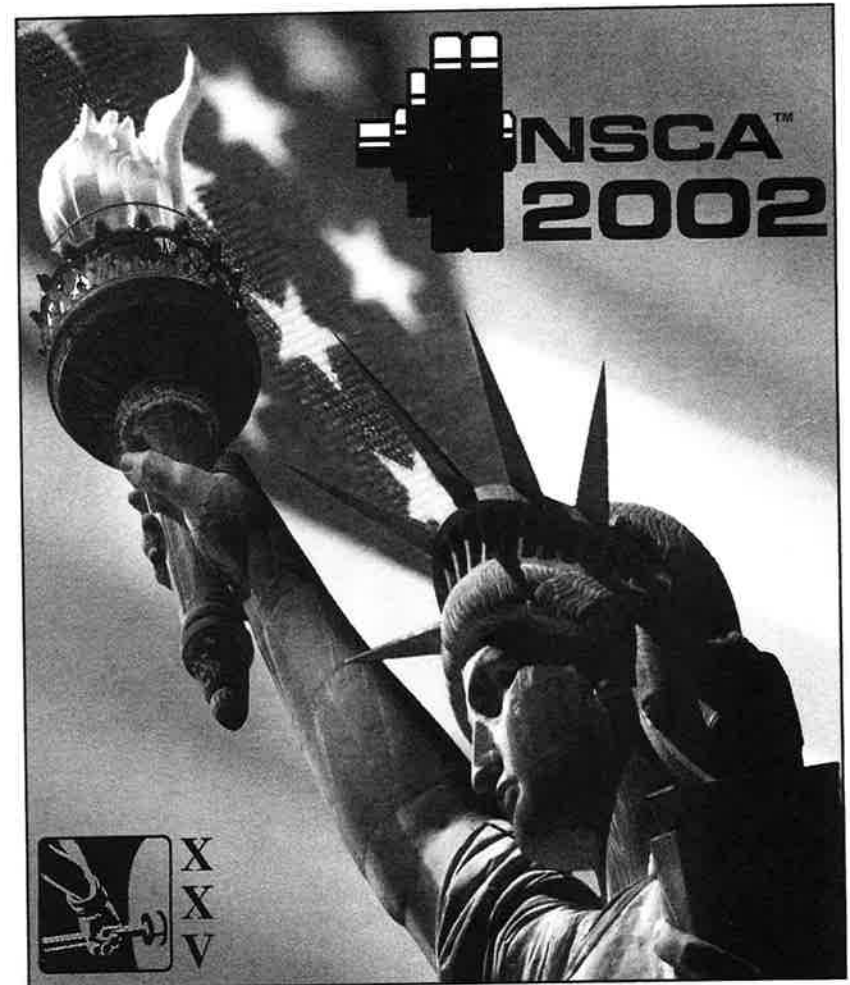


National Strength and Conditioning Association



National Strength and Conditioning Association

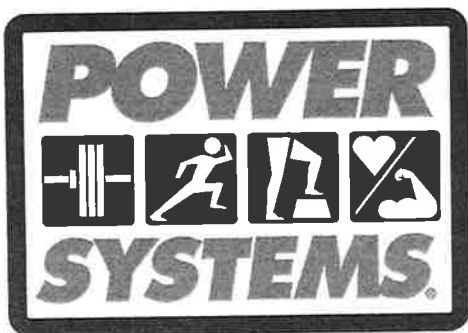
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ALL-AMERICAN Strength and Conditioning Athletes of the Year

The NSCA wishes to thank



Official Sponsor
2002 NSCA All-American
Strength and Conditioning
Athletes of the Year

2002
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.

BASEBALL

Duquesne University

Gary Lee Catcher

Senior/ Liberal Arts
Height: 5'11", Weight: 200
Personal Bests: Bench Press: 290lbs., Squat: 390 lbs., Power Clean: 285 lbs., 40-yard dash: 4.55
"Gary has displayed exceptional drive to accomplish an outstanding record in the weight room. He understands intuitively how to transfer gains from the weight room to the playing field. Gary provides a constant challenge to his teammates during sessions by consistently raising the accepted standard." –Frank Piccolino, NSCA member sponsor.

Clemson University

Khalil Greene Shortstop

Senior/ Sociology
Height: 5'10", Weight: 195
Personal Bests: Bench Press: 360lbs., Squat: 455 lbs., Vertical Jump: 29.5
"Khalil has been one of the most consistent athletes I have ever had the opportunity to coach. He is very focused in his training and has an exceptional work ethic. Khalil was named 1st Team All ACC in 2001 by setting a school record for fielding a shortstop with a .965 fielding percentage. Career Stats going into senior season were .343 batting average, 269 hits, 62 doubles, 6 triples, 185 rbi, .437 on base percentage and stolen 46 bases. He has helped the Clemson Tigers to Super Regional Play each season and played in the 2000 College World Series. Khalil was drafted his junior year in the 14th round of the MLB draft. This past off-season, he won the Team and Individual Championship for the annual Omaha Challenge Competition; which involved various strength, speed, and conditioning events over a five day period. He was recently named team captain for the 2002 season. He has been on the ACC and Clemson honor roll each year." –John Sisk, NSCA member sponsor.

Aaron Rifkin Senior

Senior/ Undeclared
Height: 6'3", Weight: 205
Personal Bests: Bench Press: 285lbs., Squat: 405 lbs., Power Clean: 245 lbs., 40-yard dash:
"Aaron is a team leader on and off the field. He lead the tem in homeruns, three in one game and one in the college world series. He was drafted in the 4th round to the New York Yankees. He listed weight lifting as his favorite thing to do." –Mike Nagler, NSCA member sponsor.

Illinois State University

Ryan Cantrell Center Field/ Pitcher

Senior/ Biology
Height: 6", Weight: 190
Personal Bests: Bench Press: 275lbs., Squat: 440 lbs., Vertical Jump: 30.5,
"Ryan is the true meaning of a student athlete. He was named to the 2001 Missouri Valley Conference First team scholar athlete, as well as, Second team all Missouri Valley Conference for his efforts on the field. Ryan finished his junior campaign with a .360 batting average and as a sophomore held opposing batters to a team-best .234 batting average as a relief pitcher for the Redbirds. Ryan was recently selected as a permanent captain and has dedicated himself to becoming stronger and faster. He has really emerged as the team leader in the weight room." –Brandon Beckett, NSCA member sponsor.

Bowdoin College

Rob Metzler Outfield

Senior/ Physics
Height: 6', Weight: 175
Personal Bests: Bench Press: 225lbs., Squat: 300 lbs., Vertical Jump: 28.5, Power Clean: 195 lbs.
"Rob's enthusiasm in the weight room has set a tone for the baseball team at Bowdoin. His focus encourages others to strive for improvements. Rob truly exemplifies the term student athlete by maintaining a 3.42 GPA and achieving excellence on the baseball diamond." –Dawn Strout, NSCA member sponsor.

BASKETBALL

University of Delaware

Carrie Timmins Point Guard

Senior/ Health and Physical Education
Height: 5'7", Weight: 148
Personal Bests: Bench Press: 125lbs., Squat: 240 lbs., Vertical Jump: 22, Power Clean: 145 lbs.
"Carrie is very disciplined in her approach to training. She has excellent technique and always strives to improve. Carrie has won the University Women's Basketball "Top Conditioned Athlete Award" two years in a row." –Russell Barbarino, NSCA member sponsor.

University of Richmond

Michele Koclanes Guard

Senior/ Business Marketing
Height: 5'4", Weight: 135
Personal Bests: Bench Press: 135lbs., Squat: 225 lbs., Vertical Jump: 22, Power Clean: 130 lbs.
"Michele has worked extremely hard to develop herself into an outstanding basketball player. She is a leader in most of the conditioning drills, as well as in the weight room. Michele is an athlete who posses a great work ethic and a will to win. She has had a cumulative increase of 60 pounds in the Hang Clean and Squat, which has allowed Michele to move more effectively on the basketball court. Her interaction with her teammates as well as with the student body is positive and supportive. The responsibility and commitment that Michele shows on a daily basis will be the driving force of her success in the future." –Darin Thomas, NSCA member sponsor.

Duquesne University

Aaron Lovelace Forward

Senior/ Corporate Communication
Height: 6'5", Weight: 220
Personal Bests: Bench Press: 265lbs., Squat: 395 lbs., Vertical Jump: 32, Power Clean: 250 lbs., 40-yard dash: 4.7
"Aaron has overcome tremendous adversity to consistently post the highest strength totals for the Men's Basketball team. His leadership has resulted in the strongest team to step on to the court in school history. Aaron's willingness to lead by example has helped many of the younger members raise the standard of performance and achieve levels previously unattainable." –Brian Scott Austin, NSCA member sponsor.

Mount Marty University

Chris Gubbrud Center

Senior/ Secondary Education
Height: 7'1"
Personal Bests: Bench Press: 230lbs., Squat: 335 lbs., Vertical Jump: 27, 40-yard dash: 5.7
"Chris has dedicated himself to improving his strength, agility, and overall stamina through our strength and conditioning program. This work has resulted to improvement in his vertical jump of 2", his T-Drill time by 4/10 second over last year and he ran the mile in 5:53. This improvement has moved him from a part time starter to a major factor on the men's basketball team where he now averages 12 point and 5 rebounded per game." –James Thorson, NSCA member sponsor.

Texas Christian University

Tricia Payne Guard

Senior/ Business Management
Height: 6'1", Weight: 180
Personal Bests: Bench Press: 145lbs., Squat: 205 lbs., Vertical Jump: 23.5, Power Clean: 146 lbs.
"Tricia made tremendous strides in the weight room every year. Because of her work ethic in the weight room and on the court, she has developed into a star guard for TCU's basketball team. She has been a joy to coach and an inspiration to her teammates." –Kent Morgan, NSCA member sponsor.

Springfield College

Keith Arnold Forward

Senior/ Business
Height: 6'4", Weight: 220
Personal Bests: Bench Press: 205lbs., Squat: 360 lbs., Vertical Jump: 25.5
"He gives 100% every time his is in the weight room, he has a tremendous work ethic, and sets a great example for his teammates." –Margaret Jones, NSCA member sponsor.

Syracuse University

Jamie James Guard

Senior/ Biology– Pre-Med
Height: 5'6", Weight: 133.5
Personal Bests: Bench Press: 150lbs., Squat: 285 lbs., Vertical Jump: 27, Power Clean: 62.5k lbs., 40-yard dash: 5.01
"Jamie continues to serve as a role model to all of our female athletes. Her accomplishments in the weight room exceed those of her teammates and peers. She is diligent, hard working, vocal, tough, and determined. Jaime broke SU's 3 point record and is less then 100 points from a career 1000. Jamie's leadership and presence will be greatly missed." –Helen Haarlander, NSCA member sponsor.

Cornell University

Ify Ossai

Junior/ City and Regional Planning
Height: 5'10", Weight: 165
Personal Bests: Bench Press: 155lbs., Squat: 260 lbs., Vertical Jump: 29, Power Clean: 165 lbs.
"Ify's attitude and tremendous work effort not only have a positive effect on her in the weight room, but also on her teammates. They look at her accomplishments and see the possibilities that can be achieved." –Thomas Dilliplane, NSCA member sponsor.

East Tennessee State University

Erin Thurman Point Guard

Senior/ Communications

Height: 5'4", Weight: 130

Personal Bests: Bench Press: 150lbs., Squat: 300 lbs., Vertical Jump: 24, Power Clean: 135 lbs.

"Erin is extremely strong for her stature. Her strength acquisition makes her a quick, fast, and aggressive opponent on the basketball court. Her demeanor in the weight room makes her an athlete to follow." –Lee J. Morrow, NSCA member sponsor.

Springfield College

Keith Arnold

Forward

Senior/ Business

Height: 6'4", Weight: 220

Personal Bests: Bench Press: 205lbs., Squat: 360 lbs., Vertical Jump: 25.5.

"He gives 100% every time he is in the weight room. He has a tremendous work ethic, and sets a great example for his teammates." –Margaret Jones, NSCA member sponsor.

Drake University

Jayne Anderson

Guard

Senior/ Elementary Education

Height: 5'10", Weight: 140

Personal Bests: Bench Press: 125lbs., Squat: 220 lbs., Vertical Jump: 20.5, Power Clean: 160 lbs.

"Jayne is not the strongest or biggest member of our team, but nobody outworks her. She wouldn't allow it. Jayne spent a transfer season sitting out and worked hard every day that year to assure she could make the move from Div. III to Div. I ball. Her work ethic and perfectionist attitude are why she is not only playing at this level, but starting on a nationally ranked team." –Mike Cotterman, NSCA member sponsor.

James Madison University

Darrel Fanning

Guard

Junior/ Communications

Height: 6'", Weight: 190

Personal Bests: Bench Press: 255lbs., Squat: 425 lbs., Vertical Jump: 400, Power Clean: 4.6 lbs.

"David has worked hard in the weight room and developed himself into an all Conference threat. His vertical jump has steadily increased from 33 to 38.5 static and to 40 with one step. He has fought back from injuries and never missed a workout." –Gregory Werner, NSCA member sponsor.

Dartmouth College

Keri Downs

Point Guard

Senior/ Psychology

Height: 5'4"

Personal Bests: Bench Press: 135lbs., Squat: 165 lbs., Vertical Jump: 25, Power Clean: 150 lbs.

"Keri has lifted her performance on the court by giving 110% of her effort in the weight room. As a result of her hard work, she has become stronger and faster on the court. She has dedicated herself to getting the best possible condition for her sport. She has become a leader in the weight room as well as on the court." –Robert J. Miller, NSCA member sponsor.

Shepherd College

Brianne Hamilton

Forward

Junior/ Physical education

Height: 6'", Weight: 150

Personal Bests: Bench Press: 145lbs., Squat: 225 lbs., Vertical Jump: 24, Power Clean: 165 lbs.

"Brianne earned the title of Team Captain as Junior. She leads by example and her teammates are very respectfull of her leadership. She is having a breakout year in 2001-02 with an average 11 rebounds and 8 points a game for her career. She works diligently to improve her game year-round – pushes teammates to work in the weight room through example and by the results of her personal bests." –Pete Yurish, NSCA member sponsor.

University of Massachusetts

Shannon Crooks

2 Guard

Senior

Height: 6'2", Weight: 210

Personal Bests: Bench Press: 310lbs., Squat: 445 lbs., Vertical Jump: 34, Power Clean: 235 lbs., 40-yard dash: 4.5

"Shannon works hard on and off the court. He is a three year starter who leads the team in steals and assists. Due to his conditioning he has never missed a game due to injury. Very explosive, his is "Mr. Fast Twitch". He always gives his best easy to motivate he's one of my all time favorites at UMASS." –Bob Otrando, NSCA member sponsor.

The University of Southern Mississippi

Clement Carter

Guard

Junior/ Sports Administration

Height: 6'3 1/4", Weight: 222

Personal Bests: Bench Press: 325lbs., Squat: 505 lbs., Vertical Jump: 31.5, Power Clean: 260 lbs., 40-yard dash: 2.87

"Clements work ethic has him achieving great gains in

our speed strength, and conditioning program. The level and intensity that he performs at has helped him improve in all phases of our program." –Chaucer Fuchess, NSCA member sponsor.

University of the Pacific

Mike Preston

Senior/ Business Administration

Height: 6'9", Weight: 235

Personal Bests: Bench Press: 330lbs., Squat: 425 lbs., Vertical Jump: 30.5, Power Clean: 305 lbs., 40-yard dash: 4.86

"Mike has been our strongest basketball player the last four years. It is due to his relentless work ethic on the floor, in the weight room, during conditioning, and in the classroom. He is a positive role model for other student athletes to look up to due to his consistency and attitudes." –Todd Smith, NSCA member sponsor.

Youngstown State University

Monica Vicarel

Guard

Senior/ Chemistry

Height: 5'8", Weight: 135

Personal Bests: Bench Press: 115lbs., Squat: 165 lbs., Vertical Jump: 21.5, Power Clean: 115 lbs.

"Monica has displayed undying dedication to performing as a collegiate womens basketball player. She spends many "extra" hours in the gym working on skills and conditioning. Monica is equally dedicated in the classroom and plans to continue with research and field work in her major after graduation. She is a positive force for us on the basketball court and this was echoed when she was selected as team captain." –Todd Burkey, NSCA member sponsor.

University of the Pacific

Selena Ho

Point Guard

Senior/ Business Administration

Height: 5'5", Weight: 115

Personal Bests: Bench Press: 120lbs., Squat: 220 lbs., Vertical Jump: 24, Power Clean: 160 lbs., 40-yard dash: 5.35

"Selena is pound for pound the strongest most powerful female athlete at Pacific. Her school and Big West records are a direct result of her focus and determination. Her leadership in the weight room, on the floor, and during conditioning is why Pacific's women's basketball program has taken the next step." –Todd Smith, NSCA member sponsor.

Springfield College

Kelly Thompson

Guard./ Forward

Senior/ Sports Management

Height: 5'7", Weight: 155

Personal Bests: Bench Press: 100lbs., Squat: 200 lbs., Vertical Jump: 21,

"Kelly is one of the hardest working athletes I have ever had the pleasure to coach, her dedication and intensity have contributed to being named NEWMAC Player of the year 2000-2001." –Margaret Jones, NSCA member sponsor.

Central Connecticut

State University

Jason Smith

Center

Freshman/ Finance

Height: 6'10", Weight: 245

Personal Bests: Bench Press: 325lbs., Squat: 550 lbs., Vertical Jump: 30, Power Clean: 265 lbs.

"Jason is one of the finest student athletes that I have coached. He is the hardest working athlete at our school. He was not a starter or received many playing minutes but his work ethic is compared to none. He is an athlete that you would want to go into battle with." –Michale Erickson, NSCA member sponsor.

Northern Arizona University

Brian McHugh

Center

Senior/ Business

Height: 6'8", Weight: 235

Personal Bests: Bench Press: 285lbs., Squat: 335 lbs., Vertical Jump: 27.5, Power Clean: 286 lbs.

"Brian is one of the most hardworking and dedicated athletes, both in the gym and on the court." –John Krasinski, NSCA member sponsor.

University of Texas, San Antonio

James Joseph

Forward

Senior/ Criminal Justice

Height: 6'7", Weight: 210

Personal Bests: Bench Press: 300lbs., Squat: 360 lbs., Vertical Jump: 215, Power Clean: 32 lbs.

"James is one of the hardest working athletes I have ever had the pleasure to coach; he is the reason Strength Coaches enjoy their jobs. His goal has always been to be a good will ambassador for the sport of basketball and his University. Through his hard work he has earned an All-Tournament Team selection, led the Conference in 3 point shooting, and was named Team Captain. In addition, he has represented his University at the NCAA Leadership Conference and is on the Dean's List." –Michael Cox, NSCA member sponsor.

University of Pennsylvania

Jennifer Jones

Guard

Junior/ History

Height: 6", Weight: 175

Personal Bests: Bench Press: 135lbs., Squat: 205 lbs., Vertical Jump: 21.5, Power Clean: 175 lbs.

"Jennifer has made herself stronger by sheer drive and determination. Her best attribute is her consistency. She never misses a workout! She scored a career-high 19 points against Texas Tech (3/16) and matched career-high 10 rebounds against Cornell (2/16) She is fifth in team scoring, averaging career-high 6.2 ppg and she knocked down career-high six field goals twice, against Lehigh (1/3) and Yale (3/3) .She recorded season-high three steals against Lehigh (1/3) ." –James Steel, NSCA member sponsor.

United States Air Force Academy

Rozi Russ

Forward

Senior/ Civil Engineering

Personal Bests: Bench Press: 175lbs., Squat: 240 lbs., Power Clean: 160 lbs.

"Her intensity of training and dedication is unmatched and is a source of inspiration for the rest of her team. She is someone you have to monitor for over training- a good problem to have as her strength coach." –Peter Melanson, NSCA member sponsor.

University of South Florida

Will McDonald

Center

Junior/ Social Science

Height: 6'11", Weight: 251

Personal Bests: Bench Press: 274lbs., Vertical Jump: 30, Power Clean: 245 lbs.

"After a severe injury during the 2000-2001 season, Will brought intensity and tremendous work ethic to the weight room every day throughout the summer and pre-season. After suffering a contusion that evolved into myositis Ossiticans, rehabilitation slowed his ability to effectively train his lower body in the weight room. After a great summer of rehabilitation and lifting, McDonald dropped over thirteen pounds of body weight and eleven percent of body fat off his 6' 11" frame allowing him to be much more productive on the court. Although not a vocal leader, Will shows by example the work ethic needed to play basketball at this level. As a coach, I feel very honored to nominate such a dedicated athlete both on and off the court. His dedication to himself and his team is a great example of everything our program at the University of South Florida is striving to become." –Marty Lehman, NSCA member sponsor.

Gardner Webb University

Jamie Roller

Senior/ Computer Science

Height: 6'7", Weight: 235

Personal Bests: Bench Press: 300lbs., Squat: 595 lbs., Vertical Jump: 33, Power Clean: 250 lbs.,

"Jamie is a fearless defender in the post whose has used his increased strength and size to be a focal point of our team's success. He is a versatile athlete who leads by hard work and by example." –Sean Benevides, NSCA member sponsor.

Central Michigan University

Mollie Munz

Guard

Senior/ Health Fitness

Height: 5'6", Weight: 155

Personal Bests: Bench Press: 195lbs., Squat: 190 lbs., Vertical Jump: 18, Power Clean: 120 lbs.,

40-yard dash: 5.88

"Mollie is the leader for the Central Michigan University basketball team in the weight room as well as on the court. During lifting and conditioning sessions, Mollie constantly pushes herself and her teammates to work their hardest and improve. Mollie's athletic accomplishments include being the CMU leader in career 3 pointers and 7th in career assists while also holding the records for most assists in a game (11.) Her career bests per game are as follows: 26 points, 10 rebounds, 11 assists, 2 blocks, and 5 steals. Academically, Mollie has a 3.5 GPA and will graduate in May. After graduation, she plans on continuing her education as a strength and conditioning coach." –Greg Halberg, NSCA member sponsor.

University of North Carolina

at Wilmington

Anthony Terrell

Power Forward

Sophomore/ Computer Science

Height: 6'6", Weight: 232

Personal Bests: Bench Press: 315lbs., Vertical Jump: 38, Power Clean: 275 lbs.,

40-yard dash: 4.66

"Anthony has a mentality in the weight room that is frightening. He is the kind of athlete that excites me every day by seeing the progress he has made since his arrival in campus. He has gained 21 pounds of muscle in his first year and maintains a body fat percentage between 7 and 8. Terrell has used the weight room to become strong enough to allow him you play on the low post as well as on the wing. It will be interesting to see how good he will be in the years to come." –Jim Mayhew, NSCA member sponsor.

Louisiana Tech University

Brooke Lassiter

Forward

Senior/ Business

Height: 5'9", Weight: 160

Personal Bests: Bench Press: 155lbs., Squat: 200 lbs., Vertical Jump: 22, Power Clean: 145 lbs.

"Brooke is a great leader of women's basketball team. She displays all aspects of discipline, hard work, and intensity. She used the weight room to become a 4-year starter on a top 10 team. She was team captain for 2001-2002 season." –Eric Ciano, NSCA member sponsor.

Glenville State College

Colleen McBrien

Guard

Senior/ Psychology

Height: 5'4", Weight: 130

Personal Bests: Bench Press: 140lbs., Squat: 130 lbs., Vertical Jump: 21,

"Last year Colleen was the teams leading scorer prior to tearing her ACL in the 11th game of the year. After consulting with doctors, she declined to finish out the last six games of the year, including the final tournament. She finished the year averaging 11.1 apg, 2.1 rpg, and 2 steals pg. She also shot 40.3% from behind the 2 point line. Colleen was named to all three tournament teams prior to injury. Colleen is a consummate hustler, and this was evident as she single-handedly helped lead the Lady Pioneers to victories in the conference tournament through her hustle and defensive pressure on opponents point guards. After having surgery in March, Colleen has found herself three months ahead of rehabilitation schedule. Having been playing without a brace as early as mid-June is a true testament to Colleen's dedication to the weight room and rehabilitation programs. As Colleen prepares to enter her senior year as captain of the Lady Pioneers, greatness will be seen all over the court." –Jim Catanzaro, NSCA member sponsor.

Santa Clara University

Caroline Gruening

Guard

Senior/ Combined Sciences

Height: 5'7"

Personal Bests: Bench Press: 170lbs.

"Caroline a former walk-on from Juneau Alaska, now a team captain on scholarship. She earned honorable mention at the All-WCC honors as a Junior and is a returning starter on the wing. She possesses an excellent shot and is a relied-upon defender. She is described as one of the hardest workers on the team away from practice." –Steve Schulz, NSCA member sponsor.

BASKETBALL / TRACK & FIELD

MidAmerica Nazarene University

Kelly Tucker

Forward

Criminal Justice

Height: 5'9", Weight: 160

Personal Bests: Squat: 175 lbs., Vertical Jump: 21, Power Clean: 140 lbs.

"Kelly has been a weight room regular since her freshman year. She has set a standard for consistency and made great improvement in the ability on the court. She plans to work with underprivileged youth after graduation." –Tom Cross, NSCA member sponsor.

Mount Marty University

Eliza Deloux

Center/Shot Put & Discus

Junior/ Elementary Education

Height: 6", Weight: 185

Personal Bests: Bench Press: 135lbs., Vertical Jump: 21.5,

"After knee surgery her freshman year, her work ethic and education in the weight room brought her back to a new level of performance. As a sophomore she threw her personal best 45'3" at the NAIA Outdoor championships to place 3rd and earn All-American honors. She was a top reserve as a sophomore and currently starts on the women's basketball team where she averages 20 points and 7.5 rebounds per game." –James Thorson, NSCA member sponsor.

CREW

University of Central Florida

Amanda Ream

Starboard

Senior/ Education– Early Childhood

Height: 5'6", Weight: 136

Personal Bests: Bench Press: 125lbs., Squat: 215 lbs., Vertical Jump: 20, Power Clean: 168 lbs.

"Amanda has worked very hard in the weight room since she came to UCF her freshman year. She is strong enough to row open or lightweight. Amanda has put 57 pounds on her power clean, 30 pounds on her bench press, and 60 pounds on her back squat over the past 2 1/2 years." –Reese A. Bridgman, NSCA member sponsor.

University of Wisconsin- Madison

Rochelle Jacques

Port

Senior/ Interior Design

Height: 5'9", Weight: 140

Personal Bests: Bench Press: 115lbs., Squat: 190 lbs., Vertical Jump: 21, Power Clean: 125 lbs.

"Chelle is type of athlete every Strength Coach dreams about. She has worked for everything she has achieved. Everyone on the team looks up to her because of her attitude and work ethic. Chelle gives 100 percent all of the time. Her effort and hard work has her rowing in the 2nd varsity eight boat. This is a great accomplishment for her, since last year she was not in a boat at all. I remember a conversation with Chelle this past summer on how she thought she might get cut from the team. I also remember Chelle not missing one day of summer workouts in the weight room and lying on the floor in a puddle of sweat trying to figure out how to ease the pain. All of her work over the summer paid off. When tryouts came in the fall she did a wonderful job, one of the top people on the entire team. Chelle continues to work hard. Her form and technique on all the lifts are perfect. When Chelle is in the weight room the team takes notice and watches her. Chelle also is a great student. She majors in Interior Design and has a 3.2 GPA." –Ryan Feek, NSCA member sponsor.

FIELD HOCKEY

James Madison University

Lindsey Keller

Midfielder/ Back

Sophomore/ Geography

Height: 5'5", Weight: 120

Personal Bests: Bench Press: 135lbs., Squat: 225 lbs., Vertical Jump: 20, Power Clean: 115 lbs.

"Lindsey has a work ethic second to none. Through her example, Lindsey has motivated her teammates, as well as athletes from other sports to work harder an strength and conditioning actives. Lindsey is an excellent student as well as athlete." –Gregory Werner, NSCA member sponsor.

Brown University

Megan Patterson

Midfield/ Back

Senior/ Civil Engineering

Height: 5'3", Weight: 155

Personal Bests: Bench Press: 150lbs., Squat: 275 lbs., Vertical Jump: 22, Power Clean: 67.5k lbs.

"Megan is two time All Ivy. She was selected to play in the North South All Star Game. She is North East All-American." –Roger Marandino, NSCA member sponsor.

FOOTBALL

Arkansas State

Danny Smith

Running Back

Senior/ Management Systems

Height: 5'6", Weight: 170

Personal Bests: Bench Press: 360lbs., Squat: 495 lbs., Vertical Jump: 41, Power Clean: 300 lbs., 40-yard dash: 4.56

"Danny has a rare work ethic on the field and in the weight room. He has tremendous focus and determination and is a joy to work with. Athletes like him come along only once in a coach's career." –Lee Brown, NSCA member sponsor.

Louisiana Tech University

Carlin Thomas

LB

Junior/ Sociology

Height: 6'3", Weight: 230

Personal Bests: Bench Press: 400lbs., Squat: 500 lbs., Vertical Jump: 39, Power Clean: 325 lbs., 40-yard dash: 4.7

"Carlin is a hardworking individual with great leadership skills. He has used the weight room to become a pre-season all-wac player. He is very responsible and a great motivator. He was also team captain for 2000 and 2001 seasons." –Eric Ciano, NSCA member sponsor.

Jacksonville State University

Marcus Mitchell

Full Back

Sophomore

Height: 5'4", Weight: 225

Personal Bests: Bench Press: 415lbs., Squat: 605 lbs., Vertical Jump: 36, Power Clean: 325 lbs., 40-yard dash: 4.08

"When I think of Marcus, the first thing that comes to minds is intensity. He shows up everyday ready to go to work. For Marcus working in the weight room is where he loves to be, which for an athlete can increase improvements and goals significantly." –Rob Livingstone, NSCA member sponsor.

University of Louisiana at Monroe

H.J. Adams

Receiver

Sophomore/ Exercise Science

Height: 5'10", Weight: 190

Personal Bests: Bench Press: 360lbs., Squat: 485 lbs., Vertical Jump: 34.5, Power Clean: 330 lbs., 40-yard dash: 4.24

"HJ is the foundation of our receiving corp. His strength and hard-nosed mentality make him a tremendous

asset to our football team. HJ set two of the ULM records for the receiver position during the off season." –Thad Livingston, NSCA member sponsor.

TSU

Cortez Hankton

Wide Receiver

Junior/ Business

Height: 6'1", Weight: 190

Personal Bests: Bench Press: 325lbs., Squat: 545 lbs., Power Clean: 285 lbs., 40-yard dash: 4.4

"Cortez knew after of the end of last season he would be the go to receiver the 2001 season. I watched him go from becoming a receiver that avoided the weight room to being a leader in the weight room. He has the best squat and power clean lifts out of all our receivers. Hankton was picked preseason 1st team ALL-SWA and Black College Preseason All-America wide receiver. He maintains a 3.5 GPA and is a member of the Kappa Alpha Psi Fraternity." –Tony Wilson, NSCA member sponsor.

MidAmerica Nazarene University

David Howard

D Line

Accounting

Height: 5'10", Weight: 250

Personal Bests: Squat: 460 lbs., Vertical Jump: 27.5, Power Clean: 330 lbs., 40-yard dash: 5.0

"David is our quickest and most consistent defensive lineman. He is highly disciplined in all he does. He has competed well in the collegiate National Weightlifting Championships the last two years. He plans on a career in law enforcement with a dream of working in the FBI." –Tom Cross, NSCA member sponsor.

United States Air Force Academy

Ben Miller

Offensive Tackle

Senior/ Management

Height: 6'4", Weight: 270

Personal Bests: Bench Press: 365lbs., Squat: 550 lbs., Vertical Jump: 34.5, Power Clean: 390 lbs., 40-yard dash: 4.58

"Ben is that rare athlete who combines tremendous natural ability with great dedication to his strength and conditioning program. The results show up in his testing results and in his performance on the field. He is the most deserving of this recognition." –Allen Hedrick, NSCA member sponsor.

Jason Johnson

Inside Linebacker

Senior/ Physical Education

Height: 6'2", Weight: 245

Personal Bests: Bench Press: 405lbs., Squat: 465 lbs., Vertical Jump: 32, Power Clean: 325 lbs., 40-yard dash: 4.5

"Jason has used strength and conditioning since his freshman year to add a solid forty pounds to his 6' 2" frame without the use of any illegal substances. Not only has Jason added muscular weight, he has improved on all aspects of his strength and conditioning, every year his speed, agility, strength vertical jump, and flexibility have improved. Granted, Jason has many God given abilities, but he utilizes them to the best of his ability. Jason's hard work and dedication to strength and conditioning have also enabled him to be scouted by numerous NFL teams, this is an especially amazing accomplishment considering Jason attends a small Division III school in upstate New York. Jason Johnson deserves to be the Strength and conditioning Male Athlete of the Year because he is a perfect example of dedication to strength and conditioning overcoming adversity." –Nathan Harvey, NSCA member sponsor.

University of New Hampshire

Jon Oosterhuis

Defensive Line

Senior/ Pedagogy

Height: 6'3 3/4", Weight: 260

Personal Bests: Bench Press: 412lbs., Squat: 621 lbs., Vertical Jump: 34, Power Clean: 369 lbs., 40-yard dash: 4.52

"He is a great worker and role model. He was 219 as a freshman benching and squatting 278 and 423 respectively. 7 sacks, 3 fumble recoveries after mid year. He is from Guelph, Ontario. Played TE, LB" –Fred Domowitz, NSCA member sponsor.

Montana State University

Adam Cordeiro

Defensive End

Sophomore/ Elementary Education

Height: 6'1", Weight: 250

Personal Bests: Bench Press: 350lbs., Squat: 560 lbs., Vertical Jump: 36.5, Power Clean: 380 lbs., 40-yard dash: 4.52

"Adam has incredible genetic potential. He once said, "Coach puts the weigh on the bar, and I'll lift it." He was a high school senior in track when he won state titles in 100, 200, shot, and discus." –Brett Tudsbury, NSCA member sponsor.

Idaho State University

James Ernie

Cornerback

Freshman/ Undecided

Height: 5'11 3/4", Weight: 178

Personal Bests: Bench Press: 245lbs., Squat: 410 lbs., Vertical Jump: 31, Power Clean: 245 lbs.

"Ernie brings a winning attitude, desire, and intensity to our program. Although not the strongest, he leads the pack in every conditioning drill. Bar none, Ernie is the best conditioned athlete on the team." –Christine McComb, NSCA member sponsor.

Western Illinois University

Mike O'Brien

Defensive Tackle

Sophomore/ Law Enforcement

Height: 6'2", Weight: 280

Personal Bests: Bench Press: 445lbs., Squat: 585 lbs., Vertical Jump: 35, Power Clean: 385 lbs.,

40-yard dash: 5

"Mike is one of the fiercest competitors I have ever been around. His intensity both on the field and in the weight room should enable him to achieve any goals he has set for himself." –Ben Hilgart, NSCA member sponsor.

Mayville State University

Anthony Carlquist

Defensive Lines

Senior/ Exercise Science

Height: 5'10", Weight: 255

Personal Bests: Bench Press: 485lbs., Squat: 695 lbs.,

Vertical Jump: 31.5, Power Clean: 370 lbs.,

40-yard dash: 5.18

"Although Anthony has always been the strongest member of the team, he has never been satisfied with himself. Through his hard work, he improved both his quickness and his strength to become a 3-year starter. He holds school records in bench, squat, and cleans and has the second fastest 10 yard split on the team." –Paul Hopman, NSCA member sponsor.

Northwood University

Aaron Lambert

Defensive Tackle

Sophomore

Height: 6'2", Weight: 250

Personal Bests: Bench Press: 455lbs., 40-yard dash: 4.8

"Aaron is the strongest player on the team with a 455lb bench press to his credit. Aaron leads by example in the weight room and on the field. He is a hard worker that doesn't quit until the final whistle blows." –Scott Fisher, NSCA member sponsor.

The University of Southern Mississippi

Chad Williams

Defensive Back

Senior/ Coaching and Sports Admin

Height: 5'10", Weight: 205

Personal Bests: Bench Press: 380lbs., Squat: 580 lbs.,

Vertical Jump: 38, Power Clean: 330 lbs.,

40-yard dash: 4.45

"Chad has a superior work ethic and is training at the highest level possible with intensity and enthusiasm."

–Charles R. Dudley Jr, NSCA member sponsor.

J.P. McFeeley

Inside Linebacker

Senior/ Political Science

Height: 6", Weight: 215

Personal Bests: Bench Press: 365lbs., Squat: 575 lbs.,

Vertical Jump: 27, Power Clean: 335 lbs.,

40-yard dash: 4.85

"J.P. McFeeley is a 3-year starter going into his senior season as an inside linebacker for the Allegheny Gators. J.P. was selected as a Second-Team NCAC All-Conference Linebacker and the team's leading tackler as a Junior. J.P. Maintains a 3.0 GPA. J.P. is a graduate of Seneca Valley High School." –Mark Watts, NSCA member sponsor.

The University of Southern Mississippi

Dannye Fowler

Wide Receiver

Senior/ Sports Administration

Height: 5'9 1/4", Weight: 183

Personal Bests: Bench Press: 329lbs., Squat: 510 lbs.,

Vertical Jump: 35.5, Power Clean: 305 lbs.,

40-yard dash: 4.45

"Dannye has displayed excellent intensity and leadership. Through hard work and dedication, he has made himself into a standout athlete. Underclassmen look up to him, and for good reason." –Brian Wiseman, NSCA member sponsor.

University of Tulsa

Kevin Shaffer

Offensive Line

Senior/ Finance

Height: 6'5", Weight: 301

Personal Bests: Bench Press: 425lbs.,

Vertical Jump: 31, 40-yard dash: 5.18

"Kevin is one of the hardest working athletes in the strength and conditioning program at The University of Tulsa. Kevin has great numbers which include: 930 lb. safe squat, 425 lb. hang clean, 425 lb bench, and a 31" vertical jump. Kevin is a great leader by example. He brings a great intensity and work ethic to every training session and he inspires his teammates to do the same. Kevin's desire to be the best helped him become a dominating football player." –John Allaire, NSCA member sponsor.

Juaniata College

Ben Cole

Fullback

Senior/ Health Communications

Height: 5'11", Weight: 205

Personal Bests: Bench Press: 345lbs., Squat: 545 lbs.,

Vertical Jump: 30, Power Clean: 285 lbs.,

40-yard dash: 4.8

"Ben's hard work on the practice field and in the weight room has been a key factor in earning him the starting fullback position for the past three seasons. Ben's physical presents on the field along with his willingness to motivate his fellow teammates in the off-season has made him a key in the football programs success."

–Mike Hudy, NSCA member sponsor.

The University of Southern Mississippi

Dwayne Woods

Running Back

Senior/ Sports Administration & Coaching

Height: 5'7", Weight: 192

Personal Bests: Bench Press: 350lbs., Squat: 590 lbs.,

Vertical Jump: 35.5, Power Clean: 340 lbs.,

40-yard dash: 4.45

"Dwayne delivers the same consistent quality effort in the weight room that has allowed him to become a leader on the field and off. His hard work and dedication to the strength and conditioning program are apparent when examining his improvements in speed, power, and agility. This combination with his on-field preparation has taken his game performance to the highest level." –Josh Stoner, NSCA member sponsor.

Shepherd College

Rob Cunningham

Tight End/ Wide Receiver

Senior/ Sports Management

Height: 6'3", Weight: 220

Personal Bests: Bench Press: 305lbs., Squat: 435 lbs.,

Vertical Jump: 34, 40-yard dash: 4.52

"Rob is the epitome of a team player. He moved from a WR to TE because of need and played on all Special Teams all 4 years. He became an All-Conference player in 2001 and he never missed a strength and conditioning workout, team or player meeting, and practice during his career. Rob was never injured and will graduate in 4 years with honors. He has a 3.54 GPA and will be thoroughly missed by teammates and coaches." –Pete Yurish, NSCA member sponsor.

Berbard Brown

Defensive Back

Senior/ Management Information Systems

Height: 5'10", Weight: 180

Personal Bests: Bench Press: 325lbs., Squat: 665 lbs.,

Vertical Jump: 32, Power Clean: 450 lbs.,

40-yard dash: 4.5

"Bernard Brown embodies every aspect of a Strength and Conditioning All-American. He has had success

both on the field and in the classroom. Bernard has been both a vocal leader and an example in the weight room. Bernard learned early what strength and conditioning could do for him from a performance enhancement standpoint, and more importantly from a preventative/rehabilitative standpoint. He has had more than his fair share of injuries. Topping the list have been a compound ankle fracture sustained during his sophomore season, and a multiple fractured hip during his junior spring. In both instances he attacked his rehabilitation and strength and conditioning protocols and returned to start the next season. Bernard Brown is the guy strength coaches love to work with. He has had 100% attendance since his arrival 5 years ago. He routinely is the guy waiting for you to open the weight room in the morning. More importantly he is a motivated and intense individual every time he enters the weight room. Bernard Brown would be an excellent ambassador for the National Strength and Conditioning Association and their Strength and Conditioning All-American Award." –Ron McKeefery, NSCA member sponsor.

Texas Christian University

Chad McCarty

Defensive End

Senior/ Education Masters– Education

Height: 6'3", Weight: 260

Personal Bests: Bench Press: 460lbs., Squat: 675 lbs.,

Vertical Jump: 33, Power Clean: 400 lbs.,

40-yard dash: 4.97

"It has been a pleasure to watch Chad transfer all the hard work in the weight room on to the field. Kids like Chad don't come around often. It is truly my pleasure to have worked with him." –Don Sommer, NSCA member sponsor.

Idaho State university

Brett Fowler

Wide Receiver

Sophomore

Height: 6'3/4", Weight: 188

Personal Bests: Bench Press: 310lbs., Squat: 400 lbs.,

Vertical Jump: 34, Power Clean: 315 lbs.,

40-yard dash: 4.59

"In high school, Brett tore 4 ligaments and some nerves in his knee and still has no feeling in his ankle. He was told he would never run again. During his red shirt year he blew his shoulder. Once again he was told he would never play football. Due to his strong work ethic and desire he has been able to overcome these obstacles and became a starting receiver and team leader." –Bruce Seidman, NSCA member sponsor.

man University

is Stewart

nsive Lineman

or/ Political Science

ht: 6'". Weight: 280

onal Bests: Bench Press: 505lbs., Squat: 675 lbs.,

ical Jump: 32, Power Clean: 357 lbs.,

ard dash: 5.09

is has been an exceptional leader for our team. He l as team captain and led the way for our champi-p. He has been a consistent leader due to his work and determination. He refuses to lose and nds wining and will achieve anything he chooses. s been a pleasure coaching him." –Wayne Brown, A member sponsor.

ntrol Connecticut

te University

and Ramsby

oacker

or/ Communications

ht: 5'11", Weight: 228

onal Bests: Bench Press: 360lbs., Squat: 580 lbs.,

ical Jump: 30, Power Clean: 325 lbs.,

ard dash: 4.8

msby is a tremendous athlete. He is all energy on eld and off. He has followed our training philoso-to become one of the best defensive players on our His work ethic is matched by few in the weight e." –Michael Erickson, NSCA member sponsor.

st Tennessee State University

n Kerr

nsive Guard

or/ Sports Management

ht: 6'4.5", Weight: 290

onal Bests: Bench Press: 525lbs., Squat: 700 lbs.,

ical Jump: 26.5, Power Clean: 300 lbs.,

ard dash: 5.31

h is simply the strongest athlete I have ever worked ! He set all time school records in the bench, the ne bench, the squat, and the lift totals category. He e example for all of our athletes to work to succeed he field and in the weight room." –Lee J. Morrow, A member sponsor.

iversity of Kentucky

Wiggins

SS

or/ Marketing

ht: 6'", Weight: 203

onal Bests: Bench Press: 355lbs., Squat: 600 lbs.,

ical Jump: 34, Power Clean: 335 lbs.,

ard dash: 4.5

"Pat is your classic overachiever. Without his great work ethic and dedication to strength training, he would never have reached the status of starter for an SEC Football Team. He went from being a walk-on to being SEC player of the week. Pat is by far the All-American that Strength Coaches look for!" –Marcus D. Hill, NSCA member sponsor.

University of Massachusetts

Pete Cariello

Fullback

Senior

Height: 6'1", Weight: 232

Personal Bests: Bench Press: 430lbs., Squat: 485 lbs.,

Vertical Jump: 30, Power Clean: 285 lbs.,

40-yard dash: 4.67

"Pete has a great work ethic and he truly enjoys work-ing out. Pete is a 3 year starter who has gained over 100 pounds on his bench press since his freshman year. He has been a pleasure to coach." –Anthony Catterton, NSCA member sponsor.

Utah State University

Nick Onainda

Defensive End

Senior/ Sociology

Height: 6'3", Weight: 250

Personal Bests: Bench Press: 435lbs., Squat: 530 lbs.,

Vertical Jump: 31, Power Clean: 385 lbs.,

40-yard dash: 4.72

"He came to USU as a transfer with unprecedented desire and determination to succeed. Nick will compete day in and day out. He posses the uncanny ability to motivate others through his intensity and work ethic. Nick is a great young man and will me missed immensely when he graduates." –Shawn Griswold, NSCA member sponsor.

College of New Jersey

Scott Paterson

Defensive Lineman

Junior/ Health and Exercise Science

Height: 6", Weight: 215

Personal Bests: Bench Press: 345lbs., Squat: 455 lbs.,

Vertical Jump: 28, 40-yard dash: 5.02

"Despite his relatively small stature for his position, Scott started all 10 games this year. This is a true reflection of his dedication to the conditioning program. This past summer Scott became a Certified Personal Trainer through the NSCA. Scott is the personification of the student-athlete. he has a 3.4 GPA and his leadership abilities far exceed his role on the football team, as he is also an active member of the colleges ROTC program." –Jay Hoffman, PhD, NSCA member sponsor.

Juanita College

Kevin DeCarlo

Defensive End

Senior/ Communications

Height: 6'4", Weight: 236

Personal Bests: Bench Press: 325lbs., Squat: 550 lbs.,

Vertical Jump: 32, Power Clean: 300 lbs.,

40-yard dash: 4.75

"Kevin has worked hard in the weight room, classroom, and on the football field to reach his maximum potential as both a student and an athlete. His work ethic and attention to detail helps motivate those around him. As a three year starter at defensive end, he was ranked close to the top of the charts in the Middle Atlantic Conference in sacks, tackles, and tackles for lost." –Douglas B Smith, CSC, NSCA member sponsor.

Elon University

Josh Rowan

Offensive Tackle

Junior/ Mathematics

Height: 6", Weight: 255

Personal Bests: Bench Press: 430lbs., Squat: 631 lbs.,

Vertical Jump: 29, Power Clean: 355 lbs.

"Josh was a two-year starter on the offensive line. He leads by example in whatever he does and has a tireless work ethic which has helped him earn team offensive lineman of the week numerous times. He reported an added 4 inches to vertical and over 100 pounds to squat and 35 pounds to his power clean. He is a great kid who made himself using the weigh room to become not only a good football player, but a great person." –Tobias Jacobi, NSCA member sponsor.

Virginia Military Institute

Gene Cauthen

Running Back

Senior/ Business

Height: 5'10", Weight: 190

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

Vertical Jump: 37, Power Clean: 320 lbs.,

40-yard dash: 4.55

"Gene has a power index of 673. He is the team leader in rushing yards for all four years." –Richard Levy, NSCA member sponsor.

Humboldt State University

Ben Ewing

Defensive Line

Senior/ Wildlife

Height: 6'2", Weight: 238

Personal Bests: Bench Press: 415lbs., Squat: 565 lbs.,

Vertical Jump: 38, Power Clean: 320 lbs.

"Despite being undersized, Ben was a force on the Defensive Line for the Lumberjacks. Ben's tremendous

strength and explosive first step made him a formidable opponent for any opposing offense. A quiet leader on and off the field, Ben set the tone in the weight room with his intense desire and fantastic work ethic. Ben will always be remembered as a "tough guy" and a true "throwback player". After suffering a season ending spinal fracture of his ankle, his first question after being helped to the sideline was whether or not her would be able to play in next weeks game." –Drew Peterson, CSCS, NSCA member sponsor.

Texas Christian University

Chad Bayer

Linebacker

Senior/ Engineering

Height: 6", Weight: 230

Personal Bests: Bench Press: 500lbs., Squat: 700 lbs.,

Vertical Jump: 32, Power Clean: 450 lbs.,

40-yard dash: 4.6

"Chad used the weight room to earn a scholarship and a starting job. His drive and relentless effort in the weight room have made it a pleasure to coach him." –Kent Morgan, NSCA member sponsor.

Alabama State University

Larry Bias

Running Back

Senior/ Computer Science

Height: 5'10", Weight: 193

Personal Bests: Bench Press: 340lbs., Squat: 550 lbs.,

Vertical Jump: 32, Power Clean: 310 lbs.,

40-yard dash: 4.47

"Larry has not missed out a workout in 2 years. He averages 7 yards per carry this year and has played with a nagging turf toe the entire season. He also averaged 100 yards per game this entire year." –Jason R. Novak, NSCA member sponsor.

Clemson University

Kyle Young

Center

Senior/ Secondary Education

Height: 6'3", Weight: 280

Personal Bests: Bench Press: 407lbs., Squat: 720 lbs.,

Vertical Jump: 29.5, Power Clean: 335 lbs.,

40-yard dash: 5.36

"Kyle is a very dedicated athlete who has set great leadership standards for other athletes to follow. Kyle is one of only two offensive linemen in college football history to be named first team Academic All American three times. Kyle has been voted the team's most dedicated athlete three times and was the 2001 winner of the Anson Mount Scholarship Award presented by Playboy. A Second Team All American and First team All ACC, Kyle also holds the Clemson team record with 120

knockdowns blocks in one season, Kyle has also set new standards by posting a team squat record of 720 pounds." –Larry Greenlee, NSCA member sponsor.

Youngstown State University

Bruce Hightower

Defensive Back

Senior/ Education

Height: 5'11", Weight: 200

Personal Bests: Bench Press: 395lbs., Squat: 505 lbs.,

Vertical Jump: 39, Power Clean: 286 lbs.,

40-yard dash: 4.65

"Bruce has made significant improvement since his freshman year both on the field and in the weight room. He was voted team captain by his teammates." –Dan Wathan, NSCA member sponsor.

Wartburg College

Randy Laing

Strong Safety

Senior/ Fitness Management

Height: 6'1", Weight: 205

Personal Bests: Bench Press: 340lbs., Squat: 470 lbs.,

Vertical Jump: 34, Power Clean: 380 lbs.,

40-yard dash: 4.68

"Randy has been a three year starter on the football team, receiving All-Conference his Junior and Senior seasons. During his four years at Wartburg, the football team has lost 4 regular season games with two contests remaining this season. His dedication to the off-season workouts is incredible. Randy is a leader on the field as well as in the weight room. Randy's continued improvements because of his dedication paid huge dividends his last two years. As a junior he was second on the team in tackles and is finishing up strong this year as well." –Matthew Mitchell, NSCA member sponsor.

Valdosta State University

Dustin Booner

Quarter Back

Senior/ Business

Height: 6'5", Weight: 220

Personal Bests: Bench Press: 300lbs., Squat: 450 lbs.,

Vertical Jump: 28, Power Clean: 285 lbs.,

40-yard dash: 4.82

"Dustin is a hard worker. He has taken his training to the next level. Dustin has never missed a lifting session in the two years that he has been at Valdosta State University. Dustin is an athlete that is a great leader in the weight room and in the conditioning work outs. He has raised the level of play in all our athletes by his leadership qualities on and off the field. Dustin has taken his team to the first round of the NCAA Division II play offs in his first year at VSU. After VSU went through three losing seasons. In the same year he won the Harlin Hill Award the best athlete in Division II. This year

Dustin has taken the team to a 6 - 0 record and has the team ranked number one in the nation. Dustin Booner has shown all the characteristics of an athlete that will always work hard in what ever he sets his mind to do. I am fully confident in nominating Dustin Booner for the NSCA 2002 All- American Strength & Conditioning Athlete of the Year." –Michael Doscher, NSCA member sponsor.

Clemson University

Thomas Judson Watkins

Offensive Guard

Senior/ Construction Management

Height: 6'3", Weight: 302

Personal Bests: Bench Press: 405lbs., Squat: 670 lbs.,

Vertical Jump: 30.5, Power Clean: 360 lbs.,

40-yard dash: 4.91

"TJ is a converted Tight End that has commented himself to getting stronger and adding size since arriving on campus. TJ has grown from 209 to 302 in five years at Clemson. He has also improved his 225 rep test from 4 as a freshman to 30 as a fifth year senior. TJ also excels at the platform lifts with a 370 power clean. He has been an instrumental leader in training as well on the playing field. Clemson Football has been to four bowl games during his career. He has also paved the way for Heisman Trophy Candidate Woodrow Dantzler." –Russell Patterson, NSCA member sponsor.

Glenville State College

Jerald Brown

DB

Senior/ Business Management

Height: 5'11", Weight: 175

Personal Bests: Bench Press: 405lbs., Squat: 475 lbs.,

Vertical Jump: 32, Power Clean: 240 lbs.,

40-yard dash: 4.4

"Jerald is a 1st team all conference as a junior, defensive back. 2nd team all conference returned, behind James Rooths (Green Bay Packers). He had 7 interceptions, 24 passes broken up. Jerald is a team leader in the weight room, both in effort and intensity. His off season commitment saw him return for a senior year stronger, faster, quicker, and more explosive. This has been evident through the first three games as has picked off 4 passes. As a returner, Jerald is one of the most exciting players in the nation. Jerald has a special blend of intensity and leadership, that is evident by hi ability to motivate different players in different manners. He can be the oft spoken leader, and the in-your face yeller. Jerald is the player that teammates look to for guidance." –Jim Catanzaro, NSCA member sponsor.

University of Delaware

John Ahern

Center/ Offensive Guard

Senior/ Exercise Physiology

Height: 6'4", Weight: 295

Personal Bests: Bench Press: 400lbs., Squat: 600 lbs.,

Vertical Jump: 29, Power Clean: 300 lbs.,

40-yard dash: 5.19

"John is a tremendous competitor that is driven by an outstanding work ethic. John has won the 2001 Top Conditioned Athlete Award for Offensive Linemen. John has also won the 2001 Dedication Award, which is given to an individual on the University of Delaware Football Team for their outstanding effort in the weight room. John has also been selected twice as a first-team Verizon/college Sports Information Director of America (CoSIDA) District 2 University Division All-Academic Team. He has been named to the Atlantic-10 All-Academic team three times and was also named to the All-Atlantic-10 team." –Russell Barbarino, NSCA member sponsor.

University of Iowa

Dallas Clark

Tight End

Sophomore/ Education

Height: 6'3", Weight: 242

Personal Bests: Bench Press: 325lbs., Squat: 575 lbs.,

Vertical Jump: 36, Power Clean: 350 lbs.,

40-yard dash: 4.61

"A former walk on, he has earned a scholarship became a caption and all big 10 performer. He has tremendous work ethics, toughness, and an unselfish attitude." –Christopher F. Doyle, NSCA member sponsor.

Dartmouth College

Joe Vinci

Linebacker

Senior/ Government

Height: 6'2", Weight: 230

Personal Bests: Bench Press: 285lbs., Squat: 425 lbs.,

Vertical Jump: 29, Power Clean: 225 lbs.

"Joe has an outstanding work ethic and is one of the most competitive athletes I have every worked with. Joe has made huge strides in the weight room. He constantly worked on his weak points to make them into positives. As a result of his hard work, Joe made significant contribution to the football team this year." –Robert J. Miller, NSCA member sponsor.

Illinois State University

Ted Wulf

Offensive Line (Center)

Senior/ Finance

Height: 6'2", Weight: 285

Personal Bests: Bench Press: 410lbs., Squat: 695 lbs.,
Vertical Jump: 29, Power Clean: 365 lbs.,
40-yard dash: 5.2
"Ted is a typical offensive lineman, he loves to train. He is very conscience in everything he does. He is a tree time all-conference selection, as well as a member of the all-academic team." –Robert Lindsey, CSCS, NSCA member sponsor.

University of Richmond

Andrew Bogle

Defensive Line

Senior/ Pre-Med

Height: 6", Weight: 230

Personal Bests: Bench Press: 400lbs., Squat: 620 lbs.,

Vertical Jump: 32, Power Clean: 350 lbs.,

40-yard dash: 4.85

"For the second consecutive year, Andrew has been selected as the University of Richmond NSCA All-American award winner representative. Andrew 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 in conditioning. He expects the best out of himself and his teammates at every workout. No one deserves this award more then Andrew Bogle. He graduated with a 3.5 GPA." –Darin Thomas, NSCA member sponsor.

University of

Wisconsin- Whitewater

Pete Katz

Defensive Line

Senior/ Biology

Height: 6'2", Weight: 255

Personal Bests: Bench Press: 410lbs., Squat: 515 lbs.,

Vertical Jump: 30, Power Clean: 314 lbs.,

40-yard dash: 5.2

"Pete has 3.98 GPA. He is an Academic All-American and was accepted to Medical College of Wisconsin following junior year. He is a Three-time All-Conference selection. He has the highest lift total on team and is strongest pound-for-pound on team. He has earned Iron-Warhawk status (highest possible in our program)." –Steve Brown, CSCS, NSCA member sponsor.

Fresno State

Bryce McGill

Safety

Criminology

Height: 5'9", Weight: 205

Personal Bests: Bench Press: 345lbs., Squat: 515 lbs.,

Power Clean: 340 lbs., 40-yard dash: 4.56

"Bryce has consistently been a strong leader on this team since he stepped onto this campus. He, and his strong work ethic, are some of the reasons that Fresno State has risen into the Top 20 Division I Football this

season. Bryce will continue to garner honors and awards because of his ability to work. He's just a guy that lives to 'Shut up and hit somebody.'" –Richard Tucker, NSCA member sponsor.

Miami University

Frank Smith

Offensive Line

Sophomore/ Business Finance

Height: 6'3", Weight: 282

Personal Bests: Bench Press: 395lbs., Squat: 650 lbs.,

Vertical Jump: 29, Power Clean: 365 lbs.,

40-yard dash: 5.2

"Frank used had work in the strength and conditioning program to go from walk on to most valuable offensive lineman." –Sarah Hayes, NSCA member sponsor.

University of Central Florida

Josh McKibben

Defensive Tackle

Senior/ Organizational Communication

Height: 6'2 1/2", Weight: 280

Personal Bests: Bench Press: 400lbs., Squat: 635 lbs.,

Vertical Jump: 30, Power Clean: 335 lbs.,

40-yard dash: 4.95

"Josh has been a leader in the Strength and Conditioning program and on the football field. He leads by example and has outstanding character. He has taken good athletic ability and combined it with a lot of hard work to make a great football player for UCF." –Reese A. Bridgman, NSCA member sponsor.

Boston College

Sean Guthrie

D-Line

Senior/ Accounting

Height: 6'4", Weight: 265

Personal Bests: Bench Press: 440lbs., Squat: 537 lbs.,

Vertical Jump: 40, Power Clean: 310 lbs.,

40-yard dash: 4.8

"Sean was a two time All-Big East (second team) selection. Sean served as a tri captain. He has demonstrated the accountability and constancy of purpose that is essential to play at this level of competition. Guthrie leads by example, plays with pain, and is a relentless competitor. It is because of these qualities I nominate Sean Guthrie for Strength All-American." –Micheal Poidomani, NSCA member sponsor.

Drake University

Matt Seamer

Safety

Senior/ Finance

Height: 6'", Weight: 215

Personal Bests: Bench Press: 360lbs., Squat: 560 lbs.,

Vertical Jump: 30, Power Clean: 350 lbs.,

40-yard dash: 4.57

"If I told Matt to do 1,2, and 3 to get better he would look for 4 and 5 in order to be the best. His drive, determination, and work ethic are why he is the athlete he has become and why he was voted as a Defensive Captain. Matt is an excellent example for his younger teammates." –Mike Cotterman, NSCA member sponsor.

Clemson University

Woody Dantzler

Quarterback

Senior/ Marketing

Height: 5'11", Weight: 201

Personal Bests: Bench Press: 405lbs., Squat: 500 lbs.,

Vertical Jump: 35.5, 40-yard dash: 4.46

"Woody is an exceptional athlete with tremendous strength, speed, and balance. The 2001 Heisman Trophy Candidate and All ACC quarterback, became the first player in NCAA history to pass for 2000 yards and run in for 1000 yards in a single season. Woody displayed phenomenal athleticism by breaking numerous Clemson, ACC, and NCAA records during his tenure with the Tigers. His leadership on and off the field serves as an example to youth all across America. Woody is truly a great ambassador for college athletics." –Joe Batson, NSCA member sponsor.

Miami University

Paul Thaler

Center

Senior/ Marketing

Height: 6'3", Weight: 292

Personal Bests: Bench Press: 400lbs., Squat: 525 lbs.,

Vertical Jump: 22.5, Power Clean: 325 lbs.,

40-yard dash: 5.19

"Paul overcame a serious back injury to become an All-MAC Center." –Dan Dalrymple, NSCA member sponsor.

Brown University

Michael Malan

Running Back

Senior/ Public and Private Sector Organization

Height: 5'11", Weight: 235

Personal Bests: Bench Press: 370lbs., Squat: 610 lbs.,

Vertical Jump: 35, Power Clean: 357.5 lbs.,

40-yard dash: 4.44

"Michael is a three time all Ivy. He holds the school rushing and power clean records. He moved from linebacker after his freshman year. Mike applies his work strength and speed to the field." –Roger Marandino, NSCA member sponsor.

East Stroudsburg University

Adam Hostetter

Punter

Senior/ Heath and Physical Education Teaching

Height: 6'2", Weight: 225

Personal Bests: Bench Press: 435lbs., Squat: 545 lbs.,

Vertical Jump: 31, 40-yard dash: 4.85

"Adam, the Division II statistical punting leader, is one of the strongest athletes in the history of East Stroudsburg University. His intense work ethic has allowed him increase his bench press by 140 pounds, decrease his 40 yard dash time by 3/10 of a second and increase his bodyweight by 12 pounds over the last five years. This hard work enabled "Hoss" to average 44.4 yards a punt this year while booting a career long 70 yarder. He was selected to the all PSAC team three years in a row while being named the D2 football.com first team All American punter as well as selected to participate in the Cactus Bowl. His work ethic not only is evident on the field and in the weight room but also in the classroom and the community. He participated in "Breakfast With The Warriors" as well as other activities while excelling in the classroom where he is pursuing his teaching certificate. In addition, he is an avid outdoorsman. He is an outstanding individual and has been a pleasure to work with." –Rob Mikulski, CSCS, NSCA member sponsor.

University of Maine

Lennard Byrd

Defensive Back/Special Teams

Senior/ Mass Communications

Height: 5'6", Weight: 175

Personal Bests: Bench Press: 315lbs., Squat: 500 lbs.,

Vertical Jump: 39.5, Power Clean: 310 lbs.,

40-yard dash: 4.47

"Lennard is pound-for-pound the strongest athlete I have every coached. Watching a player of his stature train and test was extremely inspiring for our football team. He provided tremendous leadership and credibility to our strength and conditioning program." –Jim St. Pierre, NSCA member sponsor.

University of South Florida

Anthony Williams

Linebacker

Senior/ Communications

Height: 5'9.5", Weight: 216

Personal Bests: Bench Press: 410lbs., Squat: 460 lbs.,

Vertical Jump: 35, Power Clean: 330 lbs.,

40-yard dash: 4.75

"Anthony Williams is an example of intensity. His work ethic naturally established him as a leader in our Strength and Conditioning program. His intense behavior is contagious and elevates those who surround

him. Anthony understands the role of strength and conditioning has played for him throughout his career. Not blessed with prototypical height and weight, he plays the middle linebacker position as if he were the biggest on the field. He realized early on that he would have to maximize what he has, thus leading to his dedication to the University of South Florida Strength and Conditioning Program. Anthony has been a pleasure to coach. His intensity and character have left a significant impression on our Strength and Conditioning program." –Barry Clements, NSCA member sponsor.

College of William and Mary

Marty Magerko

Linebacker

Senior/ Information Technology

Height: 5'11", Weight: 205

Personal Bests: Bench Press: 390lbs., Squat: 500 lbs.,

Vertical Jump: 30.5, Power Clean: 310 lbs.,

40-yard dash: 4.66

"Marty came to the College of William and Mary as a walk-on quarterback, but eventually made the switch to defense. He poses a superior attitude and tremendous desire. Those traits along with an incredible work ethic were the key to him earning a full scholarship. Marty continued to work to develop himself into the best player possible. Marty was named 2nd team all Atlantic -10 conference at the completion of this past season. It has been a pleasure working with Marty the last 5 years." –John Sauer, NSCA member sponsor.

Arizona State University

Tommy Townsend

Defensive Line

Senior/ Interdisciplinary Studies

Height: 6'3", Weight: 280

Personal Bests: Bench Press: 405lbs., Squat: 545 lbs.,

Vertical Jump: 27, Power Clean: 310 lbs.,

40-yard dash: 5.

"Tommy was by far the most improved player on our football because of his dedication in our strength and conditioning program. His commitment to the goals of the program and to his individual goals allowed him to become a 11 game starter and honorable mention All Pac 10. Tommy was also rewarded by being selected to play in the Blue-Gray All Star Classic" –Joseph Kenn, NSCA member sponsor.

Menlo College

Nate Jackson

Wide Receiver

Senior/ Communications

Height: 6'5", Weight: 215

Personal Bests: Bench Press: 300lbs.,
Power Clean: 264 lbs., 40-yard dash: 4.5

"Nate has worked extremely hard on his quest to play in the NFL. A very focused athlete always wanting to do more to help improve his performance. As a result of his dedication he was selected as an All-American and participated in the Collegiate All-Star, East/West Shrine Game. He has tremendous leadership qualities both on and off the field and is admired by his teammate for his work ethic. He also finds time to coach and work with young athletes in the community." –Steve Schulz, NSCA member sponsor.

Yale University

Tim Penna

Defensive Line

Senior/ Political Science and International Studies

Height: 6'2", Weight: 265

Personal Bests: Bench Press: 371lbs., Squat: 657 lbs.,
Vertical Jump: 27, Power Clean: 284 lbs.,
40-yard dash: 5.3

"Tim was a quick and tenacious player who captained the Bulldogs during his senior year and maintained a 3.5 GPA. He was 7th on the team that year with 37 tackles, and his work ethic and leadership never wavered despite a frustrating season. Tim originally joined the team as a walk-on, emerging as a solid player and playing in every game during his sophomore year. His commitment to Strength & Conditioning played a major role to his accomplishments as an athlete." –Steven Plisk, CSCS, NSCA member sponsor.

College of the Canyons

Greg Vandermade

Offensive Line

Sophomore/ Business

Height: 6'3", Weight: 290

Personal Bests: Bench Press: 330lbs., Squat: 605 lbs.,
Vertical Jump: 20, Power Clean: 300 lbs.,
40-yard dash: 5.2

"Greg is perhaps the hardest working athlete I have ever worked with. Greg is a "self-made man" who, through hard work, dedication, and a strong belief in our system, has developed into one of the best offensive linemen in the state. Greg gives 100% in every drill, every workout, every practice...every time, no exceptions. Greg is a J.C academic All-American and will be playing at Utah State University next fall. We will miss this kid!" –Robert dos Remedios, NSCA member sponsor.

Yale University

Mike Belby

Offensive Line

Senior/ Engineering

Height: 6'3", Weight: 275

Personal Bests: Bench Press: 500lbs., Squat: 758 lbs.,
Vertical Jump: 31, Power Clean: 356 lbs.,
40-yard dash: 5.15

"Mike was already extremely strong when he arrived as a freshman, and still made remarkable gains each year through dedication and commitment to Strength & Conditioning. He played in varsity games as a sophomore and junior, working his way into the starting line-up as a senior. Mike improved his athleticism and explosiveness through hard work in the weight room, and drove defensive players off the line of scrimmage with his enormous strength and competitiveness." –Tom Migdalski, NSCA member sponsor.

Ashland University

James R McCoy

Running Back

Junior/ Elementary Education

Height: 5'9", Weight: 192

Personal Bests: Bench Press: 385lbs., Squat: 550 lbs.,
Vertical Jump: 34, Power Clean: 346 lbs.,
40-yard dash: 4.54

"His good character and strong work ethic set the tone for what continues to be a great career. As a sophomore, he broke the single season rushing record as well as the record for single season carries. His dedication in the weight room has carried over to the playing field. JR broke a record held since 1929 for rushing yards in a game, I have yet to see the combination of character, work ethic, and desire that JR possesses." –James A. Carsey, NSCA member sponsor.

University of Wyoming

Leo Caires

Linebacker

Senior/ Animal Science

Height: 6' 3/4", Weight: 220

Personal Bests: Bench Press: 405lbs., Squat: 300 lbs.,
Vertical Jump: 34.5, Power Clean: 362 lbs.,
40-yard dash: 4.58

"Leo has done a great job in the weight room. He is a self starter that will bring others along with him. That is evident with him being named a team captain. He has a great work ethic and a great attitude." –Scott Bennett, NSCA member sponsor.

University of North Dakota

Travis O'Neal

Linebacker

Senior/ Education

Height: 6'1", Weight: 240

Personal Bests: Bench Press: 365lbs., Squat: 530 lbs.,
Vertical Jump: 34.5, Power Clean: 360 lbs.,
40-yard dash: 4.68

"Travis is a remarkable athlete. His dedication to

strength and conditioning has made him a three time All American and a captain on our National Championship football team. His leadership and work ethic is second to no one!" –Paul Chapman, NSCA member sponsor.

Virginia Military Institute

Matt Kluk

Nose tackle

Junior/ Chemistry

Height: 6'1", Weight: 250

Personal Bests: Bench Press: 435lbs., Squat: 600 lbs.,
Vertical Jump: 34, Power Clean: 350 lbs.,
40-yard dash: 4.75

"Every coach in America would love a guy like Matt in their program. He is the hardest worker in the program." –Richard Levy, NSCA member sponsor.

Syracuse University

Dwight Freeney

Defensive End

Senior/ Information Studies and Technology

Height: 6'1 1/2", Weight: 257

Personal Bests: Bench Press: 500lbs., Squat: 685 lbs.,
Vertical Jump: 37.5, Power Clean: 385 lbs.,
40-yard dash: 4.42

"Dwight embodies all that is good about college athletics. I've never been around a more team-orientated player. Voted team captain, Dwight is a leader in the classroom, weight room, and on the field. Dwight holds the NCAA Syracuse and Big East single-season sacks record. Freeney also set an NCAA record for fumbles forced and recovered in one season." –Helen Haarlander, NSCA member sponsor.

Cornell University

George Paraskevopoulos

Defensive Line

Senior/ Biological Sciences

Height: 6'3", Weight: 286

Personal Bests: Bench Press: 490lbs., Squat: 655 lbs.,
Vertical Jump: 32.5, Power Clean: 370 lbs.,
40-yard dash: 5.18

"In 2001, as a second team All-Ivy League performer, George recorded 57 tackles, 1.5 sacks, and 1 interception. His hard work, self-discipline, and intensity paid dividends on the field throughout his career and especially this past season." –Thomas Howley, NSCA member sponsor.

Jamestown College

Adam LeGette

Running back

Senior/ Business Administration

Height: 6", Weight: 225

Personal Bests: Bench Press: 350lbs., Squat: 535 lbs.,
Vertical Jump: 34, Power Clean: 365 lbs.,
40-yard dash: 4.52

"Adam took a major leadership role in our off season program. He was chosen as a captain. His own personal achievements include significant improvements in all major categories. An All-American selection in football last season, Adam had added incentive to work to improve upon that selection this year." –Chris Douglas, NSCA member sponsor.

Rice University

Vincent Hawkins

Running Back

Senior/ Political Science

Height: 5'6.25", Weight: 177

Personal Bests: Bench Press: 359lbs.,
Vertical Jump: 32, Power Clean: 300 lbs.,
40-yard dash: 4.58

"Vince is pound for pound the strongest running back Rice has had in the last six years. His work ethic is unmatched, and his determination is ever evident on the football field. He is an admired teammate and a good solid player." –Scott R. Reeves, NSCA member sponsor.

Youngstown State University

Pat Crummey

Offensive Line

Senior/ Computer Science

Height: 6'4", Weight: 285

Personal Bests: Bench Press: 365lbs., Squat: 575 lbs.,
Vertical Jump: 27.5, Power Clean: 307 lbs.,
40-yard dash: 5.19

"Pat has been a very coachable player in the weight room and has put in extra hours to achieve his goals. He is a quality person on and off the field and in the classroom. Pat has been named IAA All American status in football and on the All Gateway Conference Team." –Todd Burkey, NSCA member sponsor.

GYMNASTICS

Illinois State University

Sarah Anderson

Senior/ Exercise Science

Height: 5'2", Weight:

Personal Bests: Bench Press: 130lbs., Squat: 225 lbs.,
Vertical Jump: 21,

"Sarah has been voted her team's most improved gymnast for two years, as well as winning the ISU Strength and Conditioning Award. She came to college as a walk-on and quickly earned a scholarship. An exercise major with a 3.5 GPA, she hopes to become a strength and

conditioning coach.” –Robert Lindsey, CSCS, NSCA member sponsor.

HOCKEY

Boston College

Jeff Giuliano

Forward

Senior/ Finance

Height: 5'8.5", Weight: 211

Personal Bests: Bench Press: 310lbs., Squat: 515 lbs.,

Vertical Jump: 29, Power Clean: 275 lbs.,

40-yard dash: 4.8

"Jeff is an incredible athlete who possesses great leadership skills in the weight room as well as on the ice."

–Sean Skahan, NSCA member sponsor.

University of New Hampshire

Michelle Thornton

Center and sweeper

Senior/ Exercise Science

Height: 5'7", Weight: 157

Personal Bests: Bench Press: 145lbs., Squat: 570 lbs.,

Power Clean: 128 lbs.

"Michelle is one of the top hockey players in the country. She was Captain of hockey her senior year. First team all conf freshman and sophomore year before knee injury last year. She is from Gloucester, Ontario"

–Fred Domowitz, NSCA member sponsor.

Yale University

Ben Stafford

Forward

Senior/ History

Height: 5'11", Weight: 185

Personal Bests: Bench Press: 294lbs., Squat: 438 lbs.,

Vertical Jump: 30.5, Power Clean: 248 lbs.

"Ben captained the 2000-01 squad to their third consecutive Ivy League championship. He was an excellent two-way forward and strong playmaker who played both wing and center, and was a tremendous leader in the off-ice dry land program. He was second on the team in scoring as a senior, earning All-ECAC second-team All-Ivy, as well as academic All-ECAC and All-Ivy honors. He led the team in assists and points as a junior, averaging one point per game. He received the Murray Murdoch Award winner as team MVP that year, and he was named first-team All-Ivy, honorable mention All-ECAC, and academic All-ECAC and All-Ivy. He was also one of the top scoring freshman in the ECAC during his first year, and was named to the honorable mention All-ECAC Rookie Team that year."

–Russ DeRosa, NSCA member sponsor.

Dartmouth College

Kim McCullough

Forward

Senior/ Biology

Height: 5'9", Weight: 163

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

Vertical Jump: 19, Power Clean: 153 lbs.

"Kim has always been extremely dedicated to developing her strength, power, and conditioning. She is a quiet steady leader who gets the job done above and beyond all expectations, whether in the weight room, on the ice or track. Since her freshman year, she has impressed me with her strong work ethic and her commitment to the ice hockey program. As a result of their efforts over the last 4 years, the benchmark of the Dartmouth program has been raised measurably."

–Jane Taylor, NSCA member sponsor.

ROWING

Clemson University

Megan McGuirt

Port

Senior/ Health Science

Height: 5'11", Weight: 155

Personal Bests: Bench Press: 185lbs.,

Vertical Jump: 20.5.

"Megan is one of the most dedicated female athletes that I have ever worked with. Megan has won the dedication award two times for the team's strength and conditioning. She leads vocally and by example in the weight room as well as in the boathouse. Megan holds two team records with a 185 pound Bench Press and 26 pull ups. During Megan's time on the Clemson Rowing Team, the program has continually improved. Clemson Rowing enjoyed a second place finish at the ACC Tournament and was nationally ranked during the 2000-2001 year. Megan's Varsity 8+ boat was ACC Boat of the Year for the 2000-2001 season."

–Russell Patterson, NSCA member sponsor.

SOCCER

Idaho State university

Brooke Roberts

Senior

Height: 5'4", Weight: 125

Personal Bests: Bench Press: 120lbs., Squat: 255 lbs.,

Power Clean: 175 lbs.

"Brooke sets an example for the team. She is a workout warrior- always willing to go the extra mile. In four years at ISU, she has never missed a training system."

–Bruce Seidman, NSCA member sponsor.

Dartmouth College

Mike Vidmar

Defense

Junior/ Economics

Height: 6'1", Weight: 197

Personal Bests: Bench Press: 300lbs., Squat: 385 lbs.,

Vertical Jump: 27, Power Clean: 199 lbs.

"Mike exemplifies hard work and dedication in the area of strength and conditioning. His attitude and strong work ethic towards his physical preparation for soccer have been unquestionably consistent throughout his 3 years. Midway through season, Mike suffered an unfortunate knee injury. However, because he is incredibly committed athlete I have no doubt he will come back stronger than ever."

–Jane Taylor, NSCA member sponsor.

University of North Carolina

at Wilmington

Megan Kelly

Mid Fielder

Sophomore/ Business

Height: 5'4", Weight: 133

Personal Bests: Bench Press: 125lbs.,

Vertical Jump: 21, Power Clean: 150 lbs.,

40-yard dash: 5.44

"Megan has become one of the toughest players in the conference in her sophomore year by becoming one of the most powerful female athletes I have worked with. She is a team leader in all power movements and at the top of the list in speed and agility drills. Megan uses her continuing success in the weight room to improve her game. With her work ethic and ability, she has the chance to become one of the best that UNCW has ever had."

–Jim Mayhew, NSCA member sponsor.

Fresno State

Curt Posey

Defender

Senior/ Physiology

Height: 6", Weight: 220

Personal Bests: Bench Press: 330lbs., Squat: 425 lbs.,

Vertical Jump: 28.5, Power Clean: 264 lbs.

"Curt is one of the strongest, hardest working, and most dedicated athletes at Fresno State. He holds all of the strength records for the soccer team. His coaches were afraid that because he was working out so hard that he was "getting too big" and he would be too slow on the field. However, his coaches were pleasantly surprised how much quicker and more agile he was due to his strength training. Curt started in all 18 games his junior year, and started in all but the last two games of the 2001 season, which he missed due to injury. He made the 2001 All-tournament team at the LMU/Fila Cup. Curt's academic accomplishments include making the

Dean's List six times and making the MPSF All-Academic team two years in a row, with a cumulative 3.63 GPA."

–Erik Traeger, NSCA member sponsor.

University of Massachusetts

Martha Conover

Center Mid-Field

Senior/ Engineering

Personal Bests: Bench Press: 110lbs., Squat: 220 lbs.,

Power Clean: 120 lbs.

"Martha has been a model student athlete on and off the field. She came to UMASS with a torn ACL and had to sit out her first year. Through hard work and dedication in the weight room, she has become a 3 year starter, while also becoming a 2001 pre-season All Atlantic 10 selection as well as a A-10 player of the week honors. Academically, Martha has been selected to the Dean's list as well as to the A-10 Commissioner's Honor roll. In the weight room Martha has set the standard for the UMASS Women's Soccer Team."

–Anthony Catterton, NSCA member sponsor.

Fresno State

Mary-Tyler Wahl

Goalkeeper

Junior/ Psychology

Height: 5'7"

Personal Bests: Bench Press: 140lbs., Squat: 250 lbs.,

Vertical Jump: 22.5, Power Clean: 160 lbs.

"Mary-Tyler is one of those people that do not know the meaning of "can't" or "it's too hard." She is one of the hardest working athletes at Fresno State, being a leader both in the weight room and on the field. During the last 2 1/2 years, Mary-Tyler has become a true student of strength and conditioning. She never missed a training session and came in on her own time to do additional work in the weight room and on the field in an effort to do whatever it takes to improve herself as goalkeeper. She is the 2nd all-time in Fresno State history in all three goalkeeper categories (saves, goals against average, and shutouts.) She also excels in the classroom and has been Fresno State Scholar Athlete as both a Freshman and a Sophomore. This type of effort and enthusiasm is contagious and Mary-Tyler is a role model for her teammates and many other athletes at Fresno State."

–Ed Nordenschild, NSCA member sponsor.

Creighton University

Ryan Altman

MF'D

Sophomore/ Chemistry

Height: 5'11", Weight: 163

Personal Bests: Bench Press: 265lbs.,

Vertical Jump: 23, 40-yard dash: 5.04

"Ryan is a very dedicated athlete. He has made many

improvements in the weight room the past two years. Ryan is a very hard working individual and is looked upon as a role model not only by his teammates but by all the athletes in our strength and conditioning programs as well." –Satoshi Ochi, NSCA member sponsor.

College of the Canyons

Kristine Marbach

Forward

Sophomore/ Communications

Height: 6'1", Weight: 175

Personal Bests: Squat: 250 lbs., Vertical Jump: 18,

Power Clean: 145 lbs., 40-yard dash: 5.4

"Kristine is a great example of an athlete getting better in her sport through strength and conditioning. It was her goal to enter her sophomore season stronger, faster, quicker, and in better condition than ever. She accomplished her goal and completely dominated the competition leading our soccer team to its 3rd straight conference title and finishing as one of the top scorers in the state. Not only was Kristine the best player in the conference, I am sure that she was the most dedicated and hard working also." –Robert dos Remedios, NSCA member sponsor.

West Virginia University

Katie Barnes

Striker

Senior/ Communications

Height: 5'6", Weight: 135

Personal Bests: Bench Press: 190lbs., Squat: 350 lbs.,

Vertical Jump: 26,

"Katie is a hard working, dedicated, and intrinsically driven athlete. Her attitude and work ethic are contagious to all those surrounding her. Katie's dedication and desire to achieve on and off the field are unmatched by any athlete. Her innate ability to lead and intensity, make her a true champion in all aspects of life. On the field, she utilizes her tremendous speed and agility to evade would-be defenders. Swift feet are not Katie's only asset, she is incredibly strong with and without the ball. When it comes to conditioning, no athlete can outlast Kate physically or mentally in an task or trial of will. Katie Barnes is simply one of the best athletes, and people, I have ever had the opportunity to work with." –Mike Barwis, NSCA member sponsor.

SOFTBALL

University of Louisiana at Monroe

Anna Hancock

Outfield

Sophomore/ Undecided

Height: 5'6", Weight: 145

Personal Bests: Bench Press: 115lbs., Squat: 215 lbs.,

Vertical Jump: 18.5, Power Clean: 145 lbs.,

40-yard dash: 5.09

"In less than a year, because of Anna's dedication and increases in strength and speed, she has moved from a walk-on pinch runner to a starting scholarship player."

–Thad Livingston, NSCA member sponsor.

The University of Southern Mississippi

Kristi Martin

Third Base

Senior/ Architectural Engineering

Height: 6'0", Weight: 175

Personal Bests: Bench Press: 100lbs., Squat: 205 lbs.,

Vertical Jump: 20, Power Clean: 135 lbs.,

40-yard dash: 3.27

"Martin's work ethic stands out in our speed, strength program. She has made great gains over the years. She performs at a high level every time she comes into our strength and conditioning facility." –Chaucer Fuchess, NSCA member sponsor.

The University of Southern Mississippi

Kenya Peters

Catcher

Senior/ Exercise Science

Height: 5'7", Weight: 160

Personal Bests: Bench Press: 100lbs., Squat: 205 lbs.,

Vertical Jump: 18.5, Power Clean: 140 lbs.,

40-yard dash: 3.34

"Kenya lets her effort speak for her in whatever she does. The same quality effort that she delivers on the field is apparent in her performance in the weight room. Her improvements in speed, power, and agility allow her to be a dominating performer on the field." –Josh Stoner, NSCA member sponsor.

Yale University

Monica Lebron

Infield

Senior

"Monica was one of two softball players to utilize the Strength & Conditioning program, and was a pleasure to coach. Through hard work and desire in the weight room, she was able to achieve her goals on the field and was elected captain for her senior season. Monica is Yale's all-time leader in triples (15), put-outs (1,438) and at bats (599); and her other career totals include 184 hits; 69 RBIs, 82 stolen bases. She was a three-time All-Ivy selection; team MVP, New England Intercollegiate Coaches Association All Star, Academic All-Ivy, and GTE-CoSIDA District I All-Academic in 1999." –Russ DeRosa, NSCA member sponsor.

University of Arizona

Jennie Finch

Pitcher/First Base

Senior

Height: 5'8", Weight: 175

Personal Bests: Bench Press: 110lbs., Squat: 230 lbs.,

Power Clean: 145 lbs.

"She is an absolute workhouse. Holds her teammates accountable during both conditioning and lifting sessions, she came in as a skinny freshman, and finished her junior year as National Player of the Year in softball, as well as finalist for the Honda Award for all around National Athlete of the Year. She is always a positive force, with a work ethic that is unmatched. She has been a pleasure to coach, and her success is well deserved!" –Carla Garrett, NSCA member sponsor.

Youngstown State University

Briania Cicero

Pitcher

Senior/ Education

Height: 5'7", Weight: 145

Personal Bests: Bench Press: 120lbs., Squat: 205 lbs.,

Vertical Jump: 22, Power Clean: 110 lbs.

"Bee has become out ace through hard work and dedication on and off the field. Her work ethic is an inspiration for all our athletes." –Dan Wathan, NSCA member sponsor.

New Mexico State University

Mel Briggs

Third Base

Senior/ Science Education

Height: 5'6", Weight: 139

Personal Bests: Bench Press: 110lbs., Squat: 220 lbs.,

Vertical Jump: 18.5, Power Clean: 140 lbs.

"Mel exemplifies hard work, dedication, and leadership. While always striving to be the best, she has constantly set or tried, personal and school records. This fall being the ultimate testimony, she tied or broke every single personal record, and again reset many school records. Mel also takes on the added responsibility of literally being my assistant, normally we have two groups lifting at the same time and Mel leads softball for me ensuring that they complete their lifts, while also finishing her own. Mel's worth to myself and her teammates is priceless." –Anthony McClure, NSCA member sponsor.

Bowdoin College

Kristie Miller

First

Senior/ Sociology

Height: 5'8", Weight: 170

Personal Bests: Bench Press: 135lbs., Squat: 225 lbs.,

Vertical Jump: 20.5, Power Clean: 140 lbs.

"Kristie truly epitomizes the student athlete every coach loves to have on their team. Her dedication and intense work ethic have helped her and the softball team achieve success. Her ability to succeed academically, athletically, at work, and in her various leadership roles are a result of the high standards she continually sets for herself. Kristie's passion for strength and conditioning has been an inspiration to the softball team and continues to drive the importance of thriving to all female athletes at Bowdoin College." –Dawn Strout, NSCA member sponsor.

SWIMMING

Rice University

Katherine Herman

Spint Free

Senior/ Economics/ Managerial Studies

Height: 5'10"

Personal Bests: Bench Press: 115lbs., Squat: 195 lbs.,

Vertical Jump: 22.5, Power Clean: 119 lbs.

"Katie is a very hard worker. She is cheerful and is very easy to coach. She gives great effort and encourages others to do the same. She earned All-American honors last year when she anchored the 200 freestyle relay team that finishes 8th at the NCAA championships and set a new school record." –Scott R. Reeves, NSCA member sponsor.

Clemson University

Matt Wilson

IM, Breast and Back Stroke

Senior/ Elementary Education

Personal Bests: Bench Press: 285lbs., Squat: 315 lbs.,

Vertical Jump: 31

"Matt is very dedicated athlete to his sport and to his strength training. He set the all-time Clemson record in the 200 and 400 IM with times of 1:48.10 and 3:51.68 respectively, and won both titles at the ACC championships." –David W Helms, NSCA member sponsor.

TENNIS

University of Wyoming

Jenny Bowman

Sophomore

Height: 5'7", Weight: 149

Personal Bests: Bench Press: 120lbs.,

Vertical Jump: 21.5, Power Clean: 115 lbs.,

40-yard dash: 5.76

"With Jenny's great attitude and work ethic, it is no wonder that she is one of best tennis players in the Region. Jenny is always looking to better herself and her teammates. Jenny is a pleasure to coach and I look forward to watching her succeed in the years to come." –Paula Allan, NSCA member sponsor.

The University of Southern Mississippi

Price Shawnee

Senior/ Marketing

Height: 5'8", Weight: 120

Personal Bests: Bench Press: 110lbs., Squat: 130 lbs., Vertical Jump: 19.5.

"Shawnee is a model for consistency and dedication. Her years of hard work have shown through her success on the court. She is a good athlete and a great individual." –Brian Wiseman, NSCA member sponsor.

TRACK AND FIELD

University of North Dakota

Jessica Williams

400m; 4x4 Relay

Senior/ Communication

Height: 5'8", Weight: 155

Personal Bests: Bench Press: 155lbs., Squat: 245 lbs., Vertical Jump: 24, Power Clean: 165 lbs.

"Jessica is a leader both in the weight room and on the track. She is by far one of the most dedicated athletes ever to compete at UND. Jess was an All-American in the 400 and 4x400 Relay." –Paul Chapman, NSCA member sponsor.

Harvard University

Natalie "Nicky" Grant

20 Pound Weight Throw

Senior/ Biology/ Pre-Med

Height: 5'9", Weight: 200

Personal Bests: Bench Press: 205lbs., Squat: 400 lbs., Vertical Jump: 24, Power Clean: 200 lbs.,

40-yard dash: 5.3

"By hard work he has evolved from an average high school thrower to a national caliber thrower. He is a great team leader. He is dedicated to all aspects of strength and conditioning training. He was a walk on and was elected team captain." –Paul Turner, NSCA member sponsor.

University of Wyoming

Brian Sinner

Jumps

Freshman

Height: 5'11", Weight: 184

Personal Bests: Bench Press: 295lbs., Squat: 320 lbs., Power Clean: 258 lbs.

"Although this is Brian's freshman year, he has put up amazing numbers in the weight room. With Brian's strength and determination to be the best; I look forward to watching Brian set new standards in and out of the weight room." –Paula Allan, NSCA member sponsor.

Central Connecticut State University

Nicola Larmond

Sprinter

Junior/ Accounting

Height: 5'9", Weight: 120

Personal Bests: Bench Press: 135lbs., Squat: 370 lbs., Power Clean: 145 lbs.

"Nicola was one of those special athletes who had an amazing amount of strength and didn't know it. As a dedicated Division I athlete, Nicola did everything I asked her to do. She was rewarded for her efforts by her accomplishments on the track. She set Central Connecticut St. Univ. record in the 200 m at 24.34, member of the CCSU 4X100 record at 46.74, Conference 200 m Champion, and helped Central Connecticut St. Univ become the 2001 Indoor Conference Champions." –Charles T. Eger Jr., NSCA member sponsor.

Johnson County

Community College

Lucas Gorton

Pole Vault

Sophomore

Personal Bests: Squat: 315 lbs., Vertical Jump: 33, 40-yard dash: 4.43

"30M sprint 4:00; 30M Shuttlerun 6:90; 20 sec Jackknife 26; 15 sec plyo pushups 23" –Istvan Javorek, NSCA member sponsor.

Johnson County

Community College

Raeshawn Williams

Sprint

Sophomore/ Social Work

Height: 5'4", Weight: 130

Personal Bests: Bench Press: 125lbs., Squat: 205 lbs., Vertical Jump: 24, Power Clean: 135 lbs.,

40-yard dash: 4.78

"30M sprint 4:30; 20 sec jackknife 26; 15sec pushups 19" –Istvan Javorek, NSCA member sponsor.

Clemson University

Jamine Moton

Throws

Senior/ Sociology

Height: 5'9", Weight: 215

Personal Bests: Bench Press: 215lbs., Squat: 375 lbs., Vertical Jump: 23.5, Power Clean: 240 lbs.,

40-yard dash:

"Jamine is one of the best track and field athletes in Clemson's history. Jamine has raised the level of competition for the female thrower. She is the current ACC

and school record holder in the shot put and the weight throw. Jamine is an 8 time ACC Champion and a 6 time All American. She holds the team record with a power clean of 240 pounds and squat record of 375 pounds." –Larry Greenlee, NSCA member sponsor.

Iowa State University

Gina Curtis

High Jump

Senior/ Business

Height: ", Weight:

Personal Bests: Squat: 365 lbs., Vertical Jump: 24, Power Clean: 165 lbs.

"Gina began her Iowa State career as a redshirt while she rehabilitated a torn ACL. After jumping 5'6" in her initial meet, she partially tore her ACL again. After rehab, she completely tore her ACL again. A fourth surgery was later needed on the same knee to remove a screw. Gina then began to jump off her right leg and became an indoor and outdoor All-American. This indoor season, Gina jumped 6'1 1/2" to start the season automatically qualifying her for the indoor NCAA's. Gina is in her 5th year at ISU and pursuing her MBA. This after graduating in 4 years with a business degree and 3.8 GPA." –Rohrk Cutchlow, NSCA member sponsor.

Gardner Webb University

Natilee Dawkins

Hurdler/ Triple Jump

Junior/ Business

Height: 5'8", Weight: 145

Personal Bests: Bench Press: 150lbs., Squat: 375 lbs., Power Clean: 145 lbs.

"Nat is the most coachable athlete I have every had. She is a role model for all of our athletes in the weight room. On the Triple Jump she got 4th place Sr. Nationals Jamaica, 4th Place ECAC Outdoor Nationals, and 5th Time All American." –Sean Benevides, NSCA member sponsor.

University of

Wisconsin- Whitewater

Tabitha Fendrick

Shot-put and Discus

Senior/ Communicative Disorders

Height: 5'5"

Personal Bests: Bench Press: 225lbs., Squat: 325 lbs., Vertical Jump: 21.5, Power Clean: 154 lbs.

"Tabitha has a 3.84 GPA. She earned USTCA Academic All-American honors and was the 1999 NCAA III discus champion. She won second place in 2000, 2001 and was Two-time All-American in shot put. She had the highest lift total on any female athlete at school. Tab's strength makes up for lack of height (leverage) in discus." –Steve Brown, CSCS, NSCA member sponsor.

Anna Doty

Triple and long jumper

Junior/ Education

Height: 5'7", Weight: 155

Personal Bests: Bench Press: 110lbs., Squat: 265 lbs., Power Clean: 165 lbs.

"Anna is team captain of the women's team and holds both school records in the triple and long jump. She won the Big West title in the triple jump and second in the long jump. She is a very motivated person in the weight room and to her teammates." –Mike Nagler, NSCA member sponsor.

Duquesne University

Jennell Hoak

Multi-event

Senior/ Athletic Training

Height: 5'7", Weight: 150

Personal Bests: Bench Press: 165lbs., Squat: 265 lbs., Vertical Jump: 29, Power Clean: 185 lbs.,

40-yard dash: 4.7

"Jennell is a true competitor on the track and in the weight room. She brings a tremendous amount of enthusiasm and dedication to her workouts. By constantly pushing herself, she has set a new standard for the track program here at Duquesne. On the track, she has excelled in the heptathlon in the past two years, improving her score each year. Her standard of excellence in the classroom has placed her on the Dean's List, the Atlantic 10 Commissioner's and Director of Athletics Honor Rolls." –Brian Scott Austin, NSCA member sponsor.

Western Oregon university

Jennifer Dunkin

Hammer Throw

Junior/ Physical Education

"Jen Dunkin came into the sport with little throwing experience. Through her dedication to Hammer and specific conditioning and strength and balance training, she threw personal bests in every meet of the 2001 season, finishing as a top 20 ranked thrower in NCAA Div. II." –Brian L. Caster, NSCA member sponsor.

University of Central Florida

Jamie Pew

Heptathlete

Senior/ Liberal Studies

Height: 5'8", Weight: 139

Personal Bests: Bench Press: 130lbs., Squat: 210 lbs., Vertical Jump: 20, Power Clean: 143 lbs.

"Jamie has worked very hard in the weight room. Her only complaint is to ask for greater challenges. She has converted her hard work in the weight room into personal bests in the Javelin and the Shot Put." –Daniel L. Bessetti, NSCA member sponsor.

VOLLEYBALL

Yale University

Vanessa Herald

OH

Senior/ Linguistics

Height: 5'10"

Personal Bests: Squat: 230 lbs., Vertical Jump: 20.5, "Vanessa faced tremendous adversity in her 4 years at Yale. She overcame serious injuries and was a very productive athlete, realizing she had to work harder than everyone else. She welcomed that challenge each time she stepped on the court and in the weight room. Vanessa played in 59 games in her senior season, and averaged 2.29 digs per game. She totaled 458 career kills, 658 digs, 73 service aces and a .122 hitting percentage." –Tom Migdalski, NSCA member sponsor.

Arkansas State

Michal Evers

Outside Hitter

Senior/ Elementary Education

Height: 5'11", Weight: 150

Personal Bests: Bench Press: 110lbs., Squat: 200 lbs., Vertical Jump: 22.5, Power Clean: 145 lbs. "Michal is an outstanding player, leader, and worker. She constantly strives for perfection both on and off the field. She has used her drive and dedication in the weight room to focus her attention on teaching America's youth." –Lee Brown, NSCA member sponsor.

Yale University

Candice Green

OH/RS

Senior/ Architecture

Height: 5'11"

Personal Bests: Bench Press: 131lbs., Squat: 330 lbs., Vertical Jump: 24.5, Power Clean: 163 lbs. "Candace was the type of senior you would like to have on every team. She was someone that the freshmen looked up to and followed. She was a pleasure to coach and will be missed. A powerful hitter, she registered 457 career kills, 387 digs, 90 blocks and a .144 hitting percentage. She earned all-tournament honors at the Nanook Classic in Fairbanks AK, and shared Yale's most improved honors in 1999." –Steven Plisk, CSCS, NSCA member sponsor.

Montana State University

Aimee Halyk

Outside Hitter

Junior/ Elementary Education

Height: 6'25", Weight: 175

Personal Bests: Squat: 285 lbs., Vertical Jump: 25,

Power Clean: 195 lbs.

"Aimee has tremendous work ethic and dedication. She hits the ball with a lot of power." –Brett Tudsbury, NSCA member sponsor.

Idaho State University

Joy Deatherage

Middle Blocker

Senior/ Radiological Sciences

Height: 5'11", Weight: 140

Personal Bests: Bench Press: 135lbs., Squat: 330 lbs., Power Clean: 200 lbs. "Prior to a car accident resulting in a substantial hip/back injury, her lifts were the best ever from a female at Idaho State. Although Joy can't lift the above numbers anymore, she still maintains a presence in the weight room and is a force to be reckoned with on the court earning all Big Sky Honors." –Christine McComb, NSCA member sponsor.

Furman University

Laura Hooks

Setter

Senior/ Health and Exercise Science

Personal Bests: Bench Press: 145lbs., Squat: 305 lbs., Vertical Jump: 19, Power Clean: 176 lbs.

"She combines intensity, commitment, and excellent ability to continue to be a fierce competitor. Through her endless work ethic and desire, she has been a motivator for those around her." –Wayne Brown, NSCA member sponsor.

Juanita College

Brandy Workinger

Outside Hitter

Senior/ Accounting

Height: 5'10", Weight:

Personal Bests: Bench Press: 150lbs., Squat: 250 lbs., Vertical Jump: 27, Power Clean: 145 lbs. "Brandy is both a leader on and off the volleyball court. Her hard work in the classroom and on the volleyball court make her one of the top role models in our athletic program. Brandy has been named to the American Volleyball Coaches Association Division 111 All-American team the past two seasons. In addition, Brandy was picked at the Commonwealth Conference Player of the year twice, along with all-region and all-district honors!" –Douglas B Smith, CSC, NSCA member sponsor.

The University of Southern Mississippi

Crystal Zane

Senior/ Elementary Education

Height: 5'8", Weight: 130

Personal Bests: Bench Press: 120lbs., Squat: 170 lbs., Vertical Jump: 22.5, Power Clean: 135 lbs.

"Crystal has developed a great work ethic that has tremendously enhanced her performance potential on the court." –Charles R. Dudley Jr, NSCA member sponsor.

Juaniata College

Niki Muller

Middle Hitter

Junior/ Biology

Height: 4'10", Weight: 130

Personal Bests: Bench Press: 135lbs., Squat: 275 lbs., Vertical Jump: 24, Power Clean: 125 lbs.

"Niki's hard work on the court and in the weight room has helped lead the Eagle Volleyball team to the NCAA Division 111 finals for their 21st consecutive time. Niki was 1st team Commonwealth Conference, AVCA Mid-Atlantic all-region team, and NSCA all-tournament Championship team." –Mike Hudy, NSCA member sponsor.

Miami University

Kelly McCullough

Right Side Hitter

Junior/ Sport Organization

Height: 5'10"

Personal Bests: Bench Press: 155lbs., Squat: 365 lbs., Vertical Jump: 26, Power Clean: 170 lbs.

"Kelly went from walk-on to All-MAC." –Sarah Hayes, NSCA member sponsor.

Duquesne University

Sherene Lemonias

Outside Hitter

Senior/ Liberal Arts

Height: 5'11", Weight: 140

Personal Bests: Bench Press: 145lbs., Squat: 300 lbs., Vertical Jump: 32, Power Clean: 145 lbs., 40-yard dash: 4.8

"Sherene has been a strong, silent, hard worker for four years. In challenging herself, she pushes her teammates harder. During her senior campaign, she eclipsed the 1000 kills mark. Sherene is a leader off the floor, as evidenced by her selection to the Dean's List, Atlantic Ten Commissioner's and Director of Athletics' Honor Rolls. She was also selected to attend the NCAA Foundation Leadership Conference her junior year." –Frank Piccolino, NSCA member sponsor.

Utah State University

Olmstead Heather

Defensive Specialist

Senior

Height: 5'9", Weight: 145

Personal Bests: Bench Press: 130lbs., Squat: 180 lbs., Vertical Jump: 22, Power Clean: 150 lbs.

"Heather is the all-around athlete every program looks for she shows great leadership, intensity and the dedication to succeed. She leads by example in the weight room and conditioning. She is always there to lend a helping hand or word of encouragement for her teammates. Her approach to strength and conditioning is unparalleled." –Shawn Griswold, NSCA member sponsor.

Humboldt State University

Hanna Mounce

Outside Hitter/ Setter

Senior/ Wildlife

Height: 5'8", Weight: 135

Personal Bests: Bench Press: 145lbs., Squat: 205 lbs., Vertical Jump: 25, Power Clean: 170 lbs.,

"Hanna endured many ups and downs during her four year Volleyball career. One thing that always remained constant was her desire to be the best player she could be. Hanna's leadership kept the team together during a coaching change and her tremendous dedication to the off-season strength and power program was an inspiration. The entire team prospered and improved. Hanna's example and work ethic was the glue that molded the 2001 HSU Volleyball Team." –Drew Peterson, CSCS, NSCA member sponsor.

Miami University

LeeAnn Karr

Outside Hitter

Senior/ Marketing

Height: 5'11"

Personal Bests: Bench Press: 150lbs., Squat: 325 lbs., Vertical Jump: 22, Power Clean: 140 lbs.

"LeeAnn's hard work made her a key player in our program." –Dan Dalrymple, NSCA member sponsor.

Creighton University

Molly Moran

DS

Senior/ Exercise Science

Height: 5'6", Weight: 150

Personal Bests: Bench Press: 225lbs., Squat: 235 lbs., Vertical Jump: 25, Power Clean: 65 lbs.

"Molly is very deserving of this award. She has made great strides in her four years at Creighton. As a walk-on, her hard work and determination has brought her great success on the volleyball court (setting numerous records) and in the Strength and Conditioning facility." –Satoshi Ochi, NSCA member sponsor.

University of Tulsa

Tammy Leuer

Outside Hitter
Junior/ Nursing

Height: 5'8", Weight: 150

Personal Bests: Bench Press: 140lbs.,

Vertical Jump: 27.

"Tammy's hard work and dedication have brought her great success in the weight room, on the court, and in the class room. Tammy earned academic all-WAC honors in 2000. Tammy holds many weight room team records which include: 140 lb. bench press, 325 lb. safe squat, 27" vertical jump, and 165 lb. hang clean. Tammy is a great competitor and leader and I look forward to working with her in her senior season." –John Allaire, NSCA member sponsor.

Northern Arizona University

Megan Greene

Middle Blocker

Senior/ Elementary Education

Height: 5'11", Weight: 145

Personal Bests: Bench Press: 105lbs., Squat: 180 lbs.,

Vertical Jump: 23, Power Clean: 148 lbs.

"Megan has incredible work ethics. She gained three inches on her approach jump during the summer training before her senior season." –Casey Rand, NSCA member sponsor.

Jacksonville State University

Jenny Brenneman

Outside Hitter

Sophomore

Height: 5'9", Weight: 140

Personal Bests: Bench Press: 100lbs., Squat: 175 lbs.,

Vertical Jump: 24, Power Clean: 120 lbs.

"Jenny is a girl that has the competitive nature to success at anything she does in life. She shows up dailey in the weight room and goes to work with a passion and desire that not all athletes have. She pushes to better herself and separate her strength levels from the rest of the athletes. She is truly a great competitor and person." –Rob Livingstone, NSCA member sponsor.

University of Texas, San Antonio

Stacy Schmidt

Outside Hitter

Senior/ Health Science

Height: 5'11", Weight: 155

Personal Bests: Bench Press: 135lbs., Squat: 285 lbs.,

Vertical Jump: 23, Power Clean: 150 lbs.

"Stacy is a leader by example both on the court and in the strength and conditioning aspect of her training. She is so competitive that she routinely outperformed male athletes in exercises and drills. She has used her focused

training to earn All-Conference in all 4 years of her career. In addition, she has earned All Conference Tournament Honors, Academic All American Honors, advanced to the NCAA Tournament, and is second in carrier kills, digs, and first in attacks at UTSA." –Michael Cox, NSCA member sponsor.

Elmhurst College

Amanda Franklin

Outside hitter

Senior/ Education

Height: 5'10"

Personal Bests: Bench Press: 140lbs., Squat: 250 lbs.,

Vertical Jump: 25, Power Clean: 145 lbs.,

40-yard dash: 5.1

"Amanda is a very determined person that has used competition as a way to motivate herself. Her training habits are the reason for the teams success and hers personally. Amanda became the most consistent performer on the court through her training regiment. Amanda achieved all conference honors and MVP at various tournaments." –Todd Nichols, NSCA member sponsor.

VOLLEYBALL/ LACROSSE

Cornell University

Jaimee Reynolds

Setter/ Midfield

Senior/ Agriculture and Biological Engineering

Height: 5'11", Weight: 160

Personal Bests: Bench Press: 115lbs., Squat: 180 lbs.,

Vertical Jump: 22.5, Power Clean: 130 lbs.,

40-yard dash: 5.2

"Jaimee is an exceptionally gifted two sport athlete who has made her presence known at Cornell! She has distinguished herself on the volleyball court, the Lacrosse field, and in the classroom. Her dedication and discipline in the strength and conditioning program have resulted in consistent improvement throughout her career. We are very proud of Jaimee and her accomplishments!" –Thomas Howley, NSCA member sponsor.

WRESTLING

Cornell University

Clint Wahrenberg

184 Lb Weight Class

Junior/ Nutrition Science

Height: 6'1", Weight: 195

Personal Bests: Bench Press: 300lbs., Squat: 400 lbs.,

Power Clean: 300 lbs.

"Clint is a very dedicated and intense athlete. He has

recovered from knee surgery to build his squat back up to 400 pounds. He is currently ranked 7th in the nation in his weight class." –Thomas Dilliplane, NSCA member sponsor.

West Virginia University

Ryan Kehier

Heavy Weight

Senior/ Physical Education Teaching

Height: 6'3", Weight: 275

Personal Bests: Bench Press: 520lbs., Squat: 860 lbs.,

Vertical Jump: 33, Power Clean: 455 lbs.,

40-yard dash: 4.58

"Ryan posses a unique combination of speed and strength that allow him to dominate the heavy weight ranks. His tremendous explosion and extreme intensity make him a formidable opponent for any wrestler. His attitude towards training is outstanding; in fact Ryan is a weight room monster. His passion for power and immortal strength make him the most physically dominant athlete in WVU history. Ryan is and will continue to be, a success in all venues he chooses to be a part of." –Mike Barwis, NSCA member sponsor.

University of Pennsylvania

Yoshi Nakamura

Senior/ Business

Height: 5'4", Weight: 157

Personal Bests: Bench Press: 290lbs., Squat: 450 lbs.,

Vertical Jump: 36.5, Power Clean: 340 lbs.

"He is intense and driven in the weight room where he works himself into a frenzy, and possesses speed and explosiveness that is unequalled on the mat. AT PENN-2000-2001 record of 27-3 in NCAA competition. He finished seventh overall at the NCAA Championships and earned All-American honors and is a Three time NCAA qualifier, EIWA Champion in 1999 and 2001, and 2001 NWCA All-Star Classic Victor. He was named First Team All-Ivy and placed second at the 2000 Midlands Championships. He was named Outstanding Wrestler at the 2000 Keystone Classic and placed 3rd at the 2001 US World Team Trials. He won the 2000 Honre DeLong Challenge in France." –James Steel, NSCA member sponsor.

Iowa State University

Mark Knauer

HWT

Senior/ Agricultural Education

Height: 6'2", Weight: 215

Personal Bests: Bench Press: 350lbs., Squat: 450 lbs.,

Power Clean: 310 lbs.

"Mark began his career at Iowa State University as an unrecruited walk-on. After earning a spot on the team, he redshirted his initial season. After marked improve-

ments on the mat and in the weight room, Mark has built himself into a 3 time National Qualifier, a 3 time Honorable Mention Academic All-American, and University Freestyle National Champion. All this while competing in the 285 lb division when he competes at 215lb. Additionally, Mark has earned a spot on the Dean's List while maintaining a 3.2 GPA in Agricultural Education." –Rohrk Cutchlow, 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.