

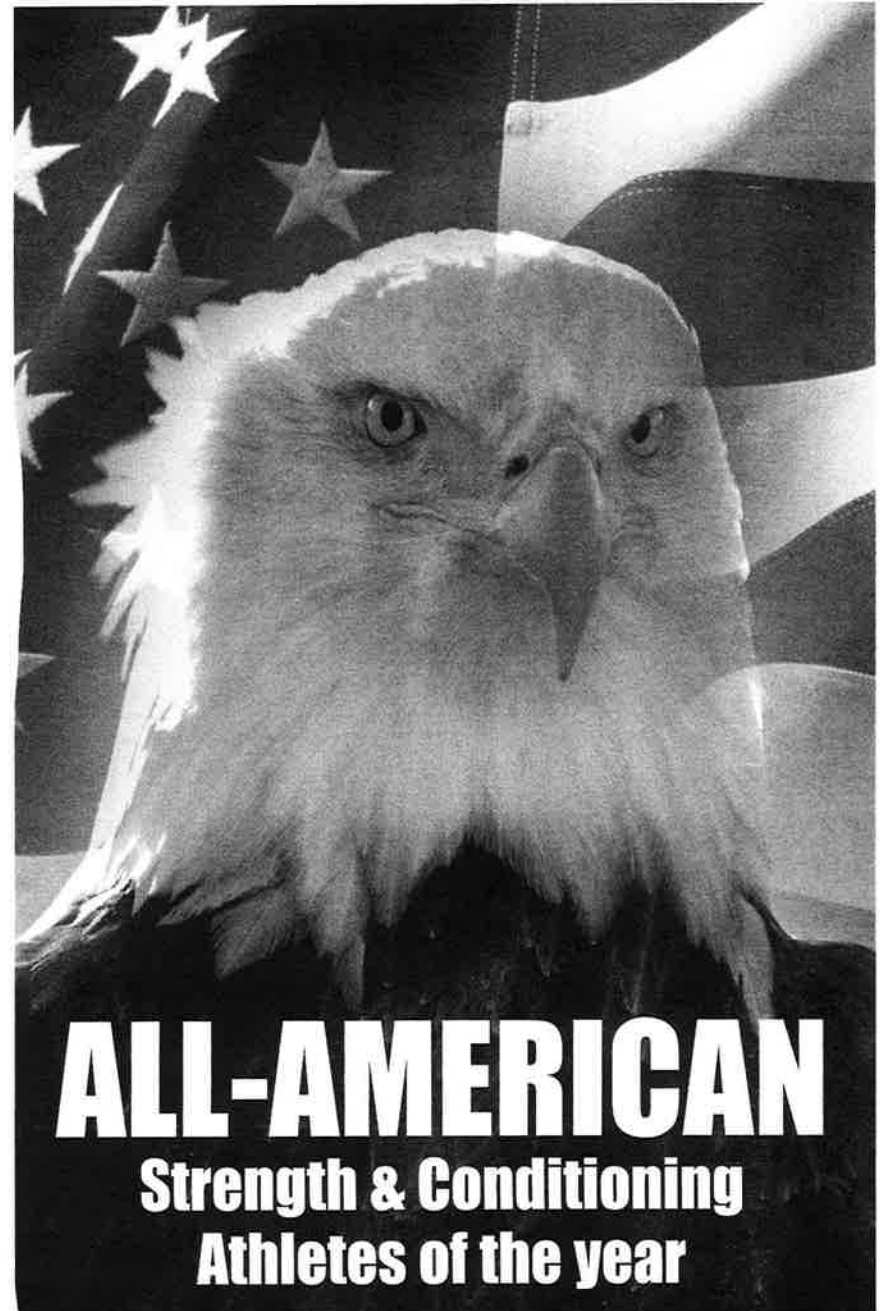
2001 NSCA

National Strength and Conditioning Association

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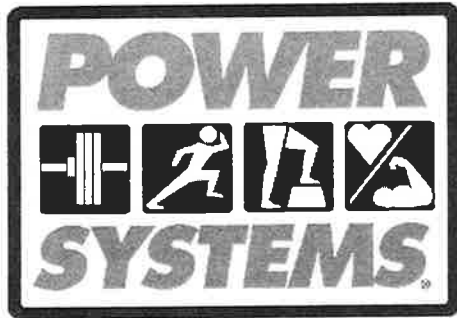
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ALL-AMERICAN

**Strength & Conditioning
Athletes of the year**

**The NSCA wishes
to thank**



**The Official Sponsor
of the 2001 NSCA All-American
Strength and Conditioning
Athletes of the Year**

**2001
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.



ALPINE SKIING

University of New Hampshire

Mike Copeland
Senior/ Business
Height: 5'6",
Weight: 170

Personal Bests:
Bench Press: 260 lbs.,
Squat: 415 lbs.,

Vertical Jump: N/A, Power

Clean: 252 lbs., 40-yard dash: N/A

"Mike is very disciplined in his approach to training. He has excellent technique and always strives to improve. This year Mike is co-captain of the team. Last year he qualified for the NCAA Competition, where he placed 20th in the Giant Slalom. This happened a year after knee surgery." — Alison Parakh, NSCA member sponsor.

BASEBALL

CLEMSON UNIVERSITY

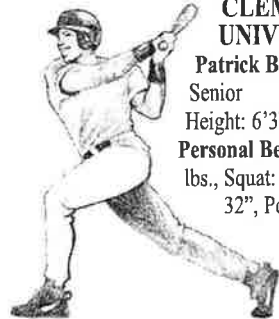
Patrick Boyd
Senior

Height: 6'3", Weight: 210

Personal Bests: Bench Press: 315 lbs., Squat: 405 lbs., Vertical Jump: 32", Power Clean: N/A, 40-yard dash: 4.48 seconds

"Patrick is a tremendous competitor that is driven by an outstanding work ethic. He has

exceeded expectations in every training area: strength, speed, agility, and conditioning. Patrick has won the Omaha Challenge, which is the Iron Man Challenge for the Clemson Baseball Team, two times during his career. Patrick has represented the United States twice as a member of The United States National Baseball Team during the summer of 1998 and 2000. Patrick was elected captain of the 1999-2000 Clemson Tiger Baseball Team in which he led to the College World Series in Omaha. He has been named All ACC two times, All American two times, 1998 Freshman of the Year, 1998 ACC Rookie of the



Year, Baseball America Freshman of the Year." — John Sisk, NSCA member sponsor.

ILLINOIS STATE UNIVERSITY

Ed Tognien

Senior/ Parks and Recreation

Height: 6'2", Weight: 210

Personal Bests: Bench Press: 300 lbs., Squat: 665 lbs., Vertical Jump: 28", Power Clean: 275 lbs., 40-yard dash: N/A

"Ed is a four year starter and team captain for the Redbird Baseball Team. His leadership and work ethic in strength and conditioning has not only improved his baseball game, but also everybody on the team." — Joe Rodgers, NSCA member sponsor.

JOHNSON COUNTY COMMUNITY COLLEGE

Ty Racette

Sophomore

Height: 5'10", Weight: 174

Personal Bests: Bench Press: 230 lbs., Squat: 340 lbs., Vertical Jump: 35.6", Power Clean: 210 lbs., 40-yard dash: 4.41 seconds

"Ty is the same disciplined athlete in the weight room and on the baseball field. He is a model for other athletes." — Istvan Javorek, NSCA member sponsor.

TEXAS LUTHERAN UNIVERSITY

Kevin Webster

Senior/ Biology - Height: 5'9", Weight: 215

Personal Bests: Bench Press: 400 lbs., Squat: 550 lbs., Vertical Jump: 31", Power Clean: 319 lbs., 40-yard dash: 4.7 seconds

"Kevin is the most intense player on the team and that is a direct result of his strength training program. This allowed Kevin to catch 47 out of 52 games and earn him N.A.I.A. All American Honors, as a junior." — Ken Ingram, NSCA member sponsor.

UNIVERSITY OF RICHMOND

Chad Balog

Senior/ Business - Height: 6", Weight: 210

Personal Bests: Bench Press: 310 lbs., Squat: 405 lbs., Vertical Jump: 32.5", Power Clean: 275 lbs., 40-yard dash: N/A

"I take great pleasure in writing this nomination for Chad. He is unquestionably one of the hardest working athletes at Richmond. I am impressed

by his willingness to prepare himself for baseball by putting long hours into weight training and conditioning. He is a perfect example of what hard work can do to improve ones performance. He is an extremely pleasant young man to work with; who is both well liked and respected by everyone he works with." — Jim Roney, NSCA member sponsor.

UNIVERSITY OF UTAH

Mike Westfall

Freshman

Height: 6'1", Weight: 186

Personal Bests: Bench Press: 235 lbs., Squat: 275 lbs., Vertical Jump: 28.5", Power Clean: 230 lbs., 40-yard dash: 4.11 seconds

"Mike has come back from December 1999 with a head injury (requiring four surgeries) and fractured in the skull and cervical vertebrae. He has improved in every strength, power, and speed category. Mike is well over pre-injury levels." — Jason Veltkamp, NSCA member sponsor.

UNIVERSITY OF WASHINGTON

Marc Rittenhouse

Senior/ Sociology - Height: 5'10", Weight: 186

Personal Bests: Bench Press: 335 lbs., Squat: 415 lbs., Vertical Jump: 28.5",

Power Clean: 250 lbs., 40-yard dash: N/A

"Marc is a blessed athlete. Not only is he dedicated to becoming the best conditioned player he can be, but Marc is committed to helping others achieve great success. Community service is another area of his commitment. He has spent numerous hours helping others with different organizations. Even though he possesses all the attributes to be a great player, he doesn't take for granted the opportunities presented before him." — Pete Kaligis, NSCA member sponsor.

BASKETBALL

CENTRAL CONNECTICUT STATE UNIVERSITY

Qualisha Zyhier

Senior/Theatre - Height: 5'10",
Weight: 155

Personal Bests: Bench Press: 135 lbs., Squat: 280 lbs., Vertical Jump: 22", Power Clean: 135 lbs., 40-yard dash: N/A

"Qualisha has battled through many injuries in her career to become one of the strongest female athletes at the school. Her positive attitude will be missed." — Michael Ericksen, NSCA member sponsor.

CREIGHTON UNIVERSITY

Ryan Sears

Senior/Theology - Height: 5'11", Weight: 187

Personal Bests: Bench Press: 258 lbs., Squat: N/A lbs., Vertical Jump: 28",

Power Clean: N/A, 40-yard dash: N/A

"Ryan is a very dedicated athlete. He has made many improvements in the weight room. Ryan is a very hard working individual and is looked upon as a role model not only for his team but by all athletes in our weight room as well." — Charlie Oborny, NSCA member sponsor.

HAMPTON UNIVERSITY

Cleveland Davis

Junior/ Sports Management

Height: 6'8", Weight: 230

Personal Bests: Bench Press: 340 lbs., Squat: 450 lbs., Vertical Jump: 35.5", Power Clean: 280 lbs., 40-yard dash: 4.5 seconds

"Cleveland Davis is easily the hardest worker on his team relative to strength and conditioning. Has the body to play at the next level." — Dr. David Hunter, NSCA member sponsor.

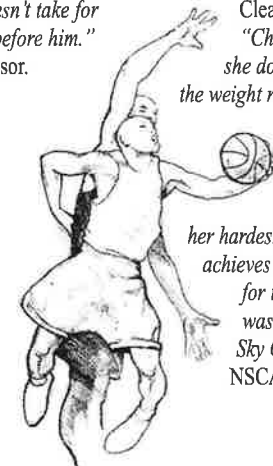
IDAHO STATE UNIVERSITY

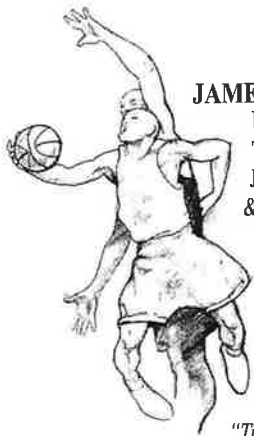
Chris Urbanski

Senior/ Biology - Height: 5'10", Weight: 145

Personal Bests: Bench Press: 140 lbs., Squat: 225 lbs., Vertical Jump: 28", Power Clean: 185 lbs., 40-yard dash: N/A

"Chris is all about attitude. Everything she does is full speed. Whether it is in the weight room (one of the most intense athletes I have ever worked with) or in the classroom where she has consistently had the highest GPA on the basketball team. She tries her hardest at everything she does and achieves her goals. Chris set team records for three point shooting last year and was one of the best guards in the Big Sky Conference." — Bruce Seidman, NSCA member sponsor.





JAMES MADISON UNIVERSITY

Tim Lyle

Junior/ Integrated Science & Technology

Height: 6'8", Weight: 235

Personal Bests: Bench Press: 265 lbs., Squat: 445 lbs., Vertical Jump: 35", Power Clean: N/A, 40-yard dash: 4.65 seconds

"Tim's work ethic and intensity has been motivating to his teammates and athletes of other sports. From day one Tim has demonstrated to his sport coaches and the strength and conditioning staff that he is committed to training hard. Tim leads by example in the classroom, weight room, on the court, and in his faith. He has definitely utilized strength and conditioning to better himself and his team." — Gregory A. Werner, NSCA member sponsor.

JAMES MADISON UNIVERSITY

Allison Keener

Junior/ Integrated Science & Technology

Height: 5'8", Weight: 135

Personal Bests: Bench Press: 165 lbs., Squat: 300 lbs., Vertical Jump: 22", Power Clean: 135 lbs., 40-yard dash: N/A

"What Allison lacks in size she more than makes up for in tenacity and work ethic. Ally comes to every workout with the goal to do her best, and so far she has achieved it. Allyson sets the pace in all the conditioning drills- full speed. Allyson's work ethic has been contagious to her teammates, and because of her a higher standard has been set." — Gregory A. Werner, NSCA member sponsor.

JOHNSON COUNTY COMMUNITY COLLEGE

Somer Easterwood

Sophomore - Height: 5'11", Weight: 148

Personal Bests: Bench Press: 160 lbs., Squat: 210 lbs., Vertical Jump: 29.6",

Power Clean: 125 lbs., 40-yard dash: 4.71 seconds

"Somer is a great student and athlete. She has a pleasant personality and is a very hard worker."

— Istvan Javorek, NSCA member sponsor.

MICHIGAN STATE UNIVERSITY

Abby Salscheider

Junior/ Kinesiology

Height: 5'11", Weight: 160

Personal Bests: Bench Press: 175 lbs., Squat: 280 lbs., Vertical Jump: 26", Power Clean: N/A, 40-yard dash: 5.34 seconds

"Abby possesses a tremendous amount of discipline in her physical preparation to compete at the highest level of play." — Michael Vorkapich, NSCA member sponsor.

MICHIGAN STATE UNIVERSITY

Andre Huston

Senior/ Finance

Height: 6'8", Weight: 245

Personal Bests: Bench Press: 335 lbs., Squat: 450 lbs., Vertical Jump: 36.5", Power Clean: N/A, 40-yard dash: N/A

"Andre's physical presence on the court can be much attributed to his toughness and aggressive work ethic in the weight room." — Michael Vorkapich, NSCA member sponsor.

MOUNT MARTY COLLEGE

David Gall

Junior/ Business - Height: 6'6", Weight: 220

Personal Bests: Bench Press: 275 lbs., Squat: 410 lbs., Vertical Jump: 35", Power Clean: 275 lbs., 40-yard dash: 4.9 seconds

"David has been a hard worker in the weight room and the results are improvement in his bench 35lbs., squat 35lbs., and hang clean 60lbs.. More importantly he has dropped nearly .4 sec off his T-drill, and .3 sec. off the pro-agility test, and improved his vertical 3 in. since his freshman year. He has worked his way into a starting position and is among conference leaders in scoring (18 ppg), rebounding (6 ppg), and fg% (60%)." — Jim Thorson, NSCA member sponsor.

NORTHWESTERN UNIVERSITY

Chala Holland

Senior/Secondary Education

Height: 6', Weight: 172

Personal Bests: Bench Press: 115 lbs., Squat: 300 lbs., Vertical Jump: 20.5", Power Clean: 140 lbs., 40-yard dash: 5.12 seconds

"Chala has a great attitude, especially after hav-

ing two knee surgeries. She has worked so hard that she will be able to come back and play her last year." — Larry Lilja, NSCA member sponsor.

SANTA CLARA UNIVERSITY

Brian Jones

Senior/ Business - Height: 6'3", Weight: 195

Personal Bests: Bench Press: 265 lbs., Squat: 475 lbs., Vertical Jump: 34", Power Clean: 225 lbs., 40-yard dash: N/A

"Brian Jones is a very tough minded and fierce competitor, who hates losing and never gives in. Brian sustained a dislocated knee cap and bone tissue damage in '98. His determination to come back from this injury and become one of the top point guards in the nation, is reflected in his work ethic. Whether it's in the weight room, on the basketball court, or in the classroom Brian Jones has always given his best effort." — Steve Schulz, NSCA member sponsor.

SYRACUSE UNIVERSITY

Jamie James

Junior/ Pre-Med - Height: 5'6", Weight: 135

Personal Bests: Bench Press: 145 lbs., Squat: 250 lbs., Vertical Jump: 26", Power Clean: 62.5 k lbs., 40-yard dash: 5.05 seconds

"Jamie excels both on the court and in the weight room. In two years she has increased her vertical by 2.5" and her bench press by 40lbs. Jamie serves as a role model to all female athletes. Her success through hard work and dedication motivates others to achieve optimal performance. She is a determined student and provides leadership, energy, and humor to her fellow students and teammates." — Helen Haarlander, NSCA member sponsor.

UNIVERSITY OF ALABAMA AT BIRMINGHAM

Deanna "Nay Nay" Jackson

Junior/ Sociology - Height: 5'11", Weight: 154

Personal Bests: Bench Press: 140 lbs., Squat: 255 lbs., Vertical Jump: 24.5", Power Clean: 155 lbs., 40-yard dash: 5.49 seconds

"Nay Nay has made remarkable improvements in all aspects of her physical capabilities, attitude, and game. She was the MVP of three major tournaments and First Team All Conference in 2000. This past summer she won a gold medal in the William R. Jones Cup in Taiwan with USA

Basketball. We are grateful for her constant leadership, commitment, and spiritual attitude." — Stacey Torman, NSCA member sponsor.

UNIVERSITY OF CENTRAL FLORIDA

Erin Paige

Sophomore/ Communications- College Arts & Science - Height: 5'11", Weight: 178

Personal Bests: Bench Press: 145 lbs., Squat: 185 lbs., Vertical Jump: 24",

Power Clean: 65kg lbs., 40-yard dash: N/A

"Erin has great enthusiasm in the weight room. Overall, she has a great foundation of strength. She has lost 14 pounds since last season while increasing her strength levels. She is a member of 1999-2000 TAAC All Freshman Team." — Rosalin Hanna, NSCA member sponsor.

UNIVERSITY OF MINNESOTA, CROOKSTON

Jenny Weiss

Freshman/ Early Childhood Development -

Height: 5'2", Weight: 115

Personal Bests: Bench Press: 135 lbs., Squat: N/A lbs., Vertical Jump: 22",

Power Clean: N/A, 40-yard dash: N/A

"Jenny is the smallest member on our BB team and yet she had the best bench press and did the most push ups (73) in one minute. She is a tireless worker in the weight room and she definitely leads by example." — Scott Fuchs, NSCA member sponsor.

UNIVERSITY OF MISSOURI

Brian Crawler

Senior/Education - Height: 5'10", Weight: 170

Personal Bests: Bench Press: 320 lbs., Squat: 170 lbs., Vertical Jump: 31", Power Clean: 300 lbs., 40-yard dash: 4.51 seconds

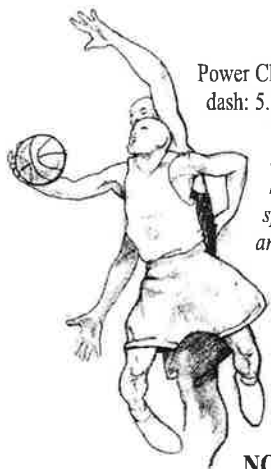
"Brian has been one of the hardest working, dedicated athletes I've had the pleasure to work with. He has used strength and conditioning to increase stamina and to succeed against bigger athletes." — Bob Jones, CSCS, NSCA member sponsor.

UNIVERSITY OF MISSOURI

Natalie Bright

Junior/Business - Height: 5'7", Weight: 157

Personal Bests: Bench Press: 180 lbs., Squat: 370 lbs., Vertical Jump: 24",



Power Clean: 235 lbs., 40-yard dash: 5.1 seconds

"Natalie used the weight room to the fullest. She has greatly increased her speed, strength, agility, and conditioning. She has set a level effort that is raising the team to a new level." — Bob Jones, CSCS, NSCA member sponsor.

UNIVERSITY OF NORTH CAROLINA AT WILMINGTON

Craig Callahan

Sophomore/ Physical Education
Height: 6'8", Weight: 242

Personal Bests: Bench Press: 285 lbs., Squat: N/A lbs., Vertical Jump: N/A, Power Clean: N/A, 40-yard dash: 5.0 seconds
"Craig is the model of what can happen to your career if you can become bigger, faster, and stronger. Last year as a freshman, he played a mere five minutes per game and scored 32 points all season. He was only 208lbs. at one point in the season. He was continually outmuscled by more physical post players and was a non-factor. This year, however, is a different story. After building up his body to 242lbs. (10% bodyfat), he has become one of the most physical players in the conference. He is averaging 20+ minutes per game and has scored more points and had more rebounds in the last two games than he had his entire freshman year! He has changed his entire attitude and understanding of the game by using the weight room as his stepping stone." — Jim Mayew, NSCA member sponsor.

UNIVERSITY OF RICHMOND

Eric Zwyer

Sophomore
Height: 6'8", Weight: 245

Personal Bests: Bench Press: 335 lbs., Squat: 365 lbs., Vertical Jump: 32", Power Clean: N/A, 40-yard dash: N/A

"Eric is one of the most intense and dedicated athletes I have ever had the pleasure to coach. He has consistently paid his dues through hard work in the weight room and conditioning. He

expects the best out of himself and his teammates every workout. No one deserves this award more than Eric Zwyer." — Bryan McGovern, NSCA member sponsor.

UNIVERSITY OF UTAH

Amy Ewert

Senior/ Geography - Height: 6', Weight: 136
Personal Bests: Bench Press: 100 lbs., Squat: 175 lbs., Vertical Jump: 25", Power Clean: N/A, 40-yard dash: N/A

"Quickest and best conditioned athlete on the team. Team captain and leader on and off the floor. Ranked 1st or 2nd on every test except bench for basketball team. Best defender in MWC. Can defend point guard to power forward." — Jason Veltkamp, NSCA member sponsor.

UNIVERSITY OF WASHINGTON

Sarah Duncan

Senior/ Criminal Justice
Height: 5'7", Weight: 150

Personal Bests: Bench Press: 155 lbs., Squat: 245 lbs., Vertical Jump: 25.5", Power Clean: 159 lbs., 40-yard dash: N/A

"Sarah has been striving for greatness since the first day she arrived and hasn't slowed down. She is always working to better herself and her teammates. Sarah is very well rounded in her approach to training and has become a great leader in all aspects of training." — Bill Gillespie, NSCA member sponsor.

UNIVERSITY OF WASHINGTON

LeAnn Sheets

Senior/ Psychology - Height: 6'2", Weight: 178
Personal Bests: Bench Press: 185 lbs., Squat: 255 lbs., Vertical Jump: 22.5", Power Clean: 189 lbs., 40-yard dash: N/A

"LeAnn has amazing genetics, but it is her work ethic that made her successful. She isn't satisfied unless she is the best. This has no negative bearing on her ability to encourage her teammates. She shows them that you can not settle for mediocre, always push yourself above and beyond." — Pete Kaligis, NSCA member sponsor.

VANDERBILT UNIVERSITY

Zuzana Klimesova

Junior/ Human and Organizational
Height: 6'2", Weight: 172

Personal Bests: Bench Press: 130 lbs., Squat: 225 lbs., Vertical Jump: 22", Power Clean: 130 lbs., 40-yard dash: N/A

"Zuzi's enthusiasm and dedication are assets that enable her to continually improve in all aspects of her athletic performance. She works hard day after day to improve upon past performances in the weight room and on the court. Whether it is one more rep, five more pounds or a faster time, Zuzi is always striving to do better. In two years her bench max has improved from 85 to 130 pounds, her squats from 105 to 225 pounds and her cleans from 85 to 130 pounds. Her positive outlook is infectious on the team. Everyone works harder when Zuzi is around! These qualities also allow her to excel on the basketball court. Here are a few of her athletic accomplishments: 2000 SEC Second Team Selection- Owned a 55.7 shooting percentage from the field which was fourth in the SEC and 17th in the nation. Started all games and averaged 14 points per game. 2000 First Tennessee Tournament MVP. 1999 World University Games- Played for the Czech Republic Team. 1998-99 Teams Most Improved Player. 1998-99 Chloe Stroop Spirit Award Winner." — Lori Alexander, NSCA member sponsor.

VIRGINIA TECH

Tere Williams

Senior/ Biology - Height: 5'11", Weight: 158
Personal Bests: Bench Press: 160 lbs., Squat: 228 lbs., Vertical Jump: 27", Power Clean: N/A, 40-yard dash: N/A

"Tere, a four year starter at forward, is a record setter on the court and in the weight room. Tere took her great God given ability and maximized it through hard work." — Shigeru "Sonny" Sano, NSCA member sponsor.

WAKE FOREST UNIVERSITY

Brenda Mock Kirkpatrick

Senior - Height: 6'0", Weight: 168

Personal Bests: Bench Press: 190 lbs., Squat: 240 lbs., Vertical Jump: 22", Power Clean: 140 lbs., 40-yard dash: N/A

"Brenda has a tremendous work ethic and a desire to become better. Her hard work in the weight room has paid off tremendously on the court. She is always striving to get better." — Ed Ellis/ Scott Sinclair, NSCA member sponsor.

YALE UNIVERSITY

Kelly Denit

Senior/Anthropology - Height: N/A, Weight: N/A
Personal Bests: Bench Press: 135 lbs., Squat: 300 lbs., Vertical Jump: 25", Power Clean: 165 lbs., 40-yard dash: N/A

"Kelly was a team leader who missed only 1 game during her four years at Yale. She was the team's MVP as a junior, was elected captain during her senior year, and also received the team's outstanding leadership award. She scored 304 career points, 124 assists, and shot 75% from the free-throw line. Kelly was a dedicated, hard-working athlete who set a fantastic example for her teammates." — Russ DeRosa, NSCA member sponsor.

CREW

UNIVERSITY OF CENTRAL FLORIDA

Christina Blair

Senior/ Sports
Medicine
Height: 5'2", Weight: 124

Personal Bests: Bench Press: 130 lbs., Squat: 200 lbs., Vertical Jump: 19.5", Power Clean: 133 lbs., 40-yard dash: N/A

"Christina is a very hard worker in the weight room. She spent all of last summer improving herself in the Olympic lifts. She has become the best technical lifter on the team. She worked hard to achieve every goal set for her. She added 17 pounds to her clean, 2.5" to her vertical jump and 35 lbs. to her squat. This was all done in one year." — Harry Myers, NSCA member sponsor.



UNIVERSITY OF NEW HAMPSHIRE

Kelly Harris

Senior/ Wildlife Management - Height: 5'2", Weight: 138

Personal Bests: Bench Press: 135 lbs., Squat: 255 lbs., Vertical Jump: N/A, Power Clean: 138 lbs., 40-yard dash: N/A

"I have enjoyed seeing Kelly's progress since her freshman year. She is a quiet leader in the weight room, and a inspiration to her teammates. Kelly is co-captain of her team, and regularly takes part in National Team Identification Camps sponsored by US Rowing." — Alison Parakh, NSCA member sponsor.

DECATHLETE

WEST VIRGINIA UNIVERSITY

Kent McBride

Sophomore - Height: 6'1", Weight: 185

Personal Bests: Bench Press: 340 lbs., Squat:

600 lbs., Vertical

Jump: 36", Power

Clean: N/A, 40-yard dash: N/A

"Kent is a highly motivated and extremely dedicated individual. His work ethic is tremendous. His red shirt freshman year, Kent dedicated him-

self to his training to ensure his athletic success. At the start of this season he set personal records in every event in his competition. He also achieved one of the highest scores in school history, in his first active competition. Kent is a young athlete with outstanding potential. Everything that he achieves is preceded by hard work and perseverance." — Mike Barwis, NSCA member sponsor.

DIVING

ILLINOIS STATE UNIVERSITY

Andrea Lovelle

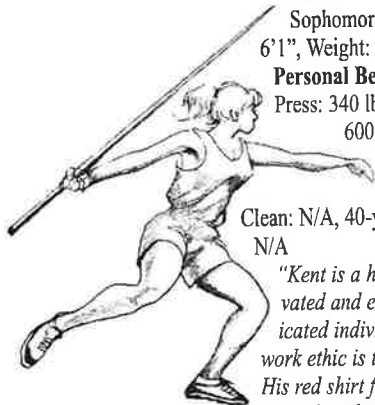
Senior/Accounting/Economics - Height: 5'0", Weight: 130

Personal Bests: Bench Press: 130 lbs., Squat: 260

lbs., Vertical Jump: 20",

Power Clean: N/A, 40-yard dash: N/A

"Andrea's discipline and hard work in strength and conditioning has kept her in top physical condition and is evident in her individual and team accomplishments over the course of her career for Redbird Diving." — Joe Rodgers, NSCA member sponsor.



FIELD HOCKEY

UNIVERSITY OF MASSACHUSETTS

Patty Robinson

Senior

Height: 5'6", Weight: 134

Personal Bests: Bench Press: 120 lbs., Squat:

235 lbs., Vertical Jump: N/A,

Power Clean: N/A, 40-yard dash: N/A

"Patty has been one of the hardest working athletes at UMass. In her four years here she has been named two-time Atlantic-10 team, two-time Northwest Regional All American, three-time All A-10 Academic All Conference. She tied the school record with 50 career assists." — Anthony Catterton, NSCA member sponsor.

UNIVERSITY OF RICHMOND

Heather Rice

Junior/Accounting and Finance

Height: 5'10", Weight: 153

Personal Bests: Bench Press: 135

lbs., Squat: 275 lbs., Vertical Jump:

24.5", Power Clean: 135 lbs., 40-

yard dash: 5.34 seconds

"Heather has a tremendous amount of natural athletic ability. She

works extremely hard on the field, and in the weight room to make herself better. She

leads by example, but also pushes her team-

mates to make themselves

better as well. She is a great example of a dedicated athlete. Her hard work has paid off by

being named twice to the CAA first team." — Bryan McGovern, NSCA member sponsor.



FIELD HOCKEY/ SOFTBALL

SPRINGFIELD COLLEGE

Nan Duga

Senior/Physical Education

Height: 5'8", Weight: 150

Personal Bests: Bench Press: 110 lbs., Squat: 260 lbs., Vertical Jump: 21", Power Clean: N/A,

40-yard dash: N/A

"Being a two sport athlete does not allow Nan a great deal of time to train. She makes good use of her strength and conditioning workouts. She excels at both sports and has won numerous awards including All Conference and All American." — Margaret Jones, NSCA member sponsor.

FOOTBALL

BATES COLLEGE

Ryan Gray

Senior - Height: 6'2", Weight: 220

Personal Bests: Bench Press:

365 lbs., Squat: 500 lbs., Vertical Jump:

32", Power Clean: 305 lbs., 40-yard

dash: 4.71 seconds

"Ryan's dedication and commitment to training has enhanced his ability and success on the football field. Over the length of his career at Bates, Ryan has been dominating on the defensive line. His efforts on the field have earned him two All-NECAC (New England Small College Athletic Conference) 1st team honors in his Junior and Senior years. Ryan leaves Bates Football with a career high of 160 tackles and 16.5 sacks." — Michael Verville, NSCA member sponsor.

CENTRAL CONNECTICUT STATE UNIVERSITY

Damion Baker

Senior/Psychology - Height: 5'11", Weight: 185

Personal Bests: Bench Press: 290 lbs., Squat:

520 lbs., Vertical Jump: 29",

Power Clean: 240 lbs., 40-yard dash: 4.5 seconds

"Damion is the definition of a workhorse. He has trained hard to be the best at his position. This

athlete has been a leader on and off the field. His work ethic will be greatly missed." — Michael

Ericksen, NSCA member sponsor.

CENTRAL CONNECTICUT STATE UNIVERSITY

Ramsbey Roland

Sophomore/Communication

Height: 5'11", Weight: 225

Personal Bests: Bench Press: 340 lbs., Squat: 580

lbs., Vertical Jump: 30", Power Clean: 325 lbs.,

40-yard dash: 4.8 seconds

"As a redshirt, Ramsbey was one of the hardest working athletes. He has trained hard to become

a starter and is one of the strongest athletes in the school. He has an excellent work ethic and we look forward to his next two years in football." — Michael Ericksen, NSCA member sponsor.

CLEMSON UNIVERSITY

Terry Jolly

Senior/ Parks, Recreation &

Tourism Management -

Height: 6'2", Weight: 290

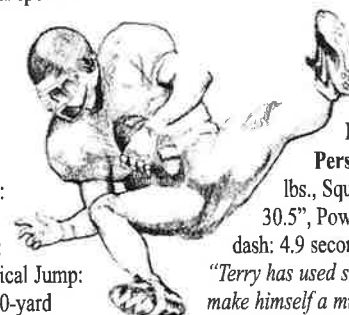
Personal Bests: Bench Press: 475

lbs., Squat: 555 lbs., Vertical Jump:

30.5", Power Clean: 320 lbs., 40-yard

dash: 4.9 seconds

"Terry has used strength and conditioning to make himself a much stronger, durable, and faster athlete. He possesses great drive and determination along with exceptional leadership skills. The All ACC First Team performer was one of the most vocal players on the Clemson Team and top tacklers the past two seasons on the interior defensive front. The explosive Jolly has the Clemson Hang Clean Team record at 411 pounds." — Joey Batson, NSCA member sponsor.



COLLEGE OF THE CANYONS

Omar Stewart

Sophomore/Undecided

Height: 6', Weight: 190

Personal Bests: Bench Press: 350 lbs., Squat:

450 lbs., Vertical Jump: 27", Power Clean: 300

lbs., 40-yard dash: 4.53 seconds

"Omar is a perfect example of a player becoming a better athlete via the weight room. His belief in our system and philosophy along with an excellent work ethic has helped him make an awesome transformation from his freshman to his sophomore year. Omar's hard work has placed him among the best athletes I have ever worked with and helped him develop into a highly sought after Division I athlete. Omar Stewart has set the standard for all position players to live up to; I will miss him terribly and look forward to watching him play on television." — Robert dos Remedios, NSCA member sponsor.

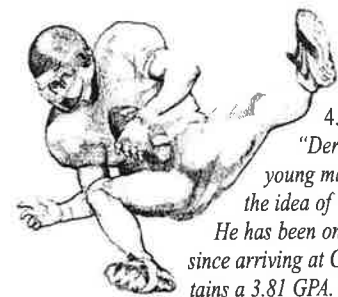
CORNELL UNIVERSITY

Derek Kingrey

Sophomore/ Physics - Height: 6'1", Weight: 220

Personal Bests: Bench Press: 330 lbs., Squat:

475 lbs., Vertical Jump: 33", Power Clean: 310



lbs., 40-yard dash:
4.78 seconds

"Derek is an outstanding young man who embodies the idea of "student-athlete."

He has been on the Dean's list since arriving at Cornell and maintains a 3.81 GPA. On the football

field, he started all ten games this past season, finishing the year with 53 tackles, one sack and three interceptions. He was named Ivy League Defensive Player of Week for his performance against Yale. Derek is a consistent performer in our strength and conditioning program. He is an extremely hard worker who trains at all times with a passion to excel! Through hard work and dedication, he has improved his speed, strength, and power and will continue to be a major force in the future." — Tom Howley, NSCA member sponsor.

DARTMOUTH COLLEGE

Dan Hutchinson

Senior/ History

Height: 6'4", Weight: 263

Personal Bests: Bench Press: 375 lbs., Squat: 525 lbs., Vertical Jump: 28", Power Clean: 325 lbs., 40-yard dash: 4.89 seconds

"Dan has tremendous work ethic and dedication. He trains with superior intensity every day and has made significant gains in his performance. As a result, Dan was a second team All-Ivy selection after the 2000 season." — Jay Butler, NSCA member sponsor.

DUQUESNE UNIVERSITY

Tim Bentley

Senior/ Business

Height: 6'2", Weight: 266

Personal Bests: Bench Press: 450 lbs., Squat: 625 lbs., Vertical Jump: 31", Power Clean: 360 lbs., 40-yard dash: 4.95 seconds

"A leader by example, Tim has worked to earn this honor by his senior year. He has an astute ability to transfer gains from the weight room to the playing field. His commitment in the weight room solidified a good offensive line and challenged his teammates. This resulted in his selection to the All Conference First Team for the 2000 season. His success extends to the classroom, where he has been selected to the Dean's

List and the Athletic Director's Honor Roll." — Brian Scott Austin, NSCA member sponsor.

EAST STROUDSBURG UNIVERSITY

Kevin Nagle

Senior/ Sport Management

Height: 6'2", Weight: 234

Personal Bests: Bench Press: 415 lbs., Squat: 605 lbs., Vertical Jump: 34", Power Clean: N/A, 40-yard dash: 4.55 seconds

"Kevin, the two time PSAC Defensive Player of the Year and four time all conference selection, has been a true leader not only in the weight room but on the field and in the classroom as well. His excellent work ethic has enabled him to play in 42 games in his four year career and is currently working towards a Master's Degree in Sport Management. He finished his career with 477 tackles which included 33 double digit tackle games. He ranks second in ESU history for tackles and is one of the strongest most committed athletes ever to wear the Red and White." — Robert Mikulski, NSCA member sponsor.

FRESNO STATE

David Carr

Junior/ Kinesiology

Height: 6'3", Weight: 212

Personal Bests: Bench Press: 335 lbs., Squat: 480 lbs., Vertical Jump: N/A, Power Clean: 142.5 lbs., 40-yard dash: 4.79 seconds

"David has consistently been one of the hardest working athletes in the strength and conditioning program at Fresno State. David has used strength training to propel him toward being one of the outstanding quarterbacks in the nation. As a junior, David has consistently been among the top 20 D-1 quarterbacks in passing efficiency and will end the 2000 season with nearly 3,000 passing yards. David is one of our most competitive athletes in strength and speed work. He understands what the weight room has contributed to his natural ability as a quarterback. He feels that his consistency on the field is a direct outgrowth of his off-season and in-season training program." — Ed Nordenschild, NSCA member sponsor.

FURMAN UNIVERSITY

Quinton Burton

Senior/Communications

Height: 5'10", Weight: 194

Personal Bests: Bench Press: 435 lbs., Squat: 625 lbs., Vertical Jump: 35", Power Clean: 336 lbs., 40-yard dash: 4.47 seconds

"Combine excellent athletic ability with impressive physical strength & dedication. He has been a consistent leader and worked while overcoming a broken leg his sophomore season. Quinton will achieve great things in life because of his work ethic and determination. It has been a pleasure coaching him." — C. Wayne Brown, NSCA member sponsor.

HUMBOLDT STATE UNIVERSITY

Kameron Crocker

Senior/ Forestry

Height: 6'2", Weight: 262

Personal Bests: Bench Press: 375 lbs., Squat: 355 lbs., Vertical Jump: 33", Power Clean: 365 lbs., 40-yard dash: 4.75 seconds

"Kameron made tremendous progress during his five year career as a Lumberjack; he gained 60lbs, added 125lbs on the bench, 250lbs on the squat, 150lbs on the clean, 8" on the vertical jump, and dropped .20 off his 40 yard sprint. Kameron's on the field accomplishments mirrored his dedication in the off-season; a four year starter, three time all-conference selection, team captain and team MVP. In true "Lumberjack" style, Kameron spent his springs as a member of the HSU Conclave team. What I will remember most about Kameron is the outstanding person he was in all aspects of life. For five years, Kam finished each lifting, running and plyo workout with a "thank you." Now it is my turn to thank him." — Andrew Petersen, NSCA member sponsor.

IDAHO STATE UNIVERSITY

Matt Nighswonger

Senior/ Education

Height: 6'2", Weight: 265

Personal Bests: Bench Press: 370 lbs., Squat: 640 lbs., Vertical Jump: 30", Power Clean: 400 lbs., 40-yard dash: 4.89 seconds

"Matt is a team leader and is the hardest worker on the football team. Matt leads by example. He is of average athletic skills but makes up for that with hard work, dedication, and hustle. Matt proves that with a desire for success you can achieve all your goals. Matt was second team all Big Sky this year." — Bruce Seidman, NSCA member sponsor.

ILLINOIS STATE UNIVERSITY

Galen Scott

Senior/ Health Education

Height: 5'9", Weight: 215

Personal Bests: Bench Press: 420 lbs., Squat: 590 lbs., Vertical Jump: 27.5", Power Clean: 320 lbs., 40-yard dash: 4.72 seconds

"ISU's all time leading tackler. First team I-AA All American and All Conference, honor roll student. Great work ethic and contagious personality positively affects everyone in the weight room. Typical "come early, stay late" athlete." — Robert Lindsey, NSCA member sponsor.

ILLINOIS STATE UNIVERSITY

Mike Rodbro

Senior/ Industrial Technology

Height: 6'3", Weight: 290

Personal Bests: Bench Press: 500 lbs., Squat: 655 lbs., Vertical Jump: 26", Power Clean: 330 lbs., 40-yard dash: 5.2 seconds

"One of the strongest athletes in ISU history. First team I-AA All American and All Conference 4 year honor roll student. Typical O-Lineman, very hard worker, unassuming. One of the mainstays in ISU's national prominence." — Robert Lindsey, NSCA member sponsor.

JUNIATA COLLEGE

Ed Pfulness

Senior/Political Science

Height: 6'2", Weight: 220

Personal Bests: Bench Press: 300 lbs., Squat: 450 lbs., Vertical Jump: 24", Power Clean: 250 lbs., 40-yard dash: 4.8 seconds

"Ed's dedication to our strength and conditioning program played a large role in his success on the football field. Ed has been a dominating force on our defense, leading the team in tackles the past two seasons." — Douglas B. Smith, CSCS, NSCA-CPT, NSCA member sponsor.

LAKE FOREST COLLEGE

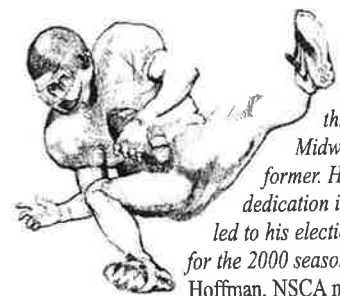
Andy O'Hara

Senior/ Business

Height: 6'2", Weight: 230

Personal Bests: Bench Press: 380 lbs., Squat: 565 lbs., Vertical Jump: 29", Power Clean: 305 lbs., 40-yard dash: 4.63 seconds

"Andy, combines his size, strength, and speed into the complete package. He has been a four



year starter and a three time All Midwest Conference performer. His leadership and dedication in the weight room led to his election as team captain for the 2000 season. — Andrew Hoffman, NSCA member sponsor.

MAYVILLE STATE UNIVERSITY

Matt Anderson

Senior/ Business Administration

Height: 6', Weight: 200

Personal Bests: Bench Press: 300 lbs., Squat: 525 lbs., Vertical Jump: 32.5", Power Clean: 305 lbs., 40-yard dash: 4.7 seconds

"Matt has exceptional work ethic. When he joined us as a freshman he weighed 165lbs. Through his hard work he has gained 35lbs, and added over 100lbs to his bench, squat, and power clean." — Paul Hopemen, NSCA member sponsor.

MID-AMERICA NAZARENE UNIVERSITY

Scott Campbell

Senior/ Mathematics Education

Height: 6'2", Weight: 295

Personal Bests: Bench Press: 320 lbs., Squat: 525 lbs., Vertical Jump: 28", Power Clean: 330 lbs., 40-yard dash: 5.2 seconds

"Scott has been one of the top linemen to ever play at MNU. He was the season leader of the offense line on a team that won eleven games this season. He has started every game beginning with his sophomore year. He has a 3.4 GPA and plans to teach math and coach. Scott has always set a high standard in the weight room and has helped his teammates raise the bar with their own training." — Tom Cross, NSCA member sponsor.

NORTHERN ARIZONA UNIVERSITY

Raymond Perryman

Senior/ Hotel-Restaurant Management

Height: 6', Weight: 209

Personal Bests: Bench Press: 385 lbs., Squat: 605 lbs., Vertical Jump: 38", Power Clean: 352 lbs., 40-yard dash: 4.54 seconds

"Trained for explosive power in the weight room and played with the same intensity." — John Krasinski, NSCA member sponsor.

NORTHERN ILLINOIS UNIVERSITY

Ryan Diem

Senior/Mechanical Engineering

Height: 6'7", Weight: 330

Personal Bests: Bench Press: 405 lbs., Squat: 800 lbs., Vertical Jump: 31.5", Power Clean: 385 lbs., 40-yard dash: 5.01 seconds

"Ryan has a great work ethic, doesn't say much, and leads by example in the weight room. Tough kid who only missed two games in his four year career. Started 40 of 42 games. Two-time captain, two-time All-MAC O-lineman (2nd team as a Sophomore), 3rd team Football News All American. Invited to 3 post-season All-star games. Carries a 3.23GPA in Mechanical Engineering." — John Binkowski, NSCA member sponsor.

NORTHWESTERN UNIVERSITY

Conrad Emmerich

Senior/Medicine - Height: 6'4", Weight: 270

Personal Bests: Bench Press: 400 lbs., Squat: 650 lbs., Vertical Jump: 34", Power Clean: 385 lbs., 40-yard dash: 4.83 seconds

"Great attitude, team leader. As a freshman: bodyweight-217; bench-265; squat-385; clean-245; 40 time-4.95." — Larry Lilja, NSCA member sponsor.

NORTHWOOD UNIVERSITY

Brad Greenway

Senior/Hotel, Restaurant and Resort Management

Height: 6'0", Weight: 280

Personal Bests: Bench Press: 435 lbs., Squat: 625 lbs., Vertical Jump: N/A, Power Clean: 315lbs., 40-yard dash: 4.9 seconds

"Brad is a fixture in the Timberwolf Strength Training Facility, an extremely intense athlete that motivates others to work harder, not by making lots of noise and getting in people's faces but just by being there and pushing himself to the maximum. Many nights he has stayed after the regular work out session to get some extra repetitions of sprint and footwork drills. Brad knows what it takes to become a better athlete and a better person. His strength and conditioning habits have fallen over into his academics; he works just as hard to be a better student as he does to be a better football player." — Scott Fisher, CSCS, NSCA-CPT, NSCA member sponsor.

OREGON STATE UNIVERSITY

Jake Cookus

Sophomore/ Business Administration

Height: 5'10", Weight: 192

Personal Bests: Bench Press: 340 lbs., Squat: 430 lbs., Vertical Jump: 29.5", Power Clean: 315 lbs., 40-yard dash: 4.7 seconds

"Jake possesses a very disciplined approach to his training and preparation. This season during the 2000 Civil War game against rival Oregon his dedication and hard work paid off. Jake was named the player of the game with three interceptions. Jake is an athlete who has taken advantages off all his opportunities and is always a "lead by example" guy and brings intensity like no other in the weight room." — Trent Greener, NSCA member sponsor.

RICE UNIVERSITY

Josh Seale

Senior/ Economics - Height: 5'9", Weight: 175

Personal Bests: Bench Press: 359 lbs., Squat: 349 lbs., Vertical Jump: 34", Power Clean: 285 lbs., 40-yard dash: 4.58 seconds

"Josh is consistently the hardest worker on the football team. He is a walk on who's work ethic has earned him a scholarship. His diligence has earned the respect of his teammates and the coaches on the football team." — Scott Reeves, NSCA member sponsor.

SHEPARD COLLEGE

James Rooths

Senior/Sports Management

Height: 6', Weight: 210

Personal Bests: Bench Press: 335 lbs., Squat: 535 lbs., Vertical Jump: 36", Power Clean: 310 lbs., 40-yard dash: 4.37 seconds

"Used his training to excel and accomplish many great things on the football field. Attributes all his success to the time put into training and practice. Has several NCAA records- all time leader for all levels of college football for punt returns and for touchdowns in a season with five and for career with ten. Led country in punt return average in 98' and 99' was 4th in 00'. Had a outstanding senior year as a DB and returner. Has made every 1st Team All American possible for his performance in 00'. Three year All Conference Player and Team Captain. Believes strength and conditioning was the major factor for all his success." — Pete Yurish, NSCA member sponsor.

SHEPARD COLLEGE

Dan Woodard

Senior/ Sports Fitness/ Management

Height: 6'1", Weight: 265

Personal Bests: Bench Press: 375 lbs., Squat: 585 lbs., Vertical Jump: 30", Power Clean: 325 lbs., 40-yard dash: 4.85 seconds

"Unselfish player- was All Conference Tight End Sophomore and Junior year. Moved to OT in Senior year and made All Conference as OT. Very dedicated to training. Always looks for ways to improve. Outstanding person who set goals and achieved them. Is an outstanding team player and team captain." — Pete Yurish, NSCA member sponsor.

SHEPARD COLLEGE

Chris Field

Senior/ Sports Fitness/ Management

Height: 6'2", Weight: 250

Personal Bests: Bench Press: 390 lbs., Squat: 545 lbs., Vertical Jump: 32", Power Clean: 345 lbs., 40-yard dash: 4.67 seconds

"Chris is the most intense player I have ever coached- both in his workouts, practice, as well as games. Training is a way of life for him. Has the attitude that he will do whatever in everything, weight training, running, and academics etc., to be the best he could. The model of an NSCA All-American! 1st Team All Conference, three year team captain." — Pete Yurish, NSCA member sponsor.

SOUTHWESTERN COLLEGE

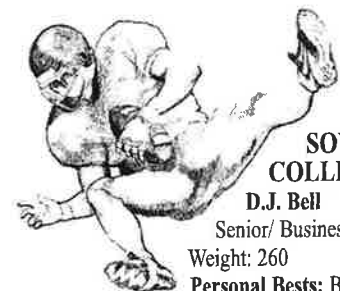
Daniel Capps

Senior/ Health and Physical Education

Height: 6', Weight: 270

Personal Bests: Bench Press: 390 lbs., Squat: 700 lbs., Vertical Jump: 25", Power Clean: 310 lbs., 40-yard dash: 5.25 seconds

"Daniel has been a member of a very successful football team that has won conference three out of his four years. He is a leader on and off the field. Daniel has also just been appointed as an assistant strength and conditioning coach for this next semester. He plans to earn his CSCS certification in April of this year. His goals after receiving his master's degree will be to head a strength and conditioning program." — Amy Monical, NSCA member sponsor.



SOUTHWESTERN COLLEGE

D.J. Bell

Senior/ Business - Height: 6'6",
Weight: 260

Personal Bests: Bench Press: 315 lbs., Squat: 540 lbs., Vertical Jump: 33", Power Clean: 300 lbs., 40-yard dash: 4.82 seconds
"When DJ was a freshman, he came in at 6'5" 190, with great hands. By the beginning of his sophomore year we had climbed to 250. Since then he has only improved in leaps and bounds by working extremely hard in the weight room and on the track. He did not get the chance to really get a starting position until he was a senior, but when he was handed the chance, he became first- team All conference, and will no doubt be up for NAIA All American honors. DJ was a captain here at Southwestern as well, and deservedly so. The TE's who played under him improved exponentially through the season, because of his guidance. He will be graduating in the spring of 2001 with a BS in Business." — Daniel Capps, NSCA member sponsor.

SPRINGFIELD COLLEGE

Kevin Vacca

Junior/ Sports Management
Height: 6', Weight: 230

Personal Bests: Bench Press: 335 lbs., Squat: 445 lbs., Vertical Jump: 34", Power Clean: 315 lbs., 40-yard dash: 5.0 seconds
"Kevin works hard and gives 100% all the time. He is a very coachable athlete. His great attitude and hard work have contributed to being named to the Freedom Football Conference, All Star and All Academic Teams." — Margaret Jones, NSCA member sponsor.

ST. LAWRENCE UNIVERSITY

T.J. Kelley

Junior/Biology - Height: 5'10", Weight: 272
Personal Bests: Bench Press: 385 lbs., Squat: 525 lbs., Vertical Jump: 22", Power Clean: 235 lbs., 40-yard dash: 5.20 seconds
"T.J. has tremendous work habits that have pushed him to succeed first in the weight room. He takes that strength and effort to the field of

play. He is a two year captain and anchors the defensive line." — Mark J. Jozwiak, NSCA member sponsor.

SYRACUSE UNIVERSITY

Morlon Greenwood

Senior/ Health and Exercise Science
Height: 6'1", Weight: 234

Personal Bests: Bench Press: 415 lbs., Squat: 615 lbs., Vertical Jump: 36", Power Clean: 165 lbs., 40-yard dash: 4.41 seconds
"Morlon's work ethic in training and on the field as a redshirt elevated him from scout team linebacker to a four year starter, culminating with team captain and all Big East honors. He has exceptional power, strength, movement and speed, which have all dramatically improved through his unchanging work ethic over his five years at SU. He is honest, tough, unrelenting and disciplined. Morlon is truly a class act. His name is first on the list of over 4000 athletes I have had the opportunity to coach." — Corey Parker, NSCA member sponsor.

THE COLLEGE OF NEW JERSEY

Michael DiGregorio

Sophomore/ Corporate Fitness
Height: 6'3", Weight: 291

Personal Bests: Bench Press: 365 lbs., Squat: 500 lbs., Vertical Jump: 24.5", Power Clean: N/A, 40-yard dash: 5.22 seconds
"Mike is one of the team leaders, his superior strength and conditioning level is reflected by the fact that Mike did not miss a single down in a game or repetition in practice as a result of an injury." — Jay R. Hoffman, NSCA member sponsor.

THE COLLEGE OF WILLIAM AND MARY

Todd Greineder

Senior/ Information Technology
Height: 6'2", Weight: 240

Personal Bests: Bench Press: 405 lbs., Squat: 620 lbs., Vertical Jump: 31", Power Clean: 360 lbs., 40-yard dash: 4.61 seconds
"Todd is an extremely dedicated and disciplined athlete. He is constantly looking for ways to improve as a player, this determination has helped Todd develop into an exceptional linebacker (2nd Team Atlantic-10) and be selected as

team captain. It has been a pleasure coaching him the last four years." — John Sauer, NSCA member sponsor.

TROY STATE UNIVERSITY

Jabar Dunbar

Senior/Physical Education
Height: 5'10", Weight: 190

Personal Bests: Bench Press: 425 lbs., Squat: 585 lbs., Vertical Jump: 36", Power Clean: 315 lbs., 40-yard dash: 4.45 seconds
"As a tailback at this level he was a little undersized, but due to his conditioning and strength he has become a very athletic player. Pound for pound our strongest athlete. In high school he played on three state championship teams." — Richard Shaugnessy, CSCS, NSCA member sponsor.

UNIVERSITY OF CENTRAL FLORIDA

Kenny Clark

Senior/ Criminal Justice
Height: 6'2", Weight: 218

Personal Bests: Bench Press: 365 lbs., Squat: 525 lbs., Vertical Jump: 34", Power Clean: 301 lbs., 40-yard dash: 4.47 seconds
"Kenny has been a team leader in the weight room. He has the prototype NFL body with good speed and great hands. Kenny has shown steady improvement during his career at UCF and a commitment to our strength and conditioning program." — Dan Eason, NSCA member sponsor.

UNIVERSITY OF CENTRAL FLORIDA

Josh McKibben

Junior/ Organizational Communications
Height: 6'3", Weight: 271

Personal Bests: Bench Press: 390 lbs., Squat: 640 lbs., Vertical Jump: 32", Power Clean: 335 lbs., 40-yard dash: 5.0 seconds
"Josh has taken average athletic talent for the Division I level and developed it into great football playing skill. He has been a leader in our strength and conditioning program, and he has shown improvement in test results each year. Most importantly he is a great player that makes great plays. An example of this is a play he made in our win at Alabama this year when he batted a pass into the air and then intercepted it to set us up for our first score." — Reese Bridgeman, NSCA member sponsor.

UNIVERSITY OF IOWA

AJ Blazek

Senior/ Exercise Science
Height: 6'1", Weight: 285

Personal Bests: Bench Press: 370 lbs., Squat: 545 lbs., Vertical Jump: 31", Power Clean: 355 lbs., 40-yard dash: 5.22 seconds
"2000 Iron Hawk Award Winner. He was voted by his teammates as the athlete who has improved on-field performance by his dedication to strength and conditioning." — Christopher Doyle, NSCA member sponsor.

UNIVERSITY OF LOUISIANA-MONROE

Roderick Daniel

Senior/ Criminal Justice
Height: N/A, Weight: N/A

Personal Bests: Bench Press: 405 lbs., Squat: 540 lbs., Vertical Jump: 27.5", Power Clean: 365 lbs., 40-yard dash: 5.06 seconds
"Roderick Daniel has achieved many things during his college football career. For the past four years he has made huge strides in the strength and conditioning arena. Coming from a high school program with limited resources, Rod took to the weight room and became a fixture. He has set an example for younger players to follow, with his work ethic and "can do" attitude. Roderick Daniel will be a credit to the NSCA All-American List." — Dave Richardson, NSCA member sponsor.

UNIVERSITY OF MASSACHUSETTS

Kole Ayi

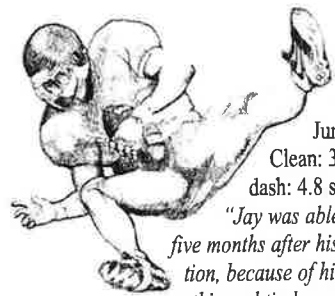
Senior
Height: N/A, Weight: N/A

Personal Bests: Bench Press: 400 lbs., Squat: 455 lbs., Vertical Jump: 36", Power Clean: 335 lbs., 40-yard dash: 4.51 seconds
"Kole came to U Mass as a 185lb walk on who bench pressed 270lbs. His work ethic and dedication has transformed him to All-American status as a junior and an NFL draft pick as a senior." — Bob Otrando, NSCA member sponsor.

UNIVERSITY OF MINNESOTA, CROOKSTON

Jay Schroeder

Senior/ Natural Resources- Park Management
Height: 6', Weight: 225
Personal Bests: Bench Press: 295 lbs., Squat:



465 lbs., Vertical Jump: 28", Power Clean: 305 lbs., 40-yard dash: 4.8 seconds

"Jay was able to return playing five months after his knee reconstruction, because of his excellent work ethic and tireless desire to be the best he can be." — Scott Fuchs, NSCA member sponsor.

UNIVERSITY OF MISSOURI

Justin Smith

Junior/Agricultural Economy
Height: 6'4", Weight: 273

Personal Bests: Bench Press: 500 lbs., Squat: 705 lbs., Vertical Jump: 31.5", Power Clean: 500 lbs., 40-yard dash: 4.56 seconds

"This is the kind of kid that comes around once in a lifetime. It has been a pleasure to watch him grow and develop. He raises the standard in the weight room to out on the field. He is truly inspiring." — Don Sommer, NSCA member sponsor.

UNIVERSITY OF MISSOURI

John Dausman

Senior/Business - Height: 6', Weight: 185

Personal Bests: Bench Press: 410 lbs., Squat: 705 lbs., Vertical Jump: 36", Power Clean: 350 lbs., 40-yard dash: 4.45 seconds

"He came back from an ACL injury to be the go-to-guy on offense. His intensity in the weightroom has been a model for the rest of his teammates. He has been a joy to coach." — Dave Toub, NSCA member sponsor.

UNIVERSITY OF MISSOURI

Julian Jones

Senior/Business - Height: 6', Weight: 190

Personal Bests: Bench Press: 350 lbs., Squat: 615 lbs., Vertical Jump: 39.5", Power Clean: 330 lbs., 40-yard dash: 4.5 seconds

"Julian is a special person, he leads by example. The weight room has helped him overcome injuries to become a dominate player on the field. His work ethic and drive will be missed." — Pat Ivey, NSCA member sponsor.

UNIVERSITY OF MISSOURI

Pat Mingucci

Senior/Hotel Restaurant Management
Height: 6'1", Weight: 277

Personal Bests: Bench Press: 460 lbs., Squat: 945 lbs., Vertical Jump: 29", Power Clean: 440 lbs., 40-yard dash: 4.98 seconds

"He has worked back from numerous on-field injuries to become a dominate force in the middle of our defense. Through hard work and dedication in the weight room, he has made a difference on the field." — Dave Toub, NSCA member sponsor.

UNIVERSITY OF OTTAWA

Michel Dupuis

Senior/ Leisure Studies and Psychology
Height: 6'1", Weight: 225

Personal Bests: Bench Press: 315 lbs., Squat: 425 lbs., Vertical Jump: N/A, Power Clean: 295 lbs., 40-yard dash: 4.6 seconds

"As a team captain for the past two years, Michel has been an exemplary leader. However, in October 1999, Michel was recovering from knee surgery, when he was diagnosed with multiple sclerosis. He played in the Conference Championships that fall, and returned his final year as captain to lead the team to a National Championship (Dec. 2, 2000). He played every game this season, and was the foundation on the number one ranked defense in the country (Canada)." — George Chiappa, NSCA member sponsor.

UNIVERSITY OF RICHMOND

Andrew Bogle

Junior/ Pre-Med

Height: 6', Weight: 255

Personal Bests: Bench Press: 400 lbs., Squat: 565 lbs., Vertical Jump: 31", Power Clean: 340 lbs., 40-yard dash: 4.88 seconds

"Andrew's tremendous work ethic and dedication to strength and conditioning has gained him the respect of his teammates and coaching staff. He is a perfect example of what hard work and persistence can do to improve ones performance. He has continued to make great improvements in his strength and speed, which has lead to improvements on the football fields. He expects the best out of himself and his teammates every workout and leads by example." — Darin Thomas, NSCA member sponsor.

UNIVERSITY OF SOUTH FLORIDA

Anthony Henry

Senior - Height: 6', Weight: 209

Personal Bests: Bench Press: 350 lbs., Squat: 580 lbs., Vertical Jump: 39.5", Power Clean: 320 lbs., 40-yard dash: 4.50 seconds

"Anthony is an exceptional young man and is a natural leader. The team has given him the highest honor of voting him team captain since his freshman year. His aspirations of playing in the National Football League are fueled by his dedication on and off the field. Early in his career Anthony realized that preparation off the field would play an important role in his quest for the NFL. Anthony is always the first athlete in the weight room and the last athlete to leave. With that in mind, Anthony has attacked the strength and conditioning component. Some examples of his dedication include the following: 1. Anthony has never missed a summer lifting or conditioning session since his arrival at USF. 2. Anthony has set numerous records in the weight room. 3. Anthony has the career interception record at USF. 4. Anthony has played both on offense as a receiver and on defense as a cornerback. 5. Nominated to play in the Florida All Star game. In closing I would like to say that Anthony is a person who is destined for great things no matter what endeavor he chooses. I truly feel that I am a better person for having known him." — Doug Elias, NSCA member sponsor.

UNIVERSITY OF SOUTHERN MISSISSIPPI

Cedric Scott

Senior/Sports Administration

Height: 6'5", Weight: 278

Personal Bests: Bench Press: 420 lbs., Squat: 650 lbs., Vertical Jump: 35.0", Power Clean: 375 lbs., 40-yard dash: 4.58 seconds

"Cedric has superior work ethic and trains at the highest level of intensity and enthusiasm. The improvements he has made in speed, power, and agility combined with his game preparation has enabled him to be a dominating performer on the field." — Charlie Dudley, NSCA member sponsor.

UNIVERSITY OF TULSA

Corey Brown

Senior/ History - Height: 6'1", Weight: 192

Personal Bests: Bench Press: 320 lbs., Squat: 525 lbs., Vertical Jump: 39",

Power Clean: N/A, 40-yard dash: 4.43 seconds
"Corey is an outstanding young man on and off the field. He is a very hard worker, great leader, and he is well respected by his coaches and his teammates alike. Corey's hard work and dedication in the weight room helped him overcome back surgery his sophomore year to become an outstanding football player at the University of Tulsa." — John Allaire, NSCA member sponsor.

UNIVERSITY OF UTAH

Andy Bowers

Senior/Business - Height: 6'4.5", Weight: 280

Personal Bests: Bench Press: 405 lbs., Squat: 520 lbs., Vertical Jump: 36.5",

Power Clean: N/A, 40-yard dash: 4.73 seconds

"Andy is a hard hat guy. He is the hardest working person on our team. Andy will do anything in his power to be the best player possible." — Joseph Kenn, NSCA member sponsor.

UNIVERSITY OF WASHINGTON

Todd Elstrom

Junior/ Psychology - Height: 6'3", Weight: 200

Personal Bests: Bench Press: 300 lbs., Squat: 395 lbs., Vertical Jump: 33", Power Clean: 300 lbs., 40-yard dash: 4.61 seconds

"Todd has developed a great work ethic that he has carried onto the football field. He always gives great effort and goes beyond expectations. Also, a truly great individual." — Bill Gillespie, NSCA member sponsor.

UNIVERSITY OF WASHINGTON

Kyle Benn

Junior/ Business Administration

Height: 6'3", Weight: 305

Personal Bests: Bench Press: 485 lbs., Squat: 590 lbs., Vertical Jump: 26", Power Clean: 334 lbs., 40-yard dash: 5.4 seconds

"Kyle is a very hard worker who always makes the most of his workout time. He has done everything asked of him and more. Kyle is self-driven and self-motivated all for the success of the team. Being an Offensive Lineman is not a glorified position. Kyle is a true leader by actions as well as his words." — Eric Bryant, NSCA member sponsor.

VIRGINIA MILITARY INSTITUTE

Ryan Cates

Senior/Chemistry - Height: 6'2", Weight: 246

Personal Bests: Bench Press: 425 lbs., Squat:



585 lbs., Vertical Jump: 32.5", Power Clean: 355 lbs., 40-yard dash: 5.06 seconds

"Cates is a hard working young man who has never missed a lift or running workout. He is the only athlete at VMI with a power index higher than 700 at 731." — Richard Levy, CSCS, NSCA member sponsor.

VIRGINIA TECH

Josh Redding

Senior/ Psychology - Height: 6'4", Weight: 306
Personal Bests: Bench Press: 500 lbs., Squat: 685 lbs., Vertical Jump: 29", Power Clean: 341 lbs., 40-yard dash: 5.07 seconds

"Josh Redding was a two year starter at offensive guard who improved his bench press 220 pounds over his career to set the Virginia Tech team record at 500 pounds. His dedication and work ethic made him one of the strongest Hokie players ever. Josh also improved his speed by two tenths of a second and his vertical seven inches while gaining 35 pounds during his career." — Angelo Gingerelli, NSCA member sponsor.

VIRGINIA TECH

Cory Bird

Senior/ Housing, Interior Design and Resource Management - Height: 5'10", Weight: 218
Personal Bests: Bench Press: 400 lbs., Squat: 575 lbs., Vertical Jump: 37", Power Clean: 341 lbs., 40-yard dash: 4.42 seconds

"Pound for pound the most powerful Hokie football player who also jerked 390lbs. Cory is a great example of being a relentless nasty football player on the field and a gentlemen off the field. The first Virginia Tech football player to earn Super Iron Hokie award in each of his five years at Tech. Cory Bird is a great lifter, football player, and leader" — Shigeru "Sonny" Sano, NSCA member sponsor.

WAKE FOREST UNIVERSITY

Michael Collins

Junior - Height: 6'5", Weight: 316
Personal Bests: Bench Press: 495 lbs., Squat: 625 lbs., Vertical Jump: 28.5", Power Clean: 400 lbs., 40-yard dash: 5.17 seconds

"Michael has unbelievable work ethic. He is always pushing to be the best." — Ed Ellis/ Scott Sinclair, NSCA member sponsor.

WILLIAM JEWELL COLLEGE

Jason Rains

Junior/ Business - Height: 6'2", Weight: 233
Personal Bests: Bench Press: 385 lbs., Squat: 484 lbs., Vertical Jump: 31.5", Power Clean: 343 lbs., 40-yard dash: 4.85 seconds

"Jason's dedication and leadership in the weight room helped him become the 1999 conference sack leader with nine sacks on the year. He is active member of Young Life and a Resident Assistant on campus." — Dave Rash, NSCA member sponsor.

YALE UNIVERSITY

Konrad Sopenikow

Senior/ Political Science
Height: 5'10", Weight: 225
Personal Bests: Bench Press: 394 lbs., Squat: 661 lbs., Vertical Jump: 32", Power Clean: 317 lbs., 40-yard dash: 4.82 seconds

"Konrad punished opposing linebackers with his enormous strength and competitiveness. He was perhaps the most underrated player in the League because he rarely carried the ball, but his toughness and tenacious blocking was a major factor in both our running and passing games. Konrad fought back from a serious ankle injury prior to his junior season, and took tremendous pride in his role as a blocking back." — Tom Migdalski, NSCA member sponsor.

YALE UNIVERSITY

Peter Mazza

Senior/History - Height: 6'1", Weight: 225
Personal Bests: Bench Press: 334 lbs., Squat: 680 lbs., Vertical Jump: 60.5", Power Clean: 317 lbs., 40-yard dash: 4.74 seconds

"Pete captained the '00 football squad, calling signals for the League leading defense that yielded 18.3 points per game. He had 303 career tackles (163 unassisted, 140 assisted), leading the team his senior year. He earned first team All-Ivy, first team All-New England, and Verizon Academic All-District I honors, and was recognized as the Walter Camp Football Foundation

player of the year. Pete's work ethic and leadership were evident from the day he arrived on campus as a freshman, and his terrific attitude and hustle were major players in the team's success." — Patricia Ponce, NSCA member sponsor.

YALE UNIVERSITY

Matt Proto

Senior/ Ethics, Politics & Economics
Height: 6'4", Weight: 270
Personal Bests: Bench Press: 388 lbs., Squat: 648 lbs., Vertical Jump: 28", Power Clean: 319 lbs., 40-yard dash: 4.90 seconds

"Matt is a tough, powerful player who was one of the leaders on our offense. He worked through recurring shoulder and knee injuries, playing in every game since his sophomore year. He earned first team All-Ivy honors, and was named to the AFCA Good Works Team. Matt has a tremendous work ethic, and his easy-going demeanor was a stark contrast to his physical, hard-nosed play on the field." — Steven Plisk, NSCA member sponsor.

YOUNGSTOWN STATE UNIVERSITY

Montrial Thomas

Senior/ Criminal Justice
Height: 6'2", Weight: 285
Personal Bests: Bench Press: 435 lbs., Squat: 535 lbs., Vertical Jump: 30", Power Clean: 286 lbs., 40-yard dash: 5.1 seconds
"Mo is quite a leader who sets the example for other younger players. He has a strong work ethic and a no nonsense attitude. He loves the weight room." — Dan Wathen, NSCA member sponsor.



GYMNASTICS

OREGON STATE UNIVERSITY

Lara Degenhardt

Senior/ Graphic Design
Height: 5'1", Weight: N/A
Personal Bests: Bench Press: 135 lbs., Squat: 180 lbs., Vertical Jump: N/A, Power Clean: 150 lbs., 40-yard dash: N/A

"Lara is a remarkable student athlete and gymnast. Her work ethic

is an inspiration to her teammates and coaching staff. Lara is only the second Oregon State gymnast to score a perfect 10.0 on the floor exercise during the 1999 Pac 10 Championship. She's also the 1999 NCAA Region One Floor Exercise Champion and competed at the NCAA Championship the same year. After the 1999 season, Lara demonstrated her great leadership qualities and went back to the gym and weight room committed to get the entire team back to the NCAA Championship. Lara and the team did just that, and Lara earned All American Second Team Honors on the floor exercise at the 2000 NCAA Championships. Lara is always a pleasure to work with and is a great team leader in the weight room, gym, and in the community." — Andrew Dendas, NSCA member sponsor.

WEST VIRGINIA UNIVERSITY

Amanda Halovanic

Sophomore
Height: 5'3", Weight: 130
Personal Bests: Bench Press: 175 lbs., Squat: 370 lbs., Vertical Jump: 25", Power Clean: N/A, 40-yard dash: N/A

"Amanda is an outstanding athlete who has worked her way into the starting line up of our top ten gymnastics program. She dedicated herself to training and practice to ensure athletic success. Her attitude, desire, and work ethic personify that of a true champion. She is a young athlete with limitless potential and a tremendous drive for success. She also holds the all time record for a female athlete, at West Virginia University, in the hang clean." — Mike Barwis, NSCA member sponsor.



HOCKEY

UNIVERSITY OF NEW HAMPSHIRE

Ty Conklin

Senior/Business Administration
Height: 6', Weight: 189
Personal Bests: Bench Press: 285 lbs., Squat: 400 lbs., Vertical Jump: 29", Power Clean: 255 lbs., 40-yard dash: N/A



"2000 Hockey East co-player of the year. Has 77% win percentage after junior year. Had over 40 saves in one game last year. Good leader on and off ice." — Fred Domowitz, CSCS, NSCA member sponsor.

YALE UNIVERSITY
James Chyz

Senior/Anthropology - Height: 6'1", Weight: 205

Personal Bests: Bench Press: 320 lbs., Squat: 525 lbs., Vertical Jump: 35", Power Clean: 343 lbs., 40-yard dash: N/A

"James was a tough, stay-at-home defenseman who worked his way into the regular line-up as a freshman. He was usually matched up against each opponent's top line, and consistently had a positive plus-minus ratio. His size, strength, and skating ability were a tribute to his tremendous work ethic both on and off the ice." — Russ DeRosa, NSCA member sponsor.

DARTMOUTH COLLEGE

Jamie Herrington

Junior - Height: 6', Weight: 187

Personal Bests: Bench Press: 290 lbs., Squat: 425 lbs., Vertical Jump: 32", Power Clean: 307 lbs., 40-yard dash: 4.16 seconds

"Jamie was elected captain of the 2000-2001 squad in only his junior year. He is respected for his work ethic, dedication, and enthusiasm. He trains with superior intensity and concentration every day and has made significant increases in his strength, power, and performance. He won the IRON MAN award after his sophomore season which goes to the member of the team who demonstrated the most improvement in performance through their efforts in the weight room." — Jane Taylor, NSCA member sponsor.

OHIO STATE UNIVERSITY

Jaisen Freeman

Senior/ Marketing - Height: 5'10", Weight: 212

Personal Bests: Bench Press: 350 lbs., Squat: N/A lbs., Vertical Jump: 28.5", Power Clean: 305 lbs., 40-yard dash: N/A

"Continues to improve....extremely strong defender with a 90 mile an hour slap shot... not only strong but uses it extremely well... gifted

athlete... has made big strides since coming to Ohio State... Honorable mention CCHA All Academic team, Academic All Big Ten" — Erick Schork, NSCA member sponsor.

UNIVERSITY OF MAINE

A.J. Begg

Senior/ Business Administration

Height: 6'3", Weight: 215

Personal Bests: Bench Press: 265 lbs., Squat: 315 lbs., Vertical Jump: 25", Power Clean: 205 lbs., 40-yard dash: 5.10 seconds

"A.J. is physically prepared to play at the highest level of collegiate hockey every year. When sidelined by injury, he is relentless in his reconditioning efforts. His commitment to the strength training and conditioning component of hockey has been instrumental in his improvement as a player. His preparation for each season and each game has not gone unnoticed. He was elected as team captain for the 2000-2001 Black Bears. He is a tremendous athlete, a great leader by example and an honor to coach." — Jim St.Pierre, NSCA member sponsor.

LACROSSE

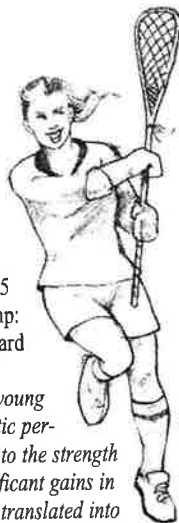
CORNELL UNIVERSITY

Brandon Hall

Junior/ Applied Economics & Business Management - Height: 6'2", Weight: 215

Personal Bests: Bench Press: 335 lbs., Squat: 490 lbs., Vertical Jump: 28", Power Clean: 275 lbs., 40-yard dash: 4.80 seconds

"Brandon is a highly motivated young man who has improved his athletic performance through his adherence to the strength and conditioning program. Significant gains in strength, speed, and power have translated into improved lacrosse skills on the field. Brandon is a two year starter and won his team's "Most Improved Player" award following the 2000 season." — Tom Dilliplane, NSCA member sponsor.



VIRGINIA TECH

Lisa Givens

Junior/ Human Services

Height: 5'4", Weight: 145

Personal Bests: Bench Press: 125 lbs., Squat: 225 lbs., Vertical Jump: 20", Power Clean: N/A, 40-yard dash: 5.25 seconds

"Lisa is a great leader on the field and has overcome two knee surgeries to come back stronger each time. She serves as a tremendous threat in the midfield. Her speed, versatility and overall power are a true asset for any team at the collegiate level. She is the team leader in the strength and conditioning program and sets the standard for accountability." — Michelle Clayton-Boswell, NSCA member sponsor.

MEN'S SOCCER

UNIVERSITY OF CAROLINA-CHARLOTTE

C.J. Robinson

Senior/Finance - Height: 6'1", Weight: 200

Personal Bests:

Bench Press: 330

lbs., Squat: 437

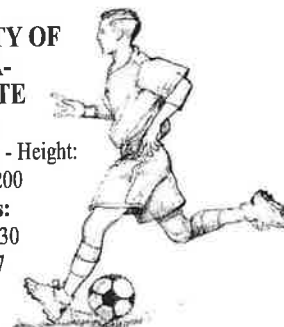
lbs., Vertical

Jump: 34.5",

Power Clean:

N/A, 40-yard dash: N/A

"C.J.'s on the field accomplishments include being named 2nd team All-Conference USA in 1999 and being selected to play for his native Bermuda in a World Cup Qualifying match against Antigua in April, 2000. A standout performer and leader in the weight room, C.J. holds the team record in the bench press (330 lbs.) and vertical jump (34.5")." — Jim Whitten, CSCS, NSCA member sponsor.



ROWING

UNIVERSITY OF TULSA

Emily Saul

Senior/ Psychology

Height: 5'8", Weight: 155

Personal Bests: Bench Press:



165 lbs., Squat: 300 lbs., Vertical Jump: 23", Power Clean: N/A, 40-yard dash: N/A
"" — John Allaire, NSCA member sponsor.

RUGBY

Humboldt State University

Kerri Conger

Junior/ Kinesiology

Height: N/A, Weight: N/A

Personal Bests: Bench Press: 145 lbs., Squat: 250 lbs., Vertical Jump: 20", Power Clean: 195 lbs., 40-yard dash: N/A

"Kerri is a great example of transferring work in the weight room to productivity on the playing field. Her combination of power and strength are rarely matched. Thanks to Kerri's example the entire women's rugby team (a club sport) is fully committed to year round strength and power training. With her dedication and outstanding work ethic, Kerri's greatest accomplishments are yet to come." — Andrew Petersen, NSCA member sponsor.



SOCCER

BINGHAMTON UNIVERSITY

Samantha Lang

Senior/ English

Height: 5'2", Weight: 130

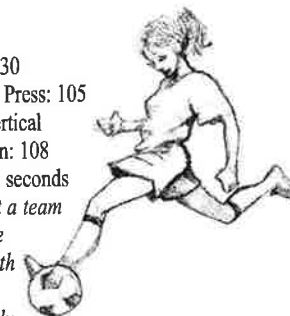
Personal Bests: Bench Press: 105

lbs., Squat: 165 lbs., Vertical

Jump: 16", Power Clean: 108

lbs., 40-yard dash: 5.12 seconds

"Sam exemplifies what a team player is all about. She has outstanding strength and speed for her size and shows it continually in her style of play. Although diagnosed with lumbar disc herniation, she still showed her dedication to prepare and her leadership qualities by never missing a training session." — Adam Miller, NSCA member sponsor.





DARTMOUTH COLLEGE

Katie Gayman

Senior/ Biology

Height: 5'6", Weight: 140

Personal Bests: Bench Press:

130 lbs., Squat: 235 lbs.,

Vertical Jump: 19",

Power Clean: N/A, 40-

yard dash: N/A

"In just three short years, the Dartmouth Women's Soccer Program has become one of the hardest working, committed, and dedicated programs to strength training and conditioning. This dedication to year round training is a direct reflection of four seniors, who have established the standard by which present and future players will be measured. Their character and integrity as student athletes is unquestioned. Katie Gayman, "Gaymer," consistently works hard on and off the field. She is blessed with natural speed and quickness, and as a result of being physically strong, she has been able to come back from two significant knee injuries, one occurring her freshman year and the latter occurring in her sophomore year. Despite these injuries, she has been a key element to Dartmouth's defense. She is relentless in the backfield and an attacker will not go unchallenged, often times with Gaymer coming up with a big play. She was elected captain both her junior and her senior years. This year she was selected 1st team All-Ivy." — Jane Taylor, NSCA member sponsor.

DARTMOUTH COLLEGE

Jen Murray

Senior/ Biochemistry

Height: 5'8", Weight: 148

Personal Bests: Bench Press: 135 lbs., Squat:

225 lbs., Vertical Jump: 18",

Power Clean: N/A, 40-yard dash: N/A

"In just three short years, the Dartmouth Women's Soccer Program has become one of the hardest working, committed, and dedicated programs to strength training and conditioning. This dedication to year round training is a direct reflection of four seniors, who have established the standard by which present and future players will be measured. Their character and integrity as student athletes is unquestioned. Jen Murray, "Mur," is ranked 10th all time in the Big Green records both in goals scored (16) and points (41).

She is a solid player, possessing the uncanny ability to use her strength stealthily to hold off multiple defenders. She is not flashy or fancy but has used her physical strength to make her a dangerous attacking threat. She has been a key member of Dartmouth's offense and will certainly be missed next year. She has been selected to the 2nd Team All-Ivy in 1997, 1998, and 2000." — Jay Butler, NSCA member sponsor.

DARTMOUTH COLLEGE

Gretchen Bell

Senior/Environmental Studies

Height: 5'8", Weight: 150

Personal Bests: Bench Press: 125 lbs., Squat:

230 lbs., Vertical Jump: 18.5",

Power Clean: N/A, 40-yard dash: N/A

"In just three short years, the Dartmouth Women's Soccer Program has become one of the hardest working, committed, and dedicated programs to strength training and conditioning. This dedication to year round training is a direct reflection of four seniors, who have established the standard by which present and future players will be measured. Their character and integrity as student athletes is unquestioned. Gretchen helps anchor a stingy defense for two nationally ranked teams, soccer and lacrosse. She is a stalwart defender and one of the strongest players both physically and mentally. She is a quiet leader, but her intensity is never in question. She is a disciplined student-athlete, whether you find her on the field, in the weight room, or in the classroom. In the spring of 2000, she received the IWLCA Academic All American award for Lacrosse. This fall she was selected to 1st Team All-Ivy." — Jay Butler, NSCA member sponsor.

DARTMOUTH COLLEGE

Abby Gillard

Senior/ Classical Archaeology

Height: 5'6", Weight: 145

Personal Bests: Bench Press: 120 lbs., Squat:

250 lbs., Vertical Jump: 18", Power Clean: N/A,

40-yard dash: N/A

"In just three short years, the Dartmouth Women's Soccer Program has become one of the hardest working, committed, and dedicated programs to strength training and conditioning. This dedication to year round training is a direct reflection of four seniors, who have established

the standard by which present and future players will be measured. Their character and integrity as student athletes is unquestioned. Abby Gillard, "Gil," is an intense warrior on the field. She possesses both physical and mental toughness and is a natural born leader. She is vocal in the backfield and a key player for Dartmouth's stingy defense. Gil gives 100% all the time, no matter what the circumstances, thus elevating the level of play from her teammates. Academically, she has received numerous grants and scholarships, including the Presidential Scholar award. Athletically, she was named to the 2000 All Tournament Team at the UConn Classic and was selected 2nd Team All-Ivy this fall." — Jane Taylor, NSCA member sponsor.

DUQUESNE UNIVERSITY

Michelle Guna

Senior/ Physical Therapy

Height: 5'9", Weight: 145

Personal Bests: Bench Press: 125 lbs., Squat:

260 lbs., Vertical Jump: 28", Power Clean: N/A,

40-yard dash: 5.01 seconds

"The starting goalkeeper for the past two seasons, Michelle has consistently scored at the top in all strength and conditioning tests. Her hard worked minimized the amount of recovery time needed following surgery. In her senior campaign, she ranked 14th nationally in Goals Against Average. Michelle's hard work carries over to the classroom where she has consistently been on the Dean's List, the Athletic Director's Honor Roll, and the Atlantic-10 Commissioner's Honor Roll." — Brian Scott Austin, NSCA member sponsor.

SANTA CLARA UNIVERSITY

Rachel Weber

Senior/ Accounting

Height: 5'4", Weight: N/A

Personal Bests: Bench Press: 150 lbs., Squat:

N/A lbs., Vertical Jump: 18.5", Power Clean:

N/A, 40-yard dash: N/A

"Rachel Weber is an extremely focused and intelligent student/athlete. She is a very dedicated and tremendous individual who works hard to sustain a very high level of excellence. An Academic All American, and co-captain she has been an outstanding leader both in the community and on campus." — Steve Schulz, NSCA member sponsor.

UNIVERSITY OF ALABAMA AT BIRMINGHAM

Houston Smith

Senior/ Engineering Honors Program - Height: 6'1", Weight: 190

Personal Bests: Bench Press: 245 lbs., Squat:

315 lbs., Vertical Jump: 26.5",

Power Clean: N/A, 40-yard dash: 4.78 seconds

"Houston's sincere commitment and dedication to improving his strength and performance has helped his 15th ranked team to two consecutive NCAA tournaments. As team captain we appreciate his willingness to challenge himself and his teammates physically and mentally to improve and accomplish athletic goals." — Stacey Torman, NSCA member sponsor.

UNIVERSITY OF MISSOURI

Mandy Waters

Junior/Consumer Finance and Economics -

Height: 5'5-1/2", Weight: 120

Personal Bests: Bench Press: 100 lbs., Squat:

N/A lbs., Vertical Jump: N/A, Power Clean: 120

lbs., 40-yard dash: 5.15 seconds

"Mandy has come back from a serious knee injury to be a force on the soccer field. Her drive and hard work in the weight room is a model for her teammates and coaches alike." — Don Sommer, NSCA member sponsor.

UNIVERSITY OF NORTH CAROLINA AT WILMINGTON

Danielle Mastrogiovanni

Senior/ Spanish - Height: 5'6", Weight: 128

Personal Bests: Bench Press: 105 lbs., Squat:

180 lbs., Vertical Jump: 18.5",

Power Clean: N/A, 40-yard dash: 5.01 seconds

"Danielle, although not a great soccer player, led the team in goals scored this past season and has become a force in the Colonial Athletic Association. She understood the fact that her God-given ability wasn't going to make her a great player in this conference and that she must find other ways to accomplish her goals. This came in the form of strength and conditioning. Hardest working kid in the weight room EVERYDAY." — Jim Mayew, NSCA member sponsor.

YALE UNIVERSITY

Danny Moss

Senior/ English & Film Studies

Height: 6'4", Weight: 205

Personal Bests: Bench Press: 257 lbs., Squat: 406 lbs., Vertical Jump: 25"

Power Clean: 240 lbs., 40-yard dash: N/A

"Danny demonstrated his exceptional leadership every day on and off the field. His 1.06 career goals against average is the 4th best in Yale soccer history. He was an honorable mention All-Ivy selection following his senior year, finishing the 2000 season with a 0.98 goals against average (2nd in the Ivy League). In 1999, Danny led the team to the 2nd round of the NCAA playoffs, and received the Arthur Ashe Sports Scholar Award as well as Yale's Frances Gordon Brown Award. Following his sophomore and junior seasons he was also recognized with the Jack Marshall Award for team spirit, loyalty to his fellow players, and dedication to the game. Danny was a commanding presence in the net who guided the team through the rigors of each season." — Matt Olesen, NSCA member sponsor.

SOFTBALL

CORNELL UNIVERSITY

Charlotte Brombach

Senior/ Urban & Regional

Height: 5'9", Weight: N/A

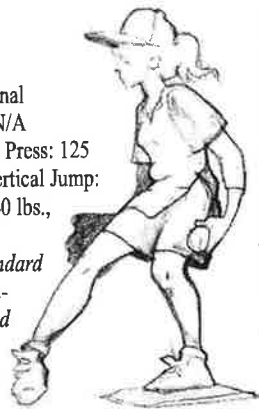
Personal Bests: Bench Press: 125 lbs., Squat: 215 lbs., Vertical Jump: 24.2"

Power Clean: 160 lbs.,

40-yard dash: N/A

"Charlotte sets the standard by which all female athletes in our strength and conditioning setting are judged. She is a positive force and team leader in the

weight room. Charlotte is captain of the Softball team, was named 1st Team All-Ivy in 2000 and was selected to be a member of the NCAA Leadership Conference. Charlotte has been a constant fixture on our "Wall of Fame" in the Cornell Strength and Conditioning center." — Tom Dilliplane, NSCA member sponsor.



MID-AMERICA NAZARENE UNIVERSITY

Whitney Jenkins

Senior/ Athletic Training

Height: 5'5", Weight: 138

Personal Bests: Bench Press: N/A lbs., Squat: 205 lbs., Vertical Jump: 19.5"

Power Clean: 165 lbs., 40-yard dash: N/A

"Whitney is repeating as an NSCA All-American. Perseverance and technique are still her trademarks. She had four homeruns last season, the only ones by the team. She trains diligently four days a week. She recently totaled 122.5k to qualify for the Collegiate Weightlifting Championships. Whitney is a certified USAW Club Coach and has helped many of our athletes as she serves as our assistant strength coach. Her plans are to become a strength coach to teach and motivate young athletes in reaching their potential." — Tom Cross, NSCA member sponsor.

TEXAS A&M UNIVERSITY

Hollee Hayden

Senior/ Speech Communications

Height: 5'3", Weight: 125

Personal Bests: Bench Press: 115 lbs., Squat: 250 lbs., Vertical Jump: 26.5"

Power Clean: 154 lbs., 40-yard dash: N/A

"Hollee made a huge commitment over the summer and trained aggressively. She came in extremely focused and ready to have a great senior year. She is extremely explosive and can make things happen on the softball field. She holds the all time record for softball in the following categories: vertical jump, 20 yd dash, 40 yd dash, 20 yd pro shuttle. She has been a joy to coach and keeps things very interesting." — Raychelle Ellsworth, NSCA member sponsor.

TROY STATE UNIVERSITY

Bridget McInnes

Senior/Elementary Education

Height: 5'10", Weight: 180

Personal Bests: Bench Press: 185 lbs., Squat: 275 lbs., Vertical Jump: 24.5"

Power Clean: 165 lbs., 40-yard dash: 5.0 seconds

"Has a very muscular physique. Very powerful, explosive. (NCAA) Only one of a few players to hit for the cycle. LHR, single, double, triples in some games. Extremely hard worker. Was a for-

mer slow pitch player but made the transition to fast very well." — Richard Shaugnassy, CSCS, NSCA member sponsor.

UNIVERSITY OF MAINE

Leigh Ann Hlywak

Junior/ Elementary Education

Height: 5'6", Weight: 150

Personal Bests: Bench Press: 125 lbs., Squat: N/A lbs., Vertical Jump: 17.5"

Power Clean: N/A, 40-yard dash: 5.61 seconds

"A two time all conference selection, Leigh Ann has continued to work harder than ever. This fall she set new personal records in every aspect of our strength and conditioning testing. She demands the most of herself everyday. In doing so, she not only brings out the best in herself, but also in her teammates. Leigh Ann is truly a privilege to coach." — Emil Johnson, NSCA member sponsor.

UNIVERSITY OF MISSOURI

Erin Erickson

Junior/Horticulture - Height: 5'10", Weight: 185

Personal Bests: Bench Press: 155 lbs., Squat: 185 lbs., Vertical Jump: 19.5"

Power Clean: 280 lbs., 40-yard dash: 5.3 seconds

"Erin is a strong person, both mentally and physically. She can put up with any challenge in front of her and go after it. She is a great leader in the weight room and carries it over to the field. She is dedicated, a hard worker, intense and focused on being the best." — Pat Ivey, NSCA member sponsor.

UNIVERSITY OF SOUTHERN MISSISSIPPI

Melanie McMains

Senior/Sports Administration

Height: 5'6-1/2", Weight: 150

Personal Bests: Bench Press: 100 lbs., Squat: 190 lbs., Vertical Jump: 19.5"

Power Clean: 120 lbs., 40-yard dash: 3.26 seconds

"Melanie trains at the toughest level in the weight room. Her commitment to excellence has allowed her to make substantial gains in strength, speed, power, and agility. Her preparation here as well as on the field has translated into better performances." — Charlie Dudley, NSCA member sponsor.

UNIVERSITY OF WASHINGTON

Jennifer Spediacci

Senior/ Business Administration

Height: 5'7", Weight: 157

Personal Bests: Bench Press: 130 lbs., Squat: N/A lbs., Vertical Jump: 23"

Power Clean: 185 lbs., 40-yard dash: N/A

"Jennifer has the ability to lead her team by bringing out the best in her teammates. She has used her strength and conditioning programs to head her team to four straight College World Series appearances. Jennifer has also been an All-American for three years." — Eric Bryant, NSCA member sponsor.

VIRGINIA TECH

Mary Lowzinski

Senior/ Management Science and Information Technology - Height: 5'7", Weight: N/A

Personal Bests: Bench Press: 145 lbs., Squat: 180 lbs., Vertical Jump: 22.5"

Power Clean: N/A, 40-yard dash: 5.24 seconds

"Mary Lowzinski is one of the strongest athletes on the team. She is a very vocal leader and an intense competitor. Mary sets the standard for the rest of the team. She is a hard working student athlete whose commitment has resulted in success on the field and in the weight room." — Jack B. Johnson Jr., NSCA member sponsor.

YALE UNIVERSITY

Carly Ware

Senior/ American Studies

Height: N/A, Weight: N/A

Personal Bests: Bench Press: N/A lbs., Squat: N/A lbs., Vertical Jump: N/A, Power Clean: N/A,

40-yard dash: N/A

"Carly was one of three softball players to utilize the Strength & Conditioning program, and was a privilege to work with. After earning Honorable Mention All-Ivy honors as a sophomore in '98, she battled back from a knee injury that kept her out of the '99 season, achieving 2nd Team All-Ivy and Team MVP honors as a senior in 2000. She had a .312 career batting average, 67 RBIs and 55 stolen bases. Carly overachieved on the field through her hard work and desire in the S&C program." — Tom Migdalski, NSCA member sponsor.



SPRINTER/ HURDLER

HAMPTON UNIVERSITY

Amy Henry

Junior/ Political Science
Height: 5'7", Weight: 130

Personal Bests: Bench Press: 110 lbs.,
Squat: 200 lbs., Vertical Jump: N/A, Power
Clean: 75 lbs., 40-yard dash: N/A

"Amy is a very hard worker with amazing talent. She has fully embraced what the overall strength program can do for her training. Her dedication to the team is second to none." — Dr. David Hunter, NSCA member sponsor.



SWIMMING

CLEMSON UNIVERSITY

Mandy Commons

Sophomore/ Psychology
Height: 5'6", Weight: 150

Personal Bests: Bench Press: 160 lbs., Squat:
240 lbs., Vertical Jump: 30",
Power Clean: N/A, 40-yard dash: N/A

"Mandy's tremendous work ethic and dedication to strength and conditioning has earned her the respect of her teammates and coaches. She is a perfect example of what hard work and persistence can do to improve ones athletic performance. Mandy has emerged as a dominate swimmer for the Lady Tigers. She set a new record in the Clemson 100m breast stroke and qualified for the NCAA Championships. In addition to many other honors Mandy was voted most dedicated by her teammates." — Tony Smith, NSCA member sponsor.

SWIMMING/ TRACK AND FIELD

UNIVERSITY OF NORTH DAKOTA

Beth Morris

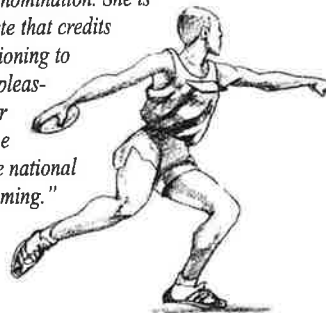
Junior/ Psychology
Height: 5'10", Weight: 160

Personal Bests: Bench Press: 135 lbs., Squat: 160
lbs., Vertical Jump: 24",

Power Clean: N/A, 40-yard dash: N/A

"Beth is a unique multi-sport athlete who possess the criteria for this nomination. She is by far an elite athlete that credits strength and conditioning to her success. It is a pleasure to work with her on a daily basis. She has competed at the national level for USA Swimming."

— Paul Chapman,
NSCA member
sponsor.



TRACK & FIELD

ARIZONA STATE UNIVERSITY

Dwight Phillips

Senior/ Business Administration
Height: 6", Weight: 168

Personal Bests: Bench Press: 285 lbs., Squat:
450 lbs., Vertical Jump: 36", Power Clean: 315
lbs., 40-yard dash: 4.12 seconds

"Dwight transferred to ASU his junior year. He had very little weightlifting experience. In two years period of time, Dwight never missed a training session and improved markedly in all his lifts, adding nearly 100 pounds to his clean and 150 pounds to his squat, but most importantly going from 23'10" long jumper to an ASU record 27'3.25". Dwight qualified for the Olympic squad in 2000, and finished 8th at the Sydney games (highest American finish). Dwight attributes his success on the track to his success in the weight room." — Joe Marsit, NSCA member sponsor.

BATES COLLEGE

Erik Zwick

Senior/ Economics - Height: 5'11", Weight: 160
Personal Bests: Bench Press: 250 lbs., Squat:
310 lbs., Vertical Jump: 24.5", Power Clean: 185
lbs., 40-yard dash: 4.41 seconds

"Erik came to Bates as a small but adequate sprinter/ hurdler and jumper. Since he has been here, largely do to his dedication towards strength and conditioning, Erik has become one of the premier sprinters in the nation. Erik has broken school records on ten or more occasions. He is a multiple State, Conference, and New England Champion. This past spring he helped lead his teammates to our first ever NESCAC team title. In the process he claimed individual titles in the 100 and 200 meters and was named most valuable athlete of the meet. Erik's development in the 400 meters has been outstanding. He won the New England title outdoors and qualified for nationals placing 12th overall." — Marsha Graef, NSCA member sponsor.

FURMAN UNIVERSITY

Maria Rivas

Senior/Health & Exercise Science
Height: 5'2.5", Weight: N/A

Personal Bests: Bench Press: 195 lbs., Squat:
265 lbs., Vertical Jump: 24", Power Clean: 134
lbs., 40-yard dash: N/A

"Maria combines ability, strength, & dedication to perform at an optimum level. Her leadership and work ethic over the last four years has enabled her to achieve many goals in competition as she will in life." — C. Wayne Brown, NSCA member sponsor.

INDIANA STATE UNIVERSITY

Matt McBrier

Sophomore/ Construction Technology
Height: 6'1", Weight: 206

Personal Bests: Bench Press: 430 lbs., Squat:
550 lbs., Vertical Jump: 32", Power Clean: 420
lbs., 40-yard dash: 4.37 seconds

"Matt has used his hard work ethic in practice and in strength and conditioning to place himself as one of the top returning hammer and weight thrower in the MVC conference. He came close to qualifying for Nationals last year and expects to do so this year." — Kip Hytrek, NSCA member sponsor.

INDIANA STATE UNIVERSITY

Josh Mastison

Junior - Height: 6'5", Weight: 284

Personal Bests: Bench Press: 480 lbs., Squat:
660 lbs., Vertical Jump: 29.5", Power Clean: 420
lbs., 40-yard dash: 4.62 seconds

"Josh has worked hard in practice and in strength and conditioning to become a force in the shot put, weight throw, discus and hammer in the MVC conference. His goal is to qualify for Nationals this year." — Jason Davidson, NSCA member sponsor.

JONMOR COUNTY COMMUNITY COLLEGE

Jake Kessler

Sophomore
Height: 6', Weight: 171

Personal Bests: Bench Press: 210 lbs., Squat:
295 lbs., Vertical Jump: 33", Power Clean: 215
lbs., 40-yard dash: 4.24 seconds

"Jake is a very good student and a hard working athlete on the field and weight room." — Istvan Javorek, NSCA member sponsor.

MOUNT MARTY COLLEGE

Melissa Hitchcock

Junior/ Nursing - Height: 5'2", Weight: 115

Personal Bests: Bench Press: 115 lbs., Squat:
185 lbs., Vertical Jump: 20", Power Clean: 95
lbs., 40-yard dash: N/A

"Melissa is a terrific competitor on the track and in the weight room. In addition to track and cross country, she also played basketball her freshman and sophomore year as a back up point guard. She placed second in the conference track meet with a time of 2:17.5, a school record, and also helped set school records in all four relays." — Jim Thorson, NSCA member sponsor.

NORTHERN ARIZONA UNIVERSITY

Linda Nestorsson

Senior/ Physical Education
Height: 5'7.5", Weight: 182

Personal Bests: Bench Press: 175 lbs., Squat:
245 lbs., Vertical Jump: 18", Power Clean: 181
lbs., 40-yard dash: N/A

"The most dedicated lifter in the entire athletic department. Her success in the weight room allowed her to be a four year letter winner." — John Krasinski, NSCA member sponsor.

SOUTHERN ILLINOIS UNIVERSITY, CARBONDALE

Caryn Poliquin

Senior/ Radio Television

Height: 5'9", Weight: 190

Personal Bests: Bench Press: 180 lbs., Squat: 315 lbs., Vertical Jump: N/A, Power Clean: 225 lbs., 40-yard dash: N/A

"Caryn has displayed throughout her career an outstanding work ethic and enthusiasm towards her preparation for the field events. Simply, Caryn takes her workouts very seriously, is very coachable, and has wanted to do well in the weight room. Her consistent dedicated training has permitted her to excel in her events. Caryn is a leader for her teammates an excellent student (GPA 3.4) and point leader for the Women's team." — Doug Salmon, NSCA member sponsor.

UNIVERSITY OF MASSACHUSETTS

Mellissa Ward

Senior

Height: 5'8", Weight: 148

Personal Bests: Bench Press: 135 lbs., Squat: 250 lbs., Vertical Jump: N/A, Power Clean: 130 lbs., 40-yard dash: N/A

"Mellissa's hard work and dedication in the weight room has helped her become the 2nd All time Heptathlete in UMass history. Her junior year Mellissa took 2nd place in the Atlantic-10 Championships." — Anthony Catterton, NSCA member sponsor.

UNIVERSITY OF NORTH DAKOTA

Brian Emerson

Senior/ Engineering

Height: 6'4", Weight: 225

Personal Bests: Bench Press: 300 lbs., Squat: 415 lbs., Vertical Jump: 33", Power Clean: 325 lbs., 40-yard dash: N/A

"Brian's dedication to strength and conditioning has led him to All American status as a discus thrower. He has embraced his importance and has not missed a workout since he started here as a freshman. He sets an excellent example for his teammates." — Paul Chapman, NSCA member sponsor.

UNIVERSITY OF WASHINGTON

Ben Lindsey

Senior/ Speech Communications

Height: 6'6", Weight: 275

Personal Bests: Bench Press: 480 lbs., Squat: 700 lbs., Vertical Jump: 31", Power Clean: 419 lbs., 40-yard dash: N/A

"Ben is an amazingly gifted athlete. He chose to participate only in track and field, though a nationally recruited football player. Through dedication and incredible knowledge of strength and conditioning, Ben became a six time All-American and Pac-10 Champion in the Shot Put. Ben also was a scholar." — Michelle Latimer, NSCA member sponsor.

YALE UNIVERSITY

Brian Yates

Senior - Height: 6'1", Weight: 215

Personal Bests: Bench Press: 310 lbs., Squat: 531 lbs., Vertical Jump: N/A, Power Clean: 332 lbs., 40-yard dash: N/A

"Brian not only made himself better throughout the season, but as captain of the Men's Track & Field team he influenced his teammates to utilize the S&C program and win the Harvard-Yale-Princeton championship. He was a 2000 GTE Academic All-American, earned All-Ivy honors as a sophomore in 1998, and consistently performed his best at big meets." — Derek Duncan, NSCA member sponsor.

YALE UNIVERSITY

Diane Potkay

Senior - Height: 5'10", Weight: N/A

Personal Bests: Bench Press: 144 lbs., Squat: 344 lbs., Vertical Jump: N/A, Power Clean: 167 lbs., 40-yard dash: N/A

"Diane not only made herself better throughout the season, but as captain of the Women's Track & Field team she influenced her teammates to utilize the S&C program and win the Harvard-Yale-Princeton championship. She set the school discus record, was the 2000 Heptagonals champ in the Hammer throw, and earned first team All-Ivy honors as a freshman, team MVP as a sophomore, and second team All-Ivy honors as a junior." — Derek Duncan, NSCA member sponsor.

VOLLEYBALL

COLLEGE OF THE CANYONS

Katie Nagel

Sophomore/Undecided

Height: 5'3", Weight: 120

Personal Bests: Bench Press: 200 lbs., Squat: N/A lbs., Vertical Jump: 22", Power Clean: 125 lbs., 40-yard dash: 5.40 seconds

"Katie is an inspiring athlete. A constant "ball of energy", she is all business in the weight room. Katie has "raised the bar" in terms of work ethic, dedication, and attitude in the area of strength and conditioning. Katie is a model of lifting fundamentals and technique and a great role model for all female athletes. It has been a pleasure and a privilege to work with Katie Nagel." — Robert dos Remedios, NSCA member sponsor.

CREIGHTON UNIVERSITY

Melanie Keolanui

Senior/ Exercise Science

Height: 6'0", Weight: 152

Personal Bests: Bench Press: 210 lbs., Squat: 270 lbs., Vertical Jump: 26", Power Clean: 125 lbs., 40-yard dash: N/A

"Melanie is very deserving of this award. She has made great strides in her four years at Creighton. She has overcome many obstacles. Her hard work and determination has brought her great success on the court and in the weight room." — Charlie Oborny, NSCA member sponsor.

FRESNO STATE

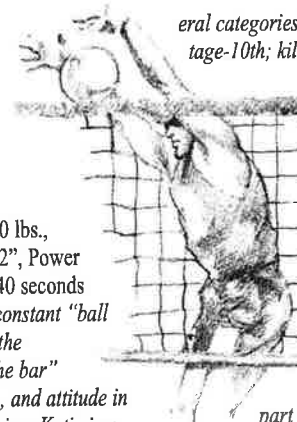
Shauna McQuaid

Junior/Speech Communications

Height: 6'1", Weight: 205

Personal Bests: Bench Press: 150 lbs., Squat: 245 lbs., Vertical Jump: 23.5", Power Clean: 77.5 lbs., 40-yard dash: N/A

"Since completing her sophomore season here at Fresno State, Shauna has been driven to become the best volleyball player that she is capable of being. This year she stayed at school and trained through the summer and the results of her consistency and effort were apparent from the start of the season. This year Shauna was named to two All Tournament teams as well as being chosen Fresno State's co-MVP for the year. Shauna finished the season ranked in the conference in sev-



eral categories in conference play (hitting percentage-10th; kills-7th; and blocks-9th.) Even after suffering a possible season ending injury she was able to return and finish the season in top form. She is currently ranked in five All Time career categories at Fresno State (blocks per game- 4th, hitting efficiency- 5th, kills per game-8th, block assists-9th, and total blocks- 11th). Shauna attributes much of her improved play and ability to return from injury in large part to her dedication to the weight room. She continues to serve as a model to many of our younger players demonstrating the importance of strength and conditioning to the development of a D-1 volleyball player." — Ed Nordenchild, NSCA member sponsor.

JUNIATA COLLEGE

Brandy Workinger

Junior/Business - Height: 5'9", Weight: 139

Personal Bests: Bench Press: 135 lbs., Squat: 225 lbs., Vertical Jump: 25", Power Clean: 150 lbs., 40-yard dash: N/A

"Brandy's commitment to her sport and her year round workouts have made her a role model to her teammates. An All-Conference selection her sophomore year. Brandy is highly talented All-Region and All-American candidate for her junior year." — Douglas B. Smith, CSCS, NSCA-CPT, NSCA member sponsor.

NORTH DAKOTA STATE UNIVERSITY

Darthy Zimmerman

Senior

Height: 5'9", Weight: 145

Personal Bests: Bench Press: 145 lbs., Squat: 335 lbs., Vertical Jump: 24.5", Power Clean: 165 lbs., 40-yard dash: N/A

"Excellent work ethic in the weight room. Never complained once about the amount of work. Worked towards developing her skills and doing what it took to become a better volleyball athlete." — Marc Meeker, NSCA member sponsor.

OREGON STATE UNIVERSITY

Gina Schmidt

Junior - Height: 5'10", Weight: 156

Personal Bests: Bench Press: 130 lbs., Squat: 215 lbs., Vertical Jump: 25"

Power Clean: 154 lbs., 40-yard dash: N/A

"Gina is a tremendous athlete both in the weight room and on the court. This past season Gina earned First team All-Pac 10 Honors. Her hard work ethic and dedication are bonuses to her great athletic ability." — Trent Greener, NSCA member sponsor.

RICE UNIVERSITY

Klara Zelinka

Senior - Height: 5'11.5", Weight: 153

Personal Bests: Bench Press: 100 lbs., Squat: 225 lbs., Vertical Jump: 23.5"

Power Clean: 136 lbs., 40-yard dash: N/A

"Klara dedicated herself in the last year to being the best that she could be. She took coaching well and each day tried to improve from the previous workout. She made great improvements across the board, her reward for dedication and determination." — Scott Reeves, NSCA member sponsor.

TEXAS A&M UNIVERSITY

Beth Weynand

Junior/ Biomedical Science

Height: 5'9", Weight: 144

Personal Bests: Bench Press: 130 lbs., Squat: 265 lbs., Vertical Jump: 26", Power Clean: 159.5 lbs., 40-yard dash: N/A

"Beth is one of the most fierce competitors I know. She battled back from a dislocated elbow in the past and a torn ACL in the preseason to finish number one in the off-season testing for the third year in a row. She is very explosive and has gotten better in each of the categories that we test in consistently. She is an excellent student who maintains a 4.0 GPA in Biomedical Science. You couldn't ask for a better kid to coach." — Raychelle Ellsworth, NSCA member sponsor.

UNIVERSITY OF CAROLINA-CHARLOTTE

Christy Galvin

Senior/Spanish

Height: 5'9", Weight: 132

Personal Bests: Bench Press: 125 lbs., Squat: 253 lbs., Vertical Jump: 25"

Power Clean: 125 lbs., 40-yard dash: N/A

"Christy ranks among the all-time leaders at Charlotte in both kills and attacks. She is an exceptional athlete who has made a commitment to the weight room, and as a result has improved her all-around performance. Christy holds five out of the six strength and conditioning records for Charlotte Volleyball." — Jim Whitten, CSCS, NSCA member sponsor.

UNIVERSITY OF NEW HAMPSHIRE

Jennifer Walker

Senior/Therapeutic Recreation

Height: 6'2", Weight: 191

Personal Bests: Bench Press: 170 lbs., Squat: 235 lbs., Vertical Jump: N/A,

Power Clean: 172 lbs., 40-yard dash: N/A

"UNH record holder in blocks. She broke her leg her first year in. Jen holds the school record in bench and clean. She is very consistent in her training effort." — Fred Domowitz, CSCS, NSCA member sponsor.

UNIVERSITY OF SOUTHERN MISSISSIPPI

Kelly Tribble

Junior/Nursing - Height: 6', Weight: 158

Personal Bests: Bench Press: 130 lbs., Squat: 175 lbs., Vertical Jump: 21.5"

Power Clean: 135 lbs., 40-yard dash: N/A

"Kelly's excellent work ethic and determination have enabled her to make superior gains in speed, strength, power, and agility. Her conditioning has helped her to withstand the pounding taken in her sport. She is a great role model and leader in the weight room and on the court." — Chaucer Funchess, NSCA member sponsor.

UNIVERSITY OF WASHINGTON

Emily Seacat

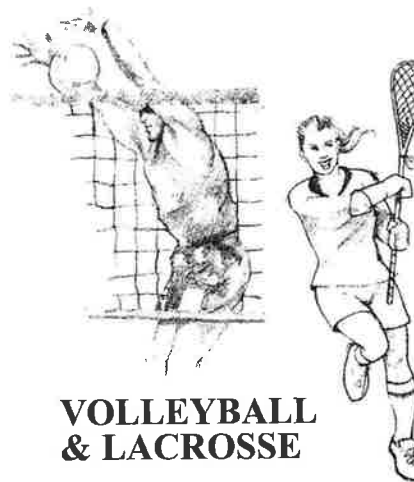
Senior/ Psychology

Height: 6'3", Weight: 190

Personal Bests: Bench Press: 175 lbs., Squat: 265 lbs., Vertical Jump: 23.5", Power Clean: 200

lbs., 40-yard dash: N/A

"Emily made a conscious decision to do everything possible to be a successful volleyball player. From benching 115 her first three years to 175, and cleaning 132 to 200. Emily has also decided to become a strength and conditioning coach for her profession." — Michelle Latimer, NSCA member sponsor.



VOLLEYBALL & LACROSSE

CORNELL UNIVERSITY

Jamiee Reynolds

Junior/Agriculture and Biological Engineering - Height: 5'11", Weight: 160

Personal Bests: Bench Press: 115 lbs., Squat: 180 lbs., Vertical Jump: 22.5"

Power Clean: 130 lbs., 40-yard dash: 5.2 seconds

"Jamiee is an outstanding two-sport athlete who excels both in athletics and academics. She is a dean's list student (3.82 GPA) and earned post-season honors following the 2000 lacrosse season (unanimous 1st Team All Ivy League as a sophomore). Jamiee has been exceptionally dedicated to the strength and conditioning program and has made significant progress in her overall physical development. She has had a major impact on our program both as an athlete and as a first-class individual." — Tom Howley, NSCA member sponsor.

VOLLEYBALL/ SOFTBALL

LAKE FOREST COLLEGE

Chris Laurine

Junior/ Education & Art

Height: 5'7", Weight: 140

Personal Bests: Bench Press: 155 lbs., Squat: 180 lbs., Vertical Jump: 21"

Power Clean: 105 lbs., 40-yard dash: N/A

"Chris, a dedicated lifter, uses her strength and conditioning program to ensure her health and performance during the rigors of two sport seasons. Chris is captain for both teams and has been selected two time All-Midwest Conference for softball. She maintains a 3.1 GPA." — Andrew Hoffman, NSCA member sponsor.



WOMEN'S ICE HOCKEY

OHIO STATE UNIVERSITY

April Stojak

Sophomore/ Pre-Pharmacy

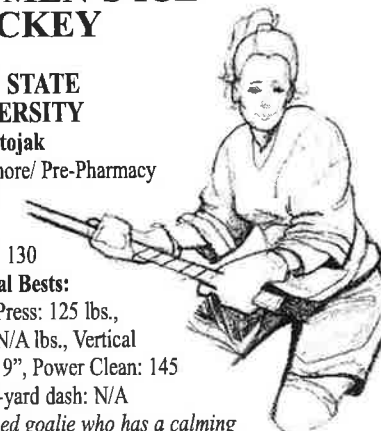
Height: 5'8"

Weight: 130

Personal Bests: Bench Press: 125 lbs., Squat: N/A lbs., Vertical Jump: 19"

Power Clean: 145 lbs., 40-yard dash: N/A

"A poised goalie who has a calming effect on her team when in net... team most improved player in 2000... Had two shut out wins on the season... a 2000 OSU Scholar Athlete." — Erick Schork, NSCA member sponsor.





WRESTLING

BINGHAMTON UNIVERSITY

Chris Karas

Junior/ Computer Science

Height: 5'9", Weight: 184

Personal Bests: Bench Press: 315 lbs., Squat: 467 lbs., Vertical Jump: 35.5", Power Clean: 306 lbs., 40-yard dash: 4.66 seconds

"Chris is the consummate athlete. He is strong, agile, trains religiously, and is a smart wrestler. He consistently shows his improvements in strength and power gained in the weight room and puts that to use when he wrestles out on the mat. His performances in the classroom mimic his actions on the mat." — Adam Miller, NSCA member sponsor.

VIRGINIA TECH

Chris Martin

Senior/ Physical Education

Height: 5'10", Weight: 165

Personal Bests: Bench Press: 350 lbs., Squat: 400 lbs., Vertical Jump: N/A, Power Clean: 286 lbs., 40-yard dash: N/A

"Chris Martin is a three time NCAA qualifier and has earned All-American honors last season. Chris is a self motivated athlete and a fierce competitor. He is intense on the mat, as well as in the weight room. Chris is truly deserving of All-American status." — Jack B Johnson JR, NSCA member sponsor.

VIRGINIA TECH

Eric Hall

Senior/ Grad. Student Curriculum and Instruction

Height: 5'10", Weight: 174

Personal Bests: Bench Press: 300 lbs., Squat: 400 lbs., Vertical Jump: 31.5", Power Clean: 265 lbs., 40-yard dash: N/A

"A three time NCAA qualifier who enters the 2000-01 season ranked sixth in the nation by Amateur Wrestling News. An outstanding all-around athlete. Eric has a tremendous work ethic and unlimited potential." — Michelle Clayton-Boswell, NSCA member sponsor.

NSCA Mission Statement

**As the worldwide authority
on strength and conditioning,
we support and disseminate
research-based knowledge
and its practical application,
to improve athletic performance
and fitness.**