



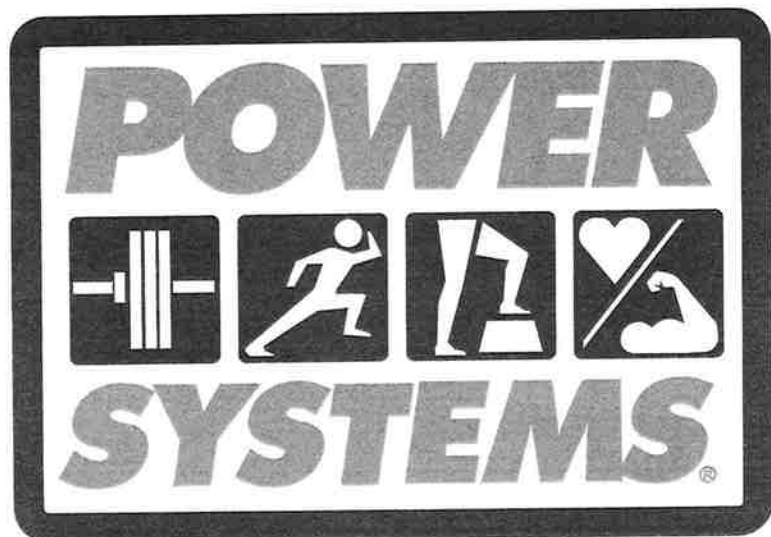
2006 ALL-AMERICAN
STRENGTH AND CONDITIONING
ATHLETES OF THE YEAR



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NATIONAL STRENGTH AND
CONDITIONING ASSOCIATION

The NSCA wishes to thank...



***Official Sponsor
2006 NSCA All-American
Strength and Conditioning
Athletes of the Year***

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2006
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.

**A team coach who is a member of the NSCA, may make a nomination in the event that a team does not have a regularly assigned strength coach.*

BASEBALL

Air Force Academy

Jon Polston
Catcher

Junior / Business Management

Height: 5' 10", Weight: 205lbs.

Personal Bests: Bench Press: 345lbs.,
Squat: 450lbs., Vertical Jump: 32.5",
Power Clean: 300lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Jon's leadership through example in the weight room is invaluable. With his hard nosed approach to training he has set high standards for his fellow teammates to aspire to. Gains he has made in power and strength during his career as a cadet-athlete have contributed to his success as a player and the success of the team at AFA." - Edward Blackwood, CSCS, NSCA member sponsor.

Binghamton University

Justin Smucker
Short Stop

Junior / Management

Height: 6', Weight: 190lbs.

Personal Bests: Bench Press: 260lbs.,
Squat: 450lbs., Vertical Jump: 31",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.40 sec.

"In my ten years in strength and conditioning I have not worked with an athlete who is more dedicated to his training 365 days a year than Justin is. Last year he overcame shoulder surgery to return to our starting line up and had a strong season. He is a tremendous leader on and off the field, and is the ultimate example of what a student-athlete and teammate should be." - Bryan McGovern, CSCS, NSCA member sponsor.

James Madison University

Michael Cowgill
Second Base

Senior / Business

Height: 5' 10", Weight: 185lbs.

Personal Bests: Bench Press: 270lbs.,
Squat: 455lbs., Vertical Jump: 29.5",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Michael has consistently been one of the hardest workers in the weight room during his time at James Madison, often being the first one in the room and the last one to leave. This hard work and dedication has helped Michael to not only excel in the weight room but on the playing field as well, where he led his team in batting average, RBIs, and homeruns the previous season. Michael has also been chosen as team captain for the last two seasons by his teammates. He is the personification of a NSCA All-American Athlete." - Matthew Green, CSCS, NSCA member sponsor.

Keene State College

Joe Rousseau
Third Base

Sophomore / Business

Height: 5' 10", Weight: 200lbs.

Personal Bests: Bench Press: 290lbs.,
Squat: 390lbs., Vertical Jump: N/A",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Joe works hard on and off the field. He started in 22 games at third base as a Freshman, hit .244 with 21 hits and two homeruns. He knows the benefit of strength and conditioning and gets the most out of the program. Joe is a dedicated athlete and has the determination and motivation to excel in baseball." - Sarah Testo, CSCS, NSCA member sponsor.

Mid-America Nazarene University

Robby Ramseyer First Base

Senior / History

Height: 6', Weight: 220lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: 390lbs., Vertical Jump: 26",
Power Clean: 268lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Robby transferred to Mid-America in the Fall of 2004. During his short time at Mid-America he was the teams 'Newcomer of the Year' for 2005 and made the 2005 2nd Team All-Conference. He is on the Academic Dean's list. Robby has qualified for Collegiate Nationals 2005 and 2006 for Olympic-style Weightlifting, but unfortunately because of his baseball schedule he could not attend the 2005 competition. Robby is a very hard worker and is always willing to lend a helping hand. He is always concerned about getting his class work done." - Whitney Rodden, CSCS, NSCA member sponsor.

Middle Tennessee State University

Michael McKenry Catcher

Junior / Exercise Science

Height: 5' 10", Weight: 195lbs.

Personal Bests: Bench Press: 290lbs.,
Squat: 435lbs., Vertical Jump: 31",
Power Clean: 245lbs., 40-yard dash: 4.65
sec., 5-10-5 Agility: N/A sec.

"One word that describes this athlete, 'obsessive!' Michael is one of those athletes that only comes along every now and then. He is totally consumed with being the best he can be

and pushing his teammates to their limits. Last season, he received First Team All-Conference. This pre-season, he was placed on the Wallace Watch List for the National Player of the Year. He doesn't only try to excel in the weight room, but also on the field. Michael is a 3.0 student. He was a part of the Academic All-Conference team in 2005. His goal is to become a Strength and Conditioning coach when his baseball career is finished." - D. Madison Riley, NSCA member sponsor.

Ohio University

Anthony Gressick Pitcher / Outfield

Senior / Recreation

Height: 6' 3", Weight: 200lbs.

Personal Bests: Bench Press: 113lbs.,
Squat: 362lbs., Vertical Jump: 35.5",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Anthony is one of the most dedicated, hard working athletes I have ever met. 2004 ABCA All American, 2004 All MAC, and 2005-06 Team Captain." - Joseph Fondale, NSCA member sponsor.

Oregon State University

Dallas Buck Pitcher

Sophomore / Psychology

Height: 6' 3", Weight: 205lbs.

Personal Bests: Bench Press: 300lbs.,
Squat: 420lbs., Vertical Jump: 32",
Power Clean: 245lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Dallas is an incredible athlete. Led the Beavers with a record of 12-1 and an ERA of 2.06. Two sport athlete at Oregon State

-Baseball and Football. Tremendous drive to compete and be the best in the weight room and on the field." - Andrew Dendas, CSCS, NSCA member sponsor.

University of California Irvine

Justin Cassel Pitcher

Sophomore / Social Sciences

Height: 6' 2", Weight: 207lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: 365lbs., Vertical Jump: 27",
Power Clean: 225lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Justin is a true captain, he is always the hardest working pitcher in the weight room 'everyday'. He helps motivate anyone around him both by his work ethic and vocally. From this work ethic, Justin started every weekend, never going down to an injury and was second on the pitching staff in wins." - Mike Nagler, CSCS, NSCA member sponsor.

University Of South Alabama

Chase Christianson Pitcher

Junior / Business

Height: 6' 5", Weight: 220lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: 335lbs., Vertical Jump: 32",
Power Clean: 225lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Chase is an athlete every coach dreams to have. He does what he is asked and has complete faith in the program. He never complains and always gives you everything he has. Chase is a motivator, leader, and an achiever. These are qualities that one will need to achieve the highest levels of success. Chase

will be successful in any and all things he does because he possess all of these qualities." - Michael Gardner, NSCA member sponsor.

University of South Alabama

Aaron George Outfielder / Designated Hitter

Senior / Biology

Height: 6' 1", Weight: 215lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: 365lbs., Vertical Jump: 32",
Power Clean: 255lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Aaron leads by example. He works hard on and off the field. His coaches and team mates respect him for his dedication and work ethic. I expect Aaron will excel in everything he does." - James Brasseal, CSCS, NSCA member sponsor.

University of Southern Mississippi

Marc Maddox First and Second Baseman

Senior / Business Administration

Height: 6', Weight: 190lbs.

Personal Bests: Bench Press: 285lbs.,
Squat: 390lbs., Vertical Jump: 30",
Power Clean: 295lbs., 40-yard dash: 4.76
sec., 5-10-5 Agility: 4.65 sec.

"An excellent leader whose hard work definitely shows on the field!" - Jarrod Green, CSCS, NSCA member sponsor.

University of the Pacific

Anthony Jackson
Outfielder

Senior / Communication

Height: 5' 8", Weight: 173lbs.

Personal Bests: Bench Press: 320lbs.,
Squat: 370lbs., Vertical Jump: 31.5",
Power Clean: 240lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.15 sec.

*"Anthony just broke the all-time school pound/
pound power index. He has been one of our
most consistent workers and leaders this past
off-season. We have high expectations for AJ
this year on the field." - Todd Smith, CSCS,
NSCA member sponsor.*

Youngstown State University

Charles Schultz
Infielder

Senior / Integrated Social Studies

Height: 5' 11", Weight: 185lbs.

Personal Bests: Bench Press: 275lbs.,
Squat: 405lbs., Vertical Jump: N/A",
Power Clean: 285lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

*"Charles is a team player, he does what it
takes to get the job done. In the weight room
Charles goes that extra step. He has been great
to work with. Louisville Slugger All-American
and Horizon League Award Winner." - Todd
Burkey, CSCS, NSCA member sponsor.*

BASKETBALL

Arizona State University

Amy Denson
Post

Senior / Business

Height: 6' 1", Weight: 175lbs.

Personal Bests: Bench Press: 180lbs.,
Squat: 250lbs., Vertical Jump: 20",
Power Clean: 170lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

*"Amy has used strength and conditioning to
develop an extremely physical and aggressive
presence in the paint." - Rich Wenner, CSCS,
NSCA member sponsor.*

Belmont University

Tonisha Jones
Point Guard

Senior / Finance

Height: 5' 5", Weight: N/A lbs.

Personal Bests: Bench Press: 150lbs.,
Squat: 260lbs., Vertical Jump: 26",
Power Clean: 145lbs., 40-yard dash: 5.22
sec., 5-10-5 Agility: N/A sec.

*"Tonisha is a great student-athlete. She has
a strong GPA. Tonisha is fast, strong and
powerful in the weight room. Tonisha has great
form, works hard every day and leads her team.
She is a dream to coach. As a Senior she has
bought into my program completely. This is
remarkable because she was willing to change
with the implementation of my program. This
is my first year at Belmont. In the past 11 years
I've never seen a Senior buy into a new head
coach's program." - Scott Kirchmann, CSCS,
NSCA member sponsor.*

Belmont University

Adrian Jones
Forward

Junior / Marketing

Height: 6' 5", Weight: 200lbs.

Personal Bests: Bench Press: 255lbs.,
Squat: 290lbs., Vertical Jump: 36.5",
Power Clean: 235lbs., 40-yard dash: 5.28
sec., 5-10-5 Agility: N/A sec.

*"He is a hard worker and relentless in the
weight room. Jones has a good attitude which
is apparent in both the weight room and
classroom. Jones has improved a lot since
March. Jones has increased his rebounding
because of the strength and power he has gained
in the weight room." - Scott Kirchmann,
CSCS, NSCA member sponsor.*

Brigham Young University

Laura Stratton
Point Guard

Senior / Exercise Science

Height: 5' 6", Weight: 134lbs.

Personal Bests: Bench Press: 135lbs.,
Squat: 280lbs., Vertical Jump: 27",
Power Clean: 180lbs., 40-yard dash: 5.03
sec., 5-10-5 Agility: 4.25 sec.

*"Laura is one of the hardest workers I have
coached. She has developed her athletic ability
tremendously over the past four years, and leads
the team in strength, speed, and conditioning.
She is a team leader, and helps teach and
motivate other athletes. She holds the female
athlete school record for a below parallel back
squat, 280 lbs, and the school record in the
5-10-5 agility and 3 cone drill (6.8 seconds)."
- Corey Anderson, CSCS, NSCA member
sponsor.*

Chandler Gilbert Community College

Ashley Cook
Guard

Sophomore / Biology

Height: 5' 8", Weight: 140lbs.

Personal Bests: Bench Press: 110lbs.,
Squat: 215lbs., Vertical Jump: 23",
Power Clean: N/A lbs., 40-yard dash: 5.85
sec., 5-10-5 Agility: 5.51 sec.

*"Ashley Cook has made more improvement
in her time at Chandler Gilbert Community
College than any other single athlete, male
or female. Her devotion to hard work and
training has manifested not only as dramatic
improvements in the weight room, but also
on the court as a prominent basketball player.
She has become an explosive, agile, confident
athlete, and is a true testament to the potential
performance benefit of year-round sport
conditioning. Ashley is majoring in biology,
and plans to pursue a career in the medical
field. Aside from playing sports, her hobbies
are spending time with friends and family,
going to movies, photography, traveling,
reading, running, swimming, paintball, and
snowboarding. She also enjoys softball, soccer
and volleyball." - Brent Alvar, PhD, CSCS,
NSCA member sponsor.*

Chandler-Gilbert Community College

Tosh Fetter
Guard

Sophomore / Business

Height: 5' 8", Weight: 150lbs.

Personal Bests: Bench Press: 200lbs.,
Squat: 310lbs., Vertical Jump: 31",
Power Clean: N/A lbs., 40-yard dash: 5.00
sec., 5-10-5 Agility: N/A sec.

“Tosh has been one of our most dedicated athletes in the weight room. Working out in Arizona means having to get up early every day to avoid the heat, and Tosh never missed a workout during the entire summer. Although he is small in stature, he makes up for it with both heart and desire. He amazed us with his consistent improvements from the beginning to the end of the summer program. He has improved his capabilities on the court, and has become a model athlete for all of his teammates.” - Joshua Wludyga, CSCS, NSCA member sponsor.

College of the Canyons

Janette Galindo Forward

Sophomore / Undecided

Height: 5' 9", Weight: 145lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: 180lbs., Vertical Jump: 18",
Power Clean: 150lbs., 40-yard dash: 5.20
sec., 5-10-5 Agility: 4.70 sec.

“Janette is a two-sport STANDOUT for our college earning all-conference honors in both basketball and softball. She is our leader for both sports both on the court/field and in the weight room. Her athletic ability is overshadowed by her work ethic, coachable and character. Janette will be missed as she leaves us to play both sports at a four-year institution.” - Robert Dos Remedios, CSCS, NSCA member sponsor.

Creighton University

Anthony Tolliver Center

Junior / Finance

Height: 6' 9", Weight: 246.5lbs.

Personal Bests: Bench Press: 310lbs.,
Squat: N/A lbs., Vertical Jump: 30.75",
Power Clean: 242lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

*“Anthony is an exceptionally gifted athlete who possesses a great understanding of work ethic. Over two years he has gained 14 pounds of muscle, has improved his vertical jump by 2.25 inches, and has constantly gained strength and explosiveness that is noticeable on the court. He has matured physically to become an outstanding athlete, leader, and role model for other athletes to look up to. Anthony is extremely focused, dedicated and hard working and he has a presence about him on and off the court. He is very easy to coach and brings great attitude to the strength and conditioning facility.” - Satoshi Ochi, CSCS*D, NSCA-CPT*D, NSCA member sponsor.*

Creighton University

Kristi Woodard Guard

Senior / Journalism / Public Relations

Height: 5' 9", Weight: 158lbs.

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

“Although Kristi incurred a shoulder injury early in her basketball career, she is one of the hardest working athletes that the strength and conditioning staff has seen at Creighton. She brings leadership on and off the court, and sets an example for others to follow in the weight

*room and on the court. She has tremendous work ethic and has transformed her body over the years by gaining 18 pounds of muscle so that she could become a much stronger, faster and quicker athlete. Kristi is a tireless worker who will excel in anything she chooses to do.” - Satoshi Ochi, CSCS, *D, NSCA-CPT, *D, NSCA member sponsor.*

Drexel University

Kenell Sanchez Guard/ Forward

Senior / Sports Management

Height: 6' 5", Weight: 223lbs.

Personal Bests: Bench Press: 300lbs.,
Squat: 325lbs., Vertical Jump: N/A",
Power Clean: 245lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Kenell is one of a kind, a leader both on and off the court. In the weight room Kenell is an animal, consistently leading by example. Kenell is one of the hardest working athletes I have worked with. You do not have to ask him to do a little more because he is going to do it anyway.” - Michael Rankin, CSCS, NSCA-CPT, NSCA member sponsor.

East Carolina University

Latoya Horton Forward

Senior / Communications
(Media Production)

Height: 6' 0", Weight: 155lbs.

Personal Bests: Bench Press: 205lbs.,
Squat: 260lbs., Vertical Jump: 29",
Power Clean: 181lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Latoya Horton has been the most competitive athlete that I have trained during my tenure

at East Carolina University. She refuses to be outdone in any task that is given to her. She holds every record expect one for Women's Basketball that we have in the school. Her attitude is contagious as she leads her teammates by example every time she is in the weight room. She has taken her hard work to the court and made herself into a dominant player. Her legacy will be graduating as one of the strongest female athletes in school history.” - Beverly Wheel, CSCS, NSCA member sponsor.

Furman University

Princess Wells Guard

Senior / Health and Exercise Science

Height: 5' 7", Weight: N/A lbs.

Personal Bests: Bench Press: 155lbs.,
Squat: 225lbs., Vertical Jump: 20",
Power Clean: 148lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Started every game as a Junior. Played in 23 games as a Sophomore and 28 games as a Freshman. Leads team with quality work ethic and also strong academic standing.” - Jonathan Edmonds, CSCS, NSCA-CPT, NSCA member sponsor.

Haverford College

Sarah Nagel Guard

Senior / Psychology

Height: 5' 6", Weight: 120lbs.

Personal Bests: Bench Press: 120lbs.,
Squat: 135lbs., Vertical Jump: 21.5",
Power Clean: N/A lbs., 40-yard dash: 5.31
sec., 5-10-5 Agility: 5.00 sec.

“Sarah is a very hard worker on the court and in the weight room. She is also a great leader!

With a tremendous course load, she is still able to train hard, excels on the basketball court and helps to motivate her teammates to be the best they can be.” - Melissa Cruice, CSCS, NSCA member sponsor.

Humboldt State University

Jenna Washington Forward

Senior / International Studies

Height: 6’ 2”, Weight: 165lbs.

Personal Bests: Bench Press: 175lbs.,
Squat: 240lbs., Vertical Jump: 27.5”,
Power Clean: 185lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.51 sec.

“Jenna is a tremendous athlete who has battled back from injury to dominate one of the best D-II Basketball Conferences in the nation. Jenna’s ability and determination on the court is only outdone by her work ethic in the off-season. Heading into the 2005-06 season for her Senior year, Jenna is poised to rewrite the Humboldt State record book.” - Andrew Petersen, CSCS, NSCA member sponsor.

Iowa State University

Chris Ceaser Guard

Junior / Health and Human Performance

Height: 6’ 3”, Weight: 185lbs.

Personal Bests: Bench Press: 290lbs.,
Squat: 325lbs., Vertical Jump: 30”,
Power Clean: 209lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Chris is one of the hardest working student-athletes that I have coached. His dedication and commitment to his training, basketball, and education are what all student-athletes should follow.” - Andrew Moser, CSCS, NSCA member sponsor.

Iowa State University

Megan Ronhovde Guard / Forward

Junior / Marketing and Management
(double-major)

Height: 6’ 1”, Weight: N/A lbs.

Personal Bests: Bench Press: 130lbs.,
Squat: 210lbs., Vertical Jump: 22.5”,
Power Clean: 136lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Megan’s work ethic and dedication is what makes her such a great student-athlete to coach. She is always ready to work and is a great leader on her team. She is not only an outstanding student-athlete, but a great role model in the community and represents our university well.” - Andrew Moser, CSCS, NSCA member sponsor.

Jacksonville State University

Katja Fuess Forward

Senior / Business

Height: 6’, Weight: 175lbs.

Personal Bests: Bench Press: 225lbs., S
quat: 510lbs., Vertical Jump: 27”,
Power Clean: 154lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Katja has developed into a strong athlete and leader. Since her Sophomore year, she has progressively gotten better in the weight room and on the court. She has been a humble, yet silent leader in the weight room. Her work ethic is an example to all of her teammates.” - Brian Austin, CSCS, NSCA member sponsor.

James Madison University

David Cooper Forward

Senior / Business

Height: 6’ 7”, Weight: 225lbs.

Personal Bests: Bench Press: 330lbs.,
Squat: N/A lbs., Vertical Jump: 39”,
Power Clean: N/A lbs., 40-yard dash: 4.70
sec., 5-10-5 Agility: N/A sec.

“David has been a true warrior in the weight room. His attitude and work ethic have infected his teammates and resultantly made the whole team better. David’s career has been dotted with two knee injuries, but he never let this slow him down. Cooper’s compliance with rehab and attention to strength and conditioning have helped him overcome his injuries and become a team leader.” - Gregory Werner, MS, CSCS, NSCA member sponsor.

James Madison University

Shirley McCall Guard / Forward

Junior / Health Sciences

Height: 5’ 10”, Weight: 145lbs.

Personal Bests: Bench Press: 185lbs.,
Squat: 315lbs., Vertical Jump: 28”,
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Shirley McCall leads by example. She is a consistently hard worker whose attitude is always upbeat and positive. Shirley’s work ethic in the weight room has motivated her teammates to work harder and put more weight on the bars. In conditioning activities Shirley always trains like a champ and reaches the goals set for her.” - Gregory Werner, MS, CSCS, NSCA member sponsor.

Juniata College

Neil Holloway Power Forward

Senior / Accounting

Height: 6’ 4”, Weight: 215lbs.

Personal Bests: Bench Press: 330lbs.,
Squat: 450lbs., Vertical Jump: 34”,
Power Clean: 250lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Neil is a four year member of the Juniata College Men’s Basketball team and a Senior Captain. Neil is both a driving force on and off the court, always pushing himself and his teammates to give maximum work effort. Neil’s work example in the weight room sets the tone for the Men’s Basketball program at the College.” - Matthew Huntsman, NSCA-CPT, NSCA member sponsor.

Mercer County Community College

Mirek Babirarz Guard

Sophomore / Sports Management

Height: 5’ 9”, Weight: 185lbs.

Personal Bests: Bench Press: 230lbs.,
Squat: 340lbs., Vertical Jump: 26”,
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“In my 10 years of coaching youth to professional athletes, Mirek has got to be one of the most dedicated and determined athletes that I have trained. In the short time that we’ve trained together (1 1/2 yrs), his work ethic has added 15lbs. to his physique, while maintaining an 8% body fat. He increased his bench press by 60 lbs; and his squat increased by 7 lbs. His work ethic and performance earned him the title of captain.

In addition, his athletic performance and academic achievements have lead him to transferring to Wingate for the 2006 Spring with both academic and athletic scholarships. He is a true testament of how talent and determination at the Junior college level, when combined with the right training, can lead to great opportunities at the next level!" - John Kalinowski, CSCS, NSCA member sponsor.

Michigan State University

Paul Davis

Forward / Center

Senior / Communications

Height: 6' 11", Weight: 270lbs.

Personal Bests: Bench Press: 275lbs., Squat: 450lbs., Vertical Jump: 30", Power Clean: N/A lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Paul has come a long way in his four years at MSU, working hard to change his body. As a result, he has had more of an aggressive, physical presence on the court." - Michael Vorkapich, CSCS, NSCA member sponsor.

Michigan State University

Liz Shimek

Forward

Senior / General Management

Height: 6' 1", Weight: 185lbs.

Personal Bests: Bench Press: 185lbs., Squat: 300lbs., Vertical Jump: 24", Power Clean: N/A lbs., 40-yard dash: 5.20 sec., 5-10-5 Agility: N/A sec.

"Liz is a special person who happens to be the team's best player AND hardest worker. Her competitiveness in the weight room and on the court has led her to become one of the best players in the country!" - Michael Vorkapich, CSCS, NSCA member sponsor.

Northern Arizona University

Kelly Golob

Guard

Senior / Exercise Science

Height: 6' 5", Weight: 200lbs.

Personal Bests: Bench Press: 205lbs., Squat: 315lbs., Vertical Jump: 29.5", Power Clean: 255lbs., 40-yard dash: N/A sec., 5-10-5 Agility: 4.72 sec.

"Kelly is an athlete that has been a leader not only in the weight room but also on the court and in the class room. He is a two-time All-Big Sky honorable mention selection (2003, 2004) and ranks second on the NAU career three-pointer list with 218. Academically he was selected to the Northern Arizona University chapter of the International Honor Society of Phi Kappa Phi, including students whose cumulative grade point average are among the top five percent of all upper division and graduate students enrolled." - Joshua Morzelewski, CSCS, NSCA member sponsor.

Northwood University

Landree Sarata

Guard

Senior / Entertainment and Sport Management

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

Personal Bests: Bench Press: 140lbs., Squat: 205lbs., Vertical Jump: 16.5", Power Clean: N/A lbs., 40-yard dash: 5.37 sec., 5-10-5 Agility: 4.67 sec.

"Landree is a leader in the weight room as well as on the court. She does what ever is asked of her and always gives 100%." - Scott Fisher, CSCS, NSCA-CPT, NSCA member sponsor.

Norwich University

Allison Flynn

Guard

Senior / Criminal Justice

Height: 5' 5", Weight: 150lbs.

Personal Bests: Bench Press: 145lbs., Squat: 250lbs., Vertical Jump: 20.2", Power Clean: 133lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Allison is a born leader. Her positive attitude and relentless work ethic make her a pleasure to coach. Allison's power, strength, speed, and agility have improved dramatically in the past year. Her dedication to off-season training has her poised for a very successful Senior season." - Justin Goulet, CSCS, NSCA member sponsor.

Ohio State University

Jessica Davenport

Center

Junior / Family Resource Management

Height: 6' 5", Weight: 205lbs.

Personal Bests: Bench Press: 150lbs., Squat: 205lbs., Vertical Jump: 23", Power Clean: 145lbs., 40-yard dash: N/A sec., 5-10-5 Agility: 5.00 sec.

"Jessica has won Player of the Year and All American each of her college years, and she continues to improve. Strength training has greatly improved her confidence on and off the court. She is a born leader that lacked the physical development necessary for her position at the college level but used the off-season to make great strides." - Lee Glass, CSCS, NSCA member sponsor.

Samford University

Alex Munday

Forward

Junior / International Business

Height: 5' 11", Weight: 145lbs.

Personal Bests: Bench Press: 190lbs., Squat: 275lbs., Vertical Jump: 22", Power Clean: 155lbs., 40-yard dash: N/A sec., 5-10-5 Agility: 4.67 sec.

"Alex has set the bench mark for women's strength and conditioning at Samford University. Alex holds all records concerning strength totals for all women's sports at Samford University. Alex was O.V.C. Freshman of the Year 2003 - 2004." - Thomas Rohling, CSCS, NSCA member sponsor.

South Dakota State University

Heather Sieler

Point Guard

Senior / Health Promotion

Height: 5' 6", Weight: 139.5lbs.

Personal Bests: Bench Press: 155lbs., Squat: 235lbs., Vertical Jump: 26", Power Clean: 159lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Heather is an extremely dedicated and hard working athlete. She has pushed herself to the limits to become a better basketball player. She is an excellent leader with her words and more importantly her actions. She has been a four year starter and has received many awards throughout her career. She was a starter on a Division II national championship team. She has been a big part of our successful transition into Division I. She will be successful in whatever she pursues because of her hard work and dedication." - Nathan Moe, CSCS, NSCA member sponsor.

St. John's University

Danielle Chambers Forward

Senior / History

Height: 6', Weight: 185lbs.

Personal Bests: Bench Press: 185lbs.,
Squat: 285lbs., Vertical Jump: 22",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Danielle is everything you look for from a player in the weight room. She works hard every day and serves as an example to her teammates. Danielle has made tremendous progress over the course of her college career and has developed into one of the toughest and most physical players in the BIG EAST." - Jeffrey Smith, CSCS, NSCA member sponsor.

St. John's University

Ryan Williams Forward

Senior / Sports Management

Height: 6' 5", Weight: 220lbs.

Personal Bests: Bench Press: 325lbs.,
Squat: 450lbs., Vertical Jump: 38",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Ryan has consistently worked hard in the weight room to better himself. As a Senior, he has demonstrated a strong work ethic, serving as an example to the underclassmen." - Jeffrey Smith, CSCS, NSCA member sponsor.

Texas Christian University

Ashley Davis Forward

Junior / Management and Marketing

Height: 6', Weight: 145lbs.

Personal Bests: Bench Press: 130lbs.,
Squat: 215lbs., Vertical Jump: 26.5",
Power Clean: 165lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Ashley's work habits in the weight room have elevated her game to another level. She is a great leader and a joy to coach." - Kyle Wallis, NSCA member sponsor.

Trinity University

Peter Murray Forward

Senior / Political Science

Height: 6' 8", Weight: 235lbs.

Personal Bests: Bench Press: 250lbs.,
Squat: 335lbs., Vertical Jump: 32",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Peter was first team all conference, all south region, and a four year starter on a team that made it to the DIII Elite Eight in 04/05. He was also part of a group of Seniors that made it to the NCAA tournament every year and had the most wins in Trinity University History." - Stevan Falk, CSCS, NSCA member sponsor.

Troy University

Lauralee Holman Guard

Junior / Sport and Fitness Management

Height: 5' 4", Weight: 135lbs.

Personal Bests: Bench Press: 125lbs.,
Squat: 250lbs., Vertical Jump: 25.5",
Power Clean: 150lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"She is a dedicated, disciplined, determined, and consistent hard worker. A 2003-2004

Atlantic Sun Freshmen of the Year, 2004-2005 second team All Conference, President of Student Advisory Committee, and an Atlantic Sun All Academic for two years." - Richard Shaughnessy, III, CSCS, NSCA member sponsor.

University of NC Wilmington

Becca Papach Forward

Sophomore / Marketing

Height: 6', Weight: 177lbs.

Personal Bests: Bench Press: 125lbs.,
Squat: N/A lbs., Vertical Jump: 24.5",
Power Clean: 160lbs., 40-yard dash: 5.43
sec., 5-10-5 Agility: 4.94 sec.

"Becca has maximized her ability through her hard work in and out of the weight room. She has gone from a player with average athletic ability to one that is extremely powerful. Her size and strength will allow her to do great things in the next three years of her career. She will be an exciting one to watch." - Jim Mayew, CSCS, NSCA member sponsor.

University of Iowa

Adam Haluska Guard

Junior / Finance

Height: 6' 4", Weight: 210lbs.

Personal Bests: Bench Press: 275lbs.,
Squat: 440lbs., Vertical Jump: 34",
Power Clean: 286lbs., 40-yard dash: 4.47
sec., 5-10-5 Agility: 3.89 sec.

"Adam places a quality effort into every lifting session and speed workout. He strives to better his explosive performance with each rep of a sprint or Olympic lift." - Bill Maxwell, CSCS, NSCA member sponsor.

University of Iowa

Crystal Smith Guard

Senior / African-American Studies

Height: 5' 6", Weight: 125lbs.

Personal Bests: Bench Press: 121lbs.,
Squat: 220lbs., Vertical Jump: 25.5",
Power Clean: 154lbs., 40-yard dash: 4.85
sec., 5-10-5 Agility: 4.34 sec.

"Crystal is a gifted student-athlete who competes everyday. This is a special combination. She is never satisfied and works hard to improve in the weight room and in speed work." - Bill Maxwell, CSCS, NSCA member sponsor.

University of La Verne

Jason Greenlee Guard

Senior / Accounting

Height: 6' 2", Weight: 205lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: 380lbs., Vertical Jump: 31",
Power Clean: 240lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.39 sec.

"Jason is one of the hardest working athletes we have at the University of La Verne. His complete dedication to our strength and conditioning program has seen him show up leaner, quicker, and stronger than he has ever been for his Senior year. Jason is a 4-year starter for our basketball program and a 2-time all-conference player. Jason's work ethic and drive has made him a leader both on the court and in our strength program. Jason always arrives ready to work and has a great attitude for challenges put before him." - Matt Durant, NSCA member sponsor.

University of Southern Mississippi

Kendra Reed Guard / Forward

Freshman / Biological Science

Height: 5' 11", Weight: 150lbs.

Personal Bests: Bench Press: 145lbs.,
Squat: 265lbs., Vertical Jump: 25",
Power Clean: 145lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 5.00 sec.

"Phenomenal athlete! Only true Freshman we've ever nominated!" - Jarrod Green, CSCS, NSCA member sponsor.

University of Texas – San Antonio

Nicole Dunson Guard

Senior / Biology

Height: 5' 7", Weight: 130lbs.

Personal Bests: Bench Press: 140lbs., Squat: 235lbs., Vertical Jump: 23",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Nicole has been one of my biggest challenges as a coach. She has a go for broke mentality and never gives less than 100% effort in practice and during games. This drive has led to several injuries that have forced us to be more creative in training. She has had four surgeries in five years. I know of few athletes who have sacrificed more of themselves for their sport. Not once has she made any excuses when it came to her training. She is well grounded and a mature team leader. Her dedication to training has transferred to success on the court. She is an All-Conference player and holds multiple 3-point shooting records. She has been a team captain for four years. In

addition to her athletic achievements, Nicole is a Board member on the Student Athlete Advisory Committee, a member of FCA, and is the 2004-05 Southern Conference Women's Basketball Student Athlete of the Year!" - Michael Cox, NSCA member sponsor.

University of Texas – San Antonio

Andre Owens Guard

Senior / Kinesiology

Height: 6' 3", Weight: 202lbs.

Personal Bests: Bench Press: 245lbs.,
Squat: 415lbs., Vertical Jump: 25.1",
Power Clean: 31.5lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Andre's transition from Junior College athlete to Division I athlete was culminated with an outstanding year of training. His progress physically was equally matched by his progress mentally. He has become his team's leader by example and personality. As a coach, it is very rewarding to see an athlete develop self-confidence as a result from their improved results in the weight room. Andre has taken that confidence and turned into an All-Conference selection and Team Captain. He is also a leader in the community, working with many charities involving children and their families." - Michael Cox, NSCA member sponsor.

University of the Pacific

Christian Maraker Power Forward

Senior / Sport Sciences

Height: 6' 9", Weight: 240lbs.

Personal Bests: Bench Press: 250lbs.,
Squat: 350lbs., Vertical Jump: 27",

Power Clean: 265lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.34 sec.

"Christian knew that in order for him to play at the next level he needed to get bigger and more powerful. Over the last four years he has made that happen. He was All Big West Conference First Team for the last two years. This year he is picked as the favorite to win the Conference Player of the Year Award. His consistency on the court and in the weight room has made him the player he is today." - Marguerite Lamb, CSCS, NSCA member sponsor.

University of the Pacific

Carolina Ruiz Power Forward

Senior / Communication

Height: 6' 2", Weight: N/A lbs.

Personal Bests: Bench Press: 130lbs.,
Squat: 290lbs., Vertical Jump: 21.5",
Power Clean: 185lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Carolina holds the Women's Basketball Records for Clean and Squat. That is a direct result of her work ethic and her positive energy she brings to her team. She is a great role model for younger players because she leads by example. She can compete with the best of them." - Marguerite Lamb, CSCS, NSCA member sponsor.

Virginia Tech

Britney Anderson Guard / Forward

Junior / Merchandise Management and
Apparel Design

Height: 6', Weight: 181lbs.

Personal Bests: Bench Press: 165lbs.,

Squat: 285lbs., Vertical Jump: 25",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Britney's work ethic has enabled her to attain an exemplary level of fitness. She is a leader through words and actions. Britney is a strong, fit, confident young woman who strives to excel in all areas of her life. She is a huge asset to the women's basketball program and the university." - Mike Gentry, CSCS, NSCA member sponsor.

William Woods University

Jenny Preiss Forward

Senior / Physical Education

Height: 5' 7", Weight: 155lbs.

Personal Bests: Bench Press: 175lbs.,
Squat: 290lbs., Vertical Jump: 22.5",
Power Clean: 205lbs., 40-yard dash: 5.10
sec., 5-10-5 Agility: 4.39 sec.

"Jenny has always been one the hardest most dedicated student-athletes I have had the privilege to work with. Her physical developed has been tremendous. This has lead to her playing and contributing to the teams success. Jenny's work habits have been infectious. She will encourage her teammates and lead them with her work habit. She has been a great asset for William Woods." - Robert Jones, CSCS, NSCA member sponsor.

CREW

University of California Irvine

Rachel Sung Pairs

Senior / N/A

Height: 5' 9", Weight: 135lbs.

Personal Bests: Bench Press: 155lbs.,
Squat: 200lbs., Vertical Jump: N/A”,
Power Clean: 160lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Rachel was very dedicated in the weight room, her hard work helped her and her teammates win the pairs at the WIRA Championships. Rachel started crew her Freshman year in college and worked hard every day to improve as one of the strongest female athletes at UCI.”
- Mike Nagler, CSCS, NSCA member sponsor.

FIELD HOCKEY

University of Maine

Kasey Spencer
Forward

Senior / Food Science and Human
Nutrition

Height: 5’ 4”, Weight: 138lbs.

Personal Bests: Bench Press: 140lbs.,
Squat: 235lbs., Vertical Jump: 22.5”,
Power Clean: 143lbs., 40-yard dash: 5.54
sec., 5-10-5 Agility: 4.93 sec.

“Kasey is an amazing time manager with a great attitude. Her hard work in strength and conditioning shows, and it has inspired her teammates as well as other athletes. Over her four years here she has consistently been one of the strongest, fastest, and most powerful female athletes in our school while juggling work, school, and sport demands. She is a leading goal scorer both for her team and in the conference. It is an honor to recommend Kasey Spencer for All American Athlete of the Year.”
- Leslie Look, CSCS, NSCA member sponsor.

Springfield College

Sarah Booker
Forward

Senior / Physical Therapy

Height: 5’ 4”, Weight: N/A lbs.

Personal Bests: Bench Press: 105lbs.,
Squat: 185lbs., Vertical Jump: N/A”,
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.70 sec.

“As 2005 Co-captain of the back-to-back NEWMAC conference champions, Sarah led the team in goals. She played in every game despite chronic wrist and ankle injuries. The grit and determination displayed by Sarah is constant at every workout on the field and in the weight room. She leads by example and excels academically in a demanding physical therapy program.” - Margaret Jones, CSCS, *D, NSCA member sponsor.

University of California– Berkeley

Alex Harkins
Forward

Senior / Sociology

Height: 5’ 5”, Weight: 135lbs.

Personal Bests: Bench Press: 120lbs., Squat:
175lbs., Vertical Jump: 18.5”,
Power Clean: 137lbs., 40-yard dash: 5.31
sec., 5-10-5 Agility: 4.64 sec.

“Alex has continuously shown great year-round dedication and work ethic in the strength and conditioning program. She is an outstanding athlete and has enjoyed an injury free career.”
- Scott O’Dell, CSCS, NSCA member sponsor.

FOOTBALL

Arizona State University

Derek Hagan
Receiver

Senior / Interdisciplinary Studies

Height: 6’ 1.75”, Weight: 202lbs.

Personal Bests: Bench Press: 300lbs.,
Squat: 405lbs., Vertical Jump: 38”,
Power Clean: 247lbs., 40-yard dash: 4.44
sec., 5-10-5 Agility: 4.12 sec.

“Derek has been one of the hardest working football players we have had at Arizona State. Beginning the summer of his Freshman year until today, Derek’s effort and consistent improvements have been outstanding. He is a two time semi-finalist for the Belitnikoff Award for outstanding receiver as well as a 1st Team ALL PAC-10 performer. Derek ends his career as the PAC-10 all time leading receiver in receptions and has helped the Sun Devils to three bowl games in his 4 year career.” - Joseph Kenn, CSCS, NSCA member sponsor.

Aurora University

Robbie Parry
Cornerback

Senior / Recreation Administration

Height: 6’ 1”, Weight: 195lbs.

Personal Bests: Bench Press: 265lbs.,
Squat: 385lbs., Vertical Jump: 31”,
Power Clean: 270lbs., 40-yard dash: 4.50
sec., 5-10-5 Agility: 4.20 sec.

“Robbie’s commitment to conditioning in the off-season shows in his performance. He has excelled at the cornerback position taking on the best receivers the other schools have and shutting them down as well as being involved in plays all over the field. To categorize his playing would be summed up in a word-

relentless. He is a leader in the weight room pushing teammates as well as in practices. He does the little things the right way. He reports to play in the Fall in great shape and gets in extra training sessions during the season to maintain fitness and strength. He has been named 2X Illini-Badger Outstanding Defensive Back; 2X First Team all-Conference; 2nd Team All region 04; HM All-American 04; Pre-season all-American 05” - Terry Smith, CSCS, ATC, NSCA member sponsor.

Boise State University

Daryn Colledge
Left Offensive Tackle

Senior / Communication

Height: 6’ 4”, Weight: 304lbs.

Personal Bests: Bench Press: 385lbs.,
Squat: 665lbs., Vertical Jump: 35.5”,
Power Clean: 438lbs., 40-yard dash: 4.90
sec., 5-10-5 Agility: 4.50 sec.

“The numbers say it all for Daryn. A 220-pound Freshman from the North Pole to an NFL type player. Bottom line he is the best I have ever trained.” - Jeff Pitman, CSCS, NSCA member sponsor.

Bowie State University

Terrence Stafford
Strong Safety

Junior / Sociology

Height: 6’, Weight: 195lbs.

Personal Bests: Bench Press: 350lbs.,
Squat: 525lbs., Vertical Jump: 35.5”,
Power Clean: 310lbs., 40-yard dash: 4.43
sec., 5-10-5 Agility: 4.48 sec.

“Terrence “Money” Stafford had a break-out season this year. The 6’ 195lb. Junior led the team in tackles(95), had three

interceptions (two returned for TD's), and was among the nation's leaders in tackles for losses. None of his accomplishments would have been possible without his dedication and commitment to our training regimen. Since his Freshman year, he has grasped the concept that hard work truly pays off. To add to all of his athletic accomplishments, "Money" maintains a 3.76 G.P.A." - Ed Page, NSCA member sponsor.

Central Washington University

Phil Dougherty Defensive End

Junior / Nutrition

Height: 6' 1", Weight: 250lbs.

Personal Bests: Bench Press: 225lbs., Squat: 500lbs., Vertical Jump: 34", Power Clean: 420lbs., 40-yard dash: 4.75 sec., 5-10-5 Agility: 4.50 sec.

"Phil is easily the most dedicated athlete I have ever worked with. His dedication has allowed him to go through two knee surgeries and continually come back stronger and in better condition every season. His level of training and nutritional discipline is truly inspiring. He has a 3.95+ GPA every quarter and exemplifies the term student-athlete. Phil is a captain of the football team and is absolutely respected by each and every one of his teammates, the coaching staff, as well as the entire athletic department. Phil has used strength training and conditioning to easily become the most "powerful" athlete in the conference." - Jason Ruud, CSCS, NSCA member sponsor.

Centre College

Justin Roe Offensive Line

Senior / Economics

Height: 6' 2", Weight: 256lbs.

Personal Bests: Bench Press: 345lbs., Squat: 485lbs., Vertical Jump: 32", Power Clean: 340lbs., 40-yard dash: 4.90 sec., 5-10-5 Agility: 4.50 sec.

"Justin is an explosive athlete who is also a tremendous leader in the weight room and on the field. His burning desire to succeed rubs off on his teammates and has been significant to our success in the weight room and on the field. In addition, he is one of those leaders who takes as much joy in his teammates success as he does his own achievements. Gained 31 lbs. since his Freshmen year. Decreased his 40 by 0.29 seconds. Decreased his shuttle by 0.34 seconds. Increased his vertical jump by 5.5". Three-time all-conference offensive lineman." - Rick Fox, CSCS, NSCA member sponsor.

Clemson University

Steven Jackson Fullback

Senior / Human Resource Development

Height: 6' 2", Weight: 260lbs.

Personal Bests: Bench Press: 460lbs., Squat: 600lbs., Vertical Jump: 35", Power Clean: 420lbs., 40-yard dash: 4.58 sec., 5-10-5 Agility: N/A sec.

"Steven is one of the most dedicated student-athletes I have ever been around. In 2004 he won the football dedication award for his intensity and effort during the off-season training period as voted by his teammates. During the summer of 2005 Steven set a new team record of 420lbs. in the Power Clean. He is a great leader in the weight room as well

as on the field. Steven is an excellent fullback with tremendous power and speed and is a gifted special teams player who has ranked in the top three in special teams tackles each of the last two years. As a student, he was winner of the highest GPA award among Juniors on the 2004 team." - Joey Batson, NSCA member sponsor.

College of the Canyons

Marcel Marquez Quarterback

Sophomore / Undecided

Height: 5' 11", Weight: 205lbs.

Personal Bests: Bench Press: 315lbs., Squat: 500lbs., Vertical Jump: 30.0", Power Clean: 300lbs., 40-yard dash: 4.73 sec., 5-10-5 Agility: 4.27 sec.

"Marcel was the most valuable player in our conference and a Junior College All-American selection this year leading us to a two year 26-1 record. His work ethic for the past two years has been unmatched and his belief in our system has led him to become the best football player on the field week-in and week-out. Marcel's presence will be missed as he leaves us and moves on to leave his mark on Division I football." - Robert Dos Remedios, CSCS, NSCA member sponsor.

Dartmouth College

Charles Ganske Fullback

Senior / Engineering

Height: 6' 1", Weight: 240lbs.

Personal Bests: Bench Press: 375lbs., Squat: 500lbs., Vertical Jump: 33", Power Clean: 355lbs., 40-yard dash: 4.90 sec., 5-10-5 Agility: 4.22 sec.

"Charles has always been a dedicated player in the weight room. He has rehabilitated from major knee surgery and ten months later he was back on the field. Charles came back stronger and set personal records in all his major lifts. Charles is one of the top students in the engineering department in addition to being a major contributor to our football team. He is a tremendous person and has been a pleasure to coach." - Robert Miller, CSCS, NSCA member sponsor.

Davidson College

Michael Iafrate Center

Junior / Anthropology

Height: 5' 11", Weight: 270lbs.

Personal Bests: Bench Press: 350lbs., Squat: 580lbs., Vertical Jump: 22.5", Power Clean: N/A lbs., 40-yard dash: 5.49 sec., 5-10-5 Agility: N/A sec.

"Iafrate is what every coach looks for in an athlete. His dedication to the weight room and overall mind set is one of the best I've ever seen. He wants to work hard at all times and pushes his teammates to due the same." - Evan Simon, NSCA member sponsor.

East Stroudsburg University

Tyree Townes Defensive Back

Senior / Sport Management

Height: 5' 8", Weight: 172lbs.

Personal Bests: Bench Press: 340lbs., Squat: 435lbs., Vertical Jump: 36", Power Clean: 280lbs., 40-yard dash: 4.46 sec., 5-10-5 Agility: 4.48 sec.

"Tyree, an all-conference selection, was not just a leader in the weight room but also on

the field and in the classroom. His intensity to become the best allowed him to successfully increase his bench by 70 pounds, decrease his 40 by .31 seconds and vertical jump by four inches. The enthusiasm and spirit Tyree displays is a trait which marked him a pleasure to work with.” - Robert Mikulski, CSCS, NSCA member sponsor.

Furman University

Patrick Covington Right Guard

Senior / Political Science

Height: 6’ 3”, Weight: 291lbs.

Personal Bests: Bench Press: 415lbs.,
Squat: 475lbs., Vertical Jump: 25”,
Power Clean: 286lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Patrick has demonstrated a level of leadership and work ethic worthy of his title of team captain. Examples of this were seen during the transitional period between strength coaches when he organized and directed summer workouts. A two-time All-Southern Conference Offensive Lineman, Patrick has seen action all four years, three of those as a starter. Most recently, Patrick was named a First Team Division I-AA All-American by the Sports Network.” - Stephen Mannino, CSCS, NSCA member sponsor.

Georgia Tech

Damarius Bilbo Wide Receiver

Senior / Management

Height: 6’ 3”, Weight: 218lbs.

Personal Bests: Bench Press: 385lbs.,
Squat: 425lbs., Vertical Jump: 33”,
Power Clean: 290lbs., 40-yard dash: N/A

sec., 5-10-5 Agility: N/A sec.

“Damarius is an extremely gifted athlete with the work ethic to match. He set the all-time bench press record for wide receivers at Tech with a 385lbs bench. His hard work and dedication has not only made him a team leader but also voted Lifter of the Year at Georgia Tech.” - Neal Peduzzi, CSCS, NSCA member sponsor.

Georgia Tech

Eric Henderson Defensive End

Senior / Business Management

Height: 6’ 2.5”, Weight: 266lbs.

Personal Bests: Bench Press: 460lbs.,
Squat: 500lbs., Vertical Jump: 30”,
Power Clean: 300lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Eric is an extremely hard working athlete who brings intensity and enthusiasm to the weight room. He always strives to be the best on the field and in the classroom. Eric is both an All-ACC student as well as a two time All-ACC defensive end. He is a team captain and was voted Lifter of the Year in 2005. Eric is an excellent leader who forces others to match his effort and attitude.” - Eric Ciano, NSCA member sponsor.

Georgia Tech

Chris Reis Strong Safety

Senior / Management

Height: 6’, Weight: 215lbs.

Personal Bests: Bench Press: 390lbs.,
Squat: 500lbs., Vertical Jump: 36”,
Power Clean: 335lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Chris is an exceptional athlete who is the hardest worker at Georgia Tech. He is an excellent motivator who pushes his teammates above and beyond their limits. Chris brings intensity to the weight room which is shown by his all-time record breaking 335lb power clean and earning Lifter of the Year honors. Chris is an outstanding example of what you can become with a positive attitude earning team captain honors and becoming a two year starter.” - Robert Harrington, NSCA member sponsor.

Hofstra University

Cole Haley Linebacker

Senior / Physical Education

Height: 6’, Weight: 232lbs.

Personal Bests: Bench Press: 360lbs.,
Squat: 455lbs., Vertical Jump: 32.5”,
Power Clean: N/A lbs., 40-yard dash: 4.81
sec., 5-10-5 Agility: 4.37 sec.

“Cole is a dedicated leader on the field, as well as in the weight room, earning team captain in his Senior year. He was a 4-year starter as linebacker, compiling over 100 tackles three of those four years. As a result of his tremendous work habits in the weight room and conditioning, he missed only one game over his four year career. He is one of the toughest and hardest working athletes I’ve had.” - Ryan Martin, CSCS, NSCA member sponsor.

Humboldt State University

Justin Butler Defensive Tackle

Senior / Fishery / Biology

Height: 6’ 5”, Weight: 250lbs.

Personal Bests: Bench Press: 365lbs.,
Squat: 455lbs., Vertical Jump: 32”,

Power Clean: 360lbs., 40-yard dash: 4.95
sec., 5-10-5 Agility: 4.45 sec.

“Justin is a throwback player with tremendous intensity and work ethic. Justin approaches every workout and every play with 100% effort. After a much traveled career that included stops at two Division I institutions and a Junior College, Justin found a home at Humboldt State and has been a stellar performer since his arrival two years ago. A team captain in 2005, Justin leads by example in the weight room and on the football field.” - Andrew Petersen, CSCS, NSCA member sponsor.

Iona College

Karl Pfistner Defensive Back

Senior / Criminal Justice

Height: 5’ 11”, Weight: 220lbs.

Personal Bests: Bench Press: 445lbs.,
Squat: 575lbs., Vertical Jump: 33”,
Power Clean: 315lbs., 40-yard dash: 4.57
sec., 5-10-5 Agility: 4.01 sec.

“Karl is a tireless worker and leader. Karl has shown the greatest improvement on the team as being the most inspirational leader. Karl also comes from a tough family situation where he works two jobs to pay for the remainder of his grant and aid. Karl is the definition of an All-American in both the weight-room and the community. Athletically, he is a constant worker and a great human being.” - Edward Perlak, CSCS, NSCA member sponsor.

Jacksonville State University

Kimani Brown Offensive Line

Senior / Exercise Science

Height: 5’ 10”, Weight: 285lbs.

Personal Bests: Bench Press: 435lbs.,
Squat: 550lbs., Vertical Jump: N/A”,
Power Clean: 385lbs., 40-yard dash: 5.10
sec., 5-10-5 Agility: 5.00 sec.

“Kimani has been a leader in the weight room since his Sophomore year. His totals have increased each year, but the greatest benefit has come from the mentoring of the younger players on the team. This is evident in the work ethic that his teams displays in all tasks they are asked to handle.” - Brian Austin, CSCS, NSCA member sponsor.

Jacksonville University

Brandon Torre Linebacker

Senior / Computer Information Systems

Height: 6’, Weight: 205lbs.

Personal Bests: Bench Press: 300lbs.,
Squat: 505lbs., Vertical Jump: 31”,
Power Clean: 330lbs., 40-yard dash: 4.65
sec., 5-10-5 Agility: 4.40 sec.

“Brandon Torre is an intense and driven individual, with a great head for the game. Brandon has been a proven leader on the football field. A three year letter winner he has also been selected two time First-Team Defense All-Pioneer Football League Honors, and two time Season Leader in Tackles. Holds the school record for most tackles in one game (16) and also in a career (275). Was awarded Team Captain, Team MVP and Jacksonville University’s Ricardo Tillman Award Winner (Leadership, Determination and Dedication)” - John Patrick, CSCS, NSCA-CPT, NSCA member sponsor.

Kalamazoo College

Mike Benson Running Back

Junior / Biology

Height: 5’ 8”, Weight: 184lbs.

Personal Bests: Bench Press: 340lbs.,
Squat: 430lbs., Vertical Jump: 29”,
Power Clean: 275lbs., 40-yard dash: 4.40
sec., 5-10-5 Agility: 4.25 sec.

“Mike is passionate about strength and conditioning. He was the 2005 Iron Hornet champion, the strongest player on the team pound for pound. He also was the fastest. Mike is dedicated in the classroom with a perfect 4.0 gpa. He is a major reason the football team went from not winning a home game for two years to going undefeated at home in 2005!” - Terrance Brooks, CSCS, NSCA member sponsor.

Kansas State University

Jeromey Clary Offensive Tackle

Senior / Psychology

Height: 6’ 7”, Weight: 300lbs.

Personal Bests: Bench Press: 445lbs.,
Squat: N/A lbs., Vertical Jump: 27.5”,
Power Clean: 363lbs., 40-yard dash: 5.11
sec., 5-10-5 Agility: 4.43 sec.

“Jeromey has been a tremendous worker throughout his four years at Kansas State. He has started every game for three years and has improved his performance and his durability significantly by his preparation in strength and conditioning work. He was our football lifter of the year for 2005. He will be successful in anything he endeavors to accomplish because of his level of commitment to the task at hand.” - Rod Cole, CSCS, NSCA member sponsor.

Knox College

Jim Davis Offensive Tackle

Senior / Studio Art

Height: 6’ 2”, Weight: 265lbs.

Personal Bests: Bench Press: 360lbs.,
Squat: 530lbs., Vertical Jump: N/A”,
Power Clean: 340lbs., 40-yard dash: 4.98
sec., 5-10-5 Agility: N/A sec.

“Jim Davis started all 40 games in his career and was a two-time team captain. He was award All-conference as a Senior and is one of the hardest working players I have coached. He was the rock of our program throughout his career at Knox. In addition, he made himself better each year through tremendous work in the weight room and on the track. He is a special person.” - Andy Gibbins, NSCA member sponsor.

Loras College

Ross Dillavou Defensive Line

Senior / English

Height: 6’ 2”, Weight: 227lbs.

Personal Bests: Bench Press: 315lbs.,
Squat: 435lbs., Vertical Jump: 28”,
Power Clean: 315lbs., 40-yard dash: 4.60
sec., 5-10-5 Agility: 4.13 sec.

“Ross is one of the most focused athletes I have coached. His intensity and drive in the weight room paid dividends on the field as he earned all conference honors three times. Ross is a team leader that sets an example for his teammates through his work ethic in the weight room.” - Jim Romagna, CSCS, NSCA member sponsor.

Miami University

John Busing Outside Linebacker

Senior / Finance

Height: 6’ 3”, Weight: 228lbs.

Personal Bests: Bench Press: 410lbs.,
Squat: 570lbs., Vertical Jump: 37”,
Power Clean: 315lbs., 40-yard dash: 4.55
sec., 5-10-5 Agility: 4.47 sec.

*“John has been a great worker in our program and it has resulted in great success on the football field. John entered Miami as a cornerback and through hard work and dedication in the training program developed into a 1st team ALL MAC Linebacker and team captain.” - Dan Dalrymple, CSCS, *D, NSCA member sponsor.*

New Mexico State University

Jimmy Cottrell Linebacker

Senior / History

Height: 6’ 2.5”, Weight: 238lbs.

Personal Bests: Bench Press: 455lbs.,
Squat: 585lbs., Vertical Jump: 27.5”,
Power Clean: 365lbs., 40-yard dash: 5.02
sec., 5-10-5 Agility: 4.18 sec.

*“Jimmy is the quintessential leader, from the time he was a Freshman at New Mexico State University he set the highest standard for hard work and dedication as both student and athlete. Through his drive and determination during performance training sessions he has taken his physical prowess and skill level in football to their upper limits. He motivates his teammates through action and constructive feedback. Jimmy is consistently positive and finds a way to learn and improve from any situation. He is the prototypical individual for building a winning program.” - John Taylor, MS, CSCS, *D, NSCA member sponsor.*

Norfolk State University

Daryl Jones Fullback

Sophomore / Health, Physical Education
and Exercise Science

Height: 5' 10", Weight: 245lbs.

Personal Bests: Bench Press: 385lbs.,
Squat: 600lbs., Vertical Jump: N/A",
Power Clean: 315lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Daryl Jones in his second year was second on the team in yardage gain, and led the way in the weight room. He has an impressive 600lb squat, and he brings leadership and motivation to the training room. His hard work in the weight room has won him starting honors early in his college tenure, and there is no limit to what he can do in the weight room. He is one of the most feared fullbacks in our conference"
- Rodney Gaines, PhD, CSCS, NSCA member sponsor.

Northwood University

Casey Steffen Running Back

Sophomore / Business Management

Height: 5' 9", Weight: 186lbs.

Personal Bests: Bench Press: 365lbs.,
Squat: 405lbs., Vertical Jump: 33",
Power Clean: N/A lbs., 40-yard dash: 4.57
sec., 5-10-5 Agility: 4.42 sec.

"Casey has a great work ethic that transfers onto the field. He has been a stand out on special teams over the last two seasons and has a bright future in the Timberwolf backfield."
- Scott Fisher, CSCS, NSCA-CPT, NSCA member sponsor.

Norwich University

Jimmy Baker Defensive End

Senior / History

Height: 6' 4", Weight: 260lbs.

Personal Bests: Bench Press: 405lbs., Squat:
575lbs., Vertical Jump: 27.4",
Power Clean: 331lbs., 40-yard dash: 4.75
sec., 5-10-5 Agility: 4.40 sec.

"This off-season, Jimmy transformed himself into a dominant defensive lineman. His relentless work ethic and intensity drive him to be the best football player he can be. The tremendous strength and power developed from his off-season training is being transferred to the playing field this Fall. Not only is he a great player, but also a great person and a true leader to his teammates. It has been an honor to be his strength coach." - Justin Goulet, CSCS, NSCA member sponsor.

Ohio University

Brad Young Running Back

Senior / Health Service Administration

Height: 6', Weight: 220lbs.

Personal Bests: Bench Press: 384lbs.,
Squat: 484lbs., Vertical Jump: 34",
Power Clean: 318lbs., 40-yard dash: 4.37
sec., 5-10-5 Agility: 4.13 sec.

"Brad is a hard-nosed player who possesses both speed and strength. He is one of only three athletes who have attained the status of ultimate elite athlete!" - Shigeru "Sonny" Sano, NSCA member sponsor.

Portland State University

Scott Weaver Tight End

Senior / Business

Height: 6' 3", Weight: 255lbs.

Personal Bests: Bench Press: 405lbs.,
Squat: 525lbs., Vertical Jump: 35",
Power Clean: 320lbs., 40-yard dash: 4.8
sec., 5-10-5 Agility: N/A sec.

"Scott has used the weight room to enhance his ability on the field. He was a first team all Big Sky tight end. Scott is always in the weight room trying to better himself." - Fredrick Fabian, CSCS, NSCA member sponsor.

Shepherd University

Bobby Jarvis Outside Linebacker

Junior / Sports Management

Height: 5' 10", Weight: 205lbs.

Personal Bests: Bench Press: 320lbs.,
Squat: 515lbs., Vertical Jump: 33",
Power Clean: 320lbs., 40-yard dash: 4.55
sec., 5-10-5 Agility: 4.09 sec.

"He has never missed a workout during his collegiate career. (He received a medical red-shirt for a dislocated ankle and still participated in every workout.) He has used strength and conditioning as his edge to compete. And his work ethic has been so well perceived by his teammates that he has been a two year captain and most certainly will be a three year captain. Works extremely hard to motivate his teammates to improve their work ethic. He has been the anchor of two consecutive conference championship teams. He aspires to one day become a strength and conditioning coach. It is a pleasure to coach him!" - Anthony Yurish, CSCS, *D, NSCA-CPT, NSCA member sponsor.

Shepherd University

Jimmy Violand Offensive Line

Senior / Business

Height: 6' 3", Weight: 285lbs.

Personal Bests: Bench Press: 445lbs.,
Squat: 485lbs., Vertical Jump: 31.5",
Power Clean: 28lbs., 40-yard dash: 4.92
sec., 5-10-5 Agility: 4.42 sec.

"Jimmy has dedicated himself to the weight room for the past four years. Through his hard work Jimmy has overcome two knee surgeries to become one of the best lineman in the West Virginia Conference. He has been a three year starter and been named to the All-Conference team three years in a row. His teammates also chose him as one of the team captains for the 2005 season. Jimmy is a true leader when it comes to off the field activities. During off-season conditioning he was the first person to call or go get a teammate out of bed if they were late. Many times when the team was not having a good day Jimmy would give speeches in order to light a fire under the team. The mental and physical strength Jimmy developed during his participation in the strength and conditioning program allowed him to dominate the opposing defensive lineman." - Parker Whiteman, CSCS, NSCA member sponsor.

South Dakota State University

Paul Kaizer Offensive Lineman

Senior / Math Education

Height: 6' 4", Weight: 290lbs.

Personal Bests: Bench Press: 325lbs.,
Squat: 500lbs., Vertical Jump: 32",
Power Clean: 286lbs., 40-yard dash: 4.84
sec., 5-10-5 Agility: N/A sec.

"Paul was our "jackrabbit" power club award winner based on leadership ability, work ethic, attendance, winning attitude, and ability to follow instruction. He excelled in all of these areas." - Lee Munger, CSCS, NSCA member sponsor.

South Dakota State University

Gabe Koenigsfeld Defensive Line

Senior / Construction Management

Height: 6' 4", Weight: 253lbs.

Personal Bests: Bench Press: 385lbs.,
Squat: 455lbs., Vertical Jump: 28",
Power Clean: 319lbs., 40-yard dash: 4.72
sec., 5-10-5 Agility: N/A sec.

"Gabe has impressed me in the short time I have known him. He is a dedicated athlete who has worked extremely hard in the area of strength and conditioning to improve himself and his team. He is an individual of high character. He will be successful in whatever he pursues because of his hard work and dedication." - Nathan Moe, CSCS, NSCA member sponsor.

Springfield College

Dan Tanguay Outside Linebacker

Senior / Applied Exercise Science

Height: 5' 10", Weight: 200lbs.

Personal Bests: Bench Press: 380lbs.,
Squat: 470lbs., Vertical Jump: N/A",
Power Clean: 280lbs., 40-yard dash: 5.00
sec., 5-10-5 Agility: N/A sec.

"Dan has gone to extreme lengths to achieve on the field and in the weight room. He has great focus, dedication and commitment to all he does. His positive attitude has assisted

*him in achieving the high standards he sets for himself. If all athletes were like Dan the work of a strength coach would be much easier." - Margaret Jones, CSCS, *D, NSCA member sponsor.*

Texas Christian University

Tye Gunn Quarterback

Senior / Business

Height: 6' 2", Weight: 225lbs.

Personal Bests: Bench Press: 350lbs.,
Squat: 500lbs., Vertical Jump: 32",
Power Clean: 340lbs., 40-yard dash: 4.76
sec., 5-10-5 Agility: 4.50 sec.

"Tye has fought back from major knee surgery, shoulder surgery, and a torn groin to become a terrific team leader on the field, the weight room, and on campus. Through his hard work, we have excelled on the field. Tye will be sorely missed" - Don Sommer, NSCA member sponsor.

Texas Christian University

Jared Kesler Defensive Line

Senior / Business

Height: 6' 2", Weight: 275lbs.

Personal Bests: Bench Press: 450lbs.,
Squat: 835lbs., Vertical Jump: 30",
Power Clean: 435lbs., 40-yard dash: 4.85
sec., 5-10-5 Agility: 4.56 sec.

"Jared has come back from a serious knee injury to become a force on our defensive. He has used the weight room to become a better football player. His intensity in the weight room will be missed." - James Magnusen, NSCA member sponsor.

Texas Christian University

Ranorris Ray Defensive Tackle

Senior / Communications

Height: 6' 3", Weight: 280lbs.

Personal Bests: Bench Press: 420lbs.,
Squat: 700lbs., Vertical Jump: 30",
Power Clean: 360lbs., 40-yard dash: 4.80
sec., 5-10-5 Agility: 4.50 sec.

"Ray does everything you ask and then more. He is a strength coach's dream." - Matt Parker, NSCA member sponsor.

Texas Christian University

Cory Rodgers Wide Receiver

Junior / Social Work

Height: 6', Weight: 198lbs.

Personal Bests: Bench Press: 350lbs.,
Squat: 640lbs., Vertical Jump: 34",
Power Clean: 350lbs., 40-yard dash: 4.45
sec., 5-10-5 Agility: 4.26 sec.

"Cory's intensity and determination in the weight room has enabled him to become a dominant player on the field. He brings a great work ethic to workouts and pushes his teammates to do the same everyday." - Brandon Johnson, NSCA member sponsor.

Texas Christian University

Shane Sims Offensive Line

Senior / Speech Communication

Height: 6' 3", Weight: 295lbs.

Personal Bests: Bench Press: 550lbs.,
Squat: 650lbs., Vertical Jump: 28.5",

Power Clean: 410lbs., 40-yard dash: 4.88
sec., 5-10-5 Agility: 4.56 sec.

"His dedication in the weight room has paid huge dividends on the field. His work ethic is going to be missed" - Kyle Wallis, NSCA member sponsor.

The College Of William And Mary

Adam O'Connor Defensive Lineman

Senior / History

Height: 6' 8", Weight: 275lbs.

Personal Bests: Bench Press: 345lbs.,
Squat: 460lbs., Vertical Jump: 28.5",
Power Clean: 345lbs., 40-yard dash: 4.93
sec., 5-10-5 Agility: N/A sec.

"Adam came to us a skinny 225 pound Freshman with very little strength training background. To his credit he worked extremely hard to improve himself in all areas. As a result of Adam's hard work and dedication, he went on to achieve All-American honors (third team 2004) and All-Conference (second Team 2004, third Team 2005). These accolades are very much deserved for this young man. It has been a real pleasure working with him." - John Sauer, CSCS, NSCA member sponsor.

The University of Missouri

Brad Smith Quarterback

Senior / Business Administration

Height: 6' 2", Weight: 210lbs.

Personal Bests: Bench Press: 332lbs.,
Squat: 523lbs., Vertical Jump: 39.1",
Power Clean: 353lbs., 40-yard dash: 4.36
sec., 5-10-5 Agility: 3.74 sec.

“Brad has always followed a philosophy of first in / last out. He is a great role model for all those who surround him. His work ethic is impeccable and his attitude is infectious. Brad competes with himself on a daily basis and is always determined to do better. He is truly everyone’s All-American.” - Pat Ivey, NSCA member sponsor.

Troy University

Zarah Yisrael Offensive Guard

Senior / Broadcasting and Journalism

Height: 6’ 3”, Weight: 296lbs.

Personal Bests: Bench Press: 455lbs.,
Squat: 550lbs., Vertical Jump: 33”,
Power Clean: 335lbs., 40-yard dash: 5.15
sec., 5-10-5 Agility: 4.50 sec.

“He is a unique, regimental, consistent, determined worker who is always trying to improve. Zarah is one of the stronger players I’ve had the opportunity to coach. He lives in the weight room! Always willing to work with younger teammates to help them improve.” - Richard Shaughnessy, III, CSCS, NSCA member sponsor.

University of Alabama – Birmingham

Clarence Respress Defensive Line

Junior / Criminal Justice

Height: 6’ 2”, Weight: 290lbs.

Personal Bests: Bench Press: 475lbs.,
Squat: 550lbs., Vertical Jump: 32”,
Power Clean: 335lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Clarence brings a lot of energy to the weight room. He does what is asked of him and more.

Clarence is a leader on the field and in the weight room.” - Stacey Torman, CSCS, NSCA member sponsor.

University of California– Berkeley

Harrison Smith Defensive Back

Senior / Sociology

Height: 6’ 2”, Weight: 201lbs.

Personal Bests: Bench Press: 335lbs.,
Squat: 410lbs., Vertical Jump: 33.5”,
Power Clean: 291lbs., 40-yard dash: 4.53
sec., 5-10-5 Agility: 4.01 sec.

“Harrison has shown continued progress in the weight room, practice field and game field. He is a great example of how hard work pays off.” - Jeremy Lawson, CSCS, NSCA member sponsor.

University of California– Berkeley

Ryan Foltz Linebacker

Senior / Business Administration

Height: 6’ 2”, Weight: 225lbs.

Personal Bests: Bench Press: 340lbs.,
Squat: 400lbs., Vertical Jump: 27”,
Power Clean: 297lbs., 40-yard dash: 4.53
sec., 5-10-5 Agility: 3.90 sec.

“Ryan has not only finished his bachelor’s degree, but has also completed a master’s degree in education. He has shown the same drive and determination in the class room as he has in practices and games. Ryan defines student-athlete.” - Scott O’Dell, CSCS, NSCA member sponsor.

University of California– Berkeley

Chris Manderino Full Back

Senior / American Studies

Height: 6’ 1”, Weight: 235lbs.

Personal Bests: Bench Press: 320lbs.,
Squat: 455lbs., Vertical Jump: 28.5”,
Power Clean: 335lbs., 40-yard dash: 4.81
sec., 5-10-5 Agility: 4.19 sec.

“Chris is an explosive athlete who has trained hard and consistently over his entire college career. The toughness and durability he has shown in off-season conditioning has lead him to start in a Cal record 50 consecutive games.” - John Krasinski, NSCA member sponsor.

University of Iowa

Abdul Hodge Linebacker

Senior / Communications

Height: 6’ 1”, Weight: 235lbs.

Personal Bests: Bench Press: 440lbs.,
Squat: 565lbs., Vertical Jump: 35”,
Power Clean: 340lbs., 40-yard dash: 4.68
sec., 5-10-5 Agility: 4.14 sec.

“He is our Team Captain, a four year starter, a Big Ten Defensive player of the week, a 1st Team all Big Ten, and an All American.” - Christopher Doyle, CSCS, NSCA member sponsor.

University of Kentucky

Trey Mielsch Defensive Line

Senior / N/A

Height: 6’ 4”, Weight: 288lbs.

Personal Bests: Bench Press: 390lbs.,
Squat: 595lbs., Vertical Jump: 33”,
Power Clean: 335lbs., 40-yard dash: 4.94
sec., 5-10-5 Agility: 4.35 sec.

“Due to Trey’s commitment to strength training and conditioning, as well as his work ethic; he has grown from a 222lb Linebacker to a very effective 288lb Defensive Lineman in the SEC. His dedication, work ethic, and blue collar approach to strength training, football, and life in general has given him all that he has achieved to this point. I am sure that he will have a successful life because of it. He has been a pleasure to have in our program!” - Marcus Hill, CSCS, NSCA member sponsor.

University of Maine

Mike Devito Defensive Tackle

Junior / Business

Height: 6’ 4”, Weight: 280lbs.

Personal Bests: Bench Press: 425lbs.,
Squat: 690lbs., Vertical Jump: 33”,
Power Clean: 395lbs., 40-yard dash: 4.99
sec., 5-10-5 Agility: 4.53 sec.

“Mike’s position demands strength and power; he takes this demand to a new level. Mike is truly a stand out when compared to other strong men. He is a quiet, temperate leader who lets his actions speak. Mike has also been a recipient of Maine’s Roger Ellis Outstanding Defensive Lineman Award, and is a Maine Scholar-Athlete. His consistent tackles are something his teammates can count on and his opponents fear. It is an honor to recommend Mike Devito for Strength and Conditioning Athlete of the Year.” - Leslie Look, CSCS, NSCA member sponsor.

University of South Florida

Derek Carter Tight End

Senior / Communications

Height: 6' 4", Weight: 250lbs.

Personal Bests: Bench Press: 380lbs.,
Squat: 520lbs., Vertical Jump: 31.5",
Power Clean: 320lbs., 40-yard dash: 4.77
sec., 5-10-5 Agility: 4.48 sec.

"Derek has an incredible work ethic and has shown great dedication and commitment to our strength and conditioning program. His intensity and diligence during his training has enabled him to achieve all of his athletic goals. He is a proven leader among his teammates and is a symbol of a successful student-athlete. Derek has also contributed to the local community. He has worked as a Muscular Dystrophy Camp counselor and is active with the college age ministry at his church." - Ronnie McKeefery, CSCS, NSCA member sponsor.

University of Southern Mississippi

Trevis Coley Defensive Back

Senior / Coaching

Height: 6' 2", Weight: 230lbs.

Personal Bests: Bench Press: 370lbs.,
Squat: 550lbs., Vertical Jump: 38",
Power Clean: 350lbs., 40-yard dash: 4.50
sec., 5-10-5 Agility: 4.09 sec.

"Great work ethic; an athlete a coach loves to work with!" - Brian Neal, NSCA member sponsor.

University of Southern Mississippi

Kevis Coley Middle Linebacker

Senior / Coaching

Height: 6' 2", Weight: 230lbs.

Personal Bests: Bench Press: 370lbs.,
Squat: 550lbs., Vertical Jump: 38",
Power Clean: 350lbs., 40-yard dash: 4.50
sec., 5-10-5 Agility: 4.20 sec.

"One of the best workers we've ever had! Tremendous leader on and off the field!" - Chaucer Funchess, NSCA member sponsor.

University of Southern Mississippi

Terrance Ford Defensive Lineman

Senior / Coaching

Height: 6' 2", Weight: 300lbs.

Personal Bests: Bench Press: 515lbs.,
Squat: 600lbs., Vertical Jump: 34",
Power Clean: 330lbs., 40-yard dash: 5.00
sec., 5-10-5 Agility: 4.40 sec.

"By far, the best leader in the program. This is the second year in a row he has been nominated." - Charles Dudley, Jr, NSCA member sponsor.

University of Wyoming

Jovon Boughknight Wide Receiver

Senior / Kinesiology

Height: 6' 1", Weight: 195lbs.

Personal Bests: Bench Press: 305lbs.,
Squat: 420lbs., Vertical Jump: 38",

Power Clean: 255lbs., 40-yard dash: 4.63
sec., 5-10-5 Agility: 4.05 sec.

"Jovon definitely left his mark on our football program. He gained 25lbs during his career, and 9.5" on his vertical jump. His work helped him become an All Mountain West Conference receiver, he led the MWC in total receiving yards (tenth in the nation) with 1,116 yards, led the MWC in receiving yards per game with 101.5 yards (seventh in the nation), led the MWC in all purpose yards with 160.5 yards per game (tenth in the nation), set a MWC all time record in receiving yards in a career with 3,626 yards, second all time school record in receptions (250 receptions), and caught a pass in every game he played here setting the national record for consecutive games with a reception with 47. Jovon invested his hard work into our program to help him on the field. His work and success is what this award is all about." - Scott Bennett, CSCS, NSCA member sponsor.

University of Wyoming

Dusty Hoffschneider Noseguard

Senior / Sociology

Height: 5' 8.5", Weight: 253lbs.

Personal Bests: Bench Press: 440lbs.,
Squat: 575lbs., Vertical Jump: N/A",
Power Clean: 340lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Dusty was a two-sport athlete excelling in both football and wrestling and is one of the strongest athletes in Wyoming history. Dusty is a two-time NCAA qualifier in wrestling and a second team All-Mountain West selection in football. After a workout, Dusty benched 225lbs. 42 times for fun." - Kathy Crowe, CSCS, NSCA member sponsor.

University of Wyoming

Jeff Tatnall Linebacker

Senior / Marketing

Height: 5' 11", Weight: 230lbs.

Personal Bests: Bench Press: 355lbs.,
Squat: 520lbs., Vertical Jump: 33",
Power Clean: 350lbs., 40-yard dash: 4.70
sec., 5-10-5 Agility: 4.26 sec.

"Jeff transformed himself into one of the strongest linebackers on our team. He has total dedication to self improvement and spends countless hours in our facility in his free time. He has added 50lbs of solid bodyweight, and worked himself from an undersized walk on to a solid member of our line backing core. He personifies what this award is all about." - Michael Cotterman, CSCS, NSCA member sponsor.

US Air Force Academy

Jason Brown Wide Receiver

Senior / Management

Height: 6' 4", Weight: 225lbs.

Personal Bests: Bench Press: 335lbs.,
Squat: 515lbs., Vertical Jump: 36",
Power Clean: 330lbs., 40-yard dash: 4.58
sec., 5-10-5 Agility: N/A sec.

"Jason made a decision following his Junior season to focus on having a great off-season. As a result he skipped playing baseball during the spring semester to concentrate on improving his strength, power, and speed. The results were a huge increase in his testing results and a great Senior season, during which he caught 49 passes for 874 yards and five touchdowns. His 49 catches were the second most catches a Falcon receiver has caught since the team started running the option offense. Jason is

*a tremendous role model for all Air Force football athletes who want to be great.” - Allen Hedrick, MA, CSCS, *D, NSCA member sponsor.*

Vanderbilt University

Jay Cutler Quarterback

Senior / Human Organizational Development

Height: 6' 3", Weight: 230lbs.

Personal Bests: Bench Press: 405lbs., Squat: 500lbs., Vertical Jump: 33.5", Power Clean: 315lbs., 40-yard dash: 4.65 sec., 5-10-5 Agility: 4.17 sec.

"He is a great leader, elected Captain three years, and all time leader in touchdowns and total yards. He is a soldier with his training habits and a warrior on the field." - John Sisk, NSCA member sponsor.

Virginia Military Institute

Marcus Barnes Strong Safety

Senior / Biology

Height: 6' 3", Weight: 205lbs.

Personal Bests: Bench Press: 365lbs., Squat: 575lbs., Vertical Jump: 34.5", Power Clean: 295lbs., 40-yard dash: 4.63 sec., 5-10-5 Agility: 4.32 sec.

"Marcus is the strongest Defensive Back that I've had the opportunity to work with during my twelve years as a college strength coach. He is a leader by example in the weight room, on the field, and in the class room." - Jim Whitten, CSCS, NSCA member sponsor.

Virginia Tech

Will Montgomery Offensive Guard

Senior / Business Informational Technology

Height: 6' 3.5", Weight: 300lbs.

Personal Bests: Bench Press: 460lbs., Squat: 625lbs., Vertical Jump: 30", Power Clean: 390lbs., 40-yard dash: 4.85 sec., 5-10-5 Agility: 4.34 sec.

"Will is one of the most consistent workers I've ever had. He has excelled in all areas of our strength and conditioning program, and has progressed from a walk on athlete to first team All ACC status during his career at Virginia Tech." - Mike Gentry, CSCS, NSCA member sponsor.

Wartburg College

Jason Ingle Offensive Linebacker- Tackle

Senior / Physical Ed-Fitness Management

Height: 6' 5", Weight: 260lbs.

Personal Bests: Bench Press: 360lbs., Squat: 540lbs., Vertical Jump: 26", Power Clean: 340lbs., 40-yard dash: 5.20 sec., 5-10-5 Agility: 4.38 sec.

"Jason is a top performer on the field and in the weight room. He is the leader and workhorse of our team. As a future strength coach, he will make a great contribution to our profession." - Joel Dettwiler, CSCS, NSCA member sponsor.

West Virginia University

Marc Magro Linebacker

Sophomore / Business

Height: 6' 2", Weight: 245lbs.

Personal Bests: Bench Press: 435lbs., Squat: 660lbs., Vertical Jump: 31", Power Clean: 430lbs., 40-yard dash: 4.78 sec., 5-10-5 Agility: 4.34 sec.

"Marc has a tremendous work ethic. He is usually the first one in the weight room, and the last one out. His diligence and relentless pursuit of perfection has enabled him to improve upon his athletic ability, which has translated into more playing time." - Marcus Kinney, NSCA member sponsor.

West Virginia University

Mike Lorello Safety

Senior / Finance

Height: 6' 1", Weight: 202lbs.

Personal Bests: Bench Press: 390lbs., Squat: 605lbs., Vertical Jump: 34", Power Clean: 385lbs., 40-yard dash: 4.72 sec., 5-10-5 Agility: 3.82 sec.

"Lorello is the strongest athlete pound for pound on the football team. His do-or-die attitude has allowed his actions to be an inspiration to the rest of the team. These qualities that Mike possesses have contributed to his tremendous success." - Autumn Speck, CSCS, NSCA member sponsor.

West Virginia University

Owen Schmitt Fullback

Sophomore / Physical Education / Teaching

Height: 6' 3", Weight: 250lbs.

Personal Bests: Bench Press: 380lbs., Squat: 655lbs., Vertical Jump: 30.5", Power Clean: 445lbs., 40-yard dash: 4.50 sec., 5-10-5 Agility: 4.10 sec.

"Owen Schmitt is a warrior with an unwavering commitment to excellence. His dedication and desire in all facets of life make Owen the ultimate college athlete. His lethal combination of size, strength, and speed has forced defenders to dive for his ankles to avoid his punishing blows. I admire and respect Owen as both an athlete and a person." - Michael Barwis, CSCS, NSCA member sponsor.

Western Carolina University

Lamont Reid Fullback / Halfback

Senior / Engineering Technology

Height: 6' 1.5", Weight: 218lbs.

Personal Bests: Bench Press: 335lbs., Squat: 675lbs., Vertical Jump: 37.5", Power Clean: 380lbs., 40-yard dash: 4.53 sec., 5-10-5 Agility: 4.09 sec.

"Lamont is a dedicated athlete who has taken advantage of his athletic gifts to help him be successful on the football field. He is among our team leaders in rushing and receiving. He started as a true Freshman at free safety and by his Senior year began as a starting fullback. He owns the All-Time school record in the strength index at 6.43. He also owns the All-Time Running Backs record in the Back Squat, Clean, Broad Jump, Vertical Jump, and Pro Shuttle. He is ranked second All-Time for all positions in the Back Squat, Clean and Broad Jump. He is a talented two sport athlete who also help our Indoor Track and Field team win the Southern Conference Championship in 2004. He was named All-Southern Conference in the Long Jump in 2005. Lamont has done a tremendous job of developing himself not only physically, but also developing into a quality person. With his level of commitment and work ethic he will be successful in what ever he decides to do." - Tobias Jacobi, CSCS, NSCA member sponsor.

Wingate University

Kevin Canty Offensive Line

Senior / Sports Management

Height: 6' 8", Weight: 350lbs.

Personal Bests: Bench Press: 455lbs.,
Squat: 550lbs., Vertical Jump: 25",
Power Clean: 315lbs., 40-yard dash: 5.10
sec., 5-10-5 Agility: 4.70 sec.

"Kevin has made significant improvements to both is physical ability (speed/flexibility) and his attitude in his time at Wingate. His great personality has allowed him to be influential on the players in our program. In addition to his leadership, his performance has also been much improved. His weight numbers are astonishing when you consider that he had complete reconstruction of his shoulder in between his Sophomore and Junior seasons. Kevin is a dedicated teammate, whose three year starting position on our offensive line has been pivotal to our programs vast improvement in the recent three year span. His impact in the weight room, and in summer workouts will be impossible to replace. His on the field and weight room performances are always explosive, and he is definitely worthy of this award." - Jim Catanzaro, NSCA member sponsor.

Youngstown State University

Joe Juby Defensive End

Senior / Engineering

Height: 6', Weight: 265lbs.

Personal Bests: Bench Press: 365lbs.,
Squat: 550lbs., Vertical Jump: 30",
Power Clean: 350lbs., 40-yard dash: 5.07
sec., 5-10-5 Agility: 4.78 sec.

"Joe has worked hard on the field and in the weight room for the past four years. He set the team power clean record this past summer.

*Much of our improvement on defense has been due to his efforts." - Dan Wathen, CSCS,*D, NSCA-CPT,*D, NSCA member sponsor.*

GOLF

Fresno State

Gunnar Avinelis Golfer

Junior / Business

Height: 6', Weight: 175lbs.

Personal Bests: Bench Press: 205lbs.,
Squat: 265lbs., Vertical Jump: N/A",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"To say that Gunnar is a well-rounded individual is a gross understatement. He has been a WAC scholar-athlete and on the Dean's List every semester. He is active in community service, the Student Athlete Advisory Committee, a leader in FCA, and team co-captain. His coach describes him as a fiend in the weight room. If all of our athletes trained with the same level of attitude, effort, and commitment that Gunnar exhibits in the weight room, all of our teams would be contenders to win the WAC Championship and qualify for the NCAA Championship. Gunnar trains even when injured and only misses a workout when he is physically unable to get out of bed. Gunnar's dedication in the weight room has lengthened his drive distance and helped him shoot a low score of 70. He is a strength and conditioning coach's dream come true." - Erik Traeger, CSCS, NSCA member sponsor.

James Madison University

Jay Lindell Golfer

Senior / Sports Administration

Height: 5' 11", Weight: 182lbs.

Personal Bests: Bench Press: 245lbs.,
Squat: 300lbs., Vertical Jump: N/A",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Jay is the epitome of hardwork and determination. Jay is looked to as a leader in the weight room and during conditioning. His teammates look to him as the guy to beat which results in Jay pushing himself even harder. It has been a great pleasure coaching such an outstanding student-athlete. His goal is to continue playing golf after college at the next level. His work ethic and drive will make him successful both as a golfer and as a person." - David Emery, NSCA member sponsor.

University of Tennessee

Tino Weiss Golfer

Junior / Sport Management

Height: 6' 1", Weight: 195lbs.

Personal Bests: Bench Press: 255lbs.,
Squat: 345lbs., Vertical Jump: N/A",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Tino has demonstrated the hard work and leadership skills necessary of an award of this caliber. He leads by example and is someone who sets the intensity of the team's workout through his effort. Tino's hard work and dedication to his training is a direct reflection of who he is as a person." - Daniel Hamilton, CSCS, NSCA member sponsor.

GYMNASTICS

University of California— Berkeley

Britani Pittulo N/A

Senior / Legal Studies

Height: 5' 0", Weight: N/A lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: 210lbs., Vertical Jump: 21.5",
Power Clean: 148lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Britani has consistently given 100% effort every day in the weight room. She has shown great courage and a fearless training intensity despite going through numerous surgeries that she would not let get in her way of improving and competing at the highest level every year." - Jeremy Lawson, CSCS, NSCA member sponsor.

West Virginia University

Jaime Gold N/A

Sophomore / Exercise Physiology

Height: 5' 2", Weight: 125lbs.

Personal Bests: Bench Press: 125lbs.,
Squat: 315lbs., Vertical Jump: 24.5",
Power Clean: 185lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Jaime is an extremely disciplined and hardworking individual. Gold's self-motivation to go above and beyond the normal requirements has led to her success in the weight room and in the gym. The never-die attitude she possesses is and will continue to be a tremendous asset throughout her life." - Autumn Speck, CSCS, NSCA member sponsor.

ICE HOCKEY

Miami University

Andy Greene Defenseman

Senior / Education

Height: 5' 10", Weight: 192lbs.

Personal Bests: Bench Press: 300lbs.,
Squat: 425lbs., Vertical Jump: 27",
Power Clean: 290lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Andy is one of the best hockey players in school history. He is a two time Captain, Hoby Baker finalist and an All American. Andy's hard work set an example for our team." - Matt Cady, CSCS, NSCA member sponsor.

Ohio State University

Nate Guenin Defenseman

Senior / Finance

Height: 6' 2", Weight: 210lbs.

Personal Bests: Bench Press: 315lbs.,
Squat: 505lbs., Vertical Jump: 32",
Power Clean: 275lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.80 sec.

"Nate is the Captain of the Hockey team, he is a true leader on and off the ice. Strength training has helped him gain the weight and strength necessary to perform at the next level." - Lee Glass, CSCS, NSCA member sponsor.

University of Vermont

Ken Macaulay Defense

Junior / Agricultural and Resource
Entrepreneurship

Height: 5' 11", Weight: 193lbs.

Personal Bests: Bench Press: 324lbs.,
Squat: 500lbs., Vertical Jump: 27.4",
Power Clean: 313lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Kenny is an extremely gifted and physiologically impressive athlete. His approach to training and continued preparation is why he is so special as a student and an athlete. He constantly answers every challenge put his way and has brought that onto the ice to elevate his game and success in the program. I am extremely fortunate to be able to train someone as dedicated and focused as Ken Macaulay." - Paul Goodman, CSCS, NSCA member sponsor.

University of Vermont

Gabe Worzella Forward

Junior / Animal Science

Height: 5' 5", Weight: 136lbs.

Personal Bests: Bench Press: 131lbs.,
Squat: 266lbs., Vertical Jump: 25.6",
Power Clean: 166lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Gabe is an extremely dedicated, focused, driven and tireless worker. She exemplifies our philosophy of strength and conditioning but also in terms of her desire to learn beyond what is provided. Her pursuit in understanding why and what she is doing to continually perform at peak levels stems from her strong scholastic background (3.81 GPA). Gabe is an extremely intelligent and gifted athlete, and I have been fortunate to be able to work with her in her pursuit of excellence." - Paul Goodman, CSCS, NSCA member sponsor.

LACROSSE

Dartmouth College

Annie Leibovitz Midfield

Senior / Psychology

Height: 5' 3", Weight: 140lbs.

Personal Bests: Bench Press: 140lbs.,
Squat: 230lbs., Vertical Jump: 20.5",
Power Clean: 155lbs., 40-yard dash: 5.50
sec., 5-10-5 Agility: 4.70 sec.

"Annie's commitment to strength training and conditioning has made her one of the quickest members of the Dartmouth Lacrosse program. Annie takes great pride in her strength training and conditioning and her dedication to the program has allowed her to make improvements each year in the program. Her hard work and spirit make her a model for her teammates." - Jacob Moore, CSCS, NSCA member sponsor.

Haverford College

Peter Hannapel Midfield

Freshman / Education

Height: 6', Weight: 180lbs.

Personal Bests: Bench Press: 260lbs.,
Squat: 365lbs., Vertical Jump: 29",
Power Clean: N/A lbs., 40-yard dash: 4:48
sec., 5-10-5 Agility: 4:26 sec.

"Peter is an inspiration to all of his teammates. He is a Freshman that came to Haverford College with limited strength, power, and speed. Through his exceptional work ethic and determination in the weight room, he has improved dramatically in every component of physical performance. He has added 55 pounds to his bench press, 90 pounds to his squat, and 20 pounds of lean body mass. In addition, he has also shaved three tenths off his 40-yard

sprint time and two tenths off his 5-10-5 time. Because of his will to succeed, he will contend for plenty of playing time this season as a Freshmen." - Christopher Osmond, CSCS, NSCA member sponsor.

James Madison University

Julie Stone Midfielder

Sophomore / Liberal Studies / Education

Height: N/A, Weight: N/A lbs.

Personal Bests: Bench Press: 140lbs.,
Squat: 225lbs., Vertical Jump: N/A",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Julie is an exceptional student-athlete in all regards. Julie was named CAA All-Rookie Team and received the Conference Commissioner's Academic Award in 2005. She played on the Mid-Atlantic two team at the U.S. Lacrosse National Team. In the weight room, Julie redefines the word intensity. During the conditioning testing, she was first during the two minute test and sixth during the Gauntlet which is one mile, 800, 400, and 200 timed test. Julie is an outstanding student-athlete physically and academically. She is respected by teammates and coaches because of her lead by example philosophy. It is both my privilege and honor to coach her." - David Emery, NSCA member sponsor.

Keene State College

Colleen Murphy Attack

Senior / Elementary Education / Special Ed

Height: 5' 2", Weight: 130lbs.

Personal Bests: Bench Press: 85lbs.,
Squat: 100lbs., Vertical Jump: N/A",

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

“Colleen is a valuable member of the KSC Women’s Lacrosse team. She is a two-time LEC All-Star and had been one of the top goal scorers in her first two years. She was out her Junior year with illness but is determined to work hard in the off-season to have a great Senior year. In 2004, Colleen finished with 49 goals, 24 assists, and 73 points to help lead the Owls to an ECAC Championship. She is a hard worker and pushes herself at all times. She is a true leader and role model to her teammates.” - Sarah Testo, CSCS, NSCA member sponsor.

Towson University

Todd Macmullan Midfield

Senior / History

Height: 6’ 2”, Weight: 215lbs.

Personal Bests: Bench Press: 270lbs., Squat: 345lbs., Vertical Jump: 29”, Power Clean: 230lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

“Todd is one of the hardest working athletes I have ever coached. Time and time again he has proven through hard work and dedication, that he can be one of the best athletes on the lacrosse field. He has helped carry our men’s lacrosse team to many victories, conference championships, and NCAA Tournaments. A truly inspiring athlete.” - John Poitras, CSCS, NSCA member sponsor.

Towson University

Becky Trumbo Attack

Senior / Physical Education

Height: 5’ 7”, Weight: 150lbs.

Personal Bests: Bench Press: 105lbs., Squat: 165lbs., Vertical Jump: 26”, Power Clean: 105lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

“Becky has dedicated herself to the weight room and the conditioning field to make herself one of the best lacrosse athletes in the Division-1A level. She utilizes her strength and speed to dominate an opposing defense to score goal after goal. Her work ethic and dedication helped win the 2005 CAA Conference Championship.” - John Poitras, CSCS, NSCA member sponsor.

University of Maryland

Brendan Healy Midfielder

Senior / Marketing

Height: 5’ 11”, Weight: 175lbs.

Personal Bests: Bench Press: 320lbs., Squat: 570lbs., Vertical Jump: 31.5”, Power Clean: 280lbs., 40-yard dash: 4.60 sec., 5-10-5 Agility: 4.25 sec.

“Brendan is a natural leader and captain of this year’s team. He leads by example in the weight room, always pushing to get the most out of every workout. He pushes his teammates to get them to exceed and excel. He is a three time winner of the Iron-Terp award given to the strongest lacrosse player pound for pound in his Junior year he was an USILA honorable mention All-American. As a Sophomore he was Honorable mention STX/ Geico All-American.” - Marc Heinecke, CSCS, NSCA member sponsor.

ROWING

West Virginia University

Meg Ayers Starboard

Senior / Sport and Exercise Psychology

Height: 5’ 5”, Weight: 180lbs.

Personal Bests: Bench Press: 160lbs., Squat: 340lbs., Vertical Jump: N/A”, Power Clean: 180lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

“Meg is the perfect example of what a strength coach wants in the weight room. Her drive and work ethic are unmatched, and she is by far the strongest on the team. The entire team works very hard, and I attribute that to her excellent lead by example mentality.” - Jason Pompili, CSCS, NSCA member sponsor.

SOCCER

Birmingham–Southern College

Jess Smith Midfield

Senior / Business Administration

Height: 5’ 5”, Weight: N/A lbs.

Personal Bests: Bench Press: N/A lbs., Squat: 185lbs., Vertical Jump: N/A”, Power Clean: 140lbs., 40-yard dash: 5.26 sec., 5-10-5 Agility: N/A sec.

“Jess’ commitment to strength and conditioning serves as an example for her teammates, and all BSC student athletes. She sets the bar for what is expected in terms of hard work, discipline, and ability.” - Scott Charland, CSCS, NSCA member sponsor.

Central Connecticut State University

Jordan Holder Forward

Senior / Business

Height: 5’ 11”, Weight: 156lbs.

Personal Bests: Bench Press: 235lbs., Squat: 350lbs., Vertical Jump: 29”, Power Clean: 200lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

“Jordan is a real top notch person and one of the hardest working athletes around here for the last four years. His desire and hard work have paid off and he has received numerous conference accolades and contributed to bringing the team back to the top of the conference.” - Michael Ericksen, CSCS, NSCA member sponsor.

Creighton University

Ivonne Valentin Defender

Senior / Exercise Science / Communication

Height: 5’ 8”, Weight: 181lbs.

Personal Bests: Bench Press: 230lbs., Squat: N/A lbs., Vertical Jump: 22”, Power Clean: 132lbs., 40-yard dash: 5.27 sec., 5-10-5 Agility: N/A sec.

“Ivonne is one of the most determined athletes that we have ever worked with. After coming in as a Freshman in not such great shape, she has dedicated herself to become better in every phase of strength and conditioning and on the soccer field. In the past four years she has gained 13 pounds of muscle and has been a strong force on her team and in the weight room. She is truly a great competitor, athlete, and person. Her personal desire to be the best in the weight room has been evident and her hard work has

paid off. She is very deserving of this award.”
- Jennifer Yee, CSCS, NSCA-CPT, NSCA member sponsor.

Davidson College

Laura Schulenburg Goalie

Senior / Biology

Height: 5' 7", Weight: N/A lbs.

Personal Bests: Bench Press: 140lbs.,
Squat: 265lbs., Vertical Jump: N/A",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Laura has a great dedication to our lifting program and it shows with her being our strongest female athlete at Davidson. She always pushes herself in the weight room and never complains. I wish all athletes were dedicated to increasing their strength and power levels as Laura is.” - Evan Simon, NSCA member sponsor.

James Madison University

Emily Baskin Midfielder

Senior / Communications

Height: 5' 2", Weight: 130lbs.

Personal Bests: Bench Press: 135lbs.,
Squat: N/A lbs., Vertical Jump: 22.5",
Power Clean: N/A lbs., 40-yard dash: 4.55
sec., 5-10-5 Agility: N/A sec.

“Although Emily is small in stature, there are no limits to her hard work, desire, and heart both on the field and in the weight room. While at JM, Emily was the consummate leader, often being the first one to complete sprints during conditioning sessions and showing excellent technique in the weight room. Leading by example, she helped elevate

the intensity of any workout she was a part of. Her brand of quiet leadership was a source of inspiration for her teammates as well, who voted her team captain for the 2005 season. Emily's work ethic carried over to the class room, where she is a Dean's List student in Communication Studies. Over the course of four years, she has proved herself to be worthy of the title of NSCA All-American.” - Matthew Green, NSCA member sponsor.

Miami University

Lindsay Dunmead Defender

Senior / Special Education

Height: 5' 7", Weight: N/A lbs.

Personal Bests: Bench Press: 105lbs.,
Squat: 170lbs., Vertical Jump: 18.5",
Power Clean: 100lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Lindsay is a hard worker in the weight room and on the field. Her hard work paid off this year as she played her best soccer as a Senior.”
- Matt Cady, CSCS, NSCA member sponsor.

Northern Arizona University

Breslin Tschana Forward

Senior / Exercise Science

Height: 5' 4", Weight: 126lbs.

Personal Bests: Bench Press: 125lbs.,
Squat: 190lbs., Vertical Jump: 22",
Power Clean: 121lbs., 40-yard dash: 5.50
sec., 5-10-5 Agility: 4.40 sec.

“The word that could best be used to describe Tschana would be courage. For four years the courage that she has displayed in training and practicing and playing at her maximum capacity every day has been inspiring to all

that surround her. From boxing workouts to “strongwoman” training Tschana has been more than willing to participate in any activity that might give her the extra edge. Her hard work paid off in the form of a Big Sky Conference first team selection and a trip to the Big Sky Conference championship.” - Joshua Morzelewski, CSCS, NSCA member sponsor.

Texas A&M International University

Joseph Lawler Defense

Junior / History

Height: 6' 1", Weight: 180lbs.

Personal Bests: Bench Press: 275lbs.,
Squat: 405lbs., Vertical Jump: 26",
Power Clean: 225lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Joe is very motivated. He works hard on the field and in the weight room. Joe tries to get his teammates involved in workouts.” - Ernst Feisner, CSCS, NSCA member sponsor.

Texas A&M University

Katherine Krambeer Forward / Midfield

Junior / Pre-Med

Height: 5' 8", Weight: 150lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: N/A lbs., Vertical Jump: 21",
Power Clean: N/A lbs., 40-yard dash: 4.69
sec., 5-10-5 Agility: 4.50 sec.

“Kat is one of the most gifted athletes that I have had the pleasure to coach; she continuously astounds me with her athleticism. Her work ethic is reflected in all aspects of her life, as she approaches school work, soccer and Strength and Conditioning with 100% intensity. It is a

pleasure to coach Kat, and I am glad she still has another year at Texas A&M!” - Paul Sealey, NSCA member sponsor.

Trinity University

Stephanie Bull Goalie

Senior / Psychology

Height: 5' 6", Weight: 140lbs.

Personal Bests: Bench Press: 110lbs.,
Squat: 185lbs., Vertical Jump: N/A",
Power Clean: N/A lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Stephanie was First Team All SCAC, allowing just nine goals in 1500 minutes tallying a goals against average of .52. Stephanie was all region in 2004. The 2005 Tigers made it to the Elite 8, tying eventual national champion Messiah, who advanced on Pk's. Stephanie's Senior class made it to the playoffs three out of four years advancing to the final four once, and Elite 8 twice. Stephanie is also one of the student leaders of a campus wide study of eating disorders in females and female athletes.”
- Stevan Falk, CSCS, NSCA member sponsor.

University of California–Berkeley

Dania Cabello Forward

Senior / N/A

Height: N/A, Weight: N/A lbs.

Personal Bests: Bench Press: 95lbs.,
Squat: N/A lbs., Vertical Jump: 19",
Power Clean: 121lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Dania has been consistent and focused toward year-round improvement of her athletic ability. She has trained hard through injuries and has

shown great toughness and leadership.” - John Krasinski, NSCA member sponsor.

University of Southern Mississippi

Kalee Silovsky Forward

Sophomore / Exercise Science

Height: 6', Weight: 162lbs.

Personal Bests: Bench Press: 125lbs.,
Squat: 195lbs., Vertical Jump: 19",
Power Clean: 155lbs., 40-yard dash: 5.50
sec., 5-10-5 Agility: 4.24 sec.

"Stellar athlete! Great impact as a two sport athlete!" - Charles Dudley, Jr, NSCA member sponsor.

University of Wisconsin

Becky Katsma Defender

Senior / Kinesiology

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

Personal Bests: Bench Press: N/A lbs.,
Squat: 230lbs., Vertical Jump: 23.5",
Power Clean: 135lbs., 40-yard dash: 5.51
sec., 5-10-5 Agility: 4.71 sec.

"Becky's work ethic and leadership in the weight room and on the practice field was instrumental in Wisconsin Women's Soccer winning the 2005 Big Ten Tournament Championship." - Gregory Young, CSCS, NSCA member sponsor.

West Virginia University

Lana Bannerman Goal Keeper

Junior / Physical Education / Teaching

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

Personal Bests: Bench Press: 235lbs.,
Squat: 325lbs., Vertical Jump: N/A",
Power Clean: 165lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Lana's consistency and focus has given her the tools to persevere through any obstacle. Her ability to fight and disregard pain is matched by few. Lana's determination and unwillingness to settle for anything less than the best, has made her a beast in the weight room and on the field. Starting every match in her three years. and setting a new shutout record, is the product of her commitment and hard work. This success is sure to follow her in all she pursues." - Michael Barwis, CSCS, NSCA member sponsor.

Western Carolina University

Keevy Harris Mid Fielder / Forward

Junior / Social Work

Height: 5' 5", Weight: 138lbs.

Personal Bests: Bench Press: 145lbs.,
Squat: 275lbs., Vertical Jump: 19.5",
Power Clean: 140lbs., 40-yard dash: 5.30
sec., 5-10-5 Agility: 4.86 sec.

"Keevy's dedication to training is remarkable. In the All-Time rankings for Women's Sports she ranks ninth in the bench press, fourth in the back squat, ninth in the clean, and third in the broad jump. She also is on track to finish the season ranking in the Top 20 All-Time in career games played and career shots on goal. Her work ethic is an inspiration to all of her teams, she does a tremendous job of leading by example. She also takes her commitment over into the classroom as well, she was named 2004 SoCon TIAA-CREF Fall Academic All-Conference. Keevy is a joy to train. She was a large reason our women's soccer got off to the best start ever." - Tobias Jacobi, CSCS, NSCA member sponsor.

William Woods University

Kevin Julian Defender

Senior / Athletic Training

Height: 6', Weight: 165lbs.

Personal Bests: Bench Press: 245lbs.,
Squat: 315lbs., Vertical Jump: 25.5",
Power Clean: 225lbs., 40-yard dash: 4.6
sec., 5-10-5 Agility: 4.03 sec.

"Kevin has been a dedicated student-athlete in all aspects of his life. Each year he has become stronger, faster, quicker and more flexible. This has help him to become the MVP for 2005, 2004 and 2005 time team captain. This year he also earned first team all conference honors for the first time. Kevin's work ethic is contagious and it's the standard by which the rest of the team is measured." - Robert Jones, CSCS, NSCA member sponsor.

Wingate University

Veronica Acosta Forward

Senior / Elementary Education

Height: 5' 2, Weight: N/A lbs.

Personal Bests: Bench Press: 145lbs.,
Squat: 260lbs., Vertical Jump: 21",
Power Clean: 135lbs., 40-yard dash: 4.79
sec., 5-10-5 Agility: N/A sec.

"Veronica has performed on the field at an extremely high level. Her career has seen her score over 30 goals going into her Senior year. She was named Pre-Season All-South Atlantic Conference. Her endurance training and strength training allowed her to score goals in five out of the first six games. Veronica as a team captain set the standard for all of the players in our program to give every ounce of effort in every workout that they have. She is not only the strongest and fastest member of

the team, but she is the hardest worker as well. Her positive attitude and effort in workouts is contagious. Upon her graduation this year, she will have left the program and all who she came into contact with better for the experience." - Jim Catanzaro, NSCA member sponsor.

SOFTBALL

Auburn University

Robin Martin Infielder

Senior / Journalism / Sports Coaching

Height: 5' 7", Weight: N/A lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: 205lbs., Vertical Jump: 23.5",
Power Clean: 130lbs., 40-yard dash: 5.98
sec., 5-10-5 Agility: 4.85 sec.

"Robin's effort in this program is the example for all future athletes for Auburn University Softball. In the three years that I have had the privilege to work with her there has never been a day when her effort and discipline has been questioned- she is a worker and an outstanding leader through example. She has the true measuring stick for a championship attitude." - Jason Loscalzo, NSCA member sponsor.

Baylor University

Harmony Schwethelm Shortstop / Outfielder

Senior / Health Science / Pre Physical Therapy

Height: 5' 6", Weight: 140lbs.

Personal Bests: Bench Press: 123lbs.,
Squat: N/A lbs., Vertical Jump: 23",
Power Clean: 147lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Harmony epitomizes every aspect of what one would deem as a true player of the game. She is a diligent athlete who gives nothing less than everything each time she competes, practices or works out. This hard work has allowed her to become only the second player in Baylor Softball history to be garnered as an NFCA All-American. Her exceptional work ethic in the area of strength and conditioning has allowed her to elevate her game by leading the team with 36 stolen bases and being ranked in the top ten in the nation for most stolen bases per game. Additionally, she lead the team in batting average in Big XII play, and was ranked within the top 20 in the nation for most triples in a single game. Aside from her relentless dedication to her own game, Harmony gives an equal amount to her team and teammates both on and off the field. She is an outstanding leader both physically and mentally. Harmony is a wonderful person with endearing qualities; everyone she meets is immediately drawn to her engaging personality and genuine charm. She demonstrates great presence and passion on the field and is truly one of those players whom everyone loves to watch. I cannot speak highly enough of Harmony, nor could I nominate someone more deserving of this distinction of NSCA Strength and Conditioning All-American." - Brandon Marcello, CSCS, NSCA member sponsor.

Central Connecticut State University

Kristen Kropp Outfield

Senior / Communications

Height: 5' 5", Weight: N/A lbs.

Personal Bests: Bench Press: 90lbs., Squat: 205lbs., Vertical Jump: N/A", Power Clean: 130lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Kropp is a strong leader, not only by example, but vocally as well. Her hard work has rubbed off on others in the weight room. She is always in the weight room doing extra work to better herself on the field and has determination like none other." - Andrew Haffey, NSCA member sponsor.

Jacksonville University

Shanon Jensen Pitcher

Sophomore / Education

Height: 5' 6, Weight: 145lbs.

Personal Bests: Bench Press: 115lbs., Squat: 235lbs., Vertical Jump: 19.5", Power Clean: 140lbs., 40-yard dash: 5.05 sec., 5-10-5 Agility: 4.50 sec.

"Only a Sophomore, Shannon demands the best out of her teammates and herself. Always wanting to challenge herself mentally and physically she is willing and accepting of the challenges that await her as a student-athlete. Her role in the 2004 Atlantic Softball Championships allowed her to be placed on the First-Team All Freshman Team along with Freshman of the Year Honor in the Atlantic Sun Conference." - John Patrick, CSCS, NSCA-CPT, NSCA member sponsor.

Mid-America Nazarene University

Cara Reglin Outfield

Senior / Elementary Education

Height: 5' 4", Weight: 128lbs.

Personal Bests: Bench Press: N/A lbs., Squat: 180lbs., Vertical Jump: 22", Power Clean: 132lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Cara originally played volleyball when she came to Mid-America. She played her Freshman and Sophomore years. She then played softball her Sophomore and Junior years and is now concentrating on weightlifting. Cara competed in the Collegiate National Championships Spring 2005 for Olympic-style Weightlifting and has qualified for Collegiate again for 2006. Cara is a hard worker and has been more than willing to help me coach the softball team in the weight room." - Whitney Rodden, CSCS, NSCA member sponsor.

Norfolk State University

Allison Greene Outfielder

Senior / Communications

Height: 5' 7", Weight: 160lbs.

Personal Bests: Bench Press: 165lbs., Squat: 245lbs., Vertical Jump: N/A", Power Clean: 145lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Allison has been one of the leaders on her team in slugging and she led her team in homeruns last year. I feel that her hard work in the weight room gives her the strength to hit the long ball. Allison gives 100% in the weight room, and she has been one of the top lifters in my four years at Norfolk State. I highly recommend her for this award. She provides team leadership in the weight room and on the playing field." - Rodney Gaines, PhD, CSCS, NSCA member sponsor.

Texas A&M University

Lisa Gorzycki Pitcher / Outfielder

Junior / Business

Height: 5' 6", Weight: 129.5lbs.

Personal Bests: Bench Press: 150lbs., Squat: 235lbs., Vertical Jump: 23.5", Power Clean: 275lbs., 40-yard dash: 5.12 sec., 5-10-5 Agility: 4.40 sec.

"Lisa is a gifted athlete who works extremely hard and continues to get better and better. She finished first in our off-season testing and lifted 488% of her BW in the three lifts. Her athleticism combined with her work ethic and personality makes Lisa a real pleasure to be around. Lisa is a coach's dream and I'm glad we have her for another year." - Raychelle Ellsworth, NSCA member sponsor.

University of Iowa

Stacy May Shortstop

Senior / Business

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

Personal Bests: Bench Press: N/A lbs., Squat: 175lbs., Vertical Jump: N/A", Power Clean: 132lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Stacy has done a great job of staying devoted to year round training and is persistent in reaching her athletic goals." - Damon Davis, NSCA-CPT, CSCS, NSCA member sponsor.

University of Southern Mississippi

Ashley Brenan Third Base

Senior / Sports Administration

Height: 5' 7", Weight: 152lbs.

Personal Bests: Bench Press: 145lbs., Squat: 210lbs., Vertical Jump: 19", Power Clean: 150lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Ashley is a superior athlete and leader, with a great work ethic." - Chaucer Funchess, NSCA member sponsor.

University of Southern Mississippi

Charity Butler Second Base

Senior / Business

Height: 5' 8", Weight: 130lbs.

Personal Bests: Bench Press: 115lbs.,
Squat: 185lbs., Vertical Jump: 20",
Power Clean: 135lbs., 40-yard dash: 5.40
sec., 5-10-5 Agility: 4.60 sec.

"Hard worker; dedicated and determined athlete!" - Brian Neal, NSCA member sponsor.

Youngstown State University

Lacy Bronson Outfield

Senior / Early Childhood Education

Height: 5' 4", Weight: 132lbs.

Personal Bests: Bench Press: 105lbs.,
Squat: 195lbs., Vertical Jump: 22",
Power Clean: 125lbs., 40-yard dash: 6.00
sec., 5-10-5 Agility: 5.13 sec.

"Lacy is a team leader. She has earned distinction among the university's women teams for strength. Lacy has shown consistent work ethic in the weight room. She is a "stand-out" athlete who is dedicated toward improving her strength through hard work." - Elizabeth Vlad, CSCS, NSCA member sponsor.

SWIMMING

Clemson

Jonathan Mengerling

Distance Free

Senior / Physics

Height: 6' 8", Weight: 245lbs.

Personal Bests: Bench Press: 250lbs.,
Squat: 365lbs., Vertical Jump: 28",
Power Clean: 220lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Jonathan has really put in a great effort towards developing his mind and body. His positive attitude has led him to achieve many goals in the weight room as well as the swimming pool. To his team and other athletes at Clemson, Jonathan is clearly what would be defined as a Team Player. In 2004 Jonathan recorded a career-fastest time in the 1650 free (15:36.22) at the ACC Championships to receive an eighth-place finish and secure sixth place on the Clemson all-time top-ten list." - Larry Greenlee, NSCA member sponsor.

Georgia Tech

Natanya Harper Sprinter

Senior / Business Management

Height: 5' 6.5", Weight: 145lbs.

Personal Bests: Bench Press: 130lbs.,
Squat: 200lbs., Vertical Jump: 23",
Power Clean: 135lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Natanya has worked very hard to improve her overall strength, flexibility, and explosiveness. She is one of the most determined female athletes I have ever coached. Natanya rises to every challenge presented to her and is honored with the Iron Athlete recognition for a female in 2005. She is a highly motivated student

athlete, not only does she excel in the weight room, she will also graduate in three years with a business management degree. She holds the Georgia Tech women's swimming record in the 50 free style with a time of 23.68." - Eric Ciano, NSCA member sponsor.

Ohio University

Donald Jupp Sprint Freestyle

Senior / Exercise Physiology

Height: 6', Weight: 195lbs.

Personal Bests: Bench Press: 267lbs.,
Squat: 387lbs., Vertical Jump: 30",
Power Clean: 218lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"His hard work in the weight room has made him one of the top sprinters in the Mid American Conference. Each year he has gotten stronger in the weight room and faster in the pool. He understands that the harder he works in the weight room, the faster he will be. Every time he gets in the pool, he has an advantage because he is the strongest swimmer." - Mike Shelby, CSCS, NSCA member sponsor.

Texas Christian University

Amanda Reid Sprinter

Senior / International Economics

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

Personal Bests: Bench Press: 135lbs.,
Squat: 200lbs., Vertical Jump: N/A",
Power Clean: 135lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"She has made herself in the weight room. Through countless hours in the weight room and pool to help her swimming. Her work ethic will be missed." - James Magnusen, NSCA member sponsor.

Texas Christian University

Erica Tate Sprinter

Junior / Marketing / Advertising

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

Personal Bests: Bench Press: 135lbs.,
Squat: 200lbs., Vertical Jump: N/A",
Power Clean: 125lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Erica has been a joy to coach. Her determination in the weight room has carried over to the pool. She sets the standard for the whole swim team." - Don Sommer, NSCA member sponsor.

TENNIS

Drexel University

Kristy Pron N/A

Senior / Digital Media

Height: 5' 3", Weight: 148lbs.

Personal Bests: Bench Press: 115lbs.,
Squat: 200lbs., Vertical Jump: 14",
Power Clean: 100lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Kristy began her career playing softball and made the transition to tennis without missing a step. Kristy has an incredible work ethic and it shows on and off the court. Off the court Kristy has set her sites high with plans to run Disney. With how hard she works and how determined she can be I would not put it past her." - Michael Rankin, CSCS, NSCA-CPT, NSCA member sponsor.

Samford University

Bradley Weaver

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Junior / Engineering and Physics

Height: 6' 3", Weight: 225lbs.

Personal Bests: Bench Press: 345lbs.,
Squat: 365lbs., Vertical Jump: 30",
Power Clean: 225lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.00 sec.

"Bradley is the bell for getting his teammates in the weight room. The best compliment I can give Bradley is that all the other coaches always ask him if he would like to give their respective sports a try. Bradley was also the OVC's 2004 Sportsmen of the Year and first team all OVC for 2005." - Thomas Rohling, CSCS, NSCA member sponsor.

TRACK AND FIELD

Air Force Academy

Dana Pounds Javelin

Senior / Business Management

Height: 5' 6", Weight: 140lbs.

Personal Bests: Bench Press: 150lbs.,
Squat: 275lbs., Vertical Jump: 26.5",
Power Clean: 175lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Dana may be the best athlete, male or female, that I have ever coached. She possesses the intangibles of intensity, leadership, and consistency. Her toughness and drive to be the best is pervasive in the weight room and on the runway. She has improved all areas of her performance each year resulting in an All-American selection her Sophomore year and a

NCAA javelin title her Junior year." - Edward Blackwood, CSCS, NSCA member sponsor.

Bowdoin College

Patrick Lyons Throws

Senior / Anthropology

Height: 5' 10", Weight: 225lbs.

Personal Bests: Bench Press: 365lbs.,
Squat: 455lbs., Vertical Jump: 29",
Power Clean: 235lbs., 40-yard dash: 4.94
sec., 5-10-5 Agility: 4.60 sec.

*"Patrick's commitment to the strength and conditioning program has allowed him to be very competitive. His explosiveness is remarkable. He brings a great combination of intelligence, intensity, heart and humor to the track and field program. A balanced commitment to excellence in the circle, in the classroom, and the community contributed greatly to him being elected team captain his Senior year." - James St. Pierre, CSCS, *D, NSCA member sponsor.*

Bowie State University

Ricci Alleyne Sprinter / Hurdler

Junior / Business Information Systems /
Accounting

Height: 5' 9", Weight: 134lbs.

Personal Bests: Bench Press: 130lbs.,
Squat: 250lbs., Vertical Jump: N/A",
Power Clean: 145lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Ricci exemplifies the standard of excellence we strive for here at Bowie State University. She was an All CIAA performer for the indoor season in the 60m. hurdles, 400 dash and 1600m relay. In the outdoor season she

earned All-Conference honors in the 100m hurdles, 400m dash, 400m intermediate hurdles and was a member of the 1600m relay championship team. Ricci is a two time Division II All-American and a member of the CIAA Commissioner's Academic Team. She has achieved all of this while maintaining a 3.72 gpa. Ricci is a spectacular athlete and a wonderful person. Her hard work and dedication in the weightroom and classroom have paid serious dividends in her accomplishments." - Ed Page, NSCA member sponsor.

Central Michigan University

John Pilling Throws

Senior / Business

Height: 6' 3", Weight: 210lbs.

Personal Bests: Bench Press: 325lbs., Squat:
590lbs., Vertical Jump: 26.5",
Power Clean: 325lbs., 40-yard dash: 4.79
sec., 5-10-5 Agility: 4.30 sec.

"John is one of the hardest workers in the school, he has gained a tremendous amount of strength over the last four years that he has been a student-athlete. He is a school record holder in the discus, as well as a NCAA regional qualifier for that event." - Christopher Sandeen, CSCS, NSCA member sponsor.

Clemson

Randi Hinton Sprints

Senior / PRTM

Height: 5' 5", Weight: 132lbs.

Personal Bests: Bench Press: 125lbs.,
Squat: 250lbs., Vertical Jump: 25",
Power Clean: 155lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Randi has displayed great work ethic over the last four years here at Clemson. She has also taken a solid leadership role over the Women's Track Team. Randi's hard work has been a great example for younger athletes to follow. Her dedication to strength training has also helped her earn NCAA All-American and ACC Championship honors." - Larry Greenlee, NSCA member sponsor.

Clemson University

Danny Alge Thrower

Senior / Biosystems Engineering

Height: 6' 4", Weight: 240lbs.

Personal Bests: Bench Press: 350lbs.,
Squat: 500lbs., Vertical Jump: 32",
Power Clean: 311lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Alge ranks third on the Tiger's all-time list in the hammer throw. He was a NCAA East Region Qualifier in the Hammer Throw. Alge was also a member of the 2004 ACC Outdoor Championship team. He has committed himself to being one of the all time leaders in the hammer throw at Clemson. Alge is highly self motivated and is looked upon as a leader in the weight room by his peers. With the gains he has made in the weight room, he stands a great chance of being a conference and national contender in the hammer throw this season." - David Abernathy, NSCA member sponsor.

Georgia Tech

Ashlee Kidd Sprinter

Junior / Management

Height: 6', Weight: 165lbs.

Personal Bests: Bench Press: 140lbs.,
Squat: 265lbs., Vertical Jump: 25",

Power Clean: 187lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Ashlee does an outstanding job everyday in the weight room. She is a two time All-American in the 4x100 and an All-American in the 400. She placed fifth at the 2005 NCAA Championships with a personal best of 51.87. Ashlee won ACC titles in both the 200 and the 400 in 2004. She was also a member of the ACC Champion relay team in 2005. Ashlee earned a bronze medal at the IAAF World Junior Championships in 2004. She has been an absolute joy to work with." - William McDonald, CSCS, NSCA member sponsor.

Georgia Tech

Andriane Lapsley Sprints / Hurdles

Senior / International Affairs

Height: 5' 10", Weight: 145lbs.

Personal Bests: Bench Press: 165lbs., Squat: 370lbs., Vertical Jump: 28", Power Clean: 200lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"It has been an absolute pleasure to work with Andriane over the last four years. She comes in everyday and outworks everyone. She is a two time All-American in the 4x100. She is the reigning ACC indoor 60m champion, the reigning ACC outdoor champion in the 100m dash, and a member of the 4x100 ACC championship team. Andriane also finished second in the 200 and sixth in the 100 hurdles at the ACC meet. She qualified for Nationals in the 100, 200, and the 4x100." - Robert Harrington, NSCA member sponsor.

Hamilton College

Jessica Demichiel Pole Vault

Sophomore / Sociology

Height: 5' 6", Weight: 140lbs.

Personal Bests: Bench Press: 165lbs., Squat: 185lbs., Vertical Jump: 19", Power Clean: 115lbs., 40-yard dash: 5.40 sec., 5-10-5 Agility: 4.90 sec.

"I have coached Jessica since she was a Freshman in high school and I have seen huge improvements in her strength and conditioning along with her athletic performance. These improvements are due to her dedication and determination in the weight room and on the track. Jessica set the indoor and outdoor school records in the pole vault as a Freshman. Jessica was also all state in the pole vault." - Jerome Tine, CSCS, NSCA member sponsor.

Hamilton College

Kyle Graham Pole Vault

Senior / Economics

Height: 5' 9", Weight: 165lbs.

Personal Bests: Bench Press: 360lbs., Squat: 450lbs., Vertical Jump: 28.5", Power Clean: 285lbs., 40-yard dash: 4.80 sec., 5-10-5 Agility: 4.30 sec.

"Kyle is one of the most dedicated and hardest working athletes that I have ever had. He has had great accomplishments in the weight room that has resulted in large improvements in his pole vaulting. Kyle is the indoor and outdoor school record holder in the pole vault. He is also all league, all state and all ECAC in the pole vault." - Jerome Tine, CSCS, NSCA member sponsor.

Johnson County Community College

William Cochran Javelin

Sophomore / Sports Medicine

Height: 6', Weight: 215lbs.

Personal Bests: Bench Press: 270lbs., Squat: 390lbs., Vertical Jump: 34", Power Clean: 260lbs., 40-yard dash: 4.6 sec., 5-10-5 Agility: N/A sec.

"William is a hard working student-athlete, with a very nice personality. His hard work in the class rooms, practice, and in the weight room reflects in good athletic and academic performances." - Istvan Javorek, NSCA member sponsor.

Kansas State University

Laci Heller Thrower

Sophomore / Food Science

Height: 5' 9", Weight: 185lbs.

Personal Bests: Bench Press: 175lbs., Squat: N/A lbs., Vertical Jump: 24", Power Clean: 207lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Laci is an excellent worker with a bright future. She finished eighth in the NCAA's in the hammer and has thrown 201-10. The sky is the limit for this young woman as she continues to work hard and improve" - Rod Cole, CSCS, NSCA member sponsor.

Loras College

Kyle Brinkman Sprinter

Senior / Accounting / Management

Height: 6' 1", Weight: 170lbs.

Personal Bests: Bench Press: 190lbs., Squat: 330lbs., Vertical Jump: 30", Power Clean: N/A lbs., 40-yard dash: 4.70 sec., 5-10-5 Agility: 4.40 sec.

"Kyle made a commitment to the weight room after his Freshman year. He was a 400m runner that he was average at. His hard work in the weight room helped him to drop over two seconds in the 400m and 1.4 seconds in the 200m. His exact words to me after the first track meet were 'the last 100m of the race is so much easier.' His commitment to strength training helped him to become an All-American in the 4x400m Relay his Junior year." - Thomas Kult, CSCS, NSCA member sponsor.

Loras College

Abby Erion Sprints / Hurdles / Jumps

Junior / Sports Science - Physical Therapy (4.0 GPA)

Height: 5' 7", Weight: 156lbs.

Personal Bests: Bench Press: 130lbs., Squat: 290lbs., Vertical Jump: 23", Power Clean: 175lbs., 40-yard dash: 5.10 sec., 5-10-5 Agility: 4.80 sec.

"Abby is one the hardest working athletes I know. In September of 2004 she was told by the doctor that she could not do any lifting with her upper body. We modified her workouts and incorporated mainly lower body exercises and some Olympic lifts. She had a personal record in every event last season. The following are her marks: 400m – 57.5 seconds (2.6 second improvement), 55m Hurdles – 8.99 seconds (.46 second improvement), triple jump – 37'6" (never competed before and became a NCAA Provisional qualifier)." - Thomas Kult, CSCS, NSCA member sponsor.

Los Angeles Trade and Technical College

Adrian Ugarte Thrower

Sophomore / Physical Education

Height: 5' 10", Weight: 245lbs.

Personal Bests: Bench Press: 405lbs.,
Squat: 545lbs., Vertical Jump: 28",
Power Clean: 315lbs., 40-yard dash: 4.80
sec., 5-10-5 Agility: N/A sec.

"Adrian is not only extremely dedicated to his physical improvement for his throwing, but also in helping his team mates in the weight room. In addition, he works with our children's swim program as a coach and mentor and he is an assistant football coach at a local high school. I believe he has the personality and drive to be successful." - John Budinger, NSCA-CPT, CSCS, NSCA member sponsor.

Miami University

Ceith Creekmur Decathlete

Senior / Exercise Science

Height: 6', Weight: 167lbs.

Personal Bests: Bench Press: 240lbs.,
Squat: 430lbs., Vertical Jump: 36",
Power Clean: 275lbs., 40-yard dash: 4.39
sec., 5-10-5 Agility: N/A sec.

"Ceith is a tuff and gritty competitor that with hard training has raised himself to the next level. He started as a high jumper (6'8"-6'10") in his Sophomore year moved to decathlon placed eighth in conference first year. Junior year won Florida State Invitational and placed second in Conference Championships - just missing NCAA Qualification -- Scored a Decathlon High 6893pts seventh all-time in school history. Projected Conference Leader

this year and NCAA qualifier." - James Carsey, CSCS, NSCA member sponsor.

Miami University

Taryn Nye Heptathlon

Senior / Architecture

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

Personal Bests: Bench Press: 125lbs.,
Squat: 225lbs., Vertical Jump: 23.5",
Power Clean: 120lbs., 40-yard dash: 4.79
sec., 5-10-5 Agility: N/A sec.

"A coaches dream, training that propels a great athlete/leader/person into contention for top honors in conference. Indoor/outdoor seasons finished eighth-fifth in conference championships in heptathlon- as well as individual events high jump (2003 NCAA Provisional qualifying height 5'9 3/4")-- Numerous other wins/ places in single event competition.> Projected heptathlon place top three this season (05-06)" - James Carsey, CSCS, NSCA member sponsor.

Sonoma State University

Teri Smith 400 Hurdles

Sophomore / Psychology

Height: 5' 8", Weight: 135lbs.

Personal Bests: Bench Press: 165lbs.,
Squat: 330lbs., Vertical Jump: 26",
Power Clean: 135lbs., 40-yard dash: 4.90
sec., 5-10-5 Agility: N/A sec.

"Teri came to SSU without EVER hurdling and only running two years at high school. She never lifted weights before her Freshman year. As her lifting (especially squats) improved, her speed improved. She actually improved four seconds during her first season and placed eighth in Conference 400 hurdles at 66.16. Last year,

with improvements in all lifts she improved her Conference placing to fourth place and ran 64.77!" - Jim Hiserman, CSCS, NSCA member sponsor.

St. John's University

Blessing Egwu Thrower

Senior / Graduate Student - Sociology

Height: N/A, Weight: N/A lbs.

Personal Bests: Bench Press: 170lbs.,
Squat: 345lbs., Vertical Jump: N/A",
Power Clean: 215lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Blessing has done an outstanding job with her strength and conditioning training. She brings an intensity and enthusiasm each training session, which has allowed her to make extraordinary gains in strength and power. Her success in the weight room has carried over to the throwing circle and has transformed her into one of the top throwers in the Big East. In the 2005 Big East Outdoor Championship, Blessing earned all Big East honors with a first place throw in the hammer." - Robert Basile, CSCS, NSCA member sponsor.

Texas Christian University

Julie Curtis Hurdler

Senior / Biology

Height: 5' 7", Weight: N/A lbs.

Personal Bests: Bench Press: 145lbs.,
Squat: 240lbs., Vertical Jump: N/A",
Power Clean: 135lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Julie has been a great athlete to coach. She epitomizes what it is to be a student-athlete always going above and beyond what is asked

and expected of her. Her work ethic and leadership will be dearly missed." - Brandon Johnson, NSCA member sponsor.

The University of Missouri

Hans Uldal Decathlete

Senior / Undecided

Height: 6' 2", Weight: 220lbs.

Personal Bests: Bench Press: 300lbs.,
Squat: 440lbs., Vertical Jump: 31.9",
Power Clean: 323lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Hans is very dedicated to performing at the highest level and understands that strength and conditioning is a tool that can help him through the mental and physical challenges that the decathlon presents. His achievements in the event speak for themselves: gold medalist in the Norwegian National Championships 2005, finished 77th in the 2004 Olympic Games as representative for his native country, Norway. In addition, he holds the school record in the decathlon at the University of Missouri, is a three time All Big XII performer, and was an All-American in 2004. With his focus, intensity, and dedication, Hans will continue to grow and become a force in the decathlon." - Antwan Floyd, NSCA member sponsor.

The University of Missouri

Liz Young-Peterson Heptathlete

Senior / Nutrition and Fitness

Height: 5' 7", Weight: 135lbs.

Personal Bests: Bench Press: 135lbs.,
Squat: 211lbs., Vertical Jump: 20.4",
Power Clean: 156lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“Liz performs with a refuse to lose attitude at all times. She has always used the weight room to its fullest extent, never opting out of even an optional lift. Her persistent desire to compete allows her to continue performing at a high level despite tremendous demands both academically and personally. She is a Mizzou all-time top five performer in the pole-vault, a 2003 All-Big XII performer in the high jump (outdoor), as well as a 2003 NCAA Regional Qualifier in the high jump. Liz finished tenth in the heptathlon at the 2003 Big XII Championship and improved to ninth in 2004.” - Antwan Floyd, NSCA member sponsor.

Univ of NC Wilmington

Joe Welliver Thrower

Senior / Community Health

Height: 6' 1", Weight: 258lbs.

Personal Bests: Bench Press: 335lbs.,
Squat: 475lbs., Vertical Jump: 28.5",
Power Clean: 355lbs., 40-yard dash: 4.86
sec., 5-10-5 Agility: 4.68 sec.

“Joe has been a warrior in the weight room during his career here at UNCW. He has fought through injury and pain, always giving maximum effort, no matter what the demands on him. This attitude has lead to two Colonial Athletic Association team titles, an NCAA Regional bid in the hammer throw, and even a championship at the Triad Scottish Games.” - Jim Mayew, CSCS, NSCA member sponsor.

Univ of Nebraska at Kearney

Lance Pfeiffer Thrower

Junior / Business Management

Height: 6' 4", Weight: 287lbs.

Personal Bests: Bench Press: 397lbs.,
Squat: 523lbs., Vertical Jump: 30.5",
Power Clean: 446lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“His personal accomplishments are four time NCAA Qualifier in the Shot Put, 2003 RMAC Indoor Shot Put Champion, 2003 RMAC Indoor Freshman of the Year, NCAA DII All American - Shot Put (9lbs away from breaking the Hang Clean Record).Lance started out as a strong athlete and sometimes that makes gains ever harder to come by, but he has managed to consistently gain. He has done most of this through hard work and consistent work on his technique. He asks many questions about the program throughout the year, and understands how everything that we do in the weight room and during phylogility workouts and how it applies to the ring. Lance also dedicated his summer to training, for the first time he stayed in Kearney and worked out at the school, and the benefits are proof of that.Overall, Lance is one of the most dedicated, hardest working, coachable athletes a person can find, and he is also one of the nicest and most supporting friends you could have. I nominate Lance Pfeiffer as the NSCA All American Strength and Conditioning Male Athlete of the Year due to his athletic accomplishments and the type of person that he is.” - Robert Hartman, CSCS, NSCA member sponsor.

University of Alabama at Birmingham

Oriana Carter Sprint / Relays

Junior / Communication Studies

Height: 5' 7", Weight: 130lbs.

Personal Bests: Bench Press: 170lbs.,
Squat: 215lbs., Vertical Jump: N/A",
Power Clean: 175lbs., 40-yard dash: 4.69
sec., 5-10-5 Agility: N/A sec.

“Oriana is captain of the track team, voted in by her peers. She is one of the hardest workers on the team. Her success in the weight room is one of the largest reasons she is so successful on the track. She will do anything asked of her. At the same time she is successful in the classroom and involved in multiple extracurricular activities.” - Stacey Torman, CSCS, NSCA member sponsor.

University of Memphis

JD Erickson Thrower

Senior / Business

Height: 6' 4", Weight: 318lbs.

Personal Bests: Bench Press: 375lbs.,
Squat: 615lbs., Vertical Jump: 30.5",
Power Clean: 405lbs., 40-yard dash: 5.04
sec., 5-10-5 Agility: N/A sec.

“JD is one of the most explosive power athletes that I have ever witnessed. He has the unique ability to combine pure power with fluid athletic technical movements. His work ethic is second to none in the weight room as well as in the circle. He dominated the Conference USA indoor championships in the shot put, and managed a strong second place showing in the 35 lb. weight. He refuses to get beat in the weight room, and is always engaged in a mental battle with the iron. He is very intrinsically motivated to be the best athlete that he can become, and his weight room numbers are a testament to that pursuit. JD is very deserving of this award.” - Kevin Robinson, CSCS, NSCA member sponsor.

University of Wisconsin – La Crosse

Kelly Runkle Sprinter / Jumper

Senior / Communication Studies

Height: 5' 4.5", Weight: 122lbs.

Personal Bests: Bench Press: 115lbs.,
Squat: 200lbs., Vertical Jump: N/A",
Power Clean: 132lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

“I've had the opportunity to watch Kelly Runkle develop as an athlete while entering her fourth year in track and field at UW-La Crosse. Her dedication to resistance training has positively influenced her athletic career dramatically – a fact that has not escaped her attention or the attention of the head coach. As a part-time strength coach for a NCAA Division III track and field team. I count on leaders like Kelly who have witnessed first hand how resistance training has aided them in their sport to take that “message” out to their fellow athletes. Her natural leadership qualities have allowed her to do this in a positive manner. In preparing for her Senior year she has worked even harder in the weight room on her technique and has asked for help from our undergraduate strength and conditioning staff members to push her in attempting more challenging weights. It's this sort of dedication that I hope will pay off for Kelly and will also continue to inspire our younger lifters to be like her. She knows that lifting weights has helped her in her sport, and while acting as a role model to other athletes I believe that her influence will continue to be seen in the years after she has left UW-La Crosse. Some of the accolades Kelly has achieved through 3 years of Track and Field Accomplishments: Four-time All American (4x400), Most Outstanding Sophomore 2004, Most Outstanding Junior 2005, All-Conference First Team (5 Times), and the Dean's List All Six Semesters. Thank you for providing an outlet for coaches to talk about athletes that are positive role models for their teammates by participating in a sound strength and conditioning program. Kelly is a quality athlete both on and off the track and represents our institution in an exceptional manner.” - Travis Erickson, CSCS, NSCA member sponsor.

Youngstown State University

Jeanna Cunningham Sprints

Senior / Civil Engineering

Height: 5' 9", Weight: 130lbs.

Personal Bests: Bench Press: 135lbs.,
Squat: 245lbs., Vertical Jump: 28",
Power Clean: 145lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Jeanna has been a tremendous competitor for our university. She has been an anchor on a dominant conference track team. She is a tireless worker in the weight room. NCAA Regional Qualifier Outdoor 2005; Horizon League Indoor MVP 2004-2005; School Record 400m; Horizon League Team Champions 2003, 2004, 2005." - Todd Burkey, CSCS, NSCA member sponsor.

Youngstown State University

Aaliyah Gillespie Hurdler

Senior / Exercise Science

Height: 5' 8", Weight: 140lbs.

Personal Bests: Bench Press: 115lbs.,
Squat: 235lbs., Vertical Jump: N/A",
Power Clean: 150lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Aaliyah is a hard worker in the weight room, as demonstrated by her current levels of performance. Some of her past accomplishments include, NCAA record qualifier in 2004 and 2005, school and conference record holder in the 100m hurdles, conference record holder in the 60m hurdles, Horizon league champions 2003, 2004, and 2005. She has been and continues to be an inspiration to her teammates and an excellent representative of our institution." - Ken Layman, CSCS, NSCA-CPT, NSCA member sponsor.

University of Iowa

Tim Brodersen Discus / Hammer

Senior / Art Education

Height: 6' 2", Weight: 225lbs.

Personal Bests: Bench Press: 400lbs.,
Squat: 500lbs., Vertical Jump: N/A",
Power Clean: 330lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Tim has taken full advantage of the rewards that hard work and consistency can have on an athlete's athletic goals. Walking on to Iowa Track and Field after battling a blood borne illness and receiving a bone marrow transplant his Senior year in high school, was Big Ten champion in the discus and 16th in NCAA." - Damon Davis, NSCA-CPT, CSCS, NSCA member sponsor.

VOLLEYBALL

Boise State University

Telia Peterson Outside Hitter

Senior / Biology

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

Personal Bests: Bench Press: 135lbs.,
Squat: 300lbs., Vertical Jump: 27",
Power Clean: 178lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Telia came to us from the Junior College Level with little experience in the weight room. Through her hard work, intensity, and dedication in the weight room she became a tremendous athlete that improved her production on the court." - Jeff Pitman, CSCS, NSCA member sponsor.

Brigham Young University

Ivan Perez Outside Hitter

Sophomore / Undesignated

Height: 6' 4", Weight: 210lbs.

Personal Bests: Bench Press: 285lbs.,
Squat: 415lbs., Vertical Jump: 45",
Power Clean: 287lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Ivan was a member of the 2004 National Championship team. He was named a second-team All American by the AVCA and Asics/Volleyball magazine second-team in 2005, named to the All-MPSF Second Team in 2005, and holds the Freshman record for the most kills in a season with 382. Ivan has incredible talent and is very explosive. Ivan is a team captain and has worked hard during the off-season improving his strength, conditioning and explosiveness. We are looking for great things from him this season. He touches 11'8" with an approach (45" vertical) and a 40" standing vertical jump." - Corey Anderson, CSCS, NSCA member sponsor.

Central Connecticut State University

Chantelle Bowden Outside Hitter

Senior / Athletic Training

Height: 5' 11", Weight: N/A lbs.

Personal Bests: Bench Press: 160lbs.,
Squat: 260lbs., Vertical Jump: 24",
Power Clean: 145lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Chantelle is one of the most gifted athletes that I have worked with. She is always the first in the weight room and the last to leave. Her work ethic and drive cannot be matched. She

motivates and leads by example." - Michael Ericksen, CSCS, NSCA member sponsor.

Central Michigan University

Mary Ochmanek Outside Hitter

Junior / Business

Height: 5' 9", Weight: 140lbs.

Personal Bests: Bench Press: 135lbs.,
Squat: 255lbs., Vertical Jump: 25",
Power Clean: 145lbs., 40-yard dash: 5.43
sec., 5-10-5 Agility: 4.54 sec.

"Mary is leader on the court as well as the weight room. She has great jumping ability as well as agility. Her vertical jump over the last year has increased by four inches, and her 5-10-5 time has decreased by .2 through her work." - Christopher Sandeen, CSCS, NSCA member sponsor.

Chandler Gilbert Community College

Cami Hunt Libero

Sophomore / Exercise and Wellness

Height: 5' 6", Weight: 135lbs.

Personal Bests: Bench Press: 115lbs.,
Squat: 230lbs., Vertical Jump: 24",
Power Clean: N/A lbs., 40-yard dash: 5.70
sec., 5-10-5 Agility: 5.41 sec.

"During her time at Chandler Gilbert Community College, Cami Hunt has displayed inexorable leadership and discipline. Her enthusiasm for hard work, on and off the court, has served a vital role in the development of her fellow athletes, and the successes of her team. Cami is majoring in Exercise and Wellness and plans to pursue a degree in Physical Therapy, to work with aspiring athletes. In her spare time

she enjoys running, cooking, and reading.” - Mark Peterson, CSCS, NSCA member sponsor.

Johnson County Community College

Katie Jaschke Middle Hitter

Sophomore / Biology / Pre-Med

Height: 5' 8", Weight: 135lbs.

Personal Bests: Bench Press: 145lbs., Squat: 195lbs., Vertical Jump: 25", Power Clean: 145lbs., 40-yard dash: 5.1 sec., 5-10-5 Agility: N/A sec.

"Katie is one of the 2005 NJCAA woman volleyball national champion team's motivator with her great positive attitude, spirit and personality. She always has an extra smile and able to tell her team mates in the most difficult game situation, "Yes I love it". - Istvan Javorek, NSCA member sponsor.

Juniata College

Casey Dale Libero

Junior / Secondary Education

Height: 5' 11", Weight: 185lbs.

Personal Bests: Bench Press: 300lbs., Squat: 425lbs., Vertical Jump: 32", Power Clean: 225lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Casey is a member of the 2003 and 2004 Molten National Championship team. Casey is admired by both his coaches and his teammates for his hard work, both in the gym and in the weight room. Casey raised the bar to a new standard for his program in terms of intensity and work ethic." - Douglas Smith, CSCS, NSCA-CPT, NSCA member sponsor.

Juniata College

Abby Leonard Libero—Serving and Defensive Specialist

Senior / Elementary Education

Height: 5' 7", Weight: 150lbs.

Personal Bests: Bench Press: 150lbs., Squat: 300lbs., Vertical Jump: 20", Power Clean: 155lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Abby is a four year member of the Women's Volleyball program and a member of the 2004 NCAA Division III Women's Volleyball National Championship team. She has been lauded by her coaches for bringing out the best in her teammates the past four years as a member of the Juniata College Women's Volleyball team. Her work on and off the court sets a standard for her teammates to follow. She was voted by both her coaches and her teammates to captain the 2005 squad." - Douglas Smith, CSCS, NSCA-CPT, NSCA member sponsor.

Juniata College

Rachael Schatz Outside Hitter

Junior / Business Management

Height: 6' 1", Weight: 190lbs.

Personal Bests: Bench Press: 150lbs., Squat: 275lbs., Vertical Jump: 25",

Power Clean: 160lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Rachael has worked extremely hard in the weight room to help improve her performance on the court. This is evident in her increased vertical and overall strength and general body physique. Rachael is a three year starter on the Women's Volleyball team which includes

the 2004 NCAA Division III National Championship squad." - Matthew Huntsman, NSCA-CPT, NSCA member sponsor.

Kalamazoo College

Laura Winkler Defensive Specialist and Outside Hitter

Sophomore / Health Science

Height: 5' 7", Weight: N/A lbs.

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 sec., 5-10-5 Agility: N/A sec.

"Strength and conditioning has helped Laura progress from a quiet seldom used Freshman to a leader and starter on her Sophomore year on the volleyball team. Laura may have the best technique of all Kalamazoo College athletes when it comes to the Olympic lifts. Her attention to detail also helps in the classroom where she has a perfect 4.0 grade point average." - Terrance Brooks, CSCS, NSCA member sponsor.

Miami University

Kate Norris Middle Hitter

Sophomore / Exercise Science—Pre Med

Height: 6', Weight: N/A lbs.

Personal Bests: Bench Press: 200lbs., Squat: 285lbs., Vertical Jump: 24", Power Clean: N/A lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Kate has overcome a severe back injury to become one of our most explosive and most productive players. Her dedication in the weight room has allowed her to become not only one of our strongest female athletes but also

*compete relatively injury free this year." - Dan Dalrymple, CSCS, *D, NSCA member sponsor*

New Mexico State University

Jackie Choi Setter

Junior / Accounting/ Economics

Height: 5' 10.75", Weight: 146lbs.

Personal Bests: Bench Press: 85lbs., Squat: 135lbs., Vertical Jump: 20.5", Power Clean: 130lbs., 40-yard dash: N/A sec., 5-10-5 Agility: 4.64 sec.

"Jackie embodies everything that you would like your student-athlete to be, i.e. hard working, self-motivated, disciplined, and a total team player. Recently named to the 2005 ESPN Academic All-American Team, as well as First Team All Conference in the Western Athletic Conference. Jackie has distinguished herself on the court and in the classroom. Jackie brings her "A" game to every workout!" - Tony McClure, CSCS, NSCA member sponsor.

Ohio University

Julia Winkfield Middle Blocker

Senior / Sport Industry

Height: 6', Weight: N/A lbs.

Personal Bests: Bench Press: 120lbs., Squat: 246lbs., Vertical Jump: 26", Power Clean: 169lbs., 40-yard dash: N/A sec., 5-10-5 Agility: N/A sec.

"Julia is a perfect example of what an athlete can accomplish through consistent training. 2002 All MAC Freshman team, 2004-05 All MAC first team, and 2005 honorable mention All American." - Joseph Fondale, NSCA member sponsor.

Oregon State University

Kristen Murray Outside Hitter

Junior / Business Administration

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

Personal Bests: Bench Press: 135lbs.,
Squat: 250lbs., Vertical Jump: 30",
Power Clean: 185lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Kristen possesses tremendous power. Has the ability to make heavy work seem easy. Easy going spirit that makes her well liked among her teammates and coaches. Leads by example and at times makes a strength coaches job seem easy. Coach believes an entire team can be built around her and her powerful abilities."
- Andrew Dendas, CSCS, NSCA member sponsor.

Portland State University

Jessica Brodie Outside Hitter

Junior / Psychology

Height: 5' 5", Weight: N/A lbs.

Personal Bests: Bench Press: 105lbs.,
Squat: 205lbs., Vertical Jump: 28",
Power Clean: 153lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Jessica has learned that the weight room directly effects her performance on the court. She has utilized the strength and conditioning staff to its fullest to enhance her athletic ability. She was a first team all Big Sky selection this past year for volleyball" - Fredrick Fabian, CSCS, NSCA member sponsor.

Texas A&M International University

Xochitl Garza Hitter

Senior / Fitness and Sports

Height: 5' 10", Weight: 170lbs.

Personal Bests: Bench Press: 115lbs.,
Squat: 225lbs., Vertical Jump: N/A",
Power Clean: 95lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Xochitl has worked extremely hard over the last year. She came to strength training late in her playing career, but embraced it fully. Her improved performance on the court has inspired her teammates to hit the weight room." - Ernst Feisner, CSCS, NSCA member sponsor.

Texas A&M University

Christi Hahn Outside Attacker

Junior / Pre-Physical Therapy

Height: 6', Weight: 161lbs.

Personal Bests: Bench Press: 135lbs.,
Squat: 245lbs., Vertical Jump: 29",
Power Clean: 154lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.66 sec.

"Christi once again dominated the off-season training program. She is a very well rounded athlete who continues to get better and better. She lifted 331% of her BW in the three lifts (PC,Sqt,BP) and continues to make those around her better. I am thankful that we have her around for another year." - Raychelle Ellsworth, CSCS, NSCA member sponsor.

Texas Christian University

Erin Estep Outside Hitter

Senior / Psychology

Height: 6', Weight: N/A lbs.

Personal Bests: Bench Press: 145lbs.,
Squat: 205lbs., Vertical Jump: 28",
Power Clean: 140lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.92 sec.

"Erin's drive in the weight room has rubbed off on her teammates with dramatic effect. She will be missed. Erin has been a joy to coach."
- Matt Parker, NSCA member sponsor.

University of Florida

Kisya Killingsworth Middle Blocker

Sophomore / Family, Youth, and
Community Sciences

Height: 6' 3", Weight: 170lbs.

Personal Bests: Bench Press: 155lbs.,
Squat: 310lbs., Vertical Jump: 26",
Power Clean: 170lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.20 sec.

"When Kisya arrived at the University of Florida she had never touched a weight in her life. She has worked incredibly hard over the last year and a half in becoming a dominant middle blocker. Her work in the weight room and conditioning sessions allowed her to dominate her opponents during the 2005 season as she became one of only seven players in school history to be named an All-American as a Sophomore. 2005 Achievements: American Volleyball Coaches Association Third Team All-American, First Team All-Southeastern Conference, Southeastern Conference Offensive Player of the Week Oct. 10, Hitting efficiency of .408 was the sixth-best in the nation and the best mark in the Southeastern Conference,

Hit above .400 in 19 matches, Fifth in SEC in blocks per game (1.33)" - Matthew DeLancey, CSCS, NSCA member sponsor.

University of Missouri

Lisa Boyd Middle Blocker

Senior / Personal Financial Planning

Height: 6' 2", Weight: 160lbs.

Personal Bests: Bench Press: 123lbs.,
Squat: 223lbs., Vertical Jump: 26.5",
Power Clean: 148lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.61 sec.

"Lisa is a gifted athlete that has committed herself to becoming a complete volleyball player by developing her physical, mental, and leadership potential. Lisa received her first ever Mizzou Performance Athlete award and has been a major contributor in leading our volleyball program to its greatest heights. Her consistent focus, enthusiasm, coachability, and mental discipline in her training has led to all-time team and personal records that have set a standard of excellence for the volleyball program. Lisa lead the BIG XII conference in hitting percentage in 2004, setting a school record and earned academic all conference honors three times in her career." - Shannon Turley, CSCS, NSCA member sponsor.

University of South Alabama

Katie Wilhelm Setter

Sophomore / Business

Height: 5' 11", Weight: 140lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: 230lbs., Vertical Jump: 19",
Power Clean: 130lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Katie is a very dedicated athlete. She trained hard all summer to prepare for the 2005 season. She is a person that enjoys a challenge and is willing to do what it takes to succeed." - James Brasseal, CSCS, NSCA member sponsor.

University of the Pacific

Ashley Groothuis Outside Hitter

Senior / Business

Height: 6' 1", Weight: N/A lbs.

Personal Bests: Bench Press: 160lbs.,
Squat: 220lbs., Vertical Jump: 23",
Power Clean: 170lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: 4.85 sec.

"Ashley is our most consistent worker and leads by example." - Todd Smith, CSCS, NSCA member sponsor.

West Virginia University

Abby Tevis Outside Hitter

Sophomore / Exercise Physiology

Height: 5' 10", Weight: 153lbs.

Personal Bests: Bench Press: 120lbs.,
Squat: 280lbs., Vertical Jump: 25",
Power Clean: 130lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Abby has been one of our hardest workers from day one. She came in and immediately led by example. This is why Abby is the strongest on her team and a pleasure to work with." - Marcus Kinney, NSCA member sponsor.

Winthrop University

Mary Hock Outside Hitter

Senior / Fitness / Wellness

Height: 5' 9", Weight: 140lbs.

Personal Bests: Bench Press: N/A lbs.,
Squat: 230lbs., Vertical Jump: 22",
Power Clean: 160lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Mary is an extremely self-motivated athlete. Her commitment to strength and conditioning has not only helped her physically but has also helped make her mentally tougher. She was an All-Big South Conference and All-American player while at Winthrop. She is Winthrop's record holder in career aces and kills, and she led the nation in aces her Senior year." - Charles Pugh, CSCS, NSCA member sponsor.

WATER POLO

University of the Pacific

Will Mclaughlin

Center Back

Senior / Business

Height: 6' 3", Weight: 210lbs.

Personal Bests: Bench Press: 260lbs.,
Squat: 300lbs., Vertical Jump: 24",
Power Clean: 225lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Will is an extremely dedicated athlete who has done everything within his power to become a better water polo player. He has proven himself a leader both in the pool and in the weight room where he lets his intensity and commitment serve as an example for his teammates. He led the Pacific weight room record boards this year with 39 chin ups. Will is also an accomplished swimmer winning the Big West Conference championship in the 50 free, 100 free, and 100 fly during his career. He also owns the school record in the 100 fly at 48.84 seconds. In 2003 he also qualified for the United States Olympic Trials in swimming."

"With the lessons that Will has learned from athletics, he will be successful in whatever he chooses to pursue after college." - Thomas Barr, CSCS, NSCA member sponsor.

WRESTLING

University of Wyoming

Malcolm Havens

197 weight class

Senior / Exercise Science

Height: 6', Weight: 197lbs.

Personal Bests: Bench Press: 315lbs.,
Squat: 415lbs., Vertical Jump: N/A",
Power Clean: 286lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Malcolm has done an outstanding job in the strength and conditioning program during his time at the Univ. of Wyoming. He has a tremendous work ethic and internal drive that has enabled him to achieve success in both the weight room and on the mat." - Carl Christensen, CSCS, NSCA member sponsor.

University of Wyoming

Bryce Leonhardt

125 weight class

Senior / Education

Height: 5' 6, Weight: 125lbs.

Personal Bests: Bench Press: 205lbs.,
Squat: 265lbs., Vertical Jump: N/A",
Power Clean: 203lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Bryce has done an outstanding job during his career at the Univ. of Wyoming. He is one of the most dedicated athletes I have ever coached. He has an outstanding work ethic that has to lead to success in the weight room and on the

wrestling mat." - James Teeple, CSCS, NSCA member sponsor.

West Virginia University

Zac Fryling

157 weight class

Junior / Physical Education

Height: 5' 6", Weight: 165lbs.

Personal Bests: Bench Press: 330lbs.,
Squat: 500lbs., Vertical Jump: N/A",
Power Clean: 340lbs., 40-yard dash: N/A
sec., 5-10-5 Agility: N/A sec.

"Zac has an excellent work ethic. As a two time NCAA qualifier, he is very tough physically and mentally." - Jason Pompili, CSCS, NSCA member sponsor.