ohio State University**

**Andre Signoretti**

**Sophomore/ Criminology**

5'9", 193 lbs.

**Personal Bests:** Bench Press- 280 lbs.

Vertical Jump- 26.5", Power Clean- 280 lbs.

"20-Pro Agility - 4.04, Upper Body Dips-39, Lead all OSU Defensemen in scoring, second team ALL-CCHA, 4th CCHA Defensemen in scoring, winner of 1999 OSU Teptathlon Fitness Challenge." – Erick Schork, NSCA member sponsor.



**Lacross/ Midfielder**

**Duquesne University**

**Meghan Hungate**

**Junior/ Liberal Arts**

5'9", 145 lbs.

**Personal Bests:** Bench Press- 125 lbs., Squat- 245 lbs.,

Vertical Jump- 20", 40 yard dash- 5.01 seconds

"Meghan is the epitome of a true student-athlete. She ranked 10th in the nation in both goals and assists per game. She is the strongest member of the team and pushes her team to succeed, Meghan has been named to two All-Conference Academic Teams and the Deans List." – Adam Hittinger, NSCA member sponsor.

**Lacrosse/ Attack**

**Dartmouth College**

**Kate Graw**

**Senior/ Biology, Psychology**

5'11", 165 lbs.

**Personal Bests:** Bench Press- 140 lbs., Squat- 235 lbs.,

Vertical Jump- 19", Power Clean- 137 lbs., 40 yard dash- 5.38 seconds

"Kate has been an absolute pleasure to coach. She continues to be a great support to our program and her leadership skills are unquestioned as a second year captain. For the second straight year she was named first team All-Ivy and second team All-America, as well as playing on the U.S. Women's Lacrosse Association developmental squad." – Jane Taylor, NSCA member sponsor.

**Lacrosse/ Defense**

**Yale University**

**Tara Malloy**

**Senior**

**Personal Bests:** Bench Press- 120 lbs., Squat- 270 lbs.,

"Tara became a solid backline player with her superior work ethic. She trained with tremendous enthusiasm and intensity, and made significant improvements in strength, power, and speed over her four year career. She was a team leader in the Strength and Conditioning program and set the standard for accountability."

– Russ DeRosa, NSCA member sponsor.

**Lacrosse/ Midfield**

**Yale University**

**Coddy Johnson**

**Senior/ Ethics, Politics, & Economics**

6'0", 180 lbs.

**Personal Bests:** Bench Press- 265 lbs., Squat- 488 lbs.,

Vertical Jump- 26", Power Clean- 246 lbs.

"Coddy moved from attack to midfield and his athleticism and leadership were a big part of the Bulldogs' 17th place national ranking in 1998-1999. He was named Honorable Mention All-New England, and was also selected GTE/CoSIDA District Spring At Large Academic All-America and New England Lacrosse Scholar Athlete. He was recognized with the "Winthrop A. Smith Award" for the player whose superior conditioning and team play served as inspiration to his teammates." – Russ DeRosa, NSCA member sponsor.



**Soccer**  
**Humboldt State University**  
**John Koven**  
**Senior/ Business**  
 5'11", 175 lbs.

**Personal Bests:** Bench Press- 300 lbs., Squat- 400 lbs.,  
 Vertical Jump- 34", Power Clean- 300 lbs., 40 yard dash- 4.43 seconds  
 "John is the school's only three-time All American. His success can be directly attributed to his incredible work ethic. John's speed and power on the soccer field are at another level than that of his competition. Under his leadership and by his example the Humboldt State University Soccer team has become recognized and respected as the most physical team in the conference. John holds all of the school's strength records in his weight class as well as the overall record in the 20 yard shuttle run and 40yard dash." – Andrew Peterson, NSCA member sponsor.

**Soccer/ Back-Full**  
**Rutgers University at Camden**  
**Nicholas Sexton**  
**Junior/ Business**  
 5'8", 169 lbs.

**Personal Bests:** Bench Press- 215 lbs., Squat- 375 lbs.,  
 "Nick is a great guy and does what it takes to get the job done." – Gregory White, NSCA member sponsor.

**Soccer/ Defender**  
**San Jose State University**  
**Kelli Mahoney**  
**Senior/ Child Development**  
 5'10", 150 lbs.

**Personal Bests:** Bench Press- 155 lbs., Squat- 315 lbs.,  
 Vertical Jump- 23", Power Clean- 173 lbs.  
 "Kelli is an exceptional young woman. She is a team leader, whose year round commitment has made her the Gold standard for her peers. Her consistent participation in the training program helped her overcome a freshman injury and demonstrate to other female athletes the benefits of hard work and training. She led her team to the WAC Tournament four straight years and is the team's Defensive Most Valuable Player." – Michael Cox, NSCA member sponsor.

**Soccer/ Defender**  
**Southern Methodist University**  
**Holly Broome**  
**Junior/ Business**  
 5'5", 125 lbs.

**Personal Bests:** Bench Press- 138 lbs., Squat- 213 lbs.,  
 Vertical Jump- 22.5", Power Clean- 155 lbs.  
 "Holly has had an outstanding year of training. She set personal records in bench press (140 lbs.), squat (215 lbs.), hang cleans (155 lbs.), and increased her vertical jump to 22 ½". She has also carried her determination over to the field, where she helped lead her team to "Sweet 16" berth in the NCAA Tournament." – Bryan Tyrone McCall, NSCA member sponsor.



**Soccer/ Goal Keeper**  
**University of Missouri**  
**Jackie Adamec**  
**Senior/ Pre-Physical Therapy**  
 5'6", 148 lbs.

**Personal Bests:** Bench Press- 115 lbs., Squat- 230 lbs.,  
 Power Clean- 145 lbs.  
 "Jackie's hard work in the weight room made her a great leader on the field. Jackie gives people around her a great inspiration along with many laughs. She has been a pleasure to coach." – Sara Gonaes, NSCA member sponsor.

**Soccer/ Goalie**  
**University of Oregon**  
**Amanda Fox**  
**Senior/ Psychology, Fine and Applied Arts**  
 5'6"

**Personal Bests:** Bench Press- 145 lbs., Squat- 230 lbs.,  
 Vertical Jump- 20.5", Power Clean- 155 lbs., 40 yard dash- 5.62 seconds  
 "Amanda is a four year starter and kept her position after an ankle surgery in the off-season." – James C. Radcliff/John Krasinski, NSCA member sponsors.

**Soccer/ Mid-Fielder**  
**Virginia Tech**  
**Kerry Guenther**  
**Senior/ Human Resources**  
 5'7", 149 lbs.

**Personal Bests:** Bench Press- 140 lbs., Squat- 265 lbs.,  
 Vertical Jump- 21.5"  
 "Kerry is an intense and hard working student athlete whose commitment resulted in success on the field and in the weightroom. She holds the team bench press record, was named co-captain her junior and senior years, and started every game her sophomore, junior and senior year." – Shigeru "Sonny" Sano, NSCA member sponsor.

**Soccer/ Midfielder**  
**Duquesne University**  
**Mike Baleno**  
**Junior/ Biology, Pre-Med**  
 5'10", 174 lbs.

**Personal Bests:** Bench Press- 225 lbs., Squat- 365 lbs.,  
 Vertical Jump- 21", 40 yard dash- 4.58 seconds  
 "As Co-Captain of the soccer team, Mike is a leader on and off the field. He guided younger team members through the weight room. His personal efforts helped solidify a team that finished second in the Atlantic Ten Conference. Mike is the fastest Duquesne athlete in both the 40 and 100 yard distances. He is on the Dean's List, Conference Commissioner's Honor Roll, and the Athletic Directors Honor Roll." – Adam Hittinger, NSCA member sponsor.





**Soccer/ Sweeper**  
**College of the Canyons**  
**Travy Passafiume**  
**Sophomore/ Undecided**  
 5'6", 135 lbs.

**Personal Bests:** Squat- 195 lbs.,  
 Vertical Jump- 19", Power Clean- 145 lbs.

"Tracy is a two time all conference selection and an All-American candidate for this season. She led our soccer team to conference championship in only it's second season. Tracy has shown great work habits in our strength and conditioning program and is a great example of a female "getting after it" and getting better on the field by improving her activities in the weightroom." – Robert Remedios, NSCA member sponsor.

**Softball**  
**University of Missouri**  
**Stacey Gemeinhart**  
**Senior**

5'1 1/2", 120 lbs.

**Personal Bests:** Bench Press- 170lbs., Squat- 455 lbs.,  
 Vertical Jump- 18", Power Clean- 260 lbs., 40 yard dash- 4.9 seconds

"Intensity. This is the best description of Stacey. Her dedication to training has elevated her play. She has helped raise the standards for the entire team. Stacey is a special young lady to work with. " – Bob Jones, NSCA member sponsor.

**Softball/ Center Field**  
**Louisiana State University**  
**Stacey Newton**

**Senior/ Kinesiology**  
 5'10", 150 lbs.

**Personal Bests:** Bench Press- 205 lbs., Squat- 325 lbs.,  
 Vertical Jump- 22", Power Clean- 165 lbs., 40 yard dash- 5.01 seconds

"Stacey has great work ethic in the weight room. She is a multi-sport participant and a born leader. The best leadership skills Louisiana State University has had in recent years. She is an active member in the Fellowship of Christian Athletes." – Nick Bucholtz, NSCA member sponsor.

**Softball/ Infield**  
**California State University-Fullerton**  
**Kristy Osborne**

**Senior/ Business, Accounting**  
 5'9", 165 lbs.

**Personal Bests:** Bench Press- 120 lbs., Squat- 200 lbs.,  
 Vertical Jump- 16.75", Power Clean- 125 lbs., 40 yard dash- 5.6 seconds

"Kristy is the hardest worker on the team. Her work ethic shows on the field, in the classroom, and the weight room. She suffered a serious knee injury two years ago and has come back stronger than before. She sets a wonderful example for young players." – Alison Wittwer, NSCA member sponsor.



**Softball/ Infield**  
**The University of Southern Mississippi**  
**Amy Berman**

**Senior/ Radio, Film, & Television**  
 5'6", 180 lbs.

**Personal Bests:** Bench Press- 135 lbs., Squat- 205 lbs.,  
 Vertical Jump- 15.0", Power Clean- 160 lbs., 20 yard dash- 3.40 seconds

"Amy worked very hard to get to where she is now and has developed a good work ethic. Her ability to listen/apply to coaching is second to none. She is a born Leader!" – Charlie Dudley, NSCA member sponsor.

**Softball/ Outfield, Catcher**  
**Midamerica Nazarene University**  
**Whitney Jenkins**

**Junior/ Athletic Training**  
 5'5", 137 lbs.

**Personal Bests:** Squat- 175 lbs.,  
 Vertical Jump- 19.5", Power Clean- 150 lbs.

"Perseverance and technique are her trademarks. She has used her persistent training to become a starter. She has earned her USAW Club Coaching certificate and is the current state weightlifting 63K champion with a 3.3 GPA." – Tom Cross, NSCA member sponsor.

**Softball/ Outfielder**  
**Texas A&M University**  
**Hollee Hayden**  
**Junior/ Speech Communications**

5'3", 127 lbs.

**Personal Bests:** Bench Press- 100 lbs., Squat- 265 lbs.,  
 Vertical Jump- 22.5", Power Clean- 60 lbs.

"Hollee is a speed athlete with an incredibly fast first step. As a former transfer who had never lifted weights before, she has made great progress in the weight room. She has used the weight room to get faster and more explosive. She holds records in the 20 yard dash, 40 yard dash, the pro-shuttle, and was number one in the overall off season program. Hollee is a high energy athlete that keeps things interesting." – Raychelle Ellsworth, NSCA member sponsor.

**Softball/ Third Base**  
**University of Pennsylvania**  
**Jennifer Moore**

**Sophomore/ English**  
 5'4", 150 lbs.

**Personal Bests:** Bench Press- 185 lbs., Squat- 205 lbs.,  
 Vertical Jump- 24", Power Clean- 150 lbs., 40 yard dash- 5.3 seconds

"Jennifer was first tram All-Ivy league and she started all thirty-seven games. She has a tremendous work ethic in the weight room with a "never say quit" attitude that carries over onto the field." – Robert Wagner, NSCA member sponsor.



**Swimming/ Individual Medly, Breastroke**

**Miami University**

**Amanda Furlano**

**Senior/ Health Appraisal**

5'2", 115 lbs.

**Personal Bests:** Bench Press- 135 lbs., Squat- 215 lbs.,

"As an NCAA qualifier, Amanda has utilized her strength in the water very effectively. Her fortitude and hard work in the weight room has earned her numerous accolades." – Dan Dalrymple, NSCA member sponsor.

**Swimming/ Sprint**

**Virginia Tech**

**Jon Frost**

**Senior/ Business**

6'1", 185 lbs.

**Personal Bests:** Bench Press- 310 lbs., Squat- 370 lbs.,

Vertical Jump- 34"

"Jon's accomplishments are a result of his great work ethic in and out of the water. Jon was a true walk-on and through hard work he earned a scholarship. He holds many of our records for men's swimming. He is an excellent example for younger athletes." – Jay Johnson, NSCA member sponsor.

**Thrower/ Javelin, Discus**

**University of Minnesota**

**Nicole Chimko**

**Senior/ Psychology**

5'10", 180 lbs.

**Personal Bests:** Bench Press- 190 lbs., Squat- 315 lbs.,

Power Clean- 210 lbs.

"Best Siscus Throw 55.62m (186 ft) Best Javelin Throw: 54.96m (185 feet)." – Amy Scott, NSCA member sponsor.

**Track & Field**

**Murray State University**

**Kylee Lyon**

**Sophomore/ Physical Education**

5'5 1/2", 165lbs.

**Personal Bests:** Bench Press- 145 lbs., Squat- 275 lbs.,

Vertical Jump- 20", Power Clean- 145 lbs.

"Kylee is very dedicated and coachable. She never has an "off" day at practice. Conference runner-up as a freshman despite an injury. She also has a 3.5 GPA" – Brian Chpruch, NSCA member sponsor.

**Track & Field**

**Johnson County Community College**

**Jeremy Burgan**

**Sophomore/ Civil Engineering**

5'7", 164 lbs.

**Personal Bests:** Bench Press- 290 lbs., Squat- 425 lbs.,

Vertical Jump- 34", Power Clean- 245 lbs., 40 yard dash- 4.20 seconds

"Jeremy is the type of athlete who enjoys his practice and conditioning. He never misses a workout or practice and harmoniously combines his academics with his sport." – Istvan Javorek, NSCA member sponsor.



**Track & Field / Pole Vault**

**Truman State University**

**Kristi Morton**

**Junior/ Pre Med**

5'6", 125 lbs.

**Personal Bests:** Bench Press- 135 lbs., Squat- 260 lbs.,

Vertical Jump- 16", Power Clean- 150 lbs.

"Hard work has made her a excellent pole vaulter, second in conference, and school record holder for pole vault. Also, she has already been accepted to medical school." – John Ware, NSCA member sponsor.

**Track & Field/ Hammer Throw**

**Western Oregon University**

**Candice Ekhooff**

**Sophomore/ Psychology**

6'3", 245 lbs.

**Personal Bests:** Bench Press- 165 lbs., Squat- 300 lbs.,

Vertical Jump- 16", Power Clean- 170 lbs., 40 yard dash- 6.6 seconds

"Candice won the 1999 NAIA Women's Hammer Championship with an amazing come from behind victory. Hammer specific strength and power training allowed her to focus a high level of natural athleticism towards her ultimate goal." – Brian Caster, NSCA member sponsor.

**Track & Field/ Hammer Thrower**

**Springfield College**

**Beth Jzyk**

**Senior/ Physical Therapy**

5'5", 163 lbs.

**Personal Bests:** Bench Press- 165 lbs., Squat- 300 lbs.,

Vertical Jump- 20", Power Clean- 155 lbs.

"Beth continues in the Springfield College tradition of successful throwing athletes. She is the captain of the track team. Last year she was a national qualifier and is a probable All-American for this year." Margaret Jones, NSCA member sponsor.

**Track & Field/ Hammer, Discus**

**Virginia Tech**

**Eddie Boes**

**Senior/ Mechanical Engineering**

6'4", 265 lbs.

**Personal Bests:** Bench Press- 355 lbs., Squat- 500 lbs.,

Vertical Jump- 31.5", Power Clean- 360 lbs., 40 yard dash- 4.61 seconds

"Eddie had an unimpressive high school throwing performance. While majoring in the most demanding curriculum, Eddie dedicated himself to training. Through perseverance he has gained 60 lbs. of lean body weight and develop himself into a potential NCAA qualifier in two events. He has won A-10 in discus and has qualified for IC4A in hammer and 35 lbs. weight." – Shigeru "Sonny" Sano, NSCA member sponsor.



**Track & Field/ Hammer, Discus, Shot  
Western Oregon University**

**Zaven Tootikan  
Senior/ Business**

6'3", 245 lbs.

**Personal Bests:** Bench Press- 375 lbs., Squat- 605 lbs.,

Vertical Jump- 34", Power Clean- 350 lbs., 40 yard dash- 4.7 seconds

"Zaven was the 1999 NAIA Hammer Champion, and received All-American honors in shot (6th) and discuss (5th). Four years of dedication to year round training allowed Zaven to achieve this triple All-American performance." – Brian Caster, NSCA member sponsor.

**Track & Field/ Heptathlete  
California State University**

**Marion Reneau  
Senior/ Athletic Training, Fitness**

5'6", 132 lbs.

**Personal Bests:** Bench Press- 135 lbs., Squat- 242 lbs.,

Vertical Jump- 31", Power Clean- 170 lbs., 40 yard dash- 4.84 seconds

"Marion has been the hardest working athlete in the weightroom. Her tremendous work ethic enabled her to finish first in the Big West Championships and qualify for the NCAA track and Field Championships." – Eric La Bombarda, NSCA member sponsor.

**Track & Field/ Javalin, Discus  
University of Massachusetts**

**Vic Morency  
Senior/ Sociology**

6'5", 270 lbs.

**Personal Bests:** Bench Press- 420 lbs., Squat- 520 lbs.,

Vertical Jump- 35", Power Clean- 365 lbs.

"Vic's work ethic has enabled him to go from a 180' high school thrower to 238'. He was All-American two times, Penn Relays champion, IC4A Champion, and New England Champion." – Bob Orlando, NSCA member sponsor.

**Track & Field/ Thrower  
Indiana State University**

**Carrie Myers  
Senior/ Sociology**

5'9", 195 lbs.

**Personal Bests:** Bench Press- 190 lbs., Squat- 440 lbs.,

Vertical Jump- 24", Power Clean- 220 lbs., 40 yard dash- 5.14 seconds

"Carrie has qualified for the National Championship and the US Championship in the Hammer every year. She finished ninth in the NCAA Indoor Championship and sixth in the All American 20 lb. weight throw. Carrie's special qualities include her speed and explosiveness." – Davis Wathen, NSCA member sponsor.



**Track & Field/ Thrower  
Indiana State University**

**Matt McBrien  
Junior/ Construction Technology**

6'3", 210 lbs.

**Personal Bests:** Bench Press- 395 lbs., Squat- 530 lbs.,

Vertical Jump- 34", Power Clean- 340 lbs., 40 yard dash- 4.24 seconds

"Matt used increased strength to improve 17' in the 35 lb. weight throw and 70' in the hammer. He finished fourth in Missouri Valley Conference Championship in the hammer division and his special qualities include his strength and speed." – Davis Koon, NSCA member sponsor.

**Track & Field/ Throws & Heptathlon  
Youngstown State University**

**Mary Domitrovich  
Senior/ Exercise Science**

5'5", 145 lbs.

**Personal Bests:** Bench Press- 205 lbs., Squat- 275 lbs.,

Vertical Jump- 25", Power Clean- 135 lbs., 40 yard dash- 7.1 seconds

"A mainstay on both the track and weight room. Mary holds records for women in both the discuss and bench press. Her work ethic inspires both her teammates and other athletes around her." – Dan Wathen, NSCA member sponsor.

**Track and Field  
University of North Dakota**

**Missy Berg  
Senior/ Physical Education**

5'8", 125 lbs.

**Personal Bests:** Bench Press- 115 lbs., Squat- 210 lbs.,

Vertical Jump- 23", Power Clean- 155 lbs.

"Missy is the hardest working athlete at University of North Dakota. Her dedication and work ethic has made her an All-American track athlete." – Paul Chapman, NSCA member sponsor.

**Track and Field/ Thrower  
University of Central Florida**

**Katara Beard  
Junior/ Business**

5'8 1/2", 230 lbs.

**Personal Bests:** Bench Press- 205 lbs., Squat- 315 lbs.,

Vertical Jump- 18", Power Clean- 180 lbs.

"Katara has used strength and conditioning to increase all of her throws. She put 18' on her hammer throw in 1999. She took all conference honors in hammer throw and shot put." – Reese Bridgman, NSCA member sponsor.



**Track and Field/ Shot**  
**University of New Hampshire**  
**Tim Lyons**

**Senior/ Music Education**

6'0", 220 lbs.

**Personal Bests:** Bench Press- 365 lbs., Squat- 700 lbs.,  
 Power Clean- 352 lbs.

"Tim holds the school record in the javelin and lets his deeds do the talking. A pleasure to work with."  
 – Fred Domowitz, NSCA member sponsor.

**Track/ Heptathlon**

**Miami University**

**Maeghan Ramser**

**Junior/ Business**

5'4", 135 lbs.

**Personal Bests:** Bench Press- 150 lbs., Squat- 250 lbs.,  
 Vertical Jump- 23.5"

"Maeghan came to Miami as a walk-on then earned a scholarship. She holds the school indoor pole vault record and last year she was the third leading scorer on the track team." – Ryan Thomas, NSCA member sponsor.

**Track/ Heptathlon**

**University of Nevada**

**Erin Kelly**

**Sophomore/ Journalism**

5'9", 140 lbs.

**Personal Bests:** Bench Press- 145 lbs., Squat- 310 lbs.,  
 Vertical Jump- 28", Power Clean- 176 lbs.

"Erin is the school record holder in the Triple Jump, as well as numerous school records in weight lifting. Erin believes that strength training is essential to be successful in athletics. She believes in leading by example in the weight room, on the track, and in the classroom. Erin is definitely a coaches dream and truly deserving of All-American status." – Aaron Shelly, NSCA member sponsor.

**Track/ Sprinter**

**Clemson University**

**Shekera Weston**

**Junior/ Communications**

5'3", 127 lbs.

**Personal Bests:** Bench Press- 147 lbs., Squat- 250 lbs.,  
 Vertical Jump- 27", Power Clean- 143 lbs.

"Shekera has proven to be a class one athlete. Her determination to excel has made her one of Clemson's most decorated track and field athletes in history. She credits much of her success to a full commitment to strength and conditioning. Shekera is a three time All-American, and a the time All-AOC Performance." – Jory Bretson, NSCA member sponsor.



**Track/ Thrower**

**Bates College**

**Erika Bristol**

**Senior/ Spanish and Women's Studies**

5'10", 160 lbs.

**Personal Bests:** Bench Press- 115 lbs., Squat- 200 lbs.,  
 Vertical Jump- 16", Power Clean- 135 lbs., 40 yard dash- 5.3 seconds

"Erika is co-captain on the indoor and outdoor track teams. She met the NCAA National Provisional Qualifying Standard in the 20lb. weight and was ranked 30th in Division III. She is only 2" short of the school record and she is expected to break that record. She is also expected to qualify for the NCAA championships in both the 20lb. weight and the hammer." – Michael Verville, NSCA member sponsor.

**Track/ Throws**

**University of Wyoming**

**Robin Lyons**

**Senior/ Exercise Science**

5'9", 180 lbs.

**Personal Bests:** Bench Press- 225 lbs., Squat- 330 lbs.,  
 Vertical Jump- 26", Power Clean- 215 lbs.

"Robin set the Canadian national record in the 20 lb. weight and was a two time NCAA All American. Her dedication in the weight room made the difference." – Larry Judge, NSCA member sponsor.

**Track/ Throws**

**University of Wyoming**

**Jason Hammordy**

**Junior/ Exercise Science**

6'1", 290 lbs.

**Personal Bests:** Bench Press- 500 lbs., Squat- 750 lbs.,  
 Vertical Jump- 30", Power Clean- 380 lbs., 40 yard dash- 4.7 seconds

"Jason's commitment in the weight room has contributed to his improved throwing. Jason has qualified for the NCAA's in the shot put, 35 lb. weight and hammer." – Larry Judge, NSCA member sponsor.

**Volleyball**

**University of Wyoming**

**Jamie Burke**

**Junior/ Education**

5'10", 165 lbs.

**Personal Bests:** Bench Press- 140 lbs., Squat- 285 lbs.,  
 Vertical Jump- 25", Power Clean- 170.5 lbs.

"Jamie is a goal orientated worker who takes pride in accomplishment. She is a strong lifter and a tireless worker. Her goals set the standard for her team mates to chase." – Anne Stohrer, NSCA member sponsor.



**Volleyball/ Defensive Specialist**  
**Illinois State University**  
**Kathleen Fitzpatrick**  
**Senior/ Elementary Education**  
 5'6"

**Personal Bests:** Bench Press- 125 lbs., Squat- 290 lbs.,  
 Vertical Jump- 23"

"Kathleen is an honor roll student who has been on two conference champion teams and three NCAA tournament teams. She always has a smile, always goes above and beyond, and is a natural leader." – Robert B. Lindsey, NCSA member sponsor.

**Volleyball/ Defensive Specialist**  
**Southern Methodist University**  
**Mariah Ohlsen**  
**Senior/ Biology**  
 5'5", 140 lbs.

**Personal Bests:** Bench Press- 145 lbs., Squat- 265 lbs.,  
 Vertical Jump- 19.5", Power Clean- 185 lbs.

"Mariah came to Southern Methodist University as a walk-on to help start a new volleyball program. Through her hard work and dedication in the weight room and on the court, she became a starter, earned a scholarship, and was on the first team all WAC Conference this year. Her work ethic rubbed off on the entire team as the Mustangs recorded 20 wins this year for the first time." – John Janecek, NSCA member sponsor.

**Volleyball/ Defensive Specialist**  
**Texas A&M University**  
**Beth Weynand**  
**Sophomore/ Biomedical Science**  
 5'9", 145 lbs.

**Personal Bests:** Bench Press- 125 lbs., Squat- 250 lbs.,  
 Vertical Jump- 29.5", Power Clean- 72.5 lbs.

"Beth is one of the most fierce competitors I know. She battled back from a dislocated elbow to finish number one in the off-season testing for a second year in a row. She is very explosive and has gotten better consistently. She is an excellent student who leads the team in GPA year round. You couldn't ask for a better kid to coach." – Raychelle Ellsworth, NSCA member sponsor.

**Volleyball/ Defensive Specialist**  
**Virginia Tech**  
**Allison Suggs**  
**Senior/ Engineering**  
 5'7", 165 lbs.

**Personal Bests:** Bench Press- 165 lbs., Squat- 290 lbs.,  
 Vertical Jump- 21", Power Clean- 160 lbs.

"Allison has dedicated herself to becoming the strongest, best conditioned athlete on the court. Her tremendous work ethic has resulted in being named 1999 Team Co-captain, earning Dean's List Honors, and setting team records in the back squat and power clean." – Christy Haley, NSCA member sponsor.



**Volleyball/ Middle Blocker**  
**Northern Arizona University**  
**Maggie Barrera**  
**Sophomore/ Physical Education**  
 6'0"

**Personal Bests:** Bench Press- 140 lbs., Squat- 233 lbs.,  
 Vertical Jump- 20.5", Power Clean- 170 lbs.

"As a sophomore Maggie has emerged as one of the best middle's in the Conference. She was voted Conference Tournament Most Valuable Player and lead the team to it's first conference title and NCAA Tournament. She is an extremely hard worker while motivating those around her to achieve more. She is very coachable athlete with a desire to improve." – Rich McClure, NSCA member sponsor.

**Volleyball/ Middle Hitter**  
**College of DuPage**  
**Marcelle Merchant**  
**Sophomore**  
 5'10", 170 lbs.

**Personal Bests:** Bench Press- 130 lbs., Squat- 190 lbs.,  
 Vertical Jump- 19", Power Clean- 130 lbs.

"Marcelle exhibits tremendous character. Every time she steps into our strength and conditioning complex she trains with a purpose and a desire to achieve her goals. She never missed a workout during our 1999 training, Marcelle's strength training and conditioning has propelled her to achieve many post season awards including first Team All-Conference, first Team All-Region, first Team All-Tournament Team (Regional and Nationals)." – Scott Kellar, NSCA member sponsor.

**Volleyball/ Middle Hitter**  
**Johnson County Community College**  
**Ashley Rawie**  
**Sophomore/ Psychology**  
 5'9", 132 lbs.

**Personal Bests:** Bench Press- 135 lbs., Squat- 185 lbs.,  
 Vertical Jump- 28", Power Clean- 115 lbs., 40 yard dash- 5.1 seconds

"Ashley is a hard worker and a leader in practice and conditioning. She is very competitive. Ashley sets high academic and sports standards for herself and as a team leader she inspires the same among her teammates." – Istvan Javorek, NSCA member sponsor.

**Volleyball/ Middle Hitter**  
**Miami University**  
**Alissia Thompson**  
**Senior/ Psychology**  
 5'11", 155 lbs.

**Personal Bests:** Bench Press- 140 lbs., Squat- 315 lbs.,  
 Vertical Jump- 27.5"

"As a result of Alissia's dedication and devotion to her strength program she has increased her squat by well over 150 lbs. This in turn has helped her improve her vertical jump by 4". Alissia uses her achievements in the weight room directly on the court proving herself as a two-time First Team All-Conference Honoree." – Jessica Ambrose, NSCA member sponsor.



**Volleyball/ Outside Hitter**  
**Central Connecticut State University**

**Rachel Miller**  
**Senior/ Elementary Education**  
 5'9", 155 lbs.

**Personal Bests:** Bench Press- 160 lbs., Squat- 295 lbs.,  
 Vertical Jump- 22"

"A true leader in the weightroom has improved her strength to be ranked 19th in the nation for Service Aces. Strongest Female Athlete in the school." – Michael Ericksen, NSCA member sponsor.

**Volleyball/ Outside Hitter**  
**Elmhurst College**

**Jennifer Frantz**  
**Sophomore/ Fitness Management**  
 5'10", 160 lbs.

**Personal Bests:** Bench Press- 135 lbs., Squat- 205 lbs.,  
 Vertical Jump- 22", Power Clean- 170 lbs.

**Volleyball/ Outside Hitter**  
**University of Central Florida**

**Brandi McCollom**  
**Senior/ Elementary Education**  
 5'9", 135 lbs.

**Personal Bests:** Bench Press- 120 lbs., Squat- 220 lbs.,  
 Vertical Jump- 21.5"

"She is a great leader and she will do everything possible to better herself. She is always competing with other players to get stronger." – David Montiel, NSCA member sponsor.

**Volleyball/ Outside Hitter**  
**University of Georgia**

**Rebecca Dady**  
**Senior**  
 6'1", 178 lbs.

**Personal Bests:** Bench Press- 110 lbs., Squat- 240 lbs.,  
 Vertical Jump- 21", Power Clean- 125 lbs.

"Rebecca has shown tireless dedication to conditioning. She has worked through career ending injuries to become one of the top players in the nation." – Lee Anthony Glass, NSCA member sponsor.

**Volleyball/ Outside Hitter**  
**Utah State University**

**Amy Crosby**  
**Junior/ Family & Consumer Science**  
 5'9 3/4"

**Personal Bests:** Bench Press- 145 lbs., Squat- 280 lbs.,  
 Vertical Jump- 21", Power Clean- 150 lbs.

"Amy is an incredible individual, she motivates her teammates when things are hard. She participates in weight training and conditioning every day. She excels in the academic areas and student athletics. Amy is the first to arrive at practice and the last to leave." – Shaen Griswold, NSCA member sponsor.



**Volleyball/ Outside Hitter**  
**Yale University**

**Leslie Cobin**  
**Senior/ Political Science**  
 5'9"

**Personal Bests:** Bench Press- 154 lbs., Squat- 297 lbs.,  
 Vertical Jump- 22.1", Power Clean- 143 lbs.

"Leslie was ranked 7th in the Ivy league in service aces per game and 8th in digs per game. Her career totals place her fourth in Yale's All-Time Leaders for digs (1238), and 8th in kills (755) and service aces (104). Leslie was recognized as the team's Most Improved Player as a sophomore and contributed to 79 wins over four years with her toughness, on-court skills, and leadership in the Strength and Conditioning program." – Derek Duncan, NSCA member sponsor.

**Volleyball/ Setter**  
**Juniata College**

**Colleen Carver**  
**Senior/ Criminal Justice**  
 5'7", 145 lbs.

**Personal Bests:** Bench Press- 150 lbs., Squat- 225 lbs.,  
 Power Clean- 135 lbs.

"AVCA First Team All-American 1998-1999. Colleen is an extremely dedicated athlete who works year round to reach her athletic potential." - Douglas Bryce Smith, NSCA member sponsor.

**Volleyball/Defensive Specialist**  
**James Madison University**

**Kristy Snow**  
**Junior**  
 5'6", 130 lbs.

**Personal Bests:** Bench Press- 130 lbs., Squat- 300 lbs.,  
 Vertical Jump- 28", Power Clean- 180 lbs.

"There should be a picture of Kristy Snow in the dictionary under the word consistency. Kristy has consistently given her best to all areas of her life, and the product of this is a super woman. Kristy's performances in the weightroom and in conditioning are paralleled by her athletic, academic, and social performances. She has exemplified the true meaning of student-athlete. Kristy's work ethic is no doubt the backbone to her success; she is strong because she works very hard every workout. One of the greatest assets a Strength & Conditioning Coach can have is a committed athlete, those who motivate others through their example. Kristy is a supreme asset to our program and our University." – Greg Werner, CSCS, NSCA member sponsor.



**Wrestling**

**Truman State University**

**Calvin Buhler**

**Senior/ Exercise Science**

5'8", 165 lbs.

**Personal Bests:** Bench Press- 225 lbs., Squat- 450 lbs.,  
Vertical Jump- 27", Power Clean- 270 lbs., 40 yard dash- 4.8 seconds

"Placed fourth in the nation at 165lbs. Last semester earned 3.33 GPA, All American Honors. Has already passes his CSCS." – John Ware, NSCA member sponsor.

**Wrestling**

**University of Wyoming**

**Corey Hamrick**

**Senior/ Physical Education**

5'7", 133 lbs.

**Personal Bests:** Bench Press- 255 lbs., Squat- 325 lbs.,  
Power Clean- 209 lbs.

"Corey is a self motivated athlete. I sometimes have to protect him from himself. He will be hurt and not tell anyone because he knows how important it is to lift. He has already earned his degree." – JcNay Jackson, NSCA member sponsor.