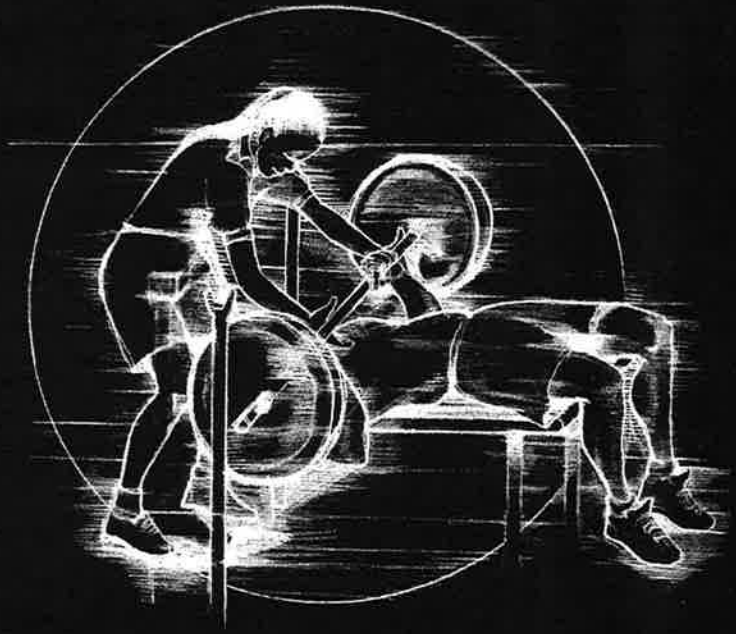




2004 ALL-AMERICAN

Strength and Conditioning Athletes



National Strength and Conditioning Association

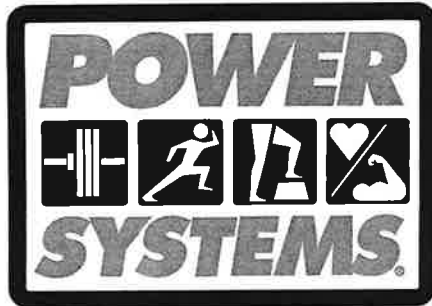
1885 Bob Johnson Drive, Colorado Springs, CO 80906

Phone: +1 719-632-6722 or 800-815-6826 • Fax: +1 719-632-6367

Email: [nsca@nsca-lift.org](mailto:nasca@nsca-lift.org) • Website: www.nasca-lift.org

**National Strength and
Conditioning Association**

The NSCA wishes to thank...



***Official Sponsor
2004 NSCA All-American
Strength and Conditioning
Athletes of the Year***

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2004 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

Clemson University Herman Demmink

Shortstop
Sophomore/ Business Management
Height: 5' 10", Weight: 185

Personal Bests: Bench Press: 275 lbs., Squat: 450 lbs., Vertical Jump: 34, Power Clean: 295 lbs., 40-yard dash: 6.60, 5-10-5 Agility: 3.8

"Herman has a work ethic that can not be matched. As a true freshman he broke the school baseball records for the 225-lb squat rep test (40) and pull-up rep test (48). He was awarded the Dedicated Lifter Award, which is voted on by his teammates. For the second year in a row Herman has won the Omaha Challenge, which is a four day event comprised of resistance, agility and conditioning tests to measure muscular endurance, mental toughness and develop team unity. Herman is not just a good performer in the weight room; he also takes care of business in the classroom and on the baseball field as well. The Business Management major has a 3.49 GPA and led the Atlantic Coast Conference in

conference batting average in 2003 with a .467 average." -Thomas E. Melton, Jr, NSCA member sponsor.

**Johnson County
Community College
Douglas Gunderson**
Pitcher
Sophomore/
Height: 6' 3", Weight: 200

Personal Bests: Bench Press: 265 lbs., Squat: 365 lbs., Vertical Jump: 37, Power Clean: 245 lbs., 40-yard dash: 4.35, 5-10-5 Agility: N/A

"Standing Long Jump-10' 2", 30M Shuttle Run-6.35sec, 30M Dash-3.75. Complete athlete who could be a great football player or decathlete." -Istvan Javorek, NSCA member sponsor.

New Mexico State University

Matt Peters Outfield

Senior/ General Business
Height: 5' 9.5", Weight: 202

Personal Bests: Bench Press: 345 lbs., Squat: 400 lbs., Vertical Jump: 23.5, Power Clean: 275 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.29

"Matt's leadership in the performance training program is invaluable. With his excellent work ethic and positive attitude he has set a standard that his fellow teammates aspire to. Matt loves to train hard. Improvements he has made in the performance training area during his career as student-athlete have con-

tributed to his success as a player and the success of the team at NMSU.” -John Taylor, NSCA member sponsor.

Springfield College

Dan Samia

Second Base
Senior/ Exercise Science
Height: 5' 6", Weight: 156

Personal Bests: Bench Press: 300 lbs., Squat: 375 lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Dan is considered the heart and soul of the baseball team. As a four-year starter he has been invaluable as a leader on and off the field. This year he stands to set the all-time sacrifice record.” -Margaret Jones, NSCA member sponsor.

The University of Southern Mississippi

Jason Lowery

Outfielder
Junior/ Sports Administration
Height: 5' 10", Weight: 190

Personal Bests: Bench Press: 260 lbs., Squat: 300 lbs., Vertical Jump: 29, Power Clean: 255 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Jason sets an example for his team by being a leader in the weight room and on the field. His hard work pays off in significant gains year after year.” -Chaucer Funchess, NSCA member sponsor.

University of Central Florida

Jamie Douglas

Pitcher
Junior/
Height: 6' 4", Weight: 199

Personal Bests: Bench Press: N/A lbs., Squat: 430 lbs., Vertical Jump: 34, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Jamie has dedicated himself to the weight room and it has paid off in increased speed, explosiveness and strength. All of these characteristics have led to increased velocity on his pitches.” -Philip Magin, NSCA member sponsor.

Baseball

University of Kentucky

Matt Fritts

Outfield
Senior/ Finance
Height: 5' 9", Weight: 193

Personal Bests: Bench Press: 320 lbs., Squat: 455 lbs., Vertical Jump: 27, Power Clean: N/A lbs., 40-yard dash: 3.6, 5-10-5 Agility: 4.2

“Matt exhibits great commitment to our strength and conditioning program. He is a senior who takes great pride in training. Matt's dedication is a reflection of his number as he has the teams strongest combined totals in the weight room. He is always one of the first athletes to show up at 6am and usually the last to leave. Matt's positive attitude has helped make those around him more

competitive and accountable.” -Douglas Elisaia, NSCA member sponsor.

University of Kentucky

James Rose, II

Pitcher
Sophomore/ Business Marketing
Height: 6' 2", Weight: 224

Personal Bests: Bench Press: N/A lbs., Squat: 350 lbs., Vertical Jump: 25.5, Power Clean: N/A lbs., 40-yard dash: 3.8, 5-10-5 Agility: 4.4

“James is the type of athlete every coach wants. He works hard at all times, pushing himself and others in the weight room and during conditioning. He's a leader and the true definition of hard work.” -Evan Simon, NSCA member sponsor.

University of Tennessee

Dusty Johnson

Pitcher
Senior/ Finance
Height: 5' 11", Weight: 188

Personal Bests: Bench Press: N/A lbs., Squat: 400 lbs., Vertical Jump: 32, Power Clean: 335 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Having been named to the All-SEC Academic Honor Roll, Dusty Johnson is an exemplarily scholar athlete who has attended and completed every workout in his four years at Tennessee, while maintaining a 3.83 GPA in finance. After returning from elbow surgery, Dusty was able to hit 90mph with his fastball, a feat he had never accomplished before. Not only did Dusty lead the team in

wins and ERA last season, he continued to workout six days per week in-season. Dusty's combination of strength, explosiveness and endurance has helped him excel as a starter and reliever.” -Brian Gearity, NSCA member sponsor.

Youngstown State University

Mike Hosterman

Pitcher
Senior/ Physical Education
Height: 6' 2", Weight: 215

Personal Bests: Bench Press: 330 lbs., Squat: 405 lbs., Vertical Jump: 31, Power Clean: 240 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“There isn't a day that goes by that we don't see Mike in the weight room. He is dedicated to training and baseball.” -Elizabeth Vlad, NSCA member sponsor.



BASKETBALL

Birmingham Southern College

Shema Mbyirikira Center

Junior/ Computer
Science/Accounting
Height: 6' 11", Weight: 220

Personal Bests: Bench Press: 255 lbs., Squat: N/A lbs., Vertical Jump: N/A, Power Clean: 255 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Shema is a very dedicated athlete who brings a great amount of energy to each training session. This has allowed him to gain the size and strength needed to become a much more dominant player." - Scott Charland, NSCA member sponsor.

Brigham Young University

Kali Taylor

Guard
Junior/ Fitness & Wellness
Height: 5' 11", Weight: 128

Personal Bests: Bench Press: 115 lbs., Squat: 180 lbs., Vertical Jump: 23, Power Clean: 135 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Kali has brought a tremendous amount of intensity, dedication and work ethic to every workout. She has helped lead the team during training practice and competition. Her hard work is evident on the court." -Corey Anderson, NSCA member sponsor.

Clemson University

Maggie Slosser

Forward
Senior/ Marketing
Height: 5' 11", Weight: N/A

Personal Bests: Bench Press: 165 lbs., Squat: 225 lbs., Vertical Jump: 22, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.24

"Maggie is the toughest athlete I have ever had the opportunity to work with. Her work ethic and determination have enabled her to succeed at her position although she is undersized compared to her opponents. At 5' 11" she has led the team in rebounds the past two seasons and ranks among the leaders in the Atlantic Coast Conference. She has been forced to play with injuries throughout her career and will not come out of a game no matter how badly she hurts.

Maggie makes the team better; her work ethic is contagious on the court and the weight room and everyone works harder because of her. Her desire to work is not limited to athletics, last year she was awarded for her efforts in community service. I have been very fortunate to work with Maggie and will surely miss her next season." -Thomas E. Melton, Jr, NSCA member sponsor.

College of the Canyons

Gracie Coronado

Forward
Sophomore/ Political Science
Height: 5' 10", Weight: N/A

Personal Bests: Bench Press: 130 lbs., Squat: 150 lbs., Vertical Jump: 17, Power Clean: 130 lbs., 40-yard dash: 5.3, 5-10-5 Agility: 4.92

"Gracie is a classic overachiever who always surprises everyone with her play. Might not be the best athlete in the world but has broken several conference scoring records due to the fact that you would be hard pressed to find a harder worker. Gracie worked her tail off to come back to 100% after ACL reconstruction only to tear her MCL. I had no doubt that she would bounce back from his second injury after witnessing her work ethic and determination in her ACL rehab. Gracie is an all-conference basketball player here at our college because she made herself into one. Gracie has believed in my program 100% and I have never had a single doubt about her character. She is the type of athlete that every S&C coach in America hopes to work with." -Robert DosRemedios, NSCA member sponsor.

East Carolina University

Erroyl Bing

Forward
Senior/ Business
Height: 6' 6", Weight: 250

Personal Bests: Bench Press: 280 lbs., Squat: 530 lbs., Vertical Jump: 31, Power Clean: 289 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Erroyl is one of the strongest basketball players that I have had the opportunity to work with. That strength carries directly over to the court where Erroyl excels. Heading into his senior season he has led the Pirates in rebounding each of the past three seasons. Erroyl is ranked among the all-time leaders at ECU in games played, points scored, and free throws made." -Danny Wheel, NSCA member sponsor.

James Madison University

Dwayne Broyles

Forward-Guard
Senior/ Sports Management
Height: 6' 6", Weight: 195

Personal Bests: Bench Press: 285 lbs., Squat: 335 lbs., Vertical Jump: 33, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Some athletes fold under injuries and some fight through them. Dwayne chose to be a fighter and not let injuries hold him back. Dwayne used strength and conditioning to rebuild his body and never missed a workout. His work ethic was instrumental in his personal success and has served to motivate his team-

mates.” -Gregory A. Werner, NSCA member sponsor.

Johnson County Community College

Renee Sidney

Forward

Sophomore/ Broadcasting
Journalism
Height: 5' 11", Weight: 140

Personal Bests: Bench Press: 125 lbs., Squat: 180 lbs., Vertical Jump: 27, Power Clean: 132 lbs., 40-yard dash: 4.92, 5-10-5 Agility: N/A

“30M Dash-4.40sec, approach vertical jump-30”, standing long jump-7’ 6”. Recovering with a high school ACL surgery she is setting a volleyball already.” -Istvan Javorek, NSCA member sponsor.

Juniata College

Travis Martin

Forward

Senior/ Education Studies/Criminal Justice
Height: 6' 5", Weight: 220

Personal Bests: Bench Press: 265 lbs., Squat: 405 lbs., Vertical Jump: 31, Power Clean: 225 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Travis’s hard work on and off the court has won him a starting position for the past three years, and team captain his senior season.” -Matt Huntsman, NSCA member sponsor.

Lafayette College

Colleen Fitzpatrick

Forward

Senior/ Biology
Height: 5' 11", Weight: 168

Personal Bests: Bench Press: 130 lbs., Squat: 250 lbs., Vertical Jump: 23, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Colleen is very dedicated to the strength and conditioning program. That dedication shows in her durability, starting all 28 games last season. As an All-League Second Team selection the last two years and as a member of the Patriot League All-Rookie Team her freshman year, Colleen is a constant reminder to her teammates that hard work, both on and off the court, pays off.” -Stephen M. Mannino, NSCA member sponsor.

Lees McRae College

Katie Campbell

Guard

Senior/ Political Science
Height: 5' 6", Weight: 135

Personal Bests: Bench Press: 140 lbs., Squat: 230 lbs., Vertical Jump: 23, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Katie is an extremely dedicated athlete that comes to work everyday with a championship effort. She overcame adversity from a season ending knee injury, and has come back even faster and stronger than before. Her hard work, desire, and commitment to excellence have enabled her to accomplish great things in the weight room, on the

court, and in the classroom. Katie has been rewarded for her hard work and devotion to the team by being selected as a captain for the second year running. She leads by example, and pushes everyone around her to excel. Katie is truly an inspiration to the coaching staff and her teammates.” -Benjamin Warren, NSCA member sponsor.

Lees McRae College

Lindsey Pope

Guard

Sophomore/ Health Promotion
Height: 5' 11", Weight: 149

Personal Bests: Bench Press: 145 lbs., Squat: 230 lbs., Vertical Jump: 23, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Lindsey is a quiet-spoken, fierce competitor, who is always pushing herself and her teammates to excel. She leads by example and motivates everyone around her to raise their intensity level. Lindsey is not successful just because she is a great natural athlete, but because she is willing to work hard and sacrifice, and do whatever it takes to attain her goals. She worked out extremely hard off-season, and has become one of the strongest athletes on the team, increasing her bench press alone over 40lbs. She is always the first to enter and the last to leave the weight room. Lindsey’s hard work and dedication have truly earned the respect of the coaching staff and her teammates.” -Jonathan C. Warren, NSCA member sponsor.

Louisiana Tech

University

Amber Obaze

Guard

Senior/ Psychology
Height: 5' 9", Weight: 158

Personal Bests: Bench Press: 170 lbs., Squat: 225 lbs., Vertical Jump: 27, Power Clean: 165 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Amber is a great example of how athletes should approach the weight room. She is an excellent worker who comes to work everyday. Her work has propelled her to three straight US Junior Olympic teams as well as All-WAC honors.” -Damon Harrington, NSCA member sponsor.

Muskingam College

Heidi Van Dyke

Guard

Senior/ Mathematic Education
Height: 5' 7", Weight: 137

Personal Bests: Bench Press: 105 lbs., Squat: 210 lbs., Vertical Jump: 17, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“God blessed Heidi with ordinary talent and extra-ordinary desire to continually enhance the skills she was allotted. Constantly asking for more than is required of her, she focuses on enriching herself each time she works out. She has progressed immensely in all facets of her athleticism. A dedicated leader and captain. She carries a 3.2 GPA.” -Michael Hamsner, NSCA member sponsor.

University of Tennessee Brandon Crump

Center
Junior/ Sports Management
Height: 6' 10", Weight: 250

Personal Bests: Bench Press: 385 lbs., Squat: 500 lbs., Vertical Jump: 33, Power Clean: 300 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.84

"Brandon possesses the work ethic and determination that is deserving of this award. His persistence in the weight room has allowed him to be the strongest basketball athlete for the last three years." -Roderick Moore, Jr, NSCA member sponsor.

University of Texas, San Antonio

LeRoy "Duke" Hurd
Forward
Senior/ Sociology
Height: 6' 7", Weight: 222

Personal Bests: Bench Press: 285 lbs., Squat: 300 lbs., Vertical Jump: 35, Power Clean: 225 lbs., 40-yard dash: 4.5, 5-10-5 Agility: N/A

"Duke is a man that leads by example. He is a charismatic leader that draws other athletes to him. He has taken his commitment to excellence, strong work ethic, and unyielding standards and raised the bar for his team and the entire athletic department. His drive has made a positive impact on the younger athletes around him. For Duke, the leadership role is not a burden; it is a honor. His dedication has brought him All-Conference Honors, All-Tournament

Honors, Player of the Year Honors, and a Scoring Title. In addition to athletics, Duke is a member of the Student Athlete Advisory Committee and a devoted family man." -Michael Cox, NSCA member sponsor.

University of the Pacific Myree Bowden

Guard
Senior/ Communications
Height: 6' 1", Weight: 185

Personal Bests: Bench Press: 295 lbs., Squat: 405 lbs., Vertical Jump: 35.5, Power Clean: 295 lbs., 40-yard dash: 4.48, 5-10-5 Agility: 4.23

"Myree is pound per pound the strongest athlete in the athletic department. His consistency in his workouts are shown everyday in his first step quickness and his jumping ability. He holds the overall school record for power index, standing vertical jump (35.5 inches), and forty yard dash (4.48 sec)." -Todd Smith, NSCA member sponsor.

University of Wisconsin-River Falls Concetta Smith

Center
Senior/ Education
Height: 5' 9", Weight: 185

Personal Bests: Bench Press: 135 lbs., Squat: 215 lbs., Vertical Jump: 15, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Concetta's work in the weight room will allow her to be very competitive this season. Over the summer she increased

her vertical 6", and her squat by 25lbs. Her work ethic has passed to the freshman on their team." -Carmen Pata, NSCA member sponsor.



CREW

Creighton University
Claire Lakatos
Lightweight Rower
Senior/ Exercise Science
Height: 5' 1", Weight: 112

Personal Bests: Bench Press: 100 lbs., Squat: N/A lbs., Vertical Jump: 17.5, Power Clean: 127 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Claire has impressed the strength and conditioning staff since the first day we've worked with her. Her intense work ethic and will to succeed has helped her become this year's strength and conditioning athlete of the year. Her tenacity in our facility allowed her to break two strength and conditioning records in the hip sled endurance and power clean max. Despite her small stature and relative to her body weight she is one of the

strongest athletes we have worked with." -Satoshi Ochi, NSCA member sponsor.

Drake University Rachel Zigler

Single/Port
Senior/ Pharmacy
Height: 5' 5", Weight: 131

Personal Bests: Bench Press: 125 lbs., Squat: 275 lbs., Vertical Jump: 18, Power Clean: 130 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Rachel is the type of hard working athlete strength coaches love to work with. Intensely dedicated and intrinsically motivated are words that describe her best. Each week she tries to make lifting improvements that will result in faster times in the shell. Since coming to Drake, Rachel's 6k time has gone from 27:07.6 to 23:28.2. In October of 2003 Rachel's 6k time of 23:43.2 was the 3rd fastest time turned in for the National Team Trial." -Jason Roberson, NSCA member sponsor.

FIELD

HOCKEY

James Madison University
Lindsay Keller
Midfielder
Senior/ Interdisciplinary Social Sciences
Height: 5' 3", Weight: 120

Personal Bests: Bench Press: 135 lbs., Squat: 275 lbs., Vertical Jump: 24, Power Clean: 125 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Lindsay received this honor in 2002 and hasn't slowed down since. Lindsay has one speed and it is 100%, she is the epitome of this honor. She's not the strongest, not the fastest, and not the biggest but her diligent, non-stop work ethic makes up for it all. Keller has used her time in the weight room and in conditioning activities to make herself an elite athlete." -Gregory A. Werner, NSCA member sponsor.

University of Delaware

Jessica Breault

Midfielder/Forward

Senior/ Business

Management/Marketing

Height: 5' 4", Weight: 120

Personal Bests: Bench Press: 130 lbs., Squat: 235 lbs., Vertical Jump: N/A, Power Clean: 115 lbs., 40-yard dash: 4.95, 5-10-5 Agility: 4.93

"Jessica works very hard and her lack of size is made up with her leadership and heart. She has increased her squat and bench press maxes in 4 years by an astonishing 150% combined. In addition, she was a recipient of our "Top Conditioned Athlete Award" this year for Field Hockey. Jessica is a great asset to our program." -Russell Barbarino, NSCA member sponsor.

University of Richmond

Spiders

Whitney Wells

Forward

Sophomore/ Sociology

Height: 5' 6", Weight: 122

Personal Bests: Bench Press: 95 lbs., Squat: 165 lbs., Vertical Jump: 23, Power Clean: 116 lbs., 40-yard dash: 5.69, 5-10-5 Agility: 4.54

"One of the hardest workers I've ever trained. She came to UR weighing 110lbs-cleaned 75lbs, squatted 95; benched 70; vertical jump was 19.5. She accomplished this with great work ethic-lifted 5days/wk, while not running much so she could add mass. She has greatly increased her speed with the use of bungee cords and sleds. This has enabled her to beat the opposition to the ball, thus improving her offensive position. As a sophomore, she tallied goals in helping UR to their second consecutive NCAA berth and a top 10 ranking." -Brett Gerch, NSCA member sponsor.

Yale University

Fran Gardner

M/B

Senior/ French

Height: 4' 11", Weight: N/A

Personal Bests: Bench Press: 100 lbs., Squat: 165 lbs., Vertical Jump: N/A, Power Clean: 110 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"This years team captain, Fran is unquestionably one of the hardest working athletes at Yale. She has raised the level of expectation in the weight room

all on her own through her daily efforts and achievements these past four years." -Jarod Mills, NSCA member sponsor.

Yale University

Krissy Wesburg

Goal Tender

Senior/ Political Science

Height: 5' 8", Weight: N/A

Personal Bests: Bench Press: 125 lbs., Squat: 205 lbs., Vertical Jump: N/A, Power Clean: 148.5 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Krissy finished a very successful career by being named to the All-Ivy first team for the second straight year. Her hard work in the weight room helped her achieve these honors, and helped the team to a successful season." -Alison Parakh, NSCA member sponsor.



FIELD HOCKEY/ICE HOCKEY

Bowdoin College

Gillian McDonald

Goalie/Attack

Senior/ French w/ major in Education

Height: 5' 4", Weight: 150

Personal Bests: Bench Press: 125 lbs., Squat: 240 lbs., Vertical Jump: 16.5, Power Clean: N/A lbs., 40-yard dash: 6.14, 5-10-5 Agility: 5.39

"Achieving high standards in the classroom isn't the only place she has received success. Her outstanding efforts in field hockey were recognized as she received 1st Team All-Conference Award each of the four years, 1st Team All New England her junior and senior year and 1st Team All-American this past season. Her commitment off the field and ice is very evident in the strength training and conditioning realm as well. In the four years at Bowdoin, Gillian has made a

conscious effort to spend quality time in her training to assist in her development as a field hockey and ice hockey player. She especially placed a high emphasis on her training this past spring and summer. As a result, she achieved personal bests in her agility, speed, lower body strength and power, and upper body strength when tested in the fall. Her enthusiasm in the training environment to succeed is contagious amongst her teammates. Her ability to achieve success through hard work is admirable and encourages other Bowdoin student-athletes to do the same. She truly epitomizes the type of student-athlete that every coach enjoys working with everyday.” - Dawn Strout, NSCA member sponsor.



FIELD HOCKEY/ LACROSSE

College of William & Mary

Kelly McQuade

Forward/Attacker

Senior/ Kinesiology

Height: 5' 6", Weight: 127

Personal Bests: Bench Press: 115 lbs., Squat: 160 lbs., Vertical Jump: 18, Power Clean: 115 lbs., 40-yard dash: 5.57, 5-10-5 Agility: 5.19

“As a two sport athlete, Kelly understands the importance of a year round training program in terms of maximizing her performance and keeping her healthy. Kelly is a very technically-sound lifter who gives you everything she's got during every training session. Working with Kelly has been a true pleasure.” - David Marmon, NSCA member sponsor.



FOOTBALL

Boise State University

Paul Allen

Defensive Line

Senior/ Applied Tech

Height: 6' 2", Weight: 295

Personal Bests: Bench Press: 415 lbs., Squat: 570 lbs., Vertical Jump: 28.5, Power Clean: 361 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Paul was a 220 pound gray shirt athlete for us. Over the past 4 years Paul has developed into a 295 pound beast. He is the model of what hard work can get you.” -Jeff Pitman, NSCA member sponsor.

Brockport State University of New York

Joe Toombs

OLB

Junior/ Physical Education

Height: 6' 0", Weight: 200

Personal Bests: Bench Press: 390 lbs., Squat: 530 lbs., Vertical Jump:

32.5, Power Clean: N/A lbs., 40-yard dash: 4.49, 5-10-5 Agility: 4.26

“Two year starter on #1 ranked scoring defense in 2002. Excellent student and leader on and off the field.” -Nathan Harvey, NSCA member sponsor.

Central Connecticut State University

Noah Cooper

Linebacker

Senior/ Anthropology

Height: 6' 0", Weight: 235

Personal Bests: Bench Press: 335 lbs., Squat: 560 lbs., Vertical Jump: N/A, Power Clean: 330 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Noah is the type of athlete every strength coach would like to train. He is a leader in the weight room and on the field. He shows up in the weight room and goes to work with a passion that few athletes possess. He pushes to better himself and separate his strength levels from the rest of the athletes. He is truly a great competitor and person.” -Michael Ericksen, NSCA member sponsor.

Clemson University

John Leake

Linebacker

Senior/ Marketing

Height: 6' 0", Weight: 240

Personal Bests: Bench Press: 450 lbs., Squat: 560 lbs., Vertical Jump: 40.5, Power Clean: 400 lbs., 40-yard dash: 4.41, 5-10-5 Agility: 3.90

“John has been one of the most dedicated athletes we have had in our program. John has attended every semester of school since arriving as a freshman. His primary goal since arriving to school has been to prepare himself to be the best citizen and player he can be. He has packed on 45 pounds of bodyweight while keeping his speed and agility. John has been a three year starter at linebacker for the Tigers leading the team in tackles for two years. John holds multiple records for our team in both strength and performance evaluations (400lbs Power Clean and 41.5 inches in Vertical jump for combo players). John is an Honorable Mention All ACC Performer for 2003.”
-Russell Patterson, NSCA member sponsor.

Clemson University

Gregory Walker

Offensive Tackle

Graduate/ Health Science
Height: 6' 5", Weight: 325

Personal Bests: Bench Press: 410 lbs., Squat: 635 lbs., Vertical Jump: 30.5, Power Clean: 400 lbs., 40-yard dash: 5.22, 5-10-5 Agility: 4.92

“Greg Walker is one of Clemson's most dedicated offensive linemen. Greg is the only active offensive linemen to play in four bowl games. He is Clemson's nominee for the AFCA Good Works team for his time spent on community service. During the off season Walker spends a large amount of his time being a role model to kids and assisting senior citizens. Walker's dedication to strength training has led his name to be in the top two of every team lifting category. Greg leads the team with a push jerk of 390

pounds, squat of 635 pounds, and power clean of 400 pounds.” -Larry Greenlee, NSCA member sponsor.

Dartmouth College

Scott Wedum

Fullback

Senior/ Economic
Height: 5' 10", Weight: 210

Personal Bests: Bench Press: 300 lbs., Squat: 500 lbs., Vertical Jump: 32, Power Clean: 355 lbs., 40-yard dash: 1.71, 5-10-5 Agility: 4.21

“He is a leader by example. Through his hard work and dedication he has become one of the best players on the team. Always gives 100% in the weight room and on the field. Tremendous asset to our program.” -Robert Miller, NSCA member sponsor.

Drake University

Jonathan Taylor

Running Back

Senior/ Secondary Education
Height: 5' 10", Weight: 205

Personal Bests: Bench Press: 435 lbs., Squat: 665 lbs., Vertical Jump: 32.5, Power Clean: 375 lbs., 40-yard dash: 4.60, 5-10-5 Agility: 4.16

“Jonathan is pound for pound one of the strongest athletes I have ever seen. He also uses the field leading our offense. He has improved each year and rushed for 1486 yards this year.” -Mike Cotterman, NSCA member sponsor.

East Carolina University

Vonta Leach

Fullback

Senior/ Child Development & Family Relations
Height: 6' 0", Weight: 253

Personal Bests: Bench Press: 420 lbs., Squat: 670 lbs., Vertical Jump: 30.5, Power Clean: 319 lbs., 40-yard dash: 4.88, 5-10-5 Agility: 4.52

“Vonta is recognized by his teammates and coaches as a leader both on and off the field. He has worked diligently in the weight room to improve his athletic performance, adding 50lbs to his bench press max and 70lbs to his squat max during a two year span. Vonta also won the football team's Ironman Competition in 2003.” -Jim Whitten, NSCA member sponsor.

East Carolina University

Brian Rimpf

Offensive Tackle

Senior/ Business
Height: 6' 6", Weight: 318

Personal Bests: Bench Press: 400 lbs., Squat: 660 lbs., Vertical Jump: 27.5, Power Clean: 357 lbs., 40-yard dash: 5.27, 5-10-5 Agility: 4.87

“Brian always works hard and has a “don't quit” type attitude in everything he attempts. He constantly encourages his teammates and challenges them to push themselves both with his actions and verbal comments. His hard work in the weight room has helped him achieve success. Brian holds the All Time ECU record for Push Jerk with a lift of 401

lbs, is ranked 8th All Time for his 600 lbs. Squat, and 5th All Time for his 357 lbs. Power Clean. He finished his undergraduate degree this past May with a double major in Accounting and Financing with a 3.29 GPA, and is currently pursuing his MBA. Brian's athletic and academic achievements are impressive, but the lives he has touched through community service work may have a more lasting impact than anything else he has accomplished. Throughout the academic year, Brian spends an average of 9 hours per week with community service and charity. He is a recognized leader of ECU's offensive line. Following the South Florida game, Brian has 34 consecutive starts.” -Clay Gerringer, NSCA member sponsor.

East Stroudsburg University

Ryan Vermillion

Linebacker

Senior/
Height: 6' 2", Weight: 245

Personal Bests: Bench Press: 440 lbs., Squat: 550 lbs., Vertical Jump: 27, Power Clean: 310 lbs., 40-yard dash: 4.65, 5-10-5 Agility: 4.53

“Ryan has worked extremely hard not only in the weight room but also on the field and in the classroom to make him a true leader for the Warriors. His first team All-PSAC selection this year and former 2002 PSAC Player of the Week honor attest to his football ability. In addition, this three year starter compiled 238 tackles and 6.5 sacks while leading the defense in tackles for the second year

in a row. His work in the weight room has improved his 40 yard dash time by .12 seconds. Increased bodyweight by 17 pounds and his bench press by 130. He was also named the 2003 Iron Warrior which represents the strongest player pound-for-pound on the squad. It has been a pleasure to work with Ryan and see him progress not only on the field but as a true leader on our campus.” - Robert Mikulski, NSCA member sponsor.

Eastern Illinois University

Nick Eller

Tight End

Senior/ Physical Education
Height: 6' 3.75", Weight: 261

Personal Bests: Bench Press: 305 lbs., Squat: 500 lbs., Vertical Jump: 25, Power Clean: 275 lbs., 40-yard dash: 5.0, 5-10-5 Agility: 4.60

“Nick is an extremely hard worker. He can be trusted to do everything that is asked of him and more. He also motivates others to work hard. He will be successful in whatever he does.” -Nathan Moe, NSCA member sponsor.

Harvard University

Dante Balestacci

Linebacker

Senior/ Government
Height: 6' 2", Weight: 250

Personal Bests: Bench Press: 385 lbs., Squat: 770 lbs., Vertical Jump: 35.5, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.29

“Dante has all the qualities any strength coach wants from a senior captain. His dedication has made him one of the strongest players on the team.” -Sean Hayes, NSCA member sponsor.

Heidelberg College

Eric Baugher

Defensive Tackle

Senior/ Education
Height: 6' 1", Weight: 270

Personal Bests: Bench Press: 405 lbs., Squat: 505 lbs., Vertical Jump: 23, Power Clean: 275 lbs., 40-yard dash: 5.04, 5-10-5 Agility: N/A

“Eric is one of the most dedicated players in our program. He does everything we ask him to do. Eric is also a leader and role model both on and off the field.” -Michael Vosburgh, NSCA member sponsor.

Humboldt State

University

Zacko Weinberger

Defensive Line

Senior/ Recreation
Height: 6' 0", Weight: 275

Personal Bests: Bench Press: 445 lbs., Squat: 565 lbs., Vertical Jump: 30, Power Clean: 370 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.39

“Despite a career that spanned six seasons and included two medical red shirt years, Zacko’s dedication and determination never wavered. Zacko’s intensity and work ethic on the field and in the weight room was an inspiration for his

teammates. Zacko’s tenacious style of play combined with his explosive first step garnered this four-year starter a Unanimous First-Team All-Conference selection as a senior in 2003.” -Drew Petersen, NSCA member sponsor.

Jacksonville State University

Jonathan Dryer

Linebacker

Senior/ Social Work
Height: 6' 0", Weight: 235

Personal Bests: Bench Press: 285 lbs., Squat: 525 lbs., Vertical Jump: N/A, Power Clean: 325 lbs., 40-yard dash: 4.75, 5-10-5 Agility: 4.58

“Jonathan leads by example and forces his teammates to get better. His leadership is the success of our off-season program. He solidified his position via hard work and unrelenting dedication to Strength and Conditioning.” -Brian Austin, NSCA member sponsor.

Juniata College

Brian White

Offensive Center

Senior/ History
Height: 5' 11", Weight: 255

Personal Bests: Bench Press: 355 lbs., Squat: 515 lbs., Vertical Jump: 25, Power Clean: 260 lbs., 40-yard dash: 5.0, 5-10-5 Agility: N/A

“Brian’s hard work on the playing field and in the off-season strength program won him the starting position at offensive center for the past three seasons.” -

Douglas Smith, NSCA member sponsor.

Lafayette College

John Weyrauch

Wide Receiver

Senior/ Chemical Engineering
Height: 6' 0", Weight: 195

Personal Bests: Bench Press: 302 lbs., Squat: 459 lbs., Vertical Jump: 36, Power Clean: N/A lbs., 40-yard dash: 4.55, 5-10-5 Agility: N/A

“As a team captain John sets the tone on the field and in the weight room with his intensity. He is a tough player and his ability to play through pain not only motivates his teammates, but it has helped him to become the all-time leader in receptions and receiving yards at Lafayette College.” -Stephen M. Mannino, NSCA member sponsor.

Louisiana Tech

University

Luke McCown

Quarterback

Senior/ Agriculture Business
Height: 6' 4", Weight: 200

Personal Bests: Bench Press: 305 lbs., Squat: 470 lbs., Vertical Jump: 36, Power Clean: 320 lbs., 40-yard dash: 4.5, 5-10-5 Agility: 4.16

“Luke has excelled here in the weight room working extremely hard in all aspects improving his strength, speed, and conditioning each year. Luke’s work ethic has provided a great example to our other athletes and helped himself

achieve All-WAC honors.” -Damon Harrington, NSCA member sponsor.

Monmouth University

Joseph Sentipal

Linebacker

Senior/ Communications
Height: 6' 0", Weight: 230

Personal Bests: Bench Press: 433 lbs., Squat: 589 lbs., Vertical Jump: 30, Power Clean: 335 lbs., 40-yard dash: 4.8, 5-10-5 Agility: N/A

“Desire, dedication, and discipline are words that describe Joe Sentipal. His durability during his four years at Monmouth speaks volumes about his willingness to prepare for competition. Joe’s focus on preparation was a pleasure to be around. His focus and intensity carried over to his peers and to his game. One opposing coach said “I don’t ever remember anybody completely shutting us down like that. They’re a great defensive unit... Joe Sentipal plays the game with a passion. He might be the best line-backer we’ve faced on this level for many, many years. He’s 230 pounds. He can run sideline to sideline. And when he gets there he gets there in an angry frame of mind.” Joe is probably the most dominating football player in the history of Monmouth University, Joe has been an inspiration to his peers and his coaching staff. Leaders can be defined in many ways. Joe, both on the field and off, leads by example. Hard work and intensity defined Joe Sentipal as player and as a student. It was a pleasure working with Joe in the weight room and his presence and attitude will be missed.” -E. James Renae, NSCA

member sponsor.

North Carolina A&T

State University

Rickie Lewis

Defensive End

Sophomore/ Food and Nutrition
Height: 6' 3", Weight: 250

Personal Bests: Bench Press: 360 lbs., Squat: 475 lbs., Vertical Jump: 31, Power Clean: 260 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Rickie’s commitment in and out of the weight room during the off-season significantly increased his strength, body weight, and speed. He started every game, led the team in sacks, and was a key player in our 2003 conference championship while also receiving All-Conference honors.” -Christine Alongi, NSCA member sponsor.

Northern Arizona

University

Matt Raiuio

Center

Senior/ Sociology
Height: 6' 1", Weight: 285

Personal Bests: Bench Press: 430 lbs., Squat: 605 lbs., Vertical Jump: 28.5, Power Clean: 325 lbs., 40-yard dash: 4.88, 5-10-5 Agility: 4.77

“Matt has tremendous work ethic; comes mentally ready to train and never takes days off. Two-time All Big Sky 1st team; Pre-season Sports Network 3rd team All American; COSIDAA

Academic all district; 2003 Golden Eagle Award Recipient.” -Casey Bond, NSCA member sponsor.

Northwestern University

Matt Ulrich

Center

Junior/ History
Height: 6' 2", Weight: 305

Personal Bests: Bench Press: 475 lbs., Squat: 705 lbs., Vertical Jump: 33, Power Clean: 365 lbs., 40-yard dash: 5.05, 5-10-5 Agility: 4.21

“Dedication to the off-season strength and conditioning program has helped matt to develop into one of the Big Tens strongest and quickest offensive linemen.” -Larry Lilja, NSCA member sponsor.

Northwood University

Scott Stuible

Offensive Tackle

Senior/ MBA
Height: 6' 6", Weight: 290

Personal Bests: Bench Press: 345 lbs., Squat: 450 lbs., Vertical Jump: 24, Power Clean: N/A lbs., 40-yard dash: 5.2, 5-10-5 Agility: 4.7

“Scott was always putting in extra time to improve his strength, it all paid off as he earned a spot on the All- GLIAC team for the second year in a row.” - Scott Fisher, NSCA member sponsor.

Ohio University

Brian Brown

Offensive Lineman

Senior/ Social Criminology
Height: 6' 3", Weight: 300

Personal Bests: Bench Press: 405 lbs., Squat: 595 lbs., Vertical Jump: 30.5, Power Clean: 330 lbs., 40-yard dash: 5.22, 5-10-5 Agility: N/A

“Brian came in as a walk-on defensive line to Ohio University through hard work and dedication, he became one of our best offensive line. A great leader by example and tough competitor who always play and train through nagging injuries.” -Sonny Sano, NSCA member sponsor.

Samford University

Chip Adams

Offensive Tackle

Senior/ Management
Height: 6' 3", Weight: 278

Personal Bests: Bench Press: 355 lbs., Squat: 470 lbs., Vertical Jump: 36, Power Clean: 300 lbs., 40-yard dash: 4.98, 5-10-5 Agility: N/A

“Chip never missed a workout his entire 4 years at Samford University. Chip was the consummate leader in the weight room and on the field. Chip accomplished this while maintaining a 3.03 GPA.” -Thomas P. Rohling, NSCA member sponsor.

Shenandoah University

Jesse Levenson

Defensive End

Junior/ Biology

Height: 6' 2", Weight: 220

Personal Bests: Bench Press: 315 lbs., Squat: 445 lbs., Vertical Jump: N/A, Power Clean: 325 lbs., 40-yard dash: 4.6, 5-10-5 Agility: N/A

"Playing defensive end for the first time in his career, Jesse used his exceptional athletic ability and dedication to strength training to be named 1st Team All-USA South Conference and finish 15th in the country in sacks. Jesse is also a model student carrying a 3.1 grade point average." -Terrance A. Brooks, NSCA member sponsor.

Shepherd College

Matt Meadows

Free Safety/Def. Back

Senior/ Pre-Med/Biology

Height: 5' 10", Weight: 195

Personal Bests: Bench Press: 310 lbs., Squat: 465 lbs., Vertical Jump: 34, Power Clean: 285 lbs., 40-yard dash: 4.58, 5-10-5 Agility: 4.01

"Extremely intelligent student-athlete carries over a 3.75 GPA. Matt's work ethic and time management skills allowed him to excel on the playing field, weight room, and most importantly the classroom. His desire to be the best athlete he could be drove him to work in all facets of the strength and conditioning world. He grew both mentally and physically. Was a 4-year starter, All-Conference 2 years, and Academic All-

American 2 years. Ended his career with 20 interceptions. Will be successful in life!" -Pete Yurish, NSCA member sponsor.

Shepherd College

Jason Morris

Defensive Line

Senior/ Sports Management

Height: 6' 2", Weight: 265

Personal Bests: Bench Press: 350 lbs., Squat: 500 lbs., Vertical Jump: 28, Power Clean: 280 lbs., 40-yard dash: 4.90, 5-10-5 Agility: 4.30

"Jason is the prime example of when an athlete works himself into a better athlete. Jason's dedication in the whole realm of strength and conditioning resulted in him becoming a 4-year starter, captain, and an All-Conference performer. A strength coaches dream of an athlete. Jason will surely be missed!" -Pete Yurish, NSCA member sponsor.

Texas Christian

University

John Glud

Offensive Line

Senior/ Business

Height: 6' 6", Weight: 325

Personal Bests: Bench Press: 520 lbs., Squat: 630 lbs., Vertical Jump: 29, Power Clean: 400 lbs., 40-yard dash: 5.5, 5-10-5 Agility: 4.87

"His physical and mental toughness is a pleasure in the weight room. His dedication in the weight room has made him a

monster on the field." -Darryn Willoughby, NSCA member sponsor.

Texas Christian

University

Josh Goolsby

Linebacker

Senior/

Height: 6' 1", Weight: 235

Personal Bests: Bench Press: 550 lbs., Squat: 650 lbs., Vertical Jump: 32, Power Clean: 410 lbs., 40-yard dash: 4.71, 5-10-5 Agility: 4.51

"Josh has battled back from knee surgery to become a force on defense. He has used the weight room to become a better football player. His intensity in the weight room will be missed." -Kyle Wallis, NSCA member sponsor.

Texas Christian

University

Ricky Madison

Running Back

Senior/ Business Communication

Height: 5' 11", Weight: 200

Personal Bests: Bench Press: 500 lbs., Squat: 700 lbs., Vertical Jump: 34, Power Clean: 425 lbs., 40-yard dash: 4.41, 5-10-5 Agility: 3.91

"Ricky does everything you ask and then does more. He is a strength coach's dream." -David Deets, NSCA member sponsor.

Texas Christian

University

Stanley Moss

Tight End

Senior/ Education

Height: 6' 03", Weight: 250

Personal Bests: Bench Press: 500 lbs., Squat: 635 lbs., Vertical Jump: 33, Power Clean: 430 lbs., 40-yard dash: 4.8, 5-10-5 Agility: 4.62

"Stanley has come back from a broken leg last year to be a force on the field. His drive in the weight room made that possible." -Jeff Reader, NSCA member sponsor.

Texas Christian

University

Bo Schobel

Defensive End

Senior/ Education

Height: 6' 6", Weight: 270

Personal Bests: Bench Press: 520 lbs., Squat: 610 lbs., Vertical Jump: 32, Power Clean: 465 lbs., 40-yard dash: 4.69, 5-10-5 Agility: 4.3

"Bo possesses a unique ability to captivate a group by his infectious work ethic. He has battled back from an ACL injury in 2001 to become one of the premier defensive ends in the country." -Don Sommer, NSCA member sponsor.

The College of New Jersey

Michael Sykes

Defensive Lineman

Junior/ Health and Exercise Science
Height: 5' 10", Weight: 225

Personal Bests: Bench Press: 425 lbs., Squat: 640 lbs., Vertical Jump: 35.5, Power Clean: N/A lbs., 40-yard dash: 4.21, 5-10-5 Agility: N/A

"Mike was tied for #1 in the nation with 1.7 sacks per game (total of 18) in NCAA Division III. Mike also won the NSCA All-American in 2002." -Jay Hoffman, NSCA member sponsor.

The College of William and Mary

Nick Rogers

Fullback

Senior/ Kinesiology
Height: 5' 11", Weight: 220

Personal Bests: Bench Press: 400 lbs., Squat: 560 lbs., Vertical Jump: 36, Power Clean: 355 lbs., 40-yard dash: 4.47, 5-10-5 Agility: N/A

"Nick Rogers came to William & Mary as a walk-on. During his five years in our program he has displayed a phenomenal desire to improve both on the field and in the Strength and Conditioning program. Due to this desire he has developed into a major contributor on offense and special teams. In my sixteen years associated with this program Nick has made more improvement over the course of 4-5 years than any athlete I have worked with. It has been a very reward-

ing experience working with this young man." -John Sauer, NSCA member sponsor.

The University of Southern Mississippi

Rod Davis

Middle Linebacker

Senior/ Management
Height: 6' 3", Weight: 245

Personal Bests: Bench Press: 370 lbs., Squat: 590 lbs., Vertical Jump: 38.0, Power Clean: 340 lbs., 40-yard dash: 4.70, 5-10-5 Agility: 4.10

"Rod's leadership and work ethic has made working with him an honor. He represents what's good about college athletics." -Charlie Dudley, NSCA member sponsor.

The University of Tulsa

Austin Chadwick

Offensive Tackle

Senior/ Finance
Height: 6' 4", Weight: 283

Personal Bests: Bench Press: 353 lbs., Squat: 600 lbs., Vertical Jump: 27.7, Power Clean: N/A lbs., 40-yard dash: 5.14, 5-10-5 Agility: N/A

"Austin is a very intelligent athlete that combines leadership with experience to be a great example for every athlete. He has not been late or missed a workout in his career. Austin has transformed himself physically from a recruited tight end to be a dominant offensive lineman." -Patrick Ivey, NSCA member sponsor.

The University of Virginia's College at Wise

Joshua Hamm

Inside Line Backer

Junior/ History
Height: 6' 2.5", Weight: 225

Personal Bests: Bench Press: 325 lbs., Squat: 460 lbs., Vertical Jump: 30.5, Power Clean: N/A lbs., 40-yard dash: 4.65, 5-10-5 Agility: 4.37

"Josh dedicated himself in the weight room the past winter, increasing both his squat and bench by 50lbs. He added 19lbs of muscle mass, while decreasing his 40 by 0.13 and 5-10-5 by 0.28 seconds." -Bruce Wasem, NSCA member sponsor.

U.S. Air Force Academy

Marchello Graddy

Linebacker

Senior/ Civil Engineering
Height: 6' 1", Weight: 235

Personal Bests: Bench Press: 365 lbs., Squat: 520 lbs., Vertical Jump: 37.5, Power Clean: 328 lbs., 40-yard dash: 4.56, 5-10-5 Agility: N/A

"Marchello battled back from serious shoulder injuries during his career to become an All-Conference performer. His consistent hard work was key to his success." -Allen Hedrick, NSCA member sponsor.

University of Central Florida

David Ashkinaz

Offensive Guard

Senior/ Liberal Studies
Height: 6' 3", Weight: 305

Personal Bests: Bench Press: 475 lbs., Squat: 565 lbs., Vertical Jump: 27, Power Clean: 301 lbs., 40-yard dash: 2.97, 5-10-5 Agility: 4.54

"David is a very focused intense athlete. He has been a leader by example during his two years here. His desire to learn about strength and conditioning concepts has helped him carryover onto the playing field." -Reese Bridgman, NSCA member sponsor.

University of Delaware

Ben Cross

Defensive Line

Junior/ Civil Engineering
Height: 5' 10", Weight: 210

Personal Bests: Bench Press: 385 lbs., Squat: 565 lbs., Vertical Jump: 41.5, Power Clean: 345 lbs., 40-yard dash: 4.40, 5-10-5 Agility: 4.02

"Ben is what every strength and conditioning coach dreams about; an individual who is willing to do whatever it takes to become successful. He is a true leader in our program with his intense work ethic. Ben has been a recipient of our "Top Conditioned Athlete Award" two of the last three years. It is an honor to coach such an individual." -Russell Barbarino, NSCA member sponsor.

University of Iowa

Robert Gallery

Offensive Tackle

Senior/ Elementary Education

Height: 6' 7", Weight: 325

Personal Bests: Bench Press: 470 lbs., Squat: 640 lbs., Vertical Jump: 32, Power Clean: 390 lbs., 40-yard dash: 4.87, 5-10-5 Agility: 4.09

"Two time NSCA All-American Lombardi and Outland finalist. Four year starter team-captain-consensus All-American Big Ten Lineman of the Year 2003." -Christopher Doyle, NSCA member sponsor.

University of Kentucky

Nate Van Sickle

Offensive Line

Senior/ Accounting

Height: 6' 1", Weight: 285

Personal Bests: Bench Press: 465 lbs., Squat: 585 lbs., Vertical Jump: 29, Power Clean: 335 lbs., 40-yard dash: 5.18, 5-10-5 Agility: 4.8

"Nate's work in the weight room and off the field have given him a chance to play major college football. From walk-on to starter in the SEC, he is what a strength coach hopes to have out of each player." -Marcus Hill, NSCA member sponsor.

University of Maine

Michael Zyskowski

Fullback

Senior/ Landscape Horticulture

Height: 5' 10", Weight: 246

Personal Bests: Bench Press: 370 lbs., Squat: 630 lbs., Vertical Jump: 29.5, Power Clean: 390 lbs., 40-yard dash: 5.15, 5-10-5 Agility: 4.30

"Mike has been a pleasure to work with. He is by far one of the most dedicated athletes in the University of Maine athletics program. Mike has developed into a leader both on and off the field, evidenced by his being voted Team Captain and Senior Representative on the Player's Committee for the football, and winning the Maine Man (award to most improved player) and the Top Bear Award (strength & conditioning award for setting school record in hang clean-390lbs). Along with Mike's athletic endeavors he has been able to maintain a 3.0 GPA in Landscape Horticulture while being an active member of the Landscape Horticulture Club. Mike is a true representative of Black Bear Pride." -Christopher Anderson, NSCA member sponsor.

University of Massachusetts

Jeremy Cain

Linebacker

Senior/ Hotel Restaurant

Management

Height: 6' 1", Weight: 234

Personal Bests: Bench Press: 385 lbs., Squat: 480 lbs., Vertical Jump: 36, Power Clean: 335 lbs., 40-yard dash: 4.52, 5-10-5 Agility: N/A

"Jeremy is dedicated "24-7". He does all the little things right and with great focus. His dedication will be the reason he will play Sunday's next year." -Bob Otrando, NSCA member sponsor.

University of New Hampshire

George Peterson

Defensive Line

Junior/ Physical Education

Height: 6' 3", Weight: 251

Personal Bests: Bench Press: 345 lbs., Squat: 400 lbs., Vertical Jump: 32.5, Power Clean: 345 lbs., 40-yard dash: 4.98, 5-10-5 Agility: 4.53

"George has used strength and conditioning to transform his linebacker build into a dominant 1-AA defensive lineman." -Paul Chapman, NSCA member sponsor.

University of Tennessee

Troy Fleming

Fullback

Senior/ Sport Management

Height: 6' 2", Weight: 230

Personal Bests: Bench Press: 500 lbs., Squat: 600 lbs., Vertical Jump: 36, Power Clean: 340 lbs., 40-yard dash: 4.45, 5-10-5 Agility: 4.26

"Troy is exceptionally gifted athlete who switched from halfback to fullback as a freshman to help the team fill a void. He is definitely a team player who puts the team before himself. Troy has used the weight room to become one of the strongest and most explosive fullbacks in Tennessee history." -Neal Peduzzi, NSCA member sponsor.

University of Tennessee

Robert Peace

Linebacker

Senior/ Business

Height: 6' 3", Weight: 245

Personal Bests: Bench Press: 420 lbs., Squat: 550 lbs., Vertical Jump: 36, Power Clean: 340 lbs., 40-yard dash: 4.68, 5-10-5 Agility: 4.31

"Robert possesses an outstanding work ethic. He was voted lifter of the year after returning from shoulder surgery. He has not missed a weight workout in his 5 years here at Tennessee. Robert's work ethic is not only evident on the field and in the weight room, but also in the class room and the community. Robert earned his degree in Business and plans to have a career in the NFL. Robert sets examples for all those around him and is always willing to go the extra mile." -Johnny Long, NSCA member sponsor.

University of Tennessee

Scott Wells

Senior/ History

Height: 6' 2", Weight: 298

Personal Bests: Bench Press: 545 lbs., Squat: 615 lbs., Vertical Jump: 30, Power Clean: 355 lbs., 40-yard dash: 4.92, 5-10-5 Agility: 4.44

"Scott is an extremely hard working individual with great leadership skills. He is a team captain and was also voted lifter of the year in 2003. Scott holds the all time bench press record at Tennessee at 545 pounds. He also holds the record for the most consecutive starts

which is at 49 games. As well as Scott's performances on the field he has also graduated in four years and is continuing his education. Scott's strong work ethic and great leadership skills have helped him become a dominate player in the Southeastern Conference." -Eric Ciano, NSCA member sponsor.

University of Wisconsin-Stout
Nate Balkowitsch
Defensive Line
 Senior/ Psychology
 Height: 6' 4", Weight: 280

Personal Bests: Bench Press: 460 lbs., Squat: 595 lbs., Vertical Jump: N/A, Power Clean: 365 lbs., 40-yard dash: 4.98, 5-10-5 Agility: N/A

"Nate is a great leader. His work ethic and motivation to succeed has carried him and his fellow teammates to a very high level. His numbers speak by themselves, but his team attitude is much more valuable." -Duane Naatz, NSCA member sponsor.

University of Wyoming
Casey Bramlet
Quarterback
 Senior/ Business
 Height: 6' 3", Weight: 231

Personal Bests: Bench Press: 345 lbs., Squat: 460 lbs., Vertical Jump: 33, Power Clean: 295 lbs., 40-yard dash: 4.94, 5-10-5 Agility: N/A

"Casey has managed to work himself into a strong quarterback in our league.

He has a great work ethic, and through that, has increased his strength and size to help him perform at this level. Casey was also chosen to carry the Olympic torch through his home town of Wheatland, Wyoming, on its way to the Winter Olympics in Salt Lake City." -Scott Bennett, NSCA member sponsor.

University of Wyoming
Luke Donovan
Kicker
 Senior/ Business
 Height: 5' 11", Weight: 190

Personal Bests: Bench Press: 325 lbs., Squat: 435 lbs., Vertical Jump: 34, Power Clean: 310 lbs., 40-yard dash: 4.74, 5-10-5 Agility: N/A

"Luke is intensity personified. He is a tremendous worker and raises the level of work of those around him." -Scott Bennett, NSCA member sponsor.

Utica College
Bryon George
Defensive Tackle
 Senior/ Education
 Height: 5' 10", Weight: 240

Personal Bests: Bench Press: 420 lbs., Squat: 570 lbs., Vertical Jump: 22, Power Clean: 280 lbs., 40-yard dash: 4.9, 5-10-5 Agility: 4.2

"Incredible work ethic, leader by example, pushes others to improve. Team captain. His strength and conditioning has made him a starter, sack leader and run stopper." -Jerome Tine, NSCA member sponsor.

Virginia Military Institute
Derik Screen
Linebacker
 Senior/ Psychology
 Height: 6' 3", Weight: 235

Personal Bests: Bench Press: 315 lbs., Squat: 535 lbs., Vertical Jump: 39, Power Clean: 340 lbs., 40-yard dash: 4.55, 5-10-5 Agility: N/A

"Derik is a tremendous two-sport athlete in football and track & field. Football honors include first team all conference in the Big South, team captain, team MVP, Defensive MVP, and 5th all time in tackles in school history. Track and Field honors include first team all conference in the Southern Conference; Derik is also one of the best triple jumpers in school history with a 49-foot triple jump." -Richard Levy, NSCA member sponsor.

Virginia Military Institute
Timothy Snelling
Running Back
 Senior/ Computer Science
 Height: 5' 10", Weight: 190

Personal Bests: Bench Press: 365 lbs., Squat: 425 lbs., Vertical Jump: 30, Power Clean: 285 lbs., 40-yard dash: 4.55, 5-10-5 Agility: N/A

"Pound for pound TJ is one of the strongest athletes on the team. He has a power index of 646, which ranks him among the best on the team. He has an impeccable work ethic and can always be

counted on to come through with a big play on the field when it is most needed. TJ is considered one of our four horse-men because we have four great upper-classmen running backs that contribute equally to the running game." -Richard Levy, NSCA member sponsor.

Virginia Tech
Jake Grove
Center
 Senior/ Residential Property Management
 Height: 6' 3", Weight: 300

Personal Bests: Bench Press: 500 lbs., Squat: 575 lbs., Vertical Jump: 35, Power Clean: 376 lbs., 40-yard dash: 4.97, 5-10-5 Agility: 4.26

"Jake has been the leader of our team in the weight room and on the field. He is the Remington Award winner and received All American. He holds the Bench record at 500lbs. here at Virginia Tech." -Emily Chones, NSCA member sponsor.

Virginia Tech
Vegas Robinson
Linebacker
 Senior/ Residential Property Management
 Height: 6' 0", Weight: 250

Personal Bests: Bench Press: 370 lbs., Squat: 600 lbs., Vertical Jump: 40.5, Power Clean: 321 lbs., 40-yard dash: 4.46, 5-10-5 Agility: 3.95

"Vegas is an athlete who possesses that rare combination of strength, size, and speed. Through hard work and dedica-

tion he has excelled on the field and in the weight room." -Jack B. Johnson, Jr, NSCA member sponsor.

West Virginia University

Grant Wiley

Linebacker

Senior/ Economics
Height: 6' 0", Weight: 235

Personal Bests: Bench Press: 415 lbs., Squat: 685 lbs., Vertical Jump: 35, Power Clean: N/A lbs., 40-yard dash: 4.7, 5-10-5 Agility: N/A

"Grant is one of the most committed athletes I have ever worked with. His phenomenal physical capabilities combined with a tremendous work ethic serve to make him one of the best linebackers in the country." -Michael Barwis, NSCA member sponsor.

West Virginia University

Quincy Wilson

Running Back

Senior/ Athletic Coaching Education
Height: 5' 10", Weight: 220

Personal Bests: Bench Press: 430 lbs., Squat: 630 lbs., Vertical Jump: 34.5, Power Clean: 375 lbs., 40-yard dash: 4.54, 5-10-5 Agility: N/A

"Q" is one of the strongest running backs in the nation. The leadership that his actions provide to the team are matched by few. Quincy's constant intensity, drive, and focus that have allowed him to achieve thus far will remain the tools for his future success." -Autumn Speck, NSCA member sponsor.

Western Carolina

University

Michale Spicer

Defensive End

Senior/ Sociology
Height: 6' 2", Weight: 265

Personal Bests: Bench Press: 460 lbs., Squat: 736 lbs., Vertical Jump: 37, Power Clean: 405 lbs., 40-yard dash: 4.75, 5-10-5 Agility: 4.45

"Michale is the strongest and most competitive athlete I have ever had the pleasure to coach. He is a leader both by word of mouth and example. He is dedicated to making himself the best he can be, which show in his lifting numbers. He is a truly gifted athlete who loves to work hard. His commitment to training has turned into great success on the gridiron. Michale is the epitome of what a NSCA Strength and Conditioning All-American should be." -Tobias Jacobi, NSCA member sponsor.

Yale University

Robert Carr

Tailback

Junior/ Biology
Height: 5' 7", Weight: 185

Personal Bests: Bench Press: 355 lbs., Squat: 505 lbs., Vertical Jump: 33, Power Clean: 264 lbs., 40-yard dash: 4.54, 5-10-5 Agility: 3.94

"Robert is a two year starter. He averaged 4.7 yds per carry and 21.5 yds per kick off return. He has proven himself to be one of the hardest working players at Yale. He is the definition of leadership by example." -Jarod Mills, NSCA

member sponsor.

Yale University

Nate Lawrie

Tight End

Senior/ Political Science
Height: 6' 7", Weight: 265

Personal Bests: Bench Press: 335 lbs., Squat: 525 lbs., Vertical Jump: 29, Power Clean: 319 lbs., 40-yard dash: 4.88, 5-10-5 Agility: 4.12

"Nate has been named 1st team All-Ivy league, 1st team All New England has been selected for the Blue-Gray All Star Games. He caught 72 passes this year while doubling as the punter averaging 35 yds per kick." -Jason Novak, NSCA member sponsor.

Youngstown State

University

Mike Burns

Line Backer

Senior/ Accounting
Height: 6' 1", Weight: 238

Personal Bests: Bench Press: 345 lbs., Squat: 550 lbs., Vertical Jump: 34, Power Clean: 300 lbs., 40-yard dash: 4.7, 5-10-5 Agility: N/A

"Mike leads the YSU "smash mouth" offensive attack. He is a punishing runner between the tackles and punishes the weights where he holds two position marks." -Dan Wathen, NSCA member sponsor.

Youngstown State

University

Darius Peterson

Running Back

Senior/ Art & Graphics
Height: 5' 8", Weight: 181

Personal Bests: Bench Press: 345 lbs., Squat: 475 lbs., Vertical Jump: 34.5, Power Clean: 305 lbs., 40-yard dash: 4.38, 5-10-5 Agility: N/A

"Darius is an unselfish worker, tireless. He set team position marks in the clean and 40 yard dash. Darius also performs for our track team that won indoor track & field championship in the Horizon League." -Todd Burkey, NSCA member sponsor.

FOOTBALL/ TRACK

Loras College

Larry Gainey, Jr

Defensive Line/Thrower

Senior/ Marketing
Height: 5' 10", Weight: 233

Personal Bests: Bench Press: 375 lbs., Squat: 655 lbs., Vertical Jump: 33.3, Power Clean: 315 lbs., 40-yard dash: 4.83, 5-10-5 Agility: 4.64

"Larry's commitment in the weight room helped him go from only playing seven games his first two years due to injury to becoming a starter and team captain by his senior year. He is also involved in Student Senate and Black Student

Union.” -Jim Romagna, NSCA member sponsor.

Troy State University

Blake Broadhurst

Wide Receiver/

Junior/ Broadcast Journalism

Height: 5' 9", Weight: 170

Personal Bests: Bench Press: 330 lbs., Squat: 510 lbs., Vertical Jump: 33, Power Clean: 275 lbs., 40-yard dash: 4.45, 5-10-5 Agility: 4.39

“Extremely hard worker, very dedicated and does what he’s asked and then some. Blake has developed himself into a player and is a great person on and off the field.” -Richard Shaughnessy, NSCA member sponsor.

FOOTBALL/ WEIGHT- LIFTING

MidAmerica Nazarene

University

John Booth Quarterback

Senior/English Education
Height: 6' 1", Weight: 205

Personal Bests: Bench Press: N/A lbs., Squat: 460 lbs., Vertical Jump: 39, Power Clean: 340 lbs., 40-yard dash: 4.49, 5-10-5 Agility: N/A

“John is the most humble, most explosive athlete I have coached in my 50 year

career. He is a silent leader who is best when it counts the most. John is the career all-time offensive leader and started only 2 years. He was the conference “offensive player of the year” in 2003. John led our team to the Conference Championship in 2002 and 2003. With John at Quarter Back the Pioneers were 23-3 the past two seasons. He placed 3rd at the National Collegiate Weightlifting Championships in 2003 with a 115K (253 lb) Snatch and a 115 K (341 lb) Clean & Jerk. John’s goals are to “Finish school, continue playing football, and share the love of God to everyone I meet.” He has a 3.2 GPA and is looking at a teaching/coaching career.” -Tom N. Cross, NSCA member sponsor.

GOLF

The Ohio State

University

Allison Hanna

/ Business Finance

Height: N/A, Weight: N/A

Personal Bests: Bench Press: N/A lbs., Squat: N/A lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Allison is one of the hardest working athletes I’ve had. She works out all year round and brings much respect to the game of golf.” -Kim Dally-Badgeley, NSCA member sponsor.

University of Tennessee

Chris Robinson

Sophomore/ Classical Civilization

Height: 5' 11", Weight: 151

Personal Bests: Bench Press: 265 lbs., Squat: 285 lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Chris is extremely intense in the weight room during all conditioning exercises. His work ethic and dedication to training has increased the effort of the entire team. Chris has decreased his body fat from 15% to 6% over the course of this year, while maintaining his lean body weight.” -Daniel Hamilton, NSCA member sponsor.

William Woods

University

Matt Willis

Senior/ Business

Height: 5' 10", Weight: 185

Personal Bests: Bench Press: 275 lbs., Squat: 315 lbs., Vertical Jump: 26, Power Clean: 185 lbs., 40-yard dash: 4.98, 5-10-5 Agility: N/A

“Matt has only been here two years but has become the leader of the team. His work and dedication has been great. He has used the strength and conditioning program to improve his distance and over all game. He has done a great job.” -Robert H. Jones, NSCA member sponsor.

GYMNASTICS

West Virginia University

Alyssa DeSantis

All-Around

Sophomore/ Business

Height: 5' 2", Weight: 125

Personal Bests: Bench Press: 180 lbs., Squat: 385 lbs., Vertical Jump: 24, Power Clean: 180 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Alyssa is an extremely competitive individual. It is this competitive nature along with her hard work and dedication that have enabled her to achieve national recognition. Alyssa’s constant unwillingness to settle for anything less than perfection will allow her to excel in all she pursues.” -Autumn Speck, NSCA member sponsor.

ICE HOCKEY

Harvard University

Angela Ruggiero

Defense

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

Personal Bests: Bench Press: 195 lbs., Squat: 265 lbs., Vertical Jump: 21.5, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Angela is a great leader by example. Her work ethic is one of the best here at Harvard. The proof is in her spot on the Women’s Olympic Ice Hockey Team.” -Sean Hayes, NSCA member sponsor.

University of

Wisconsin-River Falls

Jamie Steinert

Forward

Senior/ Finance

Height: 6' 1", Weight: 220

Personal Bests: Bench Press: 295 lbs., Squat: 450 lbs., Vertical Jump: 25.5, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Entering into senior year, Jamie increased his bench by 25lbs, squat by 50lbs, and improved two inches on his vertical. With this kind of senior leadership his team is bound to be successful."
-Carmen Pata, NSCA member sponsor.

Yale University

Jeff Dwyer

Defense

Senior/ Political Science

Height: 6' 2", Weight: 197

Personal Bests: Bench Press: 285 lbs., Squat: 345 lbs., Vertical Jump: 26, Power Clean: 242 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Jeff works extremely hard during weight training and conditioning workouts. He is an NHL draft selection. Jeff is the team's highest scoring defense man and is one of the leaders on the team."
-Alison Parakh, NSCA member sponsor.

Yale University

Nicolette Franck

Goalie

Senior/ Psychology

Height: 5' 6", Weight: N/A

Personal Bests: Bench Press: 140 lbs., Squat: 255 lbs., Vertical Jump: N/A, Power Clean: 132 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Nicolette has developed herself into one of the top performers in the weight room over the past 4 years. She has a tireless work ethic and extensive knowledge of sport specific training."
-Jason Novak, NSCA member sponsor.



SOCCER

Bowdoin College

Jaques Gauna

Midfielder

Junior/ Government/Economics

Height: 5' 11", Weight: 160

Personal Bests: Bench Press: 215 lbs., Squat: 320 lbs., Vertical Jump: 24, Power Clean: N/A lbs., 40-yard dash: 5.08, 5-10-5 Agility: 4.45

"A starter for the NCAA appearance soccer team. Jaques understands the drive and commitment needed to reach the top. The desire to reach the top and be the best for his game can be best evidenced through his constant commitment in his training throughout the year. Jaques understands the importance of strength

training and conditioning for athlete events and general health. His enthusiasm and game in the weight room has enticed his teammates to engage in the program. His work ethic in the weight room and in conditioning sessions is exciting to see and such focus encourages others to strive to reach their potential. Jaques truly exemplifies the term student-athlete by maintaining a GPA greater than all and achieving excellence on the soccer field. He truly epitomizes the type of student athlete that every coach enjoys working with on a daily basis."
-Dawn Strout, NSCA member sponsor.

Central Connecticut

State University

Gareth Wilkinson

Defense

Senior/ Marketing

Height: 6' 0", Weight: N/A

Personal Bests: Bench Press: 220 lbs., Squat: 380 lbs., Vertical Jump: N/A, Power Clean: 215 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Wilky's hard work and determination brought him back after suffering an unhappy triad and knee reconstruction to being first team all conference in his senior season."
-Charles T. Eger, NSCA member sponsor.

College of the Canyons

Cami Bangasser

Goalkeeper

Sophomore/

Height: 5' 8", Weight: N/A

Personal Bests: Bench Press: N/A lbs., Squat: 240 lbs., Vertical Jump: 17, Power Clean: 155 lbs., 40-yard dash: 5.89, 5-10-5 Agility: 5.10

"Cami is another one of my classical overachievers. She is a true believer in our S&C program and gave 110% to it every single day. Cami was a pillar for us in the keeper position for two years and will be very difficult to replace. She has improved her athletic ability by leaps and bounds by buying into our program and working her tail off to become a better soccer player. Cami leaves our college as one of the strongest females ever to come through here."
-Robert DosRemedios, NSCA member sponsor.

Creighton University

Andrew Brown

Goal Keeper

Junior/ Marketing

Height: 6' 2", Weight: 200

Personal Bests: Bench Press: 305 lbs., Squat: N/A lbs., Vertical Jump: 26.5, Power Clean: 265 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Andrew is very deserving of this award. He has been a weight room regular since his freshman year and has brought intensity and tremendous work ethic to the weight room. His dedication is unmatched and is a source of inspiration for the rest of his team and other athletes in our facility."
-Satoshi Ochi, NSCA member sponsor.

Samford University

Lindsay Shanks

Forward

Junior/ Nutrition
Height: 5' 5", Weight: 125

Personal Bests: Bench Press: 105 lbs., Squat: 135 lbs., Vertical Jump: 34, Power Clean: 95 lbs., 40-yard dash: 4.6, 5-10-5 Agility: N/A

"Lindsay may be the best athlete, male or female, that I have ever coached.

Lindsay, like Chip accomplished all of this while maintaining a 3.32 GPA."

-Thomas P. Rohling, NSCA member sponsor.

Texas A&M

International University

Carlos Velazquez

Midfielder

Sophomore/ Electrical Engineering
Height: 5' 9", Weight: 175

Personal Bests: Bench Press: 235 lbs., Squat: 360 lbs., Vertical Jump: 37, Power Clean: N/A lbs., 40-yard dash: 4.51, 5-10-5 Agility: N/A

"Carlos worked hard in the off season to gain muscle and be better on the field.

He put on 10lbs and greatly increased his strength and sprinting speed."

-Ernst Feisner, NSCA member sponsor.

Texas Christian University

Kelly Potysman

Fullback

Junior/ Nutrition

Height: 5' 5", Weight: 125

Personal Bests: Bench Press: 125

lbs., Squat: 200 lbs., Vertical Jump: 24, Power Clean: 125 lbs., 40-yard dash: 4.98, 5-10-5 Agility: N/A

"Kelly brings leadership and intensity every time she steps in the weight room."

-David Deets, NSCA member sponsor.

Texas Christian University

Jennifer Swanson

Senior/

Height: N/A, Weight: N/A

Personal Bests: Bench Press: 115 lbs., Squat: 205 lbs., Vertical Jump: 23, Power Clean: 105 lbs., 40-yard dash: 5.01, 5-10-5 Agility: N/A

"Jennifer always gives you that little bit extra. She makes everybody work to her level."

-Darryn Willoughby, NSCA member sponsor.

The Ohio State University

A.J. Weber

Midfield

Senior/ Real Estate and Urban Analysis

Height: 5' 11", Weight: 180

Personal Bests: Bench Press: 250 lbs., Squat: 408 lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.29

"AJ leads the team at conditioning and in the weight room. His excellent work ethic and strong dedication to strength training and conditioning is very apparent on the soccer field as well."

-Molly

Stickel, NSCA member sponsor.

University of Alabama at Birmingham

Tony McManus

Defender

Senior/ History

Height: 5' 10", Weight: 164

Personal Bests: Bench Press: 280 lbs., Squat: 385 lbs., Vertical Jump: 30, Power Clean: N/A lbs., 40-yard dash: 4.81, 5-10-5 Agility: 4.26

"Tony has become a great leader and example for UAB's nationally ranked soccer team. His understanding of the importance of strength and conditioning was evident very early in his career. His work ethic and passion are well respected by his teammates as well as athletes of our other sports. Athletes like Tony come a dime a dozen but a gentleman like Tony does not. Tony's determination was shown when he had to overcome a serious groin injury and surgery. This kind of injury can be detrimental to any soccer player. Tony's tremendous level of strength and conditioning prior to the injury enabled him to return to or above his prior strength and performance levels very quickly."

-Stacey Torman, NSCA member sponsor.

University of Central Florida

Courtney Haarhues

Defender

Senior/ Forensic Science

Height: 5' 6", Weight: 140

Personal Bests: Bench Press: 125

lbs., Squat: 235 lbs., Vertical Jump: 24, Power Clean: 132 lbs., 40-yard dash: 5.33, 5-10-5 Agility: 4.45

"Courtney has worked very hard the past two years in our strength and conditioning program. She stayed all summer to improve herself as an athlete and earn a starting position. She became a force on the soccer field and encourage others to work harder."

-Harry Meyers, NSCA member sponsor.

University of Central Florida

Tim Sobczak

Defender

Junior/ Psychology and Criminal Justice

Height: 5' 10", Weight: 170

Personal Bests: Bench Press: 270 lbs., Squat: 345 lbs., Vertical Jump: 32.5, Power Clean: 230 lbs., 40-yard dash: 4.47, 5-10-5 Agility: N/A

"Tim possesses a great blend of consistency, dependability, and toughness. His intrinsically motivated work ethic is pervasive both in the weight room and on the practice field. He has improved all areas of his performance each year and was recognized as an all-conference defender for the 2003 season. Tim's speed and physical play was an important factor in establishing UCF's defense as the best in the Atlantic Sun Conference while recording 8 shut-outs on the season."

-Daniel Bessetti, NSCA member sponsor.

University of Wyoming

Kara Walters

Sophomore/ Nursing

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

Personal Bests: Bench Press: 115 lbs., Squat: 200 lbs., Vertical Jump: 21, Power Clean: 140 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Kara helped the Cowgirl soccer program finish with the best record in program history. With her hard work and dedication, she will lead the team to many more years to success." -Scott Bennett, NSCA member sponsor.

West Virginia University

Lisa Stoia

Mid Field

Senior/ Sports Management

Height: 5' 6", Weight: 140

Personal Bests: Bench Press: 180 lbs., Squat: 385 lbs., Vertical Jump: 24, Power Clean: 180 lbs., 40-yard dash: 4.87, 5-10-5 Agility: 4.32

"Lisa possesses an unbarring desire to achieve. Her aggressive nature and physical prowess allow her to dominate the nations best soccer players. Stoia is one of the hardest working athletes I have ever known." -Michael Barwis, NSCA member sponsor.



SOFTBALL

Central Connecticut State University

Karolyn Andrews

Short Stop

Junior/ Secondary Mathematics

Height: N/A, Weight: N/A

Personal Bests: Bench Press: 120 lbs., Squat: 395 lbs., Vertical Jump: N/A, Power Clean: 165 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Karolyn is that special athlete that everyone wants to coach. Her personal desire to be the best is evident in the weight room. She takes her training to the edge because failure is not an option." -Charles T. Eger, NSCA member sponsor.

Eastern Illinois University

Jessica Irps

Center Field

Junior/ Elementary Education

Height: N/A, Weight: N/A

Personal Bests: Bench Press: 105 lbs., Squat: 265 lbs., Vertical Jump: 21.5, Power Clean: 143 lbs., 40-yard dash: 5.37, 5-10-5 Agility: 4.62

"Jess works very hard. She always has a great attitude. She does exactly what she is asked to do and gives it her all. She is a joy to work with." -Nathan Moe, NSCA member sponsor.

Humboldt State University

Stephanie Ray

Outfield

Senior/ Kinesiology

Height: 5' 4", Weight: 150

Personal Bests: Bench Press: 150 lbs., Squat: 255 lbs., Vertical Jump: 26, Power Clean: 185 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Stephanie's passion for strength and conditioning was evident from the first time that she picked-up the "wood bar" to begin learning the lifting progressions as a freshman. These days Stephanie lifts much more than just the bar as the school record-holder in her weight class in both the squat and power clean. Through her year-around dedication Stephanie has transformed from a "role player" to a power-hitting, full-time starter on the nationally ranked HSU Softball team." -Drew Petersen, NSCA member sponsor.

Jacksonville State University

Rachel Countryman

Infield

Senior/ Education
Height: 5' 11", Weight: 155

Personal Bests: Bench Press: 170 lbs., Squat: 300 lbs., Vertical Jump: N/A, Power Clean: 130 lbs., 40-yard dash: 5.17, 5-10-5 Agility: 5.03

"Rachel's drive to succeed is enormous. Her approach to strength and conditioning is the main reason for her fast return from surgery. Her work ethic inspires everyone who comes into contact with her." -Brian Austin, NSCA member sponsor.

Juniata College

Rebecca Herr

First Base

Senior/ Biology

Height: 6' 1", Weight: 160

Personal Bests: Bench Press: 165 lbs., Squat: 275 lbs., Vertical Jump: 30, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Excellent worker and team leader. All conference team 2003." -Matt Huntsman, NSCA member sponsor.

MidAmerica Nazarene University

Stephanie Sanders

Second Base

Senior/Business Administration

Height: 5' 4", Weight: 125

Personal Bests: Bench Press: N/A lbs., Squat: 175 lbs., Vertical Jump: 23, Power Clean: 140 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Stephanie is a diligent and focused athlete in the weight room. She has become the best base runner in the conference. Her 3.9 GPA speaks of her commitment and she is planning a career in Christian Ministry. In spite of being small she lifts more weight overheard than anyone on her team." -Tom N. Cross, NSCA member sponsor.

Mississippi State University

Meagan O'Nan
Outfield

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

Personal Bests: Bench Press: 155 lbs., Squat: 280 lbs., Vertical Jump: 24.5, Power Clean: N/A lbs., 40-yard dash: 4.88, 5-10-5 Agility: 4.48

"A walk-on to the softball team in 2002, Meagan dedicated herself in the weight room and is one of the strongest athletes on the team. She is always willing to go the extra mile for the team and her work ethic has paid off with her earning a starting spot for the bulldogs." - Shannon Patterson, NSCA member sponsor.

North Carolina A&T State University

Latoya Lassiter
Outfield/Infield

Junior/ Business Management
Height: 5' 2", Weight: 125

Personal Bests: Bench Press: 110 lbs., Squat: 175 lbs., Vertical Jump: 20, Power Clean: N/A lbs., 40-yard

dash: N/A, 5-10-5 Agility: N/A

"Latoya is a self-motivated athlete. Her discipline and dedication to strength training has provided her to play injury free every season" -Christine Alongi, NSCA member sponsor.

Texas A&M University

Sharonda McDonald
In-Fielder

Freshman/ Kinesiology
Height: 5' 5", Weight: 144

Personal Bests: Bench Press: 150 lbs., Squat: 275 lbs., Vertical Jump: 23, Power Clean: 181.5 lbs., 40-yard dash: 4.69, 5-10-5 Agility: 4.16

"Sharonda is one of the most athletically gifted softball players I have seen in a long time. She lifted 421% of her body-weight in the 3 lifts after only 1 off-season of training. She is super coachable and will make an immediate impact on our softball program and on her teammates this year. Her future is very bright." -Raychelle Ellsworth, NSCA member sponsor.

The University of North Carolina at Wilmington

Hayley House

2nd Base
Sophomore/
Height: 5' 7.5", Weight: 139

Personal Bests: Bench Press: 115 lbs., Squat: 170 lbs., Vertical Jump: 25.5, Power Clean: 130 lbs., 40-yard dash: 5.63, 5-10-5 Agility: 4.79

"Hayley has used the weight room as a springboard to success and leadership. She is a constant in workouts when it comes to all out effort and her improvements in strength and speed have helped her go from walk-on status to an everyday starter. The amazing thing is that she has done this in only one year. Hayley is pound for pound one of the strongest student-athletes at UNCW and getting stronger. I am excited to be able to see how far she will go inside the weight room and out. Her attitude and drive are what makes her so special." - Jim Mayew, NSCA member sponsor.

The University of Southern Mississippi

Auriel Jenkins

Centerfield
Senior/ Coaching and Sports Administration
Height: 5' 3", Weight: 160

Personal Bests: Bench Press: 160 lbs., Squat: 280 lbs., Vertical Jump: 23.0, Power Clean: 180 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.40

"Auriel's dedication and leadership has made her an outstanding example for her teammates." -Charlie Dudley, NSCA member sponsor.

University of Alabama at Birmingham

Amanda Ellis

Senior/ Physical Education
Height: 5' 7", Weight: 135

Personal Bests: Bench Press: 135 lbs., Squat: 235 lbs., Vertical Jump:

24.6, Power Clean: 150 lbs., 40-yard dash: 5.18, 5-10-5 Agility: 4.32

"Guts and glory characterize Amanda Ellis. A coaches dream, she will do anything asked of her and at 120%. She demands the same from her teammates. Amanda's determination and drive have helped her achieve a 62% improvement in her parallel-squat, 17% in bench press. She has also decreased her vertical jump by 4 inches. She leaves a legacy at UAB as an athlete, a mentor, and a person. She will be referred to as a model for future up and coming UAB athletes." - Stacey Torman, NSCA member sponsor.

William Woods University

Tara Fiene

Outfield
Senior/ Computer Science
Height: 5' 4", Weight: 125

Personal Bests: Bench Press: 135 lbs., Squat: 275 lbs., Vertical Jump: 21, Power Clean: 195 lbs., 40-yard dash: 5.00, 5-10-5 Agility: 4.29

"Tara has done a great job of leading by example. She has worked out extra to improve her strength and speed. Her work ethic and leadership have improved each year to the point of clearly deserving this honor." -Robert H. Jones, NSCA member sponsor.

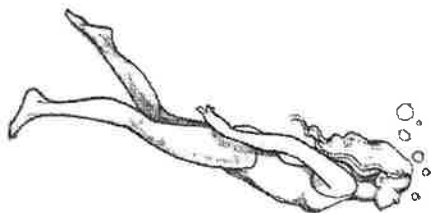
Youngstown State University

Amanda Berry
Left Field

Senior/ Criminal Justice
Height: 5' 8", Weight: 140

Personal Bests: Bench Press: 125 lbs., Squat: 205 lbs., Vertical Jump: 28, Power Clean: 133 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"2003 Horizon League Player of the Year, 2003 National Pro Fast Pitch All Star, 2003 NFCA Great Lakes Region 2nd Team, numerous team records. Amanda is a hard worker and plays the game with equal intensity." -Todd Burkey, NSCA member sponsor.



SWIMMING

Texas Christian University

Erin Irons
Backstroke/Freestyle
Senior/ Elementary Education
Height: 5' 8", Weight: 100

Personal Bests: Bench Press: 100 lbs., Squat: 200 lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Erin's drive in the weight room has rubbed off on her teammates, with dramatic effect. I will truly be sorry when she graduates. She is a joy to coach and

to be around." -Don Sommer, NSCA member sponsor.

Texas Christian University

Tiffany Strawn
Butterfly/TM/Backstroke
Junior/
Height: 5' 9", Weight: N/A

Personal Bests: Bench Press: 150 lbs., Squat: 200 lbs., Vertical Jump: N/A, Power Clean: 140 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"She has made herself in the weight room. Through countless hours in the weight room and pool she has become an elite swimmer. Her work ethic is infectious." -Kyle Wallis, NSCA member sponsor.

University of the Pacific

Shannon Catalano
Fly/Sprint/Freestyle
Senior/ Sports Science
Height: 5' 9", Weight: 175

Personal Bests: Bench Press: 165 lbs., Squat: 205 lbs., Vertical Jump: 17.5, Power Clean: 160 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"A 2004 Olympic hopeful, Shannon dominates her competition in the pool and weight room. Shannon dedicates herself to strength and conditioning year around and her innumerable swimming accomplishments reflect her tenacity in all aspects of her life. Her hard work and positive attitude has led her to a gold medal at the 2003 World

University Games, 3-time NCAA All-American, 2-time Big West Swimmer of the Year, and 8 records at Pacific." -Marguerite Lamb, NSCA member sponsor.



West Chester University of Pennsylvania

Jordy Troyan
IM/BK
Sophomore/ Computer Science
Height: 5' 9", Weight: 165

Personal Bests: Bench Press: N/A lbs., Squat: N/A lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"NCAA D-II Honorable Mention All-American; 200IM, 400IM, 200 back, 3.1 GPA." -Sean Raffile, NSCA member sponsor.

West Chester University of Pennsylvania

Wendy Wallace
Freestyle
Senior/ Health & Physical Education
Height: 5' 6", Weight: 135

Personal Bests: Bench Press: N/A lbs., Squat: N/A lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"West Chester University school record holder; 500 freestyle; NCAA D-II qualifier" -Sean Raffile, NSCA member sponsor.

TRACK & FIELD

Springfield College

Leyla Williams
Thrower
Senior/ Physical Education
Height: 5' 8", Weight: N/A

Personal Bests: Bench Press: 180 lbs., Squat: 290 lbs., Vertical Jump: N/A, Power Clean: 170 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Leyla has been a very successful hammer thrower. Her hard work and dedication have resulted in a conference championship, all D-III New England, and D-III Nationals." -Margaret Jones, NSCA member sponsor.

University of Wyoming

Shauna Smith
Sprinter & Hurdler
Junior/ Nursing
Height: 5' 10.5", Weight: 135

Personal Bests: Bench Press: 125 lbs., Squat: 225 lbs., Vertical Jump: N/A, Power Clean: 165 lbs., 40-yard

dash: N/A, 5-10-5 Agility: N/A
"Shauna has come very far in her strength training over the past year. The gains that she has made over the summer and fall are a testament to her tremendous work ethic. The hard work will pay off for her this season as she tries to improve on a time that has already made her an NCAA All-American in the 400m hurdles." -Tim Socha, NSCA member sponsor.

Clemson University

Rick Hill

Decathlon
 Graduate/ Marketing/Professional Communication
 Height: 6' 2", Weight: 195

Personal Bests: Bench Press: 295 lbs., Squat: 370 lbs., Vertical Jump: 30.5, Power Clean: N/A lbs., 40-yard dash: 4.5, 5-10-5 Agility: N/A

"Rick has had an incredible career at Clemson. He walked-on the team his freshman year as an average athlete and through his dedication and hard work has become one of the top decathletes in the nation. Rick won the 2002 Atlantic Coast Conference championship in the decathlon and has competed in Nationals for the last three years. The two time team captain earned his degree in Marketing with a 3.6 GPA and has been selected as an Academic All-American three straight years. Rick is now working towards his graduate degree and another ACC championship. Rick is proof that hard work in the weight room can make you a better athlete." -Tanna Burge, NSCA member sponsor.

Clemson University

Lauren Nicholson

Heptathlon
 Senior/ Psychology
 Height: 5' 6", Weight: 135

Personal Bests: Bench Press: 150 lbs., Squat: 245 lbs., Vertical Jump: 26.5, Power Clean: 185 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Lauren is one of the most determined and gifted athletes I have ever trained. There are not many things in the weight room that you can challenge Lauren with that she cannot succeed of when she puts her mind to it. Her animated character and work ethic draw recognition from her fellow student-athletes and coaches alike. Her spirit and enthusiasm in the weight room has been a key factor in her performance on the track. The 2003 year was an exciting and competitive one for Lauren when she was selected to the All-ACC team and competed for Nationals in the heptathlon. She is also ranked second in Clemson history in the heptathlon and looks to break that record and more in 2004. Lauren is not only dedicated in the weight room and on the track, but also in serving her community where she is active in fundraising campaigns for the Susan G. Komen Breast Cancer Foundation. Lauren is a truly unique athlete that will be difficult to replace." -Tanna Burge, NSCA member sponsor.

Indiana State University

Jason Carruthers

Thrower
 Sophomore/ Legal Studies and Political Science

Height: 6' 0", Weight: 232

Personal Bests: Bench Press: 365 lbs., Squat: 600 lbs., Vertical Jump: 31.5, Power Clean: 430 lbs., 40-yard dash: 4.74, 5-10-5 Agility: 4.89

"Jason used his strength gains to break the freshman record in the 35lb weight throw at 60' 8.5" and finished as one of the top freshman weight throwers in the country. He also qualified for junior nationals Discus and hammer. He broke the 6kg hammer school record as he became a 4th place All-American with a throw of 206' 7"." -Doug Samuelson, NSCA member sponsor.

Indiana State University

Alicia Miller

Sprinter
 Senior/ Nursing
 Height: 5' 5", Weight: 137

Personal Bests: Bench Press: 170 lbs., Squat: 265 lbs., Vertical Jump: 17, Power Clean: 130 lbs., 40-yard dash: 4.99, 5-10-5 Agility: 4.80

"Alicia's dedication in the weight room has helped her develop the strength and speed to become the Missouri Valley Conference runner-up in the 400m and post the conference best time in the 200m. She also qualified for the NCAA midwest regional in these events, placing 7th in the 400m." -Jason DeMayo, NSCA member sponsor.

Indiana State University

Amy Stevens

Thrower
 Senior/ Political Science
 Height: 6' 3", Weight: 240

Personal Bests: Bench Press: 220 lbs., Squat: 365 lbs., Vertical Jump: 17.5, Power Clean: 225 lbs., 40-yard dash: 5.77, 5-10-5 Agility: 5.54

"Amy has not only worked hard herself, but has also been a leader to all of our throwers in the weight room. Her strength improvements have helped her attain such honors as: Missouri Valley Conference Athlete of the Week. She also finished last year as Missouri Valley Conference runner up in the hammer throw and All Conference in the weight. She is also in ISU's top 10 list for all five of her throwing events." -Doug Samuelson, NSCA member sponsor.

Indiana State University

Drew Traub

Thrower
 Sophomore/ Education
 Height: 6' 3", Weight: 255

Personal Bests: Bench Press: 365 lbs., Squat: 575 lbs., Vertical Jump: 27.5, Power Clean: 355 lbs., 40-yard dash: 4.92, 5-10-5 Agility: 4.67

"Drew's hard work ethic in the weight room has allowed him to qualify for the NCAA Regionals and Junior Nationals in the discus. He broke the school record in the 1.75K discus at 170' 0. He was also a powerlifting national and world champion in the 220lb, 18-19 year old division. He also broke the world record

in the dead lift in his division at 689lbs.” -Jason DeMayo, NSCA member sponsor.

Troy State University

Michelle Thompson

Pole Vault

Senior/ Sports Management
Height: 5' 4", Weight: 125

Personal Bests: Bench Press: 150 lbs., Squat: 225 lbs., Vertical Jump: 23.5, Power Clean: 135 lbs., 40-yard dash: 5.44, 5-10-5 Agility: 4.85

“Michelle has been part of our soccer team, cheerleader, pole vault and is now competing in national fitness competitions. Yoga instructor. Very dedicated and committed.” -Richard Shaughnessy, NSCA member sponsor.

U.S. Air Force Academy

Steven Lizzol

Discus

Senior/ Business Management
Height: 6' 2", Weight: 240

Personal Bests: Bench Press: 315 lbs., Squat: 475 lbs., Vertical Jump: 28.5, Power Clean: 314 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“In the last four years Buddy has persevered through several adverse situations. His work ethic has never waned in the weight room. As a result, his athletic performance has steadily improved.” - Edward Blackwood, NSCA member sponsor.

University of Maine

Katharine Page

Shot Put/Discus/Javelin/Sprint

Senior/ Chemical Engineering
Height: 5' 5.5", Weight: 149

Personal Bests: Bench Press: 195 lbs., Squat: 270 lbs., Vertical Jump: 20, Power Clean: 198 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Katie has set the standard for all student-athletes at the University of Maine. She has shown tremendous dedication as a student first and as an athlete second. Over the last four years Katie has maintained an A average in Chemical Engineering while participating in the NASA Undergraduate Student Research Program over the summers of 2002 and 2003. As an athlete Katie has run a 7.62 second 60yd dash, has been a two-year Captain, has finished in the top five in the American Conference Championship in numerous events (including 2nd place finishes in the discus). Katie holds the Maine Record for Discus Throw, led the track team in scoring over the 2002 Outdoor Season, and just recently finished 5th overall (4th in the Clean & Jerk) at the USA Weightlifting American Open Championship. In addition to her time in the classroom and on the track, Katie has found the time to serve her fellow Black Bears by serving as the President of the Student Athletic Advisory Board (SAAB) and as a Leader in Athletes in Action. Katie defines the term Black Bear Pride.” - Christopher Anderson, NSCA member sponsor.

University of Texas, San

Antonio

Leticia Cerna

Middle Distance

Senior/ Biology
Height: 5' 3", Weight: 115

Personal Bests: Bench Press: 130 lbs., Squat: 185 lbs., Vertical Jump: 21, Power Clean: 133 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Leticia is the most dedicated female athlete I have ever coached. She has raised her level of performance higher and reset the standard for every athlete-male and female. Her competitive drive has brought her teammates and peers to a higher level of expectations and achievement. When she trains in the weight room, athletes from every sport marvel at what she can do. Her efforts have paid off with eleven All Conference Honors in individual events and team relays. She has qualified for NCAA Regionals in the Steeplechase, 4x400 relay, and the 1500m. She also represents her fellow athletes at the University by being a member of the Student Athlete Advisory Committee.” - Michael Cox, NSCA member sponsor.

Wartburg College

Phil Barnett

Throwing Events

Sophomore/ Business

Administration

Height: 6' 0", Weight: 230

Personal Bests: Bench Press: 320 lbs., Squat: 550 lbs., Vertical Jump: N/A, Power Clean: 300 lbs., 40-yard

dash: N/A, 5-10-5 Agility: N/A

“Phil leads by example through his drive to improve every day.” -Michael Koenning, NSCA member sponsor.

Wartburg College

Theresa Stotts

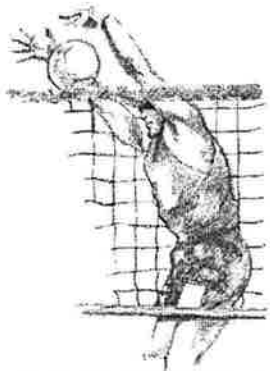
Throwing Events

Senior/ Public Relations

Height: 5' 6", Weight: N/A

Personal Bests: Bench Press: N/A lbs., Squat: 250 lbs., Vertical Jump: N/A, Power Clean: 140 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Theresa's training improvements helped her to All-Conference performances in the hammer and weight throws.” - Michael Koenning, NSCA member sponsor.



VOLLEYBALL

Boise State University

Mindy Bennett

Setter
Junior/ Health Science
Height: 5' 8", Weight: N/A

Personal Bests: Bench Press: 150 lbs., Squat: 240 lbs., Vertical Jump: 21, Power Clean: 157 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Mindy has a never say die mentality. She insists on conditioning with the football team during the summer. Mindy hangs tough with both football players and the 110 degree heat of Bronco Blue" -Jeff Pitman, NSCA member sponsor.

California State University-Long beach

Clint Coe

Outside Hitter
Senior/ Human Development
Height: 6' 3", Weight: 183

Personal Bests: Bench Press: 210 lbs., Squat: 342 lbs., Vertical Jump:

31.5, Power Clean: 242 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.22

"Tireless worker who is fully committed to being the best he can be. Has earned playing time with his work ethic." - Jason Miller, NSCA member sponsor.

Central Connecticut State University

Karolina Nytrykowska

OH/DS
Senior/ Criminal Justice
Height: 5' 7", Weight: N/A

Personal Bests: Bench Press: 150 lbs., Squat: 270 lbs., Vertical Jump: N/A, Power Clean: 165 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Karolina is on of the hardest working athletes I have had the pleasure of working with." -Charles T. Eger, NSCA member sponsor.

East Carolina University

Alexis Jones

Middle Blocker
Senior/ Child Development and Family Relations
Height: 5' 9", Weight: 140

Personal Bests: Bench Press: 140 lbs., Squat: 210 lbs., Vertical Jump: 32.5, Power Clean: 147 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"AJ is a great leader in the weight room and on the court. She is a great motivator for a team filled totally with underclassmen. She leads by example and helps push others to become better athletes. AJ

has the highest approach jump for female athletes in East Carolina history with a 32.5". AJ takes her work ethic to the court, and uses her skills honed in the weight room to become one of the best Middle Blockers in Conference USA." - Danny Wheel, NSCA member sponsor.

Juniata College

Johanna Holtan

Outside Hitter
Senior/ Communications
Height: 5' 6", Weight: 135

Personal Bests: Bench Press: 150 lbs., Squat: 250 lbs., Vertical Jump: 22, Power Clean: 135 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Johanna's hard work has contributed to her many successes on the court. Four year starter, team captain, final four all-tournament team, and all American recognition." -Douglas Smith, NSCA member sponsor.

New Mexico State University

Jackie Godber

Libero/Defensive Specialist
Senior/ Marketing
Height: 5' 3.5", Weight: 127

Personal Bests: Bench Press: 105 lbs., Squat: 170 lbs., Vertical Jump: 18.5, Power Clean: 135 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.80

"Energizer Bunny." She attacks every weight and conditioning workout with an enthusiastic attitude and incredible

energy. Her current accolades are the ultimate testament to this unrelenting passion and commitment to excel." - Anthony McClure, NSCA member sponsor.

Northern Arizona University

Megan VanAnda

Outside Hitter/Libero
Senior/ Special Elementary Ed
Height: 5' 9", Weight: N/A

Personal Bests: Bench Press: 130 lbs., Squat: 190 lbs., Vertical Jump: 21, Power Clean: 176 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.61

"Megan has seen rewards from her work in the weight room every year. She trains relentlessly year round. Two time Golden Eagle award winner; All Academic Big Sky; team captain." - Casey Bond, NSCA member sponsor.

Texas A&M International University

Liza Barrera-Guajardo

Outside Hitter
Senior/ Fitness and Sports
Height: 5' 7", Weight: 150

Personal Bests: Bench Press: 85 lbs., Squat: 120 lbs., Vertical Jump: 19, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Liza set a goal of increasing her vertical by 3 inches in the off-season. She actually improved by 4 inches!" -Ernst Feisner, NSCA member sponsor.

Texas A&M University

Jayna Baker

Outside Attacker

Sophomore/ Agribusiness

Height: 5' 10", Weight: 154

Personal Bests: Bench Press: 125 lbs., Squat: 230 lbs., Vertical Jump: 27, Power Clean: 148.5 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.69

"Jayna finished number one overall with the off-season testing as a true freshman. She lifted 326% of her bodyweight in the 3 lifts and has excellent vertical jump and good lateral quickness. She is a gifted all around athlete and I am excited to see this young athlete progress." - Raychelle Ellsworth, NSCA member sponsor.

The Ohio State University

Mark Peckham

Setter

Senior/ Business Finance

Height: 6' 5", Weight: 192

Personal Bests: Bench Press: 225 lbs., Squat: 340 lbs., Vertical Jump: 32.5, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.40
"Mark is a tough competitor with a refuse to lose attitude. His accomplishments include Academic All-Ten, 3rd Team Miva All-Conference selection, ranked 12th nationally in assists, and was invited to train with Canadian National Team." -Erick Schork, NSCA member sponsor.

The University of Southern Mississippi

Jazzmien Stephens

Middle blocker

Sophomore/ Education

Height: 6' 0", Weight: 158

Personal Bests: Bench Press: 115 lbs., Squat: 200 lbs., Vertical Jump: 21.5, Power Clean: 140 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Jazzmien is extremely aggressive in the weight room. Her aggressive attitude shows on the court and spreads like wildfire throughout her team mates." - Chaucer Funchess, NSCA member sponsor.

University of Central Florida

Jenny Frank

Senior/

Height: 5' 7.5", Weight: 138

Personal Bests: Bench Press: 105 lbs., Squat: 185 lbs., Vertical Jump: 21.5, Power Clean: 143 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Jenny has been a consistently hard worker in our strength and conditioning program. I have only worked with her for one year and during that time she improved upon all test results. Her best attribute is her ability to make her team-mates work harder." -Reese Bridgman, NSCA member sponsor.

University of Hartford

Megan Siemers

Defensive Specialist

Senior/ Special Education

Height: 5' 1", Weight: N/A

Personal Bests: Bench Press: 115 lbs., Squat: 190 lbs., Vertical Jump: 19, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"A great work ethic and dedication to training year round. Megan continually challenges herself to achieve more." - Emil R. Johnson, Jr, NSCA member sponsor.

University of New Hampshire

Sasha Scott

Libero

Senior/ Biology-Zoology

Height: 5' 9", Weight: 164

Personal Bests: Bench Press: 160 lbs., Squat: 295 lbs., Vertical Jump: N/A, Power Clean: 190 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Sasha holds all the lifting records at UNH. Strength and conditioning has made her the most dominate volleyball libero in the Northeast." -Paul Chapman, NSCA member sponsor.

University of the Pacific

Jennifer Joines

Middle

Senior/ Communications

Height: 6' 3", Weight: N/A

Personal Bests: Bench Press: 155

lbs., Squat: 240 lbs., Vertical Jump: 20.5, Power Clean: 165 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.86

"A 4-time NCAA All-American, Jen's hard work and dedication has made her one of the best players in Pacific Volleyball history. She holds Pacific's Career Kills (2,225), Kills per game (4.89), and Hitting Percentage (.350) records. She ranks second in career Blocks (639). She became the charter member of the Big West Conference 2,000 kill-500 dig-500 block club along with being the 2003 Big West Player of the Year. Joines represented the U.S. at the 2003 Pan American Games and won a Bronze Medal. She is currently training for a spot on the U.S. National Team and a chance to play in the 2004 Olympics." -Todd Smith, NSCA member sponsor.

University of Wyoming

Megan Shuster

Senior/

Height: 5' 10", Weight: 145

Personal Bests: Bench Press: 135 lbs., Squat: N/A lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Megan is helping the Cowgirl Volleyball team set records in and out of the weight room. Megan was a pleasure to coach. With Megan's desire to be as strong as she could be, she will be greatly missed." -Paula Allan, NSCA member sponsor.

Virginia Tech

Jenny Hill

Outside Hitter

Senior/ Human Nutrition, Foods, and Exercise

Height: 6' 0", Weight: N/A

Personal Bests: Bench Press: 130 lbs., Squat: 240 lbs., Vertical Jump: 24.5, Power Clean: 155 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Jenny is a serious student athlete. She succeeds in the classroom as well as in the weight room. Her dedication to the strength and conditioning program can be seen in her strength, power, and speed increases throughout her career." -Jack B. Johnson, Jr, NSCA member sponsor.

Conditioning All-American." -Tobias Jacobi, NSCA member sponsor.

Youngstown State

University

Annie Buschur

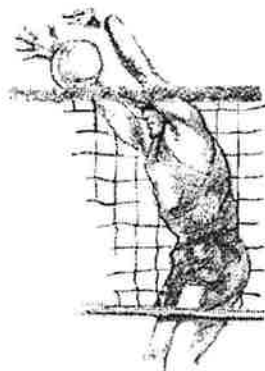
Middle Hitter

Senior/ Business

Height: 6' 0", Weight: 160

Personal Bests: Bench Press: 145 lbs., Squat: 245 lbs., Vertical Jump: N/A, Power Clean: 133 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"2003 Team MVP. Has landed 1,000 career skills. Annie is a powerful player and has used that to become a force in the middle for the Penguins." -Elizabeth Vlad, NSCA member sponsor.



VOLLEYBALL/SOFTBALL

Western Carolina University

Sara Komosinski

Middle Blocker

Senior/ Sociology

Height: 5' 11", Weight: 165

Personal Bests: Bench Press: 147 lbs., Squat: 284 lbs., Vertical Jump: 21.5, Power Clean: 160 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Sara is one of the hardest workers I have had the pleasure of coaching. She is a leader on and off the court. She constantly pushes her teammates to perform up to the teams high standards. She was also named Verizon Academic All District III third team for having a 3.56 cumulative GPA. She is a tireless worker who truly deserves the distinct honor of being named NSCA Strength and

The University of Virginia's College at Wise

Kendall Rainey

Setter/Centerfielder

Sophomore/ Business

Administration

Height: 5' 2", Weight: 103

Personal Bests: Bench Press: N/A lbs., Squat: N/A lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Became a dedicated strength "trainer" the past summer when introduced to it by the softball and volleyball coaches. Has not been out of the weight room since. Just developing personal bests, but added 4lbs of muscle this summer." -Bruce Wasem, NSCA member sponsor.



WRESTLING

University of Wyoming

Kevin Kessner

Senior/ Pre-Law

Height: 5' 10", Weight: 205

Personal Bests: Bench Press: 340 lbs., Squat: 475 lbs., Vertical Jump: N/A, Power Clean: 315 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Kevin has done an excellent job in the weight room over the past two years. He made a commitment to become a better wrestler by working hard and getting stronger. That hard work paid off last season when he became an NCAA National Qualifier." -Tim Socha, NSCA member sponsor.

WATER POLO

California State

University-Long beach

Angelica Garcia

Driver

Senior/ Biology

Height: 5' 4", Weight: 149

Personal Bests: Bench Press: 128 lbs., Squat: 187 lbs., Vertical Jump: 21.5, Power Clean: 130 lbs., 40-yard dash: N/A, 5-10-5 Agility: 5.23

"Her commitment to her training has become contagious and her team has improved significantly as a result." -Jason Miller, NSCA member sponsor.



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.