



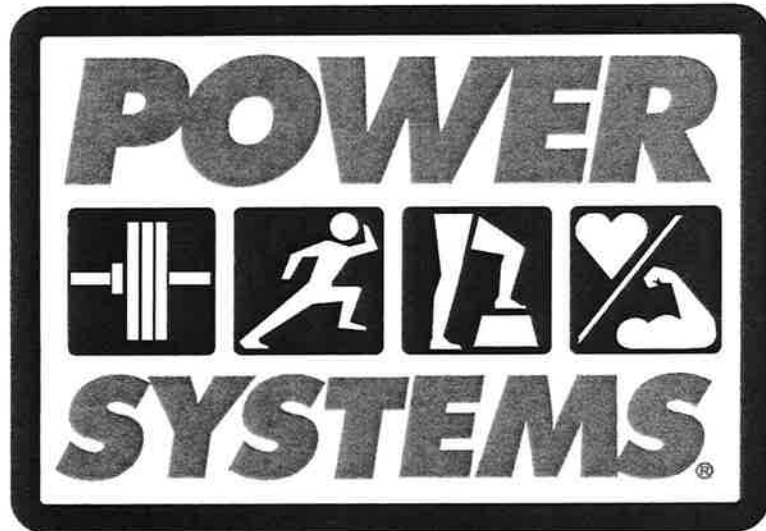
2007 ALL-AMERICAN
STRENGTH AND CONDITIONING
ATHLETES OF THE YEAR



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NATIONAL STRENGTH AND
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Athletes of the Year***

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2007
 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

University of Kentucky
 Mike Brown
 Second Baseman

Agricultural Economics
 Height: 5'8.5" Weight: 175 lbs.
Bench Press: 315 lbs., **Vertical Jump:** 30.5"
Power Clean: 245 lbs., **40-Yard Dash:** 4.86
 sec., **5-10-5 Agility:** 4.28 sec.

Mike is an extremely hard worker in the weight room; with his leadership skills on and off the field he makes everyone around him a better athlete and person. Mike might not be the biggest guy on the team, but he puts big numbers with his big heart for his team. Mike was pound for pound the strongest guy on the wildcat team.
 —Daniel Riney

New York Tech University
 Jon Burke
 Pitcher

English
 Height: 6'6" Weight: 245 lbs.
Bench Press: 225 lbs., **Vertical Jump:** 33"
Power Clean: 175 lbs., **40-Yard Dash:** 5.6
 sec., **5-10-5 Agility:** 0 sec.

Jon Burke came to me at 325lbs and 40% body fat 11 months ago after not playing baseball for 2 years and having left shoulder surgery. Jon's qualities of heart and determination come naturally and he posses the ability to learn at a high level, which is why he will be considered a top pick in this years draft ('07). Jon made the effort every day and changed his eating habits to become the #1 starter for the NY tech Div. I baseball team and made it to the finals (last

player out of 300) of every professional tryout this summer, only to go unsigned because of the lateness in the minor league season. Jon has been remaining at 245 lbs and a body fat of 18% which is excellent for starting pitchers and before his surgery was clocked at as high as 74 miles per hours. Now with his dedication and consistency to strength and conditioning, Jon throws his fastball from 84 to 88 hours and at the completion of this winter will be around 90mph. Jon is a dedicated young man with high expectations. He was and still is a volunteer firefighter for his hometown in Glenn Cove and at many a workouts he showed up coming right from a fire where he saved lives. I had a long talk with his dad to let him drive the truck and not go into the fires, they agreed. Jon has excelled in strength and conditioning and has seen the benefits for his pitching. Whether he plays professionally or not he will always be an advocate of how S&C changed his life, his body and his career. He now teaches what he learned to the other Volunteer firefighters because of the high levels of fitness that is needed to do that job.
 —Brian McNamee, PhD, MS, CSCS

Transylvania University
 Chance Cianciola
 Infielder

Exercise Science
 Height: 5'11" Weight: 170 lbs.
Bench Press: 260 lbs., **Vertical Jump:** 28"
Power Clean: 215 lbs., **40-Yard Dash:** 4.49
 sec., **5-10-5 Agility:** n/a sec.

Chance is a very dedicated, hard-working student athlete, who is passionate about strength and conditioning and baseball. He is constantly educating himself about exercise sciences, and even became a certified personal trainer. This has allowed him to help others, while giving him new ideas to improve himself both physically and mentally. His great work ethic and positive attitude will allow him to succeed in whatever he chooses to do.
 —Keith Cecil, MS, CSCS

New Mexico State University

Jason Conner

Pitcher

Business Management

Height: 5'10" Weight: 220 lbs.

Bench Press: 300 lbs., **Vertical Jump:** 21.5"

Power Clean: 270 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 4.64 sec.

Jason has been a steady driving force in the Performance Training program during his tenure at New Mexico State University. He is a man of few words and leads by example; Jason is consistent and persistent with his training and is one of the hardest working athletes in the program. He has a great attitude and will be sorely missed when he graduates. His 5.35 ERA led the team in 2006. He pitched a total of 104 innings, which was good for most on the team. Jason also had the most strikeouts on the Aggie pitching staff with 86. He walked only 36 batters and struck out a season high nine batters in 7.2 innings of work.

—John Taylor, MS, CSCS,*D

Miami University—Ohio

Jeff Day

Pitcher

Business

Height: 6'6" Weight: 218 lbs.

Bench Press: 275 lbs., **Vertical Jump:** 31.5"

Power Clean: n/a lbs., **40-Yard Dash:** 4.8

sec., **5-10-5 Agility:** n/a sec.

Jeff has grown into a strong leader and is one of the corner stones of our program. He is an up-standing citizen, a member of Student Athlete Counsel and our athletic department, as well as a member of the 2005 Conference Champion team, 2004 Louisville Slugger, and a Freshman All-American. He is also the first to push for physical development with his team, knowing how much it has helped his own game.

—James Carsey, CSCS

The University of Missouri

Evan Frey

Outfield

Business Management

Height: 5'11" Weight: 171 lbs.

Bench Press: N/A lbs., **Vertical Jump:** 34"

Power Clean: N/A lbs., **40-Yard Dash:** 4.43

sec., **5-10-5 Agility:** 4.07 sec.

Evan is a tough athlete who uses the weight room to help him accomplish his goals on the diamond. Evan's dedication in the weight room has led to continuous gains in his strength, explosion and speed.

—Ronald Caton, Jr, CSCS

Keene State College

Peter Hall

Middle Infielder

Physical Education

Height: 5'11" Weight: 180 lbs.

Bench Press: 260 lbs., **Vertical Jump:** n/a

Power Clean: n/a lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 4.25 sec.

Peter is a commendable role model to the baseball team and in the classroom. His dedication motivates his teammates on the baseball field and in training. Peter gives 110% to the Strength & Conditioning program which is evident to his progress over the past 3 years. Academically he stands out in the P.E. major with a 3.3 GPA. Peter's work ethic will be a great contribution to his future success.

—Sarah Testo, CSCS

Springfield College

Jeff Hewes

Catcher

Business Management

Height: 5'11" Weight: n/a

Bench Press: 275 lbs., **Vertical Jump:** n/a

Power Clean: 225 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Jeff exhibits many leadership qualities both on the field and in the weight room. He leads by example with his sound work ethic and his teammates are inspired to follow. As a 2-year letterman Jeff has been a defensive stalwart possessing a .991 fielding percentage.

—Margaret Jones, CSCS*D

South Dakota State University

Chris Iverson

Infielder

Spanish / Global Studies

Height: 5'9.5" Weight: 182 lbs.

Bench Press: 235 lbs., **Vertical Jump:** 26"

Power Clean: 203.5 lbs., **40-Yard Dash:**

4.62 sec., **5-10-5 Agility:** 4.34 sec.

Chris is an extremely hard worker, who is very dedicated and self motivated. He gives his best effort at everything he does, and has gotten the most out of his athletic ability with his efforts in the area of strength & conditioning. Chris is an excellent student, who's GPA is above 3.5 with a double major. He volunteers the little spare time he has in the community and always has a smile on his face. Chris is a leader on the Student Athlete Advisory Council (SAAC), and will be successful in anything he pursues because of his work ethic and positive attitude.

—Nathan Moe, CSCS

James Madison University

Kellen Kulbacki

Outfield

Sports Management

Height: 5'9" Weight: 204 lbs.

Bench Press: 265 lbs., **Vertical Jump:** 27.5"

Power Clean: n/a lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

In 2006 Kellen Kulbacki was the Co- National Player of the year and led the country in home runs. This is attributed to his hard work and dedication both on the field and in the weight room. He is a tireless worker and the type of athlete you have to kick out of the weight room. The words "good enough" are not in his vocabulary as he strives each and every day to be the best he can be.

—Steven Bamel, CSCS

St. John's University

Brendan Monaghan

Catcher

Marketing

Height: 6'1" Weight: 190 lbs.

Bench Press: n/a lbs., **Vertical Jump:** 24.5"

Power Clean: n/a lbs., **40-Yard Dash:** 5.0

sec., **5-10-5 Agility:** n/a sec.

Brendan has done a tremendous job with his strength and conditioning training. His hard work, dedication, and positive attitude towards his training sessions have allowed him to make significant gains in strength, power, and conditioning. Since his freshman year, he has made steady improvements in the weight room, which have directly impacted his baseball performance. The success that he has achieved in his training has carried over to the baseball diamond and has significantly improved his throwing and hitting power.

—Robert Basile, CSCS

Samford University

Louis Rojas

First Base

Chemistry

Height: 6'3" Weight: 248 lbs.

Bench Press: 315 lbs., **Vertical Jump:** 30"

Power Clean: 275 lbs., **40-Yard Dash:** 4.8

sec., **5-10-5 Agility:** 4.27 sec.

Being an understaffed strength and conditioning program, the best compliment that I pay Louis is that I can turn my back on him and never have to worry about him not doing or completing his workout. Louis provides the accountability style leadership that all championship teams need. I sometimes feel that he is in the weight room more than I am. Bottom line whether it is myself or his baseball coaches, he makes our jobs easier.

—Thomas Rohling, CSCS

University of Texas- San Antonio

Josh Ruffin

Pitcher

Mechanical Engineering

Height: 6'2" Weight: 210 lbs.

Bench Press: 260 lbs., **Vertical Jump:** 29"

Power Clean: 293 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

UTSA's Baseball program has enjoyed tremendous success in the last few years. That success is due in part to the presence of Josh Ruffin. On a team loaded with talent, there is no doubt who the leader is. It is Coach Sherman Corbett's program, but it is Josh Ruffin's team. Rarely does a team have a player so respected by his peers. His work ethic in the weight room has paid dividends on the field. He is a Team Captain, a 1st Team All Conference Pitcher, and a 3 time player of the week. He is the single season and career record holder in complete game shut outs. In addition to his athletic achievements, he is a 3 time Southland Conference Honor Roll selection!

—Michael Cox, CSCS

University of North Carolina–Asheville

Kyle Smith

Second Base

Health & Wellness Promotions

Height: 5'8" Weight: 180 lbs.

Bench Press: 240 lbs., **Vertical Jump:** N/A

Power Clean: 235 lbs., **40-Yard Dash:** 6.97

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

Kyle is a talented second baseman, who not only pushes himself in the weight room, but also plays a tremendous role in instilling that same work ethic on the baseball field all year long. Upon graduation, Kyle is going to pursue a career in collegiate strength & conditioning, having had used his undergraduate career to learn as much as he can about his field of study, as well as serving as my student-assistant strength coach for the past two years. Last year, the UNC Asheville baseball team won it's first Big South Conference championship, earning a trip to the NCAA Regional Tournament. What set this team apart was their commitment to being the best student-athletes they could be.

—Brad DeWeese, NSCA-CPT, CSCS,

West Virginia University

Adam White

Outfield

Elementary Education

Height: 5'10" Weight: 195 lbs.

Bench Press: 315 lbs., **Vertical Jump:** 39.5"

Power Clean: 330 lbs., **40-Yard Dash:** 4.45

sec., **5-10-5 Agility:** n/a sec.

Adam exemplifies a level of integrity and internal motivation that is unprecedented. His overwhelming desire to succeed both on the field and off is a true testament to his character. In addition, his positive influence gives him the ability to lead by example. His freshman year he earned All Big East recognition and was selected to the Freshman All-American team by Collegiate Baseball. He was also selected to the 2007 Pre-Season All Big East Team. Academically, he was named to the athletic director's academic honor roll and Big East Academic All Star. Adam's drive and passion for athletics and academics make him a true winner.

—Patrick Sherald

University of Iowa

Matt Wooldrik

Outfield

Business Management

Height: 5'10" Weight: 194 lbs.

Bench Press: n/a lbs., **Vertical Jump:** 28"

Power Clean: 255 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Matt does an outstanding job dedicating himself to his sport and his preparation on a daily basis. Matt is always ready to do what is asked of him without hesitation.

—Damon Davis, NSCA-CPT, CSCS



Basketball

Juniata College

Callas Courtney

Guard

Business Communications

Height: 5'7" Weight: 130 lbs.

Bench Press: 125 lbs., **Vertical Jump:** 27"

Power Clean: 130 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 4.5 sec.

Courtney's undeniable competitiveness is why she is such a hard worker in the weight room, basketball court, and classroom. She shows great leadership by her actions on the basketball court and when training. She is very goal oriented and willing to do whatever it takes to achieve success.

—Douglas Smith, CSCS, NSCA-CPT

Creighton University

Kelsey Crites

Guard

Elementary Education

Height: 5'9" Weight: 172 lbs.

Bench Press: 155 lbs., **Vertical Jump:**

20.25" **Power Clean:** 160 lbs., **40-Yard**

Dash: n/a sec., **5-10-5 Agility:** n/a sec.

Although Kelsey just incurred a season ending knee injury, she is one of the hardest working student-athletes that the strength and conditioning staff has seen at Creighton University. Her dedication and hard work has paid off after only one year of college athletics and strength and conditioning training as she set a new school record for the power clean max

this year. With her attitude and work ethic in the weight room, we believe that Kelsey will be back next season at her best strength and conditioning level. She is well qualified and deserving of this award.

—Satoshi Ochi, CSCS,*D, NSCA-CPT,*D

Iowa State University

Mark Currie

Guard

Civil Engineering

Height: 6'4" Weight: 210 lbs.

Bench Press: 255 lbs., **Vertical Jump:** 29.5"

Power Clean: 231 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 4.43 sec.

Mark's work ethic and dedication is what makes him a great student-athlete. He is always looking for more ways to get better and help the team. I can always count on him to go 100% at all times and he does an outstanding job of leading by example.

—Andrew Moser, CSCS

University of North Carolina–

Wilmington

Stephanie Fernald

Guard

Exercise Science

Height: 5'10" Weight: 160 lbs.

Bench Press: 145 lbs., **Vertical Jump:** 26.5"

Power Clean: 175 lbs., **40-Yard Dash:** 5.28

sec., **5-10-5 Agility:** n/a sec.

Stephanie has a desire to be a strength and conditioning coach one day and it definitely shows. She has mastered every lift to perfection and understands the importance of each aspect of the strength and conditioning field. Add this to her incredible drive and determination and you have a role model for any student-athlete that wants to get to the next level.

—Jim Mayew, CSCS

Rutgers University at Camden

Sydney Francis

Guard / Forward

Social Work

Height: 5'9" Weight: 201 lbs.

Bench Press: 330 lbs., **Vertical Jump:** 27"

Power Clean: n/a lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Sydney is the kind of guy who is a foundation player; you could build a program on a guy like this. He is one of the most humble athletes I have ever been around. He does what he needs to do to prepare and does it well. Not only is Sydney a great athlete, he is a better person because of it.

—Gregory White

University of Massachussetts

Rashaun Freeman

Center

BDIC–General Studies

Height: 6'9" Weight: 255 lbs.

Bench Press: 320 lbs., **Vertical Jump:** 29"

Power Clean: 260 lbs., **40-Yard Dash:** 4.78

sec., **5-10-5 Agility:** 4.35 sec.

Ray has a tremendous desire to improve and work hard every day. Ray is a captain, was all A-10 rookie team as a freshman, and was ALL A-10 as a junior. We look for him to dominate this year and to be drafted in the first round of the NBA draft.

—Robert Otrando

Colgate University

Caitlin Gillard

Forward

Undecided

Height: 6'2" Weight: n/a

Bench Press: 105 lbs., **Vertical Jump:** 20"

Power Clean: 130 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 5.34 sec.

Caitlin has continued to improve every single day with sheer determination in the weight room. Her flexibility and strength keep improving as does her technique. She is

a self-starter who knows that consistency and extra effort are the keys to improvement. The great attitude she displays also rubs off on her teammates.

—Rusty Burney

Chandler–Gilbert Community College

Sarah Hays

Post

Exercise Science

Height: 6'1" Weight: 180 lbs.

Bench Press: 155 lbs., **Vertical Jump:** 23"

Power Clean: 150 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Sarah is one of Chandler-Gilbert Community College's elite female athletes. Since coming to Chandler-Gilbert; Sarah has improved her strength, explosiveness, agility and overall fitness. She continues to challenge her body and is committed to maximizing her potential on the court. Her hard work, dedication and enthusiasm have served as inspiration for her teammates. She not only leads by example but continually encourages and pushes her teammates. She has parlayed her work in the weight room into superior performance on the court where she was voted the team's Most Valuable Player during her freshman season and helped lead them to an ACCAC Region 1 Division 2 Championship. Additionally, she made 1st Team All Conference, 1st Team All Region, 2nd Team All American, and was the ACCAC Freshman of the Year and played in the NJCAA All-Star Game. Sarah plans to get her B.S. in Exercise Science and continue her basketball career at a university next year.

—Meredith Hale-Griffin, CSCS

Youngstown State University

Quin Humphrey

Guard

Sociology

Height: 6'3" Weight: 205 lbs.

Bench Press: 300 lbs., **Vertical Jump:** 36"

Power Clean: n/a lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Quin is a two time all conference pick and scoring champ. He also led the conference in rebounding. As team captain his junior and senior year he has led the team on and off the court. The dedication he has shown in the weight room has translated to improved performance and the ability to play the most minutes of anyone on the team the past two years.

—Dan Wathen, CSCS,*D, NSCA-CPT,*D

Humboldt State University

Kevin Johnson

Forward

Communications

Height: 6'7" Weight: 220 lbs.

Bench Press: 245 lbs., **Vertical Jump:** 38"

Power Clean: 320 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 4.22 sec.

Kevin has come a long way from his freshman year coming off of the bench for limited playing time to entering his senior year as a pre-season Division II All-American. The progress Kevin has made is directly attributed to his complete dedication to developing his basketball skills, and to enhancing his physical ability through strength and conditioning. Head Coach Tom Wood calls Kevin; one of the hardest workers that the program has ever seen and an example of how an athlete can get better because of his work ethic. Kevin comes off of consecutive all-conference and all-region seasons and has been selected team captain for the second time. During the span of his basketball career at HSU, which includes a red shirt season, Kevin has gained 30 lbs. of bodyweight, 100 lbs. on the bench press, 170 lbs. on the Clean, 165 lbs. on the squat, and 9 inches on the vertical jump.

—Andrew Petersen, CSCS

Humboldt State University

Katie Wilder

Guard

Kinesology

Height: 5'7" Weight: 150 lbs.

Bench Press: 140 lbs., **Vertical Jump:** 26"

Power Clean: 175 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Katie transferred to HSU after a stellar Junior College career, and quickly established herself as a team leader through work ethic and an incredible upbeat attitude that was infectious throughout the entire team. Behind Katie's leadership on and off the court, which included a difficult position change, the women's basketball program returned to the post season after an 11 year absence. Katie's total dedication to a rigorous off-season regime, which included breaking the school squat record in the 150 pound weight class, has her poised for greatness heading into her senior year.

—Andrew Petersen, CSCS

Northwood University

Karyn Maiorana

Guard

Entertainment & Sport Management

Height: 5'5" Weight: n/a

Bench Press: 150 lbs., **Vertical Jump:** 18.5"

Power Clean: 135 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Karyn's strong work ethic in the weight room is carried into her game which has made her a great leader to her team on and off the court. She is the ideal student-athlete.

—Scott Fisher, CSCS, NSCA-CPT

Tennessee Tech University

Amadi McKenzie

Forward

General Studies

Height: 6'5" Weight: 225 lbs.

Bench Press: 320 lbs., **Vertical Jump:** 29"

Power Clean: n/a lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Amadi has displayed the mental toughness, leadership, and work ethic necessary to become a successful student-athlete. In pre-season training, he made the largest increases on the team in our strength & power tests. This included an 8-rep jump to score the highest on the team in the NBA Bench test by pressing 185 lbs. 24 times. His work ethic is seen on the court as a leader in rebounding and scoring.

—Charles Pugh, CSCS

Boston University

Tyler Morris

Guard

School of Management

Height: 6'2" Weight: 195 lbs.

Bench Press: 250 lbs., **Vertical Jump:** 31.4"

Power Clean: 231 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Tyler suffered a season ending ankle injury during the pre-season of his freshman year. His amazing work ethic, on the court and off, serves as an example to others of how hard work and dedication can result in athletic success. Tyler dedicated himself to improving his strength and conditioning to earn a starting spot in this year's line-up. He improved 16% in the Bench Press, 26% in the Front Squat, 14% in the Hang Clean, 50% in Pull-ups, and ran 11% faster in the 10 yard Dash. Along with his personal improvements, Tyler's "team first" mentality pushes his teammates to be better as well.

—Glenn Harris, CSCS

Hofstra University

Lizanne Murphy

Forward

Biology

Height: 6'1" Weight: 167 lbs.

Bench Press: 160 lbs., **Vertical Jump:** 22.5"

Power Clean: n/a lbs., **40-Yard Dash:** 5.34

sec., **5-10-5 Agility:** 4.47 sec.

Lizanne is an amazing individual and a natural leader on the court and in the weight room. During workouts she not only pushes herself, but also motivates her peers to perform to the best of their own abilities as well. Always seeking a new challenge, she is constantly trying to improve her own personal bests and set new records. Lizanne is fourth all-time in rebounds, and will accumulate over 1000 points in her career this season. She also excels in the classroom earning CAA All-Academic Team, CoSIDA Academic All-District 3rd Team honors, and earned the CAA Commissioner's Academic Award.

—Joe Makovec, CSCS

Towson University

Gary Neal

Guard

History

Height: 6'4" Weight: 207 lbs.

Bench Press: 260 lbs., **Vertical Jump:** 32"

Power Clean: n/a lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Gary has taken the full considerations of strength and conditioning to make himself a top Division 1 basketball player. He was the leading returned scorer in NCAA Division 1 with a 26.1 average in 05-06 season. He was also the leading candidate for all Colonial Athletic Association honors including: Player of the Year, selected as best shooting guard in nation by Sporting News' College Basketball Preview 2006-2007, chosen for Pre-Season First Team all CAA, ranked as the 46th best college player in the nation by collegehoops.net CHN Top 100, as well as a co-Captain.

—John Poitras, CSCS

Rutgers–Camden University

Dane Nicolson

Forward

Criminal Justice

Height: 6'2" Weight: 195 lbs.

Bench Press: 265 lbs., **Vertical Jump:** 32"

Power Clean: 185 lbs., **40-Yard Dash:** 4.6

sec., **5-10-5 Agility:** 4.5 sec.

Dane has done everything we have ever asked of him; he has trained and prepared like few athletes who have competed here. He is a great guy to work with and will succeed in life after graduation.

—Edward Hill, JD

College of William & Mary

Adam Payton

Guard

Psychology

Height: 6'3" Weight: 195 lbs.

Bench Press: 265 lbs., **Vertical Jump:** 40"

Power Clean: 265 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Adam is a coaches' dream. Not only is Adam a tireless worker in the weight room and on the practice court, he is an even better person. His combination of attitude, leadership, and basketball talent has had a positive effect on the basketball program here at William & Mary. Adam's performance in the weight room is a direct reflection of how he approaches everything, 110 percent.

—Daniel Kohn, CSCS

Northwest Missouri State

Andy Peterson

Shooting Guard

Agriculture Economics / Horticulture

Height: 6'4 1/2" Weight: 202 lbs.

Bench Press: 275 lbs., **Vertical Jump:** 31.5"

Power Clean: 275 lbs., **40-Yard Dash:** 4.6

sec., **5-10-5 Agility:** 8.24 sec.

Witnessing Andy Peterson's accomplishments over the years has truly been an exciting process. I have never coached an athlete with such a positive and competitive attitude, and with the leadership qualities that he has. He makes every one of his teammates better by pushing them during strength and conditioning workouts. His numbers truly show his hard work and dedication to becoming a better basketball player. Andy Peterson is an athlete that I feel privileged to have had a chance to work with.

—Adam Long

Samford University

Veronica Pike

Forward

Biochemistry

Height: 6'1" Weight: 135 lbs.

Bench Press: 155 lbs., **Vertical Jump:** 25"

Power Clean: 145 lbs., **40-Yard Dash:** 4.9

sec., **5-10-5 Agility:** 4.56 sec.

Veronica, out of all the athletes that I have worked with, has benefited the most from a strength program. She came in an undersized and underdeveloped individual who lacked the necessary change of direction skills necessary to play championship level Division I basketball. Through her hard work, discipline, and self-accountability she has become one the top leaders of our women's basketball program and a force to be reckoned with in the O.V.C. When Veronica graduates my job will get a little bit harder.

—Thomas Rohling, CSCS

The University of Tulsa

Charles Ramsdell

Forward

History

Height: 6'10" Weight: 220 lbs.

Bench Press: 242 lbs., **Vertical Jump:** 31.9"

Power Clean: 260 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Charles is a tremendous leader in the weight room. He works as hard as possible and expects the same out of his teammates. He is one to look up to as well as one to look to for a bright and successful future.

—Paul Arndorfer, CSCS

Western Michigan University

Joe Reitz

Center

Business / Finance

Height: 6'8" Weight: 255 lbs.

Bench Press: 315 lbs., **Vertical Jump:** 30"

Power Clean: 295 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 4.09 sec.

Joe has displayed a relentless work ethic in the weight room, on the basketball court, and in the classroom. This dedication and intensity has elevated his basketball game to new heights and helped him become the leader and captain of the team. In the weight room he is the strongest athlete on the team boasting a 510 pound squat max, a 315 pound bench press max, and a school record 295 pound power clean max. On the court he led the team in points and rebounds during his sophomore year and was named to the All Mid-American Conference 2nd Team. This year he was named a Preseason Mid Major All-American by CollegeInsider.com. In the classroom he carries a 3.76 GPA in Finance; this has earned him All Mid-American Conference Academic honors and ESPN and the Magazine Academic All-District Region IV 1st Team Honors. Joe is an excellent role model for his teammates, other athletes, and the community of Kalamazoo.

—Timothy Herrmann, CSCS

Transylvania University

Haley Riney

Guard

Exercise Science

Height: 5'6" Weight: n/a

Bench Press: 130 lbs., **Vertical Jump:** 15"

Power Clean: n/a lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 4.32 sec.

Haley is an incredible student-athlete who truly understands the value of hard work. She is a natural leader, who has a positive attitude and leads by example. Her competitive nature has allowed her to comeback from 3 knee dislocations in her career, to be a starter on the team and earn All-Conference honors last season. With a 3.83 GPA, she excels in the classroom as well. In addition to these achievements, Haley helps out in the community as well, working with underprivileged children, disaster relief efforts, and others in need.

—Keith Cecil, MS, CSCS

Johnson County Community College

Heather Rourke

Guard–Forward

Nutrition

Height: 6'1" Weight: 155 lbs.

Bench Press: 135 lb lbs., **Vertical Jump:**

27.8" **Power Clean:** 180 lb lbs., **40-Yard**

Dash: 5.21 and 30 m 4.39 sec., **5-10-**

5 Agility: 4.58 and 30 m 6.94 sec.

Heather is one of the hardest working athletes of my career. She is disciplined, competitive, a very good student and she wants to be a sports conditioning coach. She gives 110% of herself in every aspect of her life.

—Istvan Javorek

The University of Missouri

Carlynn Savant

Post

Psychology

Height: 5'11" Weight: 170 lbs.

Bench Press: 147 lbs., **Vertical Jump:** 24"

Power Clean: 169 lbs., **40-Yard Dash:** N/A

sec., **5-10-5 Agility:** 4.92 sec.

Carlynn constantly demonstrates a passion to improve herself as an athlete. She is the first one in and the last one out. She's a coach in the weight room, getting other players going and motivating through example.

—Bryan Mann, CSCS

Northern Arizona University

Stephen Sir

Guard

Sociology

Height: 6'6" Weight: 225 lbs.

Bench Press: 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.

Steve has tremendous character and work ethic. His training intensity and discipline is of the highest levels. His dedication extends beyond the training session and into his lifestyle as he is diligent with his nutritional habits and regularly comes in for extra work. Steve certainly exemplifies the qualities of an All-American. Entering his final season as a Lumberjack, Steve is the all-time three-point percentage leader in school history (48.7). He already ranks fifth on the career list with 151 three-pointers in a two-year career and he led the nation in three-point field goal percentage in 2006 (48.9). He sunk 93 three-pointers in 2005 – 2006.

—Robert Schwartz, CSCS

South Dakota State University

Megan Vogel

Forward

Health, Physical Education & Recreation

Height: 5'11" Weight: 168 lbs.

Bench Press: 165 lbs., **Vertical Jump:** 25"

Power Clean: 198 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 9.26 sec.

Megan is the most dedicated and motivated athlete I have ever had the privilege to coach. She has a tireless work ethic in the weight room, on the court, in the class room and in the community. She has led the successful transition from division II to a strong division I program. With a positive attitude and outlook who not only leads with words but with her actions. She has received many individual honors including: Division I all independent first team and Division I independent athlete of the week twice. She was a member of the Jackrabbit women's basketball team that posted the top GPA in all levels of women's basketball during the 2005 – 2006 academic year. Megan is the Student Athlete Advisory Council (SAAC) President and is the perfect example of the student-athlete. She is extremely focused and driven. When she sets her mind to something she works until she accomplished her goal. She will be successful in every aspect of her life, because of her attitude and work ethic. I am honored to have had the opportunity to coach her.

—Nathan Moe, CSCS

The University of Missouri

Marcus Watkins

Guard / Forward

General Studies

Height: 6'3" Weight: 207 lbs.

Bench Press: 315 lbs., **Vertical Jump:** 35"

Power Clean: 225 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 4.18 sec.

Marcus shows up everyday with the mindset to get better in the weight room as well as on the court. Additionally, he has already finished

his Bachelor's degree and is well on his way to a Master's. Marcus is the true definition of a leader.

—David Deets

Wright State

Brittney Whiteside

Guard

Psychology

Height: 5'8" Weight: n/a

Bench Press: 165 lbs., **Vertical Jump:** 26.5"

Power Clean: 170 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 4.45 sec.

Brittney has been a leader in the weight room and on the court since arriving at WSU. She has a natural drive that I wish all of our athletes could achieve. With her work ethic she has a bright and unbounded future ahead of her.

—Erick Schork, MA, CSCS

Juniata College

Jessica Winemiller

Forward

Sports Management

Height: 5'10" Weight: 158 lbs.

Bench Press: 125 lbs., **Vertical Jump:** 23"

Power Clean: 125 lbs., **40-Yard Dash:** NA

sec., **5-10-5 Agility:** 4.6 sec.

Jessica's leadership of the team is shown with her work ethic when it comes to training and the classroom. She has a charismatic, but determined attitude when it comes to being the best she can be, not just for herself but her team. She is unselfish and always there for her teammates. Jessica is not only a great athlete, but also a great person. Great Job Jess and continue to drive the train!

—Matthew Huntsman, NSCA-CPT

Wright State

DaShaun Wood

Guard

Education

Height: 5'11" Weight: n/a

Bench Press: 285 lbs., **Vertical Jump:** 35.5"

Power Clean: 235 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** 3.88 sec.

DaShaun is a tough competitor with a refuse to lose attitude. His accomplishments include; 2004 Horizon League All-New Comer Team, 2006 Horizon League First Team, Defensive Team, and 2007 Horizon League Pre-Season 1st Team. DaShaun is a member of Wright State's 1000 point club. He has also had a 100% weight room attendance throughout his career at WSU.

—Erick Schork, MA, CSCS

MidAmerica Nazarene University

Rashell Yockey

Post

Education

Height: 5'8" Weight: 180 lbs.

Bench Press: n/a lbs., **Vertical Jump:** 22"

Power Clean: 143 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Rashell is an outstanding student-athlete who works hard in the weight room every chance she gets. Rashell was very active the academic and athletic competitions throughout high school, and since arriving at MidAmerica she has been in our top 5 strongest women at MNU. Rashell is also a thrower on our track team. Rashell is an accomplished student as well as an athlete. I enjoy working with her because she is always ready for a challenge.

—Whitney Rodden, CSCS



Field Hockey

Springfield College

Christine Gibbins

Midfield

Art Therapy

Height: 5'8" Weight: n/a

Bench Press: 140 lbs., **Vertical Jump:** 22"

Power Clean: 140 lbs., **40-Yard Dash:** 5.22

sec., **5-10-5 Agility:** 4.71 sec.

Chrissy is a true team player. For 2 years she lettered as a forward possessing one of the strongest shots on the team. In her senior year she was switched to midfield and learned a new position. She worked hard making the transition smoothly and without complaint. Her teammates consistently look to her for leadership on the field and in the weight room.

—Margaret Jones, CSCS,*D

Drexel University

Sarah Gostomski

Midfield

Nursing

Height: 5'4" Weight: 120 lbs.

Bench Press: 90 lbs., **Vertical Jump:** 15.5"

Power Clean: 100 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Sarah has demonstrated a strong work ethic when she is in the weight room. Sarah, a junior captain, has started all 57 games since her arrival and was just named Second Team Regional All-American by the National Field Hockey Coaches Association.

—Michael Rankin, CSCS, NSCA-CPT



Football

Georgia Tech

Joe Anoi Defensive Tackle

Management

Height: 6'3" Weight: 295 lbs.

Bench Press: 380 lbs., **Vertical Jump:** 36.5"

Power Clean: 330 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Joe's intensity and determination in the weight room has enabled him to become a dominant player on the field. He overcame off-season shoulder surgery to become a First Team All-ACC Defensive Tackle. As a captain at Georgia Tech, Joe pushed his teammate's everyday in the weight room and on the practice field. Joe was our Lifter of the Year for the 2006 season.

—Neal Peduzzi, CSCS

Colgate University

Geoff Bean Strong Safety

Geography

Height: 6' Weight: 200 lbs.

Bench Press: 325 lbs., **Vertical Jump:** 32"

Power Clean: 300 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.00 sec.

Geoff has been the team's leader in the weight room and on the field for the two years I've been here. He is a two time Patriot League selection at strong safety and has sacrificed his summers to stay in Hamilton to continue to get better athletically. Geoff is a rare kind of person that knows not only how to improve himself but those around him as well.

—Rusty Burney

Georgia Southern University

Larry Beard Defensive End

Communications

Height: 6'3" Weight: 265 lbs.

Bench Press: 385 lbs., **Vertical Jump:** 33"

Power Clean: 390 lbs., **40-Yard Dash:** 4.96 sec., **5-10-5 Agility:** sec.

Larry's hard work allowed him to see playing time in all 12 games as a red-shirt freshman and earn Freshman Player of the Week honors in the Southern Conference. Since then, he has continued to develop and has become a starter. Larry's performance as a sophomore in the squat ranks 6th in school history and his hang clean ranks seventh.

—Matt Lombardi, CSCS

Clemson University

Nathan Bennett Guard

Sports Management

Height: 6'3.5" Weight: 307 lbs.

Bench Press: 500 lbs. lbs., **Vertical Jump:** 26.5"

Power Clean: 375 lbs. lbs., **40-Yard Dash:** 5.25 sec., **5-10-5 Agility:** 5.09 sec.

Nathan has been a great worker in our program which has resulted in great success on the football field. Nathan earned ACC lineman of the week in 2006 and finished the 2006 regular season with an 83% blocking grade and 96 total knock downs. Nathan also holds the team's power clean/push press record of 345 lbs.

—David Helms, MS

Kalamazoo College

Mike Benson Wide Receiver

Biology

Height: 5'8" Weight: 190 lbs.

Bench Press: 346 lbs., **Vertical Jump:** 30"

Power Clean: 290 lbs., **40-Yard Dash:** 4.4 sec., **5-10-5 Agility:** 4.25 sec.

For the second year in a row, Mike earned the Iron Hornet Award, which goes to the strongest player pound for pound. Mike was switched from running back to receiver this season to

take advantage of his receiving ability and speed. He was voted as a team captain and maintains a perfect 4.0 grade point average in Biology.

—Terrance Brooks, CSCS

Carthage College

Bryan Bergman Tight End

Exercise Sports Science

Height: 6'3" Weight: 246 lbs.

Bench Press: 365 lbs., **Vertical Jump:** 29"

Power Clean: 325 lbs., **40-Yard Dash:** 4.60 sec., **5-10-5 Agility:** 4.40 sec.

Bryan went from being 219 lbs. as a sophomore to 246 lbs. as a junior, increased his bench press from 225x13 to 225x19, and increased his squat 100 lbs. all while coming back from torn MCL surgery halfway through his sophomore season. Ever since I met Bryan, his work ethic in the weight room has been extremely impressive and it has clearly shown not only in his weight room accomplishments, but also on the football field. His natural leadership has been extremely evident in the weight room by setting the example of staying on campus and working out which encourages others to do the same. Bryan is a member of SAAC, a team captain, a leader in every organization he is a part of and a tireless worker that sets a standard in the weight room for our team.

—Glen Britich, CSCS

University of Alabama at Birmingham

Kyle Bissinger Defensive End

Communications Studies

Height: 6'3" Weight: 255 lbs.

Bench Press: 450 lbs., **Vertical Jump:** 34"

Power Clean: n/a lbs., **40-Yard Dash:** 4.65 sec., **5-10-5 Agility:** n/a sec.

Kyle has a great work ethic and has shown good leadership during his career. His extra time and effort in the weight room and in conditioning has aided him and contributed to his many improvements. Kyle put on 35 pounds of pure

muscle over three years and increased his bench press 225 pounds while transitioning from a high school quarter back to a college defensive end.

—Stacey Torman, CSCS

Furman University

Wesley Bray Defensive Tackle

Health and Exercise Science

Height: 6'2" Weight: 283 lbs.

Bench Press: 525 lbs., **Vertical Jump:** 29.5"

Power Clean: 402 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Wesley is one of the strongest athletes I have ever coached. He has a tremendous work ethic, and is always willing to go above and beyond what is required. He holds several Furman University strength records, including bench press and hang clean.

—Stephen Mannino, CSCS

Jacksonville State University

Kenny Brown Safety

Management

Height: 6' Weight: 185 lbs.

Bench Press: 315 lbs., **Vertical Jump:** 32"

Power Clean: 270 lbs., **40-Yard Dash:** 4.59 sec., **5-10-5 Agility:** 3.98 sec.

Kenny is a true leader. He is a motivator on and off the field that inspires everyone around him. His strength and ability to motivate his teammates will help him get far in whatever he chooses for a future.

—James Brasseal, CSCS

Mcneese State University

Derrick Brown

Defensive Back

Basic Studies

Height: 6'4" Weight: 200 lbs.

Bench Press: 260 lbs., **Vertical Jump:** 40 1/2," **Power Clean:** 300 lbs., **40-Yard Dash:** 4.30 sec., **5-10-5 Agility:** 4.1

Derrick has a great attitude and a "whatever it takes" drive about him. He was moved from wide receiver to defensive back in the spring and did not hang his head about it, just worked hard at a new position. He also competed in track and made it to regional in the jumping events this past spring. He dedicated himself to the weight room all spring and summer to become a better football player and help our team win conference and make the play-offs. Derrick is a fine young man with a great future in front of him!

—Zeb Hawkins

University of Wisconsin—River Falls

Dan Buker

Linebacker

Math Education

Height: 6' Weight: 225 lbs.

Bench Press: 365 lbs., **Vertical Jump:** 27" **Power Clean:** 300 lbs., **40-Yard Dash:** 4.96 sec., **5-10-5 Agility:** 4.38 sec.

Dan is one of the best I have ever had the chance to work with. Not only has his dedication in the strength center made him and our football team better, but his intensity has showed other people the way to approach workouts. Dan is not only physically strong, but he is a 3.5 GPA student who works with the youth wrestling program in town. He is a remarkable man, and the only thing that will help offset the loss when he graduates is knowing that Dan will be a valuable addition to the community in which he will teach, coach, and live.

—Carmen Pata

Miami University

Joey Card

Safety

Exercise Science

Height: 6' Weight: 205 lbs.

Bench Press: 330 lbs., **Vertical Jump:** 32.5" **Power Clean:** 290 lbs., **40-Yard Dash:** 4.5 sec., **5-10-5 Agility:** 4.12 sec.

Joey was a team captain and one of only two returning starters on Miami's defense. He led his team both on the field and in the weight room. Card was picked preseason All-MAC both by the Sporting News and MAC Report Online. He was a second-team All-MAC selection in 2005 and has led the Red Hawks in many categories including 56 solo stops and 7.5 tackles per game, which also ranked among the top 15 overall in the MAC. He finished his career with 219 tackles and six interceptions. His passion and enthusiasm for his sport and for his school was always evident and contagious.

—Colleen Day, CSCS

Indiana State University

Scott Cassell

Linebacker

Exercise Science

Height: 5'11" Weight: 215 lbs.

Bench Press: 325 lbs., **Vertical Jump:** 27" **Power Clean:** 339.5 lbs., **40-Yard Dash:** 4.78 sec., **5-10-5 Agility:** 4.56 sec.

Scott is a hometown product that came to Indiana State as a walk-on linebacker. Scott is a role model that leads our special teams unit. His discipline, work ethic, and attitude represent all that is great about college athletics. I have a great deal of respect for this young man.

—David Marmon, MS, CSCS

Baldwin Wallace College

Luke Chronister

Outside Linebacker

Exercise Science / Early Childhood Ed.

Height: 5'10" Weight: 205 lbs.

Bench Press: 320 lbs., **Vertical Jump:** 30" **Power Clean:** 295 lbs., **40-Yard Dash:** 4.6 sec., **5-10-5 Agility:** 4.17 sec.

Luke's 3.55 academic accomplishments in the study of exercise science have carried over to the playing field by making Honorable Mention Academic All Ohio Athletic Conference and Honorable Mention All Ohio Athletic Conference outside linebacker. His total dedication to our strength and conditioning program year round has given him the edge, and made him one of the toughest student-athletes in college football today. His knowledge and wisdom of strength and conditioning will be a tremendous asset to any sports organization that hires him in the future.

—Gary Wroblewski, CSCS*D

Bowie State University

Brandon Clarke

Defensive Back

Communications

Height: 5'9" Weight: 185 lbs.

Bench Press: 330 lbs., **Vertical Jump:** n/a **Power Clean:** 280 lbs., **40-Yard Dash:** 4.5 sec., **5-10-5 Agility:** 3.93 sec.

In only his sophomore year, B. Clarke became the strongest athlete (pound for pound) in the history of Bowie State University, shattering a record held by previous NSCA All American, Devin Smith. Blessed with tremendous natural ability, Brandon still understands the importance of hard work, which allows him to play a key role in one of the most dominant defenses in division 2. With his continued efforts, the sky is the limit for B. Clarke.

—Ed Page

The University of Missouri

Joel Clinger

Offensive Line

Animal Science

Height: 6'6" Weight: 315 lbs.

Bench Press: 435 lbs., **Vertical Jump:** 26.6" **Power Clean:** 431 lbs., **40-Yard Dash:** 5.22 sec., **5-10-5 Agility:** 4.42 sec.

Joel brings intensity with everything that he does. He has a great working attitude that permeates throughout the team. Joel has never missed a workout or even been late. He is the type of person that every strength coach loves to be associated with.

—Pat Ivey, CSCS

Wingate University

Kenwin Cummings

Defensive End

General Studies

Height: 6'2" Weight: 255 lbs.

Bench Press: 395 lbs., **Vertical Jump:** n/a **Power Clean:** 375 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Kenwin came to Wingate University as a linebacker and was moved to a defensive end position. Through his lunch pale attitude in the weight room, Kenwin has transformed himself from a 6'2" 220lb. linebacker into a 6'2" 255 defensive end. He has earned the respect of his teammates and coaching staff through his work ethic along with garnering several post season awards along the way. In 2005, Kenwin earned First Team All-SAC, First Team All-Region, and First Team All-American according to Don Hansen's Football Gazette. In 2006, he is currently ranked 22nd in TFLs and 21st in sacks among all NCAA D-II players while earning First Team All-SAC honors for a second year in a row. All these honors have been earned by Kenwin's work ethic in the weight room and his dedication to his teammates.

—Steward Carlisle, CSCS

Central Connecticut State University
Devon Douglass
Defensive Line

English
Height: 6'1" Weight: 276 lbs.
Bench Press: 390 lbs., **Vertical Jump:** 23.5"
Power Clean: 290 lbs., **40-Yard Dash:** 5.0
sec., **5-10-5 Agility:** 4.8 sec.

Devon is a very special athlete. He has dominated in his position since he was a freshman and his hard work and determination in the weight room has helped him do this. He always strived to be the best on the field and in the weight room. His hard work also allowed him to help the program win back to back conference championships and in his senior year help lead the team to the most wins per season in our school's history. As a coach, I was very lucky to have him as a player.
—Michael Ericksen, CSCS

West Virginia University
Keilen Dykes
Defensive Tackle

Athletic Coaching Education
Height: 6'4" Weight: 297 lbs.
Bench Press: 500 lbs., **Vertical Jump:** 29"
Power Clean: 360 lbs., **40-Yard Dash:** 5.15
sec., **5-10-5 Agility:** 4.69 sec.

Keilen is a hard-working and dedicated athlete. He continually uses strength and conditioning to enhance his given abilities. Keilen's strong work ethic and positive mental attitude not only improve him but push his teammates to their limits as well. Due to these factors, Keilen is a success not only in his training, but on the football field as well.
—Marcus Kinney, CSCS

Juniata College
Duane Ehredt, Jr.
Tailback
Biology
Height: 5'7" Weight: 205 lbs.
Bench Press: 345 lbs., **Vertical Jump:** 25"
Power Clean: 275 lbs., **40-Yard Dash:** 4.62
sec., **5-10-5 Agility:** 4.15 sec.

Duane is a two time Middle Atlantic Conference Rushing Leader and holds the number three spot on Juniata College All-Time Rushing list. He was also selected first team tailback on the 2006 MAC All Conference team. Duane's dedication and handwork has benefited him on the football field, in the weight room, and in the classroom. Duane's future plans are to attend Podiatric Medical School (Sports Medicine).
—Matthew Huntsman, NSCA-CPT

Aurora University
Sean Elliott
Linebacker
Criminal Justice
Height: 5'8" Weight: 195 lbs.
Bench Press: 320 lbs., **Vertical Jump:** 27"
Power Clean: 250 lbs., **40-Yard Dash:** 4.8
sec., **5-10-5 Agility:** n/a sec.

Sean has an incredible work ethic and dedication to strength and conditioning. He has become a leader on and off the field due to his commitment, energy, and willingness to do what is asked of him and more.
—Terry Smith, CSCS, ATC

Ohio University
Austen Everson
Quarterback
Management & Strategic Leadership
Height: 6'2" Weight: 220 lbs.
Bench Press: 330 lbs., **Vertical Jump:** 34"
Power Clean: 313 lbs., **40-Yard Dash:** 4.70
sec., **5-10-5 Agility:** 4.15 sec.

Austen is one of the toughest and hardest working quarterbacks I have ever coached.

Austen led the Bobcats to MAC East division title and to the first bowl game appearance since 1968. He has earned the Super Iron Bobcat award twice and also 2006 Samurai Bobcat. He also excels in the classroom as he was selected to 2006 Academic All-MAC with 3.62 GPA.
—Shigeru Sano, CSCS

Heidelberg College
Dan Fossa
Defensive End
Sports Management
Height: 6' Weight: 206 lbs.
Bench Press: 315 lbs., **Vertical Jump:** 30"
Power Clean: 285 lbs., **40-Yard Dash:** 4.9
sec., **5-10-5 Agility:** 4.5 sec.

Dan is one of the hardest workers on our team. He is under sized for his position, but makes up for it through hard work and exceptional physical conditioning. One of the greatest things that can be said about him is that he is extremely coach-able and leads through example. Dan has been a three year starter at defensive end and on special teams Dan was also voted team captain his junior and senior years He is also active on campus and is a solid student.
—Michael Vosburgh, CSCS

Denison University
Derek Fry
Free Safety
Athletic Training
Height: 5'10" Weight: 200 lbs.
Bench Press: 340 lbs., **Vertical Jump:** 33"
Power Clean: 370 lbs., **40-Yard Dash:** 4.52
sec., **5-10-5 Agility:** 4.43 sec.

Derek is a leader on the field and in the weight room. He was a four year starter at Free Safety and is also a competitive Olympic lifter. Derek recently competed in the junior session of the Olympic Trials.
—Mark Watts, CSCS

Clemson University
Dustin Fry
Center
Sports Management
Height: 6'2" Weight: 325 lbs.
Bench Press: 500 lbs., **Vertical Jump:** 28.5"
Power Clean: 340 lbs., **40-Yard Dash:** 5.12
sec., **5-10-5 Agility:** 5.04 sec.

Dustin is considered to be one of the top centers in the country. For a big man, Dustin displays tremendous power and quickness. He has won several off season strength and conditioning awards while at Clemson. He is a great leader in the weight room as well as on the field.
—Joey Batson

Norfolk State University
Andre Twine
Defensive Back
History
Height: 5'8" Weight: 170 lbs.
Bench Press: 275 lbs., **Vertical Jump:** n/a
Power Clean: 275 lbs., **40-Yard Dash:** n/a
sec., **5-10-5 Agility:** n/a sec.

Our best athlete in the weight room is Andre Twine. Andre used the weight room to walk on the football field, and now he starts for the Norfolk State Football Team. He is always focused, gives 100% at all times, and always looking to get better. He is a leader on the field and off the field, and pound for pound is one of the strongest athletes around. He is very passionate about his sport, and he is a team player. I highly recommend him for this award.
—Rodney Gaines, PhD, CSCS

University of Tulsa

Nick Graham

Cornerback

Communications

Height: 5'10" Weight: 195 lbs.

Bench Press: 340 lbs., **Vertical Jump:** 36.5"

Power Clean: 328 lbs., **40-Yard Dash:** 4.40 sec., **5-10-5 Agility:** 3.82 sec.

Nick possesses all the great qualities in a student-athlete. He is one of the rare athlete's that really excels in strength & conditioning and on the football field. He is truly a great person and teammate. With all Nick has achieved he still comes to each workout to improve and make his teammates better. He has been a joy to work with and I know he will be very successful in what ever he chooses to do in his life.

—Shawn Griswold, CSCS

Juniata College

Josh Gulley

Defensive Tackle

Accounting

Height: 6'1" Weight: 265 lbs.

Bench Press: 400 lbs., **Vertical Jump:** 26"

Power Clean: 265 lbs., **40-Yard Dash:** 5.0 sec., **5-10-5 Agility:** 4.5 sec.

Josh's hard work both on the football field and in the weight-room has earned him the respect of our coaching staff and his teammates. Josh not only filled the role as a defensive starter, but also as a role model who lead by his example of hard work and dedication to success.

—Douglas Smith, CSCS, NSCA-CPT

Virginia Military Institute

Eric Hall

Defensive Tackle

Economics / Business Management

Height: 6'1" Weight: 248 lbs.

Bench Press: 370 lbs., **Vertical Jump:** 30.5"

Power Clean: 365 lbs., **40-Yard Dash:** 4.95 sec., **5-10-5 Agility:** 4.38 sec.

Eric has excelled in the weight room throughout his entire football career at VMI. He currently holds the team record in the power clean with a 365lb lift. This fall he was selected to the Big South All Conference 1st Team after registering 46 tackles from his defensive line spot and with 7.5 of those going for a loss, including four sacks for 26 yards.

—Jim Whitten, CSCS

Bowdoin College

Zach Hammond

Defensive Lineman

Philosophy

Height: 6'3" Weight: 268 lbs.

Bench Press: 340 lbs., **Vertical Jump:** n/a

Power Clean: n/a lbs., **40-Yard Dash:** 5.10 sec., **5-10-5 Agility:** 4.28 sec.

Zach's effort and consistent improvements have been outstanding. When not healthy, he demonstrated equal diligence to the rehab/pre-hab program. He has an unwavering belief that the strength and conditioning program played a key role in his success and development as a football player. This was extremely valuable in the off-season preparation of our football team.

—James St. Pierre, CSCS,*D

University of Tennessee

Justin Harrell

Defensive Tackle

Sport Management

Height: 6'4" Weight: 300 lbs.

Bench Press: 500 lbs., **Vertical Jump:** 30"

Power Clean: 325 lbs., **40-Yard Dash:** 5.1 sec., **5-10-5 Agility:** 4.37 sec.

Justin is an outstanding young man with lots of character and leadership. He is very strong, and is one of the most explosive and dependable players I have had the opportunity to work with. Even after a season ending injury, he still played in one more game, showing his teammates he was going to give everything he had for them.

—Barry Cain, CSCS

Utica College

Larre Harris

Left Guard

Sociology

Height: 6' Weight: 300 lbs.

Bench Press: 445 lbs., **Vertical Jump:** 20"

Power Clean: 315 lbs., **40-Yard Dash:** 5.50 sec., **5-10-5 Agility:** 5.0 sec.

Larre has worked extremely hard in the weight room preparing himself to be the best. His strength and explosiveness has really contributed to his success as well as the team success. Larre has demonstrated leadership on the field and in the weight room. His dedication, commitment and work ethic has been an inspiration to our program. Larre is a 4 year starter on the offensive line, a senior co-captain and an all-conference guard.

—Jerome Tine, CSCS

Texas Christian University

Brent Hecht

Tight End

Business Management

Height: 6'4" Weight: 266 lbs.

Bench Press: 400 lbs., **Vertical Jump:** 27"

Power Clean: 320 lbs., **40-Yard Dash:** 4.98 sec., **5-10-5 Agility:** 4.35 sec.

Brent's growth at TCU has been amazing. Since his first year at TCU, he's transformed himself into a force in the weight room and a competitor on the football field.

—Matt Parker

Texas Christian University

Lonta Hobbs

Tailback

Education

Height: 5'10" Weight: 215 lbs.

Bench Press: 330 lbs., **Vertical Jump:** 30"

Power Clean: 325 lbs., **40-Yard Dash:** 4.7 sec., **5-10-5 Agility:** n/a sec.

TCU's ninth all-time leading rusher with 2,406 yards, Lonta is aggressive and competitive on the field and just as determined in the weight room. A role model to the next generation, Lonta will leave the TCU athletics program better off than when he arrived.

—Mar Magnusen

University of Wisconsin—Stout

Travis Hoffman

Defensive Line

Business

Height: 6'1" Weight: 240 lbs.

Bench Press: 400 lbs., **Vertical Jump:** n/a

Power Clean: 365 lbs., **40-Yard Dash:** 4.67 sec., **5-10-5 Agility:** 4.47 sec.

Travis has utilized his strength and speed training to become an All-Conference football player. Although undersized, he is one of the top players in the conference as a defensive player and as a special teams player. His work ethic and desire to succeed have been a big part of our off-season training. He is very deserving of this award.

—Duane Naatz, CSCS

Northwood University

Charleston Hughes

Linebacker

Business Management

Height: 6'1" Weight: 235 lbs.

Bench Press: 390 lbs., **Vertical Jump:** 33.5"

Power Clean: n/a lbs., **40-Yard Dash:** 4.53

sec., **5-10-5 Agility:** 4.19 sec.

Charleston'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. The gains he has made in power and strength during his career have helped him become one of the top linebackers in Division II.

—Scott Fisher, CSCS, NSCA-CPT,

Georgia Tech

Calvin Johnson

Wide Receiver

Management

Height: 6'5" Weight: 235 lbs.

Bench Press: 350 lbs., **Vertical Jump:** 45"

Power Clean: 330 lbs., **40-Yard Dash:** 4.35

sec., **5-10-5 Agility:** 4.1 sec.

Calvin is the best athlete and person that I have ever coached. He has the most amazing and freakish skills that anyone has ever seen. At 6'5 and 235 pounds he has run consecutive 4.35 40yd dashes as well as a 45 inch vertical jump and 11'2" standing long jump. The most impressive thing about Calvin is his outstanding work ethic and great personality. He leads by example and dares other to match his effort and intensity. He has been selected as the Lifter of the Year in 2006. He is a 2 time All-American and All ACC wide receiver. Calvin is also a Biletnikoff finalist for the 2006 season.

—Eric Ciano

University of Tennessee

Inquoris "Inky" Johnson

Defensive Back

Political Science

Height: 5'9" Weight: 180 lbs.

Bench Press: 325 lbs., **Vertical Jump:** 37"

Power Clean: 250 lbs., **40-Yard Dash:** 4.45

sec., **5-10-5 Agility:** 3.19 sec.

Inky is an extreme over achiever and has a work ethic that is second to none. He is always doing extra work to make himself better. He trains with great intensity and dedication.

Without question Inky has been one of my best workers in the weight room.

—Christopher Stewart

West Virginia University

Abraham Jones

Safety

ACE / Special Education

Height: 6'1.5" Weight: 195 lbs.

Bench Press: 395 lbs., **Vertical Jump:** 32"

Power Clean: 360 lbs., **40-Yard Dash:** 4.41

sec., **5-10-5 Agility:** 4.40 sec.

Heart is the word that best describes Abraham Jones. Whether in the weight room, on the field, or helping in the community, he goes above and beyond what is expected. His dedication, work ethic, and heart are three characteristics that are sure to prove Jones successful in all he pursues.

—Autumn Barwis, CSCS

Youngstown State University

Jeff Koval

Linebacker

Marketing

Height: 6'1" Weight: 225 lbs.

Bench Press: 325 lbs., **Vertical Jump:** 32"

Power Clean: 315 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Jeff walked on the football team weighing 200 lbs and has worked to transform himself into an anchor on the edge of the defense. He is a consistent performer and relentless presence on the field. He brings attitude and intensity to the weightroom. Jeff was an All Gateway Conference selection this year.

—Ken Layman, CSCS, NSCA-CPT

Ohio University

Corey Logan

Tight End

Specialized Studies

Height: 6'3" Weight: 240 lbs.

Bench Press: 384 lbs., **Vertical Jump:** 36.5"

Power Clean: 340 lbs., **40-Yard Dash:** 4.67

sec., **5-10-5 Agility:** 4.19 sec.

Corey is an exceptional athlete who possesses power, strength and speed. Since his freshman year, he has improved his bench and squat by over 100 pounds, clean & jerk by 90 pounds, vertical jump by 4 inches, all while adding 40 pounds of muscle.

—Dorian Wenzel

University of Massachusetts

Brandon London

Wide Receiver

Sociology

Height: 6'4" Weight: 212 lbs.

Bench Press: 275 lbs., **Vertical Jump:** 37.7"

Power Clean: 275 lbs., **40-Yard Dash:** 4.52

sec., **5-10-5 Agility:** 4.11 sec.

Brandon has been a workout warrior during his time at Umass. His hard work and dedication helped the Umass football team win the Atlantic 10 Conference Championship Title

as well as reach the playoffs. Brandon has also been recognized as a First Team All-Conference wide receiver for the Atlantic 10 Conference.

—Anthony Catterton

West Virginia University

Marc Magro

Linebacker

Multi-Disciplinary Studies

Height: 6'2.5" Weight: 241 lbs.

Bench Press: 455 lbs., **Vertical Jump:** 32.5"

Power Clean: 455 lbs., **40-Yard Dash:** 4.79

sec., **5-10-5 Agility:** 4.23 sec.

Marc is a diligent worker. His determination, dedication, and consistency have made him a physical monster and a marquee football player. His character makes him a man any father would be proud to call his son.

—Michael Barwis, CSCS

University of Wyoming

Jake Mayes

Defensive Line

Kinesiology

Height: 6'3" Weight: 292 lbs.

Bench Press: 415 lbs., **Vertical Jump:** 26"

Power Clean: 345 lbs., **40-Yard Dash:** 4.9

sec., **5-10-5 Agility:** 4.60 sec.

Jake has been a weight room warrior from the day he set foot on campus. He enthusiastically absorbed our training methods, and saw immediate results from his workouts. In his career at this school, he gained over 40 lbs of bodyweight to play D-Line, and also has a Push Press max of 405. His leadership and charisma will be sorely missed in our program. He achieved every lifting goal he ever set. It is a tribute to his pride and work ethic.

—Michael Cotterman, CSCS

University of Tennessee

Jerod Mayo

Linebacker

Sport Management

Height: 6'2" Weight: 230 lbs.

Bench Press: 425 lbs., **Vertical Jump:** 36"
Power Clean: 330 lbs., **40-Yard Dash:** 4.52 sec., **5-10-5 Agility:** 4.22 sec.

Jerod is a remarkably gifted athlete who possesses an outstanding work ethic. He has demonstrated the exceptional effort and leadership skills necessary for an award of this caliber. His work ethic is evident by the fact that he has earned a starting role as a Sophomore after overcoming a season ending knee injury during his freshman year. He is a natural born leader, and I would definitely want more Jerod Mayos on my football team.

—Johnny Long

Clemson University

Reggie Merriweather

Running Back

Human Resource Development

Height: 5'8" Weight: 209 lbs.

Bench Press: 415 lbs., **Vertical Jump:** 36.5"
Power Clean: 340 lbs., **40-Yard Dash:** 4.39 sec., **5-10-5 Agility:** 4.43 sec.

Reggie is one of Clemson's all time strongest athletes. Reggie's power index of 8.06 positions him third on Clemson's all time list. Merriweather is also the Tiger's all time hang clean record holder for skill athletes with a mark of 385 pounds. Truly a self motivated athlete, Reggie has taken the senior leader role to new heights. He has been a great example of how to train and take care of his body.

—Larry Greenlee

University of Tennessee

Marvin Mitchell

Linebacker

Sport Management

Height: 6'3" Weight: 225 lbs.

Bench Press: 415 lbs., **Vertical Jump:** 33"
Power Clean: 325 lbs., **40-Yard Dash:** 4.7 sec., **5-10-5 Agility:** 4.27 sec.

Marvin's hard work in the weight room paid off for him his senior year at UT. He consistently leads the team in tackles per game which is a reflection of his dedication to training hard year round.

—Brian Gearity, CSCS

Kent State University

Daniel Muir

Defensive End

Justice Studies

Height: 6'2" Weight: 280 lbs.

Bench Press: 465 lbs., **Vertical Jump:** 30.5"
Power Clean: 357 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Daniel is a hard working committed player who has turned his effort in the weight room into success on the playing field. During his junior season he was named 2nd Team All-MAC as a defensive tackle; while as a senior he was named pre-season 1st Team All-MAC by the collegefootballnews.com. During the 2004 spring practice he earned the "Jack Lambert Cup" as the most improved defensive player of the spring, while during the 2006 spring practice he earned the "Read Award" for going beyond the call of duty. Also during the spring of 2006 he was named the "Most Improved Defensive Linemen". Daniel finished his career tied for 3rd in quarterback sacks and 7th in tackles for loss in Kent State Football history. During Daniel's senior season his sack total was 8th All-Time for a single season. His bench press, back squat, and power clean are All-Time positional records for Kent State Football. To cap off his career he was named 1st Team All-MAC as a defensive lineman, Kent State's

Most Outstanding Defensive Linemen, and helped lead the Flashes to the 2nd best turn around in D-1A football.

—Tobias Jacobi, CSCS

The University of Maine

Matthew Mulligan

Tight End

Buisness

Height: 6'5" Weight: 240 lbs.

Bench Press: 415 lbs., **Vertical Jump:** 32"
Power Clean: 402 lbs., **40-Yard Dash:** 4.99 sec., **5-10-5 Agility:** 4.55 sec.

Matt's focus and personal commitment to strength and conditioning have set the tone for many of his teammates. As a transfer student who attended a high school without a football team he has made tremendous progress on the field, becoming the 2nd leading receiver in yards per reception in his first season. He is a motivated leader who demands the best from himself and those around him. He also holds the school record in the hang clean and is one of strongest athletes pound for pound, even as a larger player. We expect Matt to be a major contributor both in the off-season and on the field in our 2007 season.

—Leslie Look, CSCS

Ohio University

Matt Muncy

Linebacker

Political Science & Administration

Height: 6'2" Weight: 240 lbs.

Bench Press: 375 lbs., **Vertical Jump:** 35.5"
Power Clean: 320 lbs., **40-Yard Dash:** 4.57 sec., **5-10-5 Agility:** 4.13 sec.

Matt, who was a running back in high school, came to the Ohio University weighing only 200lbs. Through hard work and dedication in the weight room, he has steadily improved his strength and speed while gaining a lean body mass to become a two time 1st team All-MAC linebacker. Always a fierce competitor, he won the Super Iron Bobcat Award and was also a winner of 2005 Ohio Football Samurai Bobcat Competition.

—Joseph Fondale, CSCS

US Air Force Academy

Gilberto Perez

Defensive End

Management

Height: 6'2" Weight: 275

Bench Press: 415 lbs., **Vertical Jump:** 35"
Power Clean: 400 lbs., **40-Yard Dash:** 4.65 sec., **5-10-5 Agility:** 4.66 sec.

Gilberto is that rare athlete who was born with a great deal of natural talent and also possesses a solid work ethic. He came to the Academy big, strong, and fast; through a lot of hard, consistent work, he got bigger, stronger, and faster each year. On top of that, Gilberto is a great natural leader who is well respected by his teammates. He is a great representative of what a NSCA All-American Strength and Conditioning Athlete should be.

—Allen Hedrick, MA, CSCS,*D,
Coach Practioner

Youngstown State University

Jason Perry

Defensive Back

Business Marketing

Height: 5'8" Weight: 165 lbs.

Bench Press: 285 lbs., **Vertical Jump:** 41"
Power Clean: 250 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Jason is a team captain and an all Gateway Conference player. He owns the team and school record for vertical jump at 41 inches. This season he stepped up as a leader on our Conference Champion team with two defensive touchdowns and a punt return for a touchdown. Jason has been determined to outwork any doubters that his stature would keep him from being a champion.

—Todd Burkey, CSCS

Kansas State University

Blake Seiler

Defensive Line

Mechanical Engineering

Height: 6'2" Weight: 255 lbs.

Bench Press: 372 lbs., **Vertical Jump:** 27"

Power Clean: 339 lbs., **40-Yard Dash:** 4.97

sec., **5-10-5 Agility:** 4.20 sec.

Blake personifies the standards of our program. He was a former walk-on that not only earned a scholarship, but became a two year starter and team captain. Through his dedication to not only his athletic success Blake is going to graduate with a grade point average of above 3.5 in Mechanical Engineering.

—Rod Cole, CSCS

Portland State University

Jordan Senn

Linebacker

Physical Education

Height: 5'11" Weight: 218 lbs.

Bench Press: 365 lbs., **Vertical Jump:** 37.5"

Power Clean: 335 lbs., **40-Yard Dash:** 4.66

sec., **5-10-5 Agility:** 4.90 sec.

Jordan is one of the hardest workers to walk through the Portland State weight room. He has used is hard work on and off the field to propel himself to a two year starter. He is also a very accomplished javelin thrower for our track team.

—Fredrick Fabian, MS, CSCS

University of California—Berkeley

Byron Storer

Full Back

Mass Communications

Height: 6'1" Weight: 236 lbs.

Bench Press: 365 lbs., **Vertical Jump:** 31.5"

Power Clean: 324 lbs., **40-Yard Dash:** 4.77

sec., **5-10-5 Agility:** 4.11 sec.

Byron's drive to improve has lead him through four years of steady growth and progress. This same intensity and determination has brought him All-PAC-10 Football honors for three consecutive years.

—John Krasinski

University of Tennessee

Jayson Swain

Wide Receiver

Communications

Height: 6'1" Weight: 205 lbs.

Bench Press: 340 lbs., **Vertical Jump:** 33.5

in., **Power Clean:** 275 lbs., **40-Yard Dash:**

4.5 sec., **5-10-5 Agility:** 4.24 sec.

Jayson's strong work ethic and leadership skills have helped him become a leader on the football team. His leadership in the weight room and on the football field serves as an example for others to follow.

—Roderick Moore

University of California—Berkeley

Nu'u Tafisi

Defensive End

Social Welfare

Height: 6'2" Weight: 265 lbs.

Bench Press: 375 lbs., **Vertical Jump:** 27"

Power Clean: 330 lbs., **40-Yard Dash:** 4.93

sec., **5-10-5 Agility:** 4.25 sec.

Nu'u has incredible intensity and is a pleasure to coach!! He never takes a play off in practice or games and each repetition in the weight room is 100% quality. He is a hard worker who never gives up in everything he pursues.

—David Ziembra, MS, CSCS

Georgia Southern University

Charrod Taylor

Defensive End

Exercise Science

Height: 6'2" Weight: 285 lbs.

Bench Press: 435 lbs., **Vertical Jump:** 39.5"

Power Clean: 385 lbs., **40-Yard Dash:** 4.88

sec., **5-10-5 Agility:** 4.42 sec.

Charrod joined the football team as a true walk-on after serving four years in the U.S. Navy. During his service in the Navy he survived the attack of the USS Cole in 2000. As an undersized defensive lineman, Charrod dedicated himself to the weight room and his commitment has paid off. He was selected as second team All-Southern Conference in 2005

and first team All-Southern Conference in 2006. Charrod is not only a great athlete, he is also a great person and leader. He was selected by his teammates as the 2006 Dedication Award winner.

—Thomas Melton, Jr., CSCS

University of La Verne

Corey Tello

Outside Linebacker

Biology

Height: 5'9" Weight: 200 lbs.

Bench Press: n/a lbs., **Vertical Jump:** 25"

Power Clean: 235 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Corey came into our strength program and became a leader both on the field and in the weight room in less than a year. He is an undersized LB who never quit and trained the same way, which earned him a spot on the all conference team. His work ethic and leadership will be missed.

—Matt Durant

College of the Canyons

Allen Walker

Safety

General Studies

Height: 6'1" Weight: 210 lbs.

Bench Press: 310 lbs., **Vertical Jump:** 32"

Power Clean: 340 lbs., **40-Yard Dash:** 4.50

sec., **5-10-5 Agility:** 3.94 sec.

Allen is a pretty special student-athlete. His testing numbers in the weight room and on the field are only surpassed by his character and work ethic. Allen is a firm believer in what we do here at College of the Canyons and has been a joy to work with for the past two years. Allen will have tremendous success wherever he decides to transfer on scholarship.

—Robert Dos Remedios, MA, CSCS

Clemson University

Anthony Waters

Linebacker

Sports Management

Height: 6'3" Weight: 240 lbs.

Bench Press: 405 lbs., **Vertical Jump:** 35.5"

Power Clean: 325 lbs., **40-Yard Dash:** 4.48

sec., **5-10-5 Agility:** 4.32 sec.

Anthony has been one of the greatest leaders to come through Clemson in many years. Anthony has volunteered many hours to the community and FCA. His work habits enabled him to enter the NFL draft as a top junior linebacker; however he decided to return for his senior year and achieve the ultimate goal of obtaining a Clemson degree. Waters was a Preseason All-American as well as the ACC's leading returning tackler before sustaining a season ending knee injury.

—David Abernethy

University of Wyoming

John Wendling

Safety

Business Administration

Height: 6'1" Weight: 222 lbs.

Bench Press: 350 lbs., **Vertical Jump:** 41"

Power Clean: 360 lbs., **40-Yard Dash:** 4.38

sec., **5-10-5 Agility:** 4.12 sec.

John is a self starter and a classy guy. His improvements and strength gains were a huge part of his success. All athletes should look to this student athlete as an example of what it takes to succeed. After a two hour workout, he jumped over a 66" hurdle with a 4 step approach. He is a very explosive athlete.

—Scott Bennett, CSCS

Harding University

Kyle Wess

Running Back

Information Technology

Height: 5'9" Weight: 205 lbs.

Bench Press: 405 lbs., **Vertical Jump:** 39.5"

Power Clean: 300 lbs., **40-Yard Dash:** 4.41

sec., **5-10-5 Agility:** 3.9 sec.

Kyle is such an athlete that we have used him as a strong safety, fullback, and now our starting tailback; where he is the leading rusher in the Gulf South Conference. He was elected by his team to serve as captain his senior year. Kyle has a 3.62 GPA in a demanding major. He is a wonderful young man who is much respected around campus for his discipline, kindness, and integrity. He is also a very good leader in the weight room. I wish we had a team full of Kyles.

—Clay Beason, CSCS

Texas Christian University

Marvin White

Safety

Education

Height: 6'1" Weight: 200 lbs.

Bench Press: 350 lbs., **Vertical Jump:** 36"

Power Clean: 350 lbs., **40-Yard Dash:** 4.36

sec., **5-10-5 Agility:** 4.01 sec.

Marvin has been a leader in everything he does, both on and off the field. I wish I had a whole team of Marvin Whites. He is one of those special athletes that come around once in a great while. He will be sorely missed.

—Don Sommer

University of Kentucky

Trai Williams

Offensive Line

Ag Communications

Height: 6'5.5" Weight: 290 lbs.

Bench Press: 490 lbs., **Vertical Jump:** 30.5"

Power Clean: 320 lbs., **40-Yard Dash:** 5.09

sec., **5-10-5 Agility:** 4.73 sec.

Trai has been a great role model to have

around our program. He came in here as a walk on and earned a scholarship. Through his hard work, dedication to the program, and willingness to do things right; he has become a starter on an SEC Bowl Team. His approach to strength training and conditioning has been relentless and this is a huge reason for his success. He has earned his degree and will have a very productive life.

—Marcus Hill, CSCS

The College of William and Mary

Josh Wright

Defensive End

Art

Height: 6'2" Weight: 246 lbs.

Bench Press: 340 lbs., **Vertical Jump:** 29"

Power Clean: 355 lbs., **40-Yard Dash:** 4.62

sec., **5-10-5 Agility:** n/a sec.

Josh came to William and Mary as a very undersized defensive end, but through a tremendous amount of desire and superior work habits, he has developed himself into a solid contributor on our defensive squad. Josh finished his career as a 3-year starter and one of the most coach-able athletes I have had the opportunity to work with. It has been a pleasure working with him during the past four and a half years.

—John Sauer, CSCS

University of Iowa

Marshall Yanda

Offensive Tackle

Health and Sports Studies

Height: 6'4" Weight: 305 lbs.

Bench Press: 420 lbs., **Vertical Jump:** 30"

Power Clean: 360 lbs., **40-Yard Dash:** 5.08

sec., **5-10-5 Agility:** 4.4 sec.

Marshall was raised on a dairy farm and has tremendous work ethic. He is our team captain and will participate in the Senior Bowl.

Marshall has never missed a practice and has started every game during his career.

—Christopher Doyle, CSCS

Ohio University

Shane Yates

Defensive Tackle

Management Information System

Height: 6'2" Weight: 290 lbs.

Bench Press: 450 lbs., **Vertical Jump:** 28.5"

Power Clean: 330 lbs., **40-Yard Dash:** 5.03

sec., **5-10-5 Agility:** n/a sec.

Despite of all the injury problems he went through for 6 years at Ohio University, Shane became one of the strongest Bobcats. Always a vocal leader during tough conditioning sessions, he has contributed to the team on and off the field.

—Phil Sabatini



Golf

University of California—Irvine

Selanee Henderson

Psychology

Height: 5'7" Weight: 135 lbs.

Bench Press: n/a lbs., **Vertical Jump:** n/a

Power Clean: 135 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

When it come to work ethic, Selanee is on top of the athletic department. Her hard work has helped her team win conference 3 straight years. She was also the individual winner of the three championships. Selanee understands the benefit of weight training to her golf game and helps promote this to her teammates.

—Mike Nagler, CSCS, NSCA

Tennessee State University

Philip Watkins

Exercise Science

Height: 6' Weight: 170 lbs.

Bench Press: 185 lbs., **Vertical Jump:** n/a

Power Clean: 170 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Phil is an outstanding leader whose numbers on the golf course and work ethic in the weight room have made him an excellent captain on his team. He is committed to personal conditioning on his own time and outside of golf, he is already a graduate student here at TSU. Phil finished in a tie for 1st place in the OVC conference tournament last spring and the year before that; he was a member of the National Minority Championship team. Phil has consistently been in the number 1 spot on the golf team since I have been at TSU and is planning to enter professional tournaments starting next fall.

—Bryan Jovick, CSCS



Gymnastics

West Virginia University

Janae Cox

AA

Elementary Education

Height: 5'3" Weight: 130 lbs.

Bench Press: 150 lbs., **Vertical Jump:** 25.5"

Power Clean: 175 lbs., **40-Yard Dash:** N/A sec., **5-10-5 Agility:** N/A sec.

It has truly been a pleasure working with Janae over the past 4-years. Her flawless work ethic, discipline, and attitude have given her the tools to be successful in all areas of her life. She holds the dip record at 75 and the 1-mile at 5:49 which are both testaments to her character.

—Autumn Barwis, CSCS

West Virginia University

Jaime Gold

AA

Exercise Physiology

Height: 5'2" Weight: 125 lbs.

Bench Press: 175 lbs., **Vertical Jump:** 26"

Power Clean: 210 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Jaime has taken her strength and fitness to a new level this year. Beginning this summer, her dedication and determination to succeed has surpassed all expectations in the weight room and in the gym. She now holds the hang clean record not only for gymnastics but for all women's sports. I am truly proud of everything Jaime has accomplished; being an inspiration not only to me but to everyone she meets.

—Michael Barwis, CSCS



Ice Hockey

Ohio State University

Sean Collins

Defenseman

Family Resource Management

Height: 6'1" Weight: 210 lbs.

Bench Press: 235 lbs., **Vertical Jump:** 30.5"

Power Clean: 240 lbs., **40-Yard Dash:** 4.7 sec., **5-10-5 Agility:** 4.46 sec.

Collins is a leader in every form, on the ice, in the classroom, in the weight room, and as team captain. He has grown both physically and mentally through strength and conditioning.

—Lee Glass, CSCS

Miami University

Alec Martinez

Defenseman

Business

Height: 6'1" Weight: 210 lbs.

Bench Press: 300 lbs., **Vertical Jump:** 33"

Power Clean: 295 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Alec is a leader on and off the ice. He leads by example; by working hard in the weight room, on the ice and in the classroom. He is one of Miami's top defensemen and he is being rewarded for his hard work in the off-season with great improvements in the weight room and greater success on the ice.

—Matt Cady, CSCS

University of Vermont

Torrey Mitchell

Center

Agricultural and Resource Economics

Height: 5'11" Weight: 185.3 lbs.

Bench Press: 280 lbs., **Vertical Jump:** 29"

Power Clean: 278 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Torrey is an extremely talented and gifted hockey player. Additionally, he has fully vested himself in becoming the best player and athlete he can be, due to his extreme dedication to the on and off ice strength, speed, and conditioning developmental process. Each year he has been a part of the program he has seen improvement, but this year he broke through taking the top athlete spot on the team. As a captain he has taken his exceptional on-ice skills and performance and lead by example off the ice.

His example has engaged others and he is a fantastic role model for what the University of Vermont Athletics and the Strength and Conditioning Department is founded upon: hard work, dedication and excellence. Torrey Mitchell is one that a strength and conditioning coach loves to hang their proverbial hat on.

—Paul Goodman, CSCS,*D

University of Vermont

Kristen Norris

Defense

Psychology

Height: 5'8" Weight: 150 lbs.

Bench Press: 155 lbs., **Vertical Jump:** 16.6"

Power Clean: 163 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Kristen carries herself with a quiet confidence that exudes a professionalism and determination to be successful. She leads as captain for her team both on and off the ice and is very easy and impressive to work with. In terms of strength and conditioning Kristen has always been very dedicated to the process and always wanting to learn more about various aspects of her training, nutrition

and the like to help improve her performance. Her effort is undeniable and has led her to be one of the hardest working and best performing athletes in our athletic department and arguably in the country.

—Paul Goodman, CSCS,*D

Merrimack College

Ryan Sullivan

Defenseman

Finance

Height: 6'2" Weight: 195 lbs.

Bench Press: 285 lbs., **Vertical Jump:** 32"

Power Clean: 300 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.4 sec.

A two time Hockey East Scholar Athlete of the Year award winner, Ryan puts as much effort into his training as he does into academics. His relentless work ethic and dedication to improving himself as an athlete is truly a pleasure to watch. Ryan defines the title of captain; always setting a positive example for his teammates to follow. Training athletes like Sully make my job as a strength coach easy. He will have success in whatever path he chooses because of his strong will and passion to conquer any obstacle. It was truly an honor to train him.

—Justin Goulet, CSCS



Lacrosse

Colgate University

Tara Casey

Midfielder

Height: 5'4" Weight: N/A

Bench Press: 125 lbs., **Vertical Jump:** 21"

Power Clean: 140 lbs., **40-Yard Dash:** N/A sec., **5-10-5 Agility:** N/A sec.

Tara is a great to work with; she always has a great attitude and strives to get better everyday. She was a 3-Time All-Patriot League Second Team and 2007 Team Captain.

—Scott Lucas, CSCS

Loyola College in Maryland

Cory Coffman

Offensive Midfield

Philosophy

Height: 6'1" Weight: 190 lbs.

Bench Press: 260 lbs., **Vertical Jump:** 29"

Power Clean: n/a lbs., **40-Yard Dash:** 4.92 sec., **5-10-5 Agility:** n/a sec.

From our fitness testing and team challenges, to our speed and strength sessions, Mr.

Coffman has consistently been at the top.

Cory has ranked consistently at the top of our men's lacrosse team's off-season strength and conditioning competition during his career,

winning the team's top conditioned athlete

award as a junior, and is currently in position to repeat that performance in his senior year.

It has been a pleasure to watch Mr. Coffman grow as an athlete and in the classroom. Cory

boast a 3.41 GPA in Philosophy to go along with his on-field accomplishment.

—Robert Taylor, Jr.

Canisius College

Lisa Foligno

Midfield

Marketing

Height: 6'3" Weight: 155 lbs.

Bench Press: 141 lbs., **Vertical Jump:** 18"

Power Clean: 136 lbs., **40-Yard Dash:** 5.45 sec., **5-10-5 Agility:** 5.00 sec.

Lisa has worked constantly to improve her strength and conditioning levels so she can improve her performance on the field. Her hard work has gotten her to a level where she is in the top seven in all nine strength and conditioning tests on her team and is one of the strongest female athletes at the college.

—Craig Newton, MS, CSCS

University of Maryland

James Harkey

Mid Fieldman

Undeclared

Height: 5'11" Weight: 171 lbs.

Bench Press: 225 lbs., **Vertical Jump:** 27"

Power Clean: 245 lbs., **40-Yard Dash:** 4.65 sec., **5-10-5 Agility:** 4.3 sec.

James is an outstanding teammate and leader who maximizes his potential and outworks anyone both on the field and in the weight room. He is very appreciative of the opportunity to compete at the Division 1 Level and understands that strength training will make that success possible. He donates time to help disabled children in the Special Olympics and is a volunteer coach for youth lacrosse.

—Fred Cantor, CSCS

Hofstra University

Kim Hillier

Attack

Psychology

Height: 5'4" Weight: 133 lbs.

Bench Press: 122 lbs., **Vertical Jump:** 20"

Power Clean: 112 lbs., **40-Yard Dash:** 5.46 sec., **5-10-5 Agility:** 4.90 sec.

Kim's commitment in the weight room has led to her setting school records in the bench press, hang clean and vertical jump. Her hard work and intensity make her a leader for her teammates.

—Ryan Martin, CSCS

Colgate University

Colin Hulme

Defense

Height: 6'1" Weight: 225 lbs.

Bench Press: 245 lbs., **Vertical Jump:** 29.5"

Power Clean: 270 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Colin comes to work everyday, never has a complaint or an excuse. He has provided a great example for all the younger lacrosse players, who strive to reach his level both on the field and in the weight room. He was a 2006 USILA All-American Honorable Mention, 2006 All-Patriot League First Team, 2007 Inside Lacrosse Pre-Season All-American Third Team, and 2007 Team Captain.

—Scott Lucas, CSCS

Boston University

Angie Martin

Attack

Communications

Height: 5'3" Weight: 108 lbs.

Bench Press: 110 lbs., **Vertical Jump:** 18.3"

Power Clean: 119 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

In three years of working with Angie, I have watched her lead by example in the weight room. At a bodyweight of 108, she is one of my strongest athletes pound for pound. She

motivates her teammates as well as her coaches by her constant drive to improve. Over a two year span of training, Angie has improved 22% in the Bench Press, 17% in the Front Squat, 34% in the Hang Clean, 8% in the Vertical Jump, a :07 sec improvement in her 1 mile time, and 116% in Chin-ups currently at a max number of 13. Angie leads by example and that example which she sets in the weight room pushes her teammates to improve as well.

—Glenn Harris, CSCS

Loyola College in Maryland

Elizabeth Peregoy

Midfield

Finance

Height: 5'5" Weight: 130 lbs.

Bench Press: 110 lbs., **Vertical Jump:** 18.1"

Power Clean: n/a lbs., **40-Yard Dash:** 6.28 sec., **5-10-5 Agility:** n/a sec.

Elizabeth has lead by example her entire career at Loyola. She has gained respect by being consistent with her effort, having an unmatched desire to win, and willingness to accept a challenge. Elizabeth has been voted captain by her peers prior to her senior year. Liz has persevered on and off the field, winning our women's lacrosse team's off-season strength and conditioning competition in 2006 while maintaining a 3.47 GPA in Finance.

—Robert Taylor, Jr.

Limestone College

Marty Ward

Goalie

History

Height: 5'8" Weight: 170 lbs.

Bench Press: 255 lbs., **Vertical Jump:** n/a

Power Clean: 200 lbs., **40-Yard Dash:** 5.6 sec., **5-10-5 Agility:** 5.2 sec.

Marty has shown a great deal of dedication, work ethic, leadership and motivation towards his training and it has paid great benefits on the field. In 2006, he was named team captain; he was 2nd team Pre-season

All-American and 1st Team All Deep South Conference. Marty was also named to the Iroquois National Team which participated in the 2006 World Championships in Canada and posted a 3 win 4 loss record.

—Curtis Lamb, CSCS

Towson University
Shannon Witzel

Attack

General Studies

Height: 5'11" Weight: n/a

Bench Press: 135 lbs., **Vertical Jump:** 21.5"

Power Clean: 133 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Shannon has evolved as one of the best women's lacrosse athletes in the Colonial Athletic Association conference. Her accomplishments include; leading the nation in goals per game with 3.74 in 2005, earning 2nd team All-CAA honors in 2005, named 2005 CAA Tournament Most Valuable Player, earning IWLCA/US Lacrosse All South Region Second Team honors in 2005, holding the records for points (84) and goals in a season (71), shattering the 21 year-old record of 60, and named CAA Rookie of the Week three times.

—John Poitras, CSCS



Rowing

Kansas State University

Danielle Scott

Port / Starboard

Psychology

Height: 6' Weight: 167 lbs.

Bench Press: n/a lbs., **Vertical Jump:** 20.5"

Power Clean: 184 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Danielle represents the character and leadership you would want all student-athletes to possess. Her determination to be the best in her sport has pushed not only herself but her teammates to heights unimaginable.

—Rod Cole, CSCS



Soccer

Virginia Military Institute

Karen Bill

Midfield

Civil Engineering

Height: 5'5" Weight: n/a

Bench Press: 125 lbs., **Vertical Jump:** 19.5"

Power Clean: 120 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.69 sec.

Karen is an incredible individual. Not only is she an exceptional athlete, but she is an outstanding leader. Her ability to inspire others around her through her hard work; whether it is on the field, in the weight room, or in the classroom, is what separates Karen from other student athletes. It is a privilege and joy to have helped coach an athlete that is committed to excellence as Karen Bill.

—Samuel Brown

William Woods University

Matt Bruno

Midfielder

Business Management

Height: 5'10" Weight: 165 lbs.

Bench Press: 300 lbs., **Vertical Jump:** 32"

Power Clean: 265 lbs., **40-Yard Dash:** 4.5 sec., **5-10-5 Agility:** 3.99 sec.

Matt has been dedicated to all aspects of conditioning in his 4½ years at WWU. In 2002 he was one of the first soccer players to see the benefits of strength training. His work ethic paid off with success on the soccer field. Unfortunately, Matt suffered an ACL injury followed by surgery in the summer of '05. He

had a chance to graduate in May 2006 but decided to rehab and play his last season. Matt came back and performed at the All-Conference level of his '04 season and provided much needed leadership to a young team.

—Robert Jones, CSCS

Texas A&M University

Paige Carmichael

Midfield

Sports Management

Height: 5'7" Weight: n/a

Bench Press: 110 lbs., **Vertical Jump:** 19.5"

Power Clean: 143 lbs., **40-Yard Dash:** 4.96 sec., **5-10-5 Agility:** n/a sec.

Paige is one of the most intense and determined athletes that I have ever worked with. Her work ethic is one of the main reasons she was elected a team captain as a junior, she is always looking to do something extra to make herself and the team better.

—Paul Sealey, MS

University of Wyoming

Carolyn Clarke

Defender

Nursing

Height: 5'5" Weight: 130 lbs.

Bench Press: 105 lbs., **Vertical Jump:** 22"

Power Clean: 115.5 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Carolyn has committed herself to the weight room, and in turn is one of the strongest, hardest working, and most fit members on the team. Not only has Carolyn lead the team in the weight room, she is a main-stay in the back line on the field.

—Kathy Crowe, CSCS

Boston University

Stephanie Dreyer

Goalkeeper

Public Relations

Height: 5'8 3/4" Weight: 150 lbs.

Bench Press: 105 lbs., **Vertical Jump:** 19.9" **Power Clean:** 120 lbs., **40-Yard Dash:** 5.7 sec., **5-10-5 Agility:** 4.62 sec.

A diligent, dedicated team player who is committed to excellence on and off of the field; Stephanie's effort, coach-ability, attitude, attentiveness, and attention to detail on a daily basis are second to none. Her work ethic and leadership has earned the respect of teammates and coaches alike. A model of consistency, Stephanie made tremendous strides in her strength/power, SAQ, and brought her fitness to the next level in earning the starting goalkeeper position after splitting time the past two seasons. In doing so, she lead the conference, set a school record for shutouts (12) while being ranked nationally in goals-against-average (0.514; 12th) and save-percentage (0.851; 29th) earning her 2nd team America East &

NSCAA Northeast Regional accolades.

—Victor Brown, III, CSCS, NSCA-CPT

Limestone College

Liz Eichhorn

Goalie

Psychology

Height: 5'7" Weight: 155 lbs.

Bench Press: 115 lbs., **Vertical Jump:** 17" **Power Clean:** 120 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.91 sec.

Liz has a great deal of athleticism and leadership in the goal position. She has an outstanding range and leaping ability which allows her to cover a lot of ground in front of the net. She started 14 games in 2005 posting a 1.66 GAA with 101 saves and was named to the CVAC All Conference Second Team.

—Curtis Lamb, CSCS

West Virginia University

Kelsey Fowler

Mid-Field

General Studies

Height: 5'8" Weight: n/a

Bench Press: 145 lbs., **Vertical Jump:** n/a **Power Clean:** 165 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Kelsey is an extremely self-motivated individual who always does extra. Her hard work along with her positive do-or-die attitude has made her a success in the weight room and on the field.

—Marcus Kinney, CSCS

The University of Tulsa

Lauren Gilliland

Defender

Psychology

Height: 5'6" Weight: n/a

Bench Press: 110 lbs., **Vertical Jump:** 20 1/2" **Power Clean:** 130 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Lauren inspires teammates by showing that they can lift heavier weight and still be a very good athlete. Lauren has seen her athleticism increase as she has become stronger.

—Paul Arndorfer, CSCS

Humboldt State University

Lindsey Harpham

Outside Back (Defense)

Recreation Administration

Height: 5'6" Weight: 140 lbs.

Bench Press: 120 lbs., **Vertical Jump:** 27.5" **Power Clean:** 175 lbs., **40-Yard Dash:** N/A sec., **5-10-5 Agility:** N/A sec.

In the weight room, Lindsey has quietly worked to become a dominant force on the field. A 4-year starter and team captain, she played an integral role in helping her team reach the conference tournament while also being selected to the all-conference team this past season.

Well-respected by staff and teammates, Lindsey has been the unsung hero of the team. It has been a joy working with someone so talented, hardworking, and humble.

—Matthew Lee

Central Connecticut State University

Pete Howe

Midfield

Physics

Height: 5'10" Weight: 175 lbs.

Bench Press: 280 lbs., **Vertical Jump:** n/a in., **Power Clean:** 190 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Pete is the hardest worker that I have had the pleasure to coach. Pete's heart and determination are unmatched. He is everything that this award is about and provides a great example for the younger athletes on the team to follow.

—Patrick Maguire

University of Memphis

Chloe James

Defense

Sport Management

Height: 5'6" Weight: 147 lbs.

Bench Press: 135 lbs., **Vertical Jump:** 23.5" **Power Clean:** 135 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.55 sec.

Chloe has an unequalled drive to become better. She competes against her teammates in the weight room with the same determination that she exhibits in practice. During the year and a half that Chloe has taken part in the University of Memphis strength and conditioning program, she has completely transformed her body, her athletic abilities, as well as her work ethic. If her team was required to train twice a week, it was typical for Chloe to train four times a week. As a strength coach, it has been a great pleasure to work with an athlete like Chloe James because she has demonstrated a true interest in strength training and her progress is very visible on the soccer field.

—Jason Hartman, CSCS

Creighton University

Ryan Junge

Defender

Journalism / Advertising

Height: 6'1" Weight: 188 lbs.

Bench Press: 235 lbs., **Vertical Jump:** 29.5" **Power Clean:** n/a lbs., **40-Yard Dash:** 4.83 sec., **5-10-5 Agility:** 4.14 sec.

Ryan was a transfer who immediately set a tone in the weight room when he arrived on Creighton's campus after his freshman year. Ryan is a true leader on and off the pitch. In addition to his on the field performance he has been regular in the weight room and has brought a great amount of intensity to his training and also has a tremendous work ethic that other athletes have looked up to. Ryan is a great example of what a dedicated student-athlete is all about. It has been a real pleasure working with him.

—Satoshi Ochi, CSCS,*D, NSCA-CPT,*D

Miami University

Jackie Levant

Defender

Business

Height: 5'9" Weight: n/a

Bench Press: 135 lbs., **Vertical Jump:** 21" **Power Clean:** n/a lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Jackie has become one of my favorite athletes to coach because she works hard on and off the field, she will do anything that she is asked to do and she is a great leader and role model to her teammates/peers. She is always positive and her work ethic is second to none.

—Matt Cady, CSCS

Clemson University

Phil Marfuggi

Goal Keeper

Parks & Rec / Tourism Management

Height: 6' Weight: 196 lbs.

Bench Press: 300 lbs., **Vertical Jump:** 28" **Power Clean:** 265 lbs., **40-Yard Dash:** 5.2

sec., **5-10-5 Agility:** 4.9 sec.

Phil was selected to the 2005 First Team All-American by College Soccer News and soccernews.com. He allowed only 0.85 goals per game average for 2005. He has an outstanding work ethic in the weight room and on the field. His work ethic and proven leadership has been a tremendous asset to the Clemson soccer team.

—Cameron Davidson, CSCS

Texas A&M International University

Kyle Neenan

Defender

Fitness & Sports

Height: 5'9" Weight: 155 lbs.

Bench Press: 275 lbs., **Vertical Jump:** n/a

Power Clean: n/a lbs., **40-Yard Dash:** 4.55 sec., **5-10-5 Agility:** n/a sec.

Kyle worked very hard to improve after a knee injury in the off-season. He came into the fall season as one of our strongest and best conditioned athletes, which greatly contributed to our team's success.

—Ernst Feisner, CSCS

Texas State University

Kim Phillips

Forward

Biology w/minor in Psychology

Height: 5'8" Weight: 165 lbs.

Bench Press: 155 lbs., **Vertical Jump:** 26"

Power Clean: 160 lbs., **40-Yard Dash:** 5.18 sec., **5-10-5 Agility:** 4.48 sec.

In her senior year, Kim developed into an outstanding presence in the weight room and on the soccer field. Her impressive strength numbers and desire not to be outworked, led to a very competitive atmosphere and positive influence on the underclassman. She suffered a torn ACL in 2004 and fought back with unbelievable dedication to her rehab and strength program—her numbers speak for themselves. Accomplishments on the field: 2006 Team Offensive MVP, Team Co-Player of the Year, 2nd team all conference SLC,

SLC offensive player of the week, SLC all-conference tournament team, 2005 1st Team All-Conference SLC, 2004 Pre-Season All-Conference—RED SHIRTED (ACL), 2003 All-Conference Honorable Mention, 2002 part of a defensive unit that recorded 7 shutouts, and in academics she made the Dean's list.
—Jerold Gaitan, CSCS

Texas A&M International University

Stephanie Webb

Forward

Fitness & sports

Height: 5'2" Weight: 130 lbs.

Bench Press: n/a lbs., **Vertical Jump:** n/a
Power Clean: n/a lbs., **40-Yard Dash:** 4.8 sec., **5-10-5 Agility:** n/a sec.

Stephanie is one of the few women's soccer athletes that I don't have to chase into the weight room. She works out all year and is our top scorer as a result. She gives 110% in everything she does, making her a joy to work with.

—Ernst Feisner, CSCS

Northern Illinois University

Kevin Woerner

Midfielder

Mechanical Engineering

Height: 5'10" Weight: 174 lbs.

Bench Press: n/a lbs., **Vertical Jump:** 25"
Power Clean: 190 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Kevin is a poster child for strength & conditioning. Kevin came to college as a 140 pound athlete with fairly good soccer skills but too small of a stature to be competitive at this level. He quickly took to strength training and made big strides both in the weight room and on the field going into his sophomore year. The next two years consisted of steady work and continued progress. His consistent hard work both on and off the field rubbed off on his teammates and their reward was a trip to the NCAA tournament. Kevin finished his career as an Academic-All MAC player that led the team in career points (33), matches played (76) and 68 starts.

—Chad Bower, CSCS



Softball

Auburn University

Holly Currie

Pitcher

Exercise Science

Height: 6' Weight: n/a

Bench Press: n/a lbs., **Vertical Jump:** 23.5"

Power Clean: 220 lbs., **40-Yard Dash:** 5.18 sec., **5-10-5 Agility:** 5.01 sec.

Holly is an excellent leader and an extremely hard worker. Her dedication to her training has made her what she is today; a self starter who strives to be the best at everything she does in the weight room and on the field.

—Jason Loscalzo, CSCS

Indiana State University

Julie Damico

Centerfield / Pitcher

Exercise Science

Height: 5'6" Weight: 140 lbs.

Bench Press: 50 lbs., **Vertical Jump:** 21"

Power Clean: 143 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Julie is a two year team Captain for the Sycamores. She sets a very high standard for her teammates with her exceptional attitude towards academics and athletics. I look forward to watching Julie have a successful senior season.

—David Marmon, MS, CSCS

The Ohio State University

Christina Douglas

First Base

Health Professions

Height: 5'5" Weight: 171 lbs.

Bench Press: 150 lbs., **Vertical Jump:** n/a

Power Clean: 165 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.92 sec.

Dougie has the mental toughness of a warrior and has a never-give-in attitude. She is a standout on a team of Buckeyes who are dedicated in the weight room and on the field. Christina was the obvious choice.

—Thomas Palumbo, CSCS

Keene State College

Erin Fuoroli

Pitcher

Education / Science

Height: 5'6" Weight: 150 lbs.

Bench Press: 95 lbs., **Vertical Jump:** n/a

Power Clean: n/a lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Erin is a valuable member of the softball team. She is a solid pitcher who uses an assortment of pitches in the circle. In the 2006 season she pitched in 80 innings finishing the season 9-5 with a 2.10 ERA. Erin is a hard working student-athlete who equally excels in the classroom as well on the softball diamond with a 3.5 GPA. She is a positive influence to her teammates and is an exceptional leader.

—Sarah Testo, CSCS

Northern Oklahoma College

Ashley Geter

1st Base

Pre-Med

Height: 5'10" Weight: 145 lbs.

Bench Press: 105 lbs., **Vertical Jump:** n/a

Power Clean: n/a lbs., **40-Yard Dash:** 5.12 sec., **5-10-5 Agility:** 4.5 sec.

Ashley's work ethic in the area of strength and conditioning has been exceptional, I have had the opportunity to work with her the last two

years at Northern Oklahoma College and she has answered every challenge put before her, she is very athletic and she is also a Presidential Scholar her GPA is around 3.95.

—Michael Riley, CSCS

University of Arkansas

Dayna Huckabee

Shortstop

Kinesiology

Height: 5'11" Weight: 165 lbs.

Bench Press: 120 lbs., **Vertical Jump:** 26"

Power Clean: 165 lbs., **40-Yard Dash:** 5.40 sec., **5-10-5 Agility:** 4.68 sec.

Dayna exhibits the attitude and drive of an elite athlete. She is my strongest, fastest, and most motivated athlete. Her work ethic can be seen in all aspects of her life. She is a top student, a two-time NFCA All-America Scholar-Athlete, and led her team last season with the most double, triples, and RBI's. Dayna is a goal oriented individual who has the highest expectations for herself and gives an all-out effort everyday. I have been lucky to work with such a gifted and motivated individual.

—Nick Kalra, CSCS

Georgia Tech

Kristina Hull

Catcher

Science, Technology & Culture

Height: 5'11" Weight: n/a

Bench Press: 170 lbs., **Vertical Jump:** 23"

Power Clean: 182 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Kris comes into the weight room for every workout ready to get better. She always gives everything she has and sets the standards for the rest of her teammates to follow. Not only is she a hard worker, she's a great team leader and is constantly pulling her teammates up to her level both on the field and in the weight room. Kris is the kind of athlete every coach wants to have and she's been a pleasure to work with.

—Tiffany Allen, CSCS

Denison University

Claire Kopko

2nd Base

Biology

Height: 5'5" Weight: 140 lbs.

Bench Press: 135 lbs., **Vertical Jump:** 22.5"

Power Clean: 105 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.87 sec.

Claire is an extremely hard worker on the field and in the weight room. She was the 2005 NCAC Newcomer of the Year and All Conference Selection. She holds single season records for hits and triples.

—Mark Watts, CSCS

University of Alabama at Birmingham

Holly Krzan

Short Stop / 2nd Base

Special Education

Height: 5'6" Weight: 170 lbs.

Bench Press: 170 lbs., **Vertical Jump:** n/a

Power Clean: n/a lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.34 sec.

Holly displays the characteristics of the ultimate leader everyday. Her presence alone, on the field and in the weight room, drives her teammates to be the best they can be. Holly is constantly trying to better herself as well. Her 1RM's and test times are never good enough for Holly; she always strives to do better. She has improved her bench press from 125 to 170 and her squat from 165 to 275 and she is still a work in process.

—Stacey Torman, CSCS

University of Washington

Danielle Lawrie

Pitcher

General Studies

Height: n/a Weight: n/a

Bench Press: 130 lbs., **Vertical Jump:** 21"

Power Clean: 176.4 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 5.01 sec.

Danielle's ability and determination is superseded only by her work ethic! She has

used her athletic development to display a physical and aggressive presence in the circle. Danielle's effort and improvements have been outstanding.

—Jason Phillips, CSCS

Miami University

Leslie Macedo

3rd Base

Exercise Science

Height: 5'5" Weight: n/a

Bench Press: 185 lbs., **Vertical Jump:** 25"

Power Clean: n/a lbs., **40-Yard Dash:** 4.78 sec., **5-10-5 Agility:** n/a sec.

In 2006, Leslie made both the Auburn Tiger Invitational All-Tournament and the Troy Cox Invitational All-Tournament teams. She set a new Miami's single-season record with 37 RBIs, finished fourth in the MAC in RBIs and eight in hitting in 2006. Leslie displays the drive needed to become better at the collegiate level. Her hard work always gives her an edge against the competition and she shows determination in always getting better.

—Colleen Day, CSCS

College of the Canyons

Cassandra Neilson

Infield

Psychology

Height: 5'8" Weight: 170 lbs.

Bench Press: 140 lbs., **Vertical Jump:** 16"

Power Clean: 155 lbs., **40-Yard Dash:** 5.88 sec., **5-10-5 Agility:** 5.10 sec.

Cassy has gone above and beyond with her physical preparation for our softball team; she is a perfect student-athlete in terms of her hard work and positive attitude. Cassy is a self-made athlete, a person who through her hard work has literally willed her way into becoming a great player for us. I will miss Cassy tremendously when she transfers after this year and continues to play softball at the 4-year level.

—Robert Dos Remedios, MA, CSCS

Rutgers-Camden University

Nancy Nkumsah

Pitcher

Business Management

Height: 5'9" Weight: n/a

Bench Press: 200 lbs., **Vertical Jump:** 20"

Power Clean: 100 lbs., **40-Yard Dash:** 5.4 sec., **5-10-5 Agility:** 5.4 sec.

Nancy, a pitcher on our National Championship Softball Team, has been amazing to work with; she has no fear in the training facility, she brings a desire and energy to the training sessions that is contagious. We are extremely excited to find out exactly what she is capable of in the future, as she grows into her strength she has the promise to be one of the great ones.

—Edward Hill, JD

Norfolk State University

Cassandra Petway

Shortstop / Outfield

Interdisciplinary Studies

Height: 5'9" Weight: 145 lbs.

Bench Press: 125 lbs., **Vertical Jump:** n/a

Power Clean: 125 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Cassandra has excelled in softball, and she was ranked in the top 10 in base steals in Division 1 softball. She has led her team in other categories as well and is a true leader both on the field and off. I have watched Cassandra grow from a young girl as a freshman into a mature lady. She has a big heart, and she gives 110% at all times in the weight room. She broke her finger at the end of the past season, but she still finds a way to be successful. I highly recommend her for this award.

—Rodney Gaines, PhD, CSCS

Missouri State University
Whitney Peyton
Infield

Criminology
Height: 5'5" Weight: n/a
Bench Press: n/a lbs., **Vertical Jump:** 22"
Power Clean: 130 lbs., **40-Yard Dash:** n/a
sec., **5-10-5 Agility:** n/a sec.

Whitney has done an outstanding job in the strength and conditioning program during her time at Missouri State University. Her work ethic, leadership, and attitude have enabled her to achieve success in both the weight room and on the field.

—Carl Christensen, CSCS

The University of Missouri
Sara Simons
Outfield

Nursing
Height: 5'2.5" Weight: 140 lbs.
Bench Press: 165 lbs., **Vertical Jump:** 23"
Power Clean: 186 lbs., **40-Yard Dash:** NA
sec., **5-10-5 Agility:** 4.73 sec.

Sara is an extremely dedicated individual athletically and academically. She has excelled in the weight room setting numerous personal records and team records. She continues to improve despite a rigorous nursing academic regimen. She is a vocal leader in addition to setting the example.

—Ken Wong, CSCS

Tennessee Tech University
Katie Sutherland
Outfielder

Biology
Height: 6' Weight: n/a
Bench Press: 145 lbs., **Vertical Jump:** n/a
Power Clean: n/a lbs., **40-Yard Dash:** n/a
sec., **5-10-5 Agility:** n/a sec.

Katie has demonstrated a high level of work ethic through her personal achievements in the strength program. Additionally, she is constantly motivating her teammates to achieve their best. Katie especially excels in our team challenges. This past fall, she also performed a team high of 13 chin-ups.

—Charles Pugh, CSCS

University of Houston
Jessica Valis
Shortstop

Consumer Science & Merchandizing
Height: 5'4" Weight: 126 lbs.
Bench Press: 125 lbs., **Vertical Jump:** 24"
Power Clean: n/a lbs., **40-Yard Dash:** 5.22
sec., **5-10-5 Agility:** 4.44 sec.

Jessica, as a freshman last year was 1st team all-conference and 1st team all-freshman. She works hard at everything she does and is continually looking to get better on the field and in the weight room. She is one of those athletes that is easy to coach and a joy to work with, because she has such a great work ethic. Other marks I think should be mentioned are her broad jump of 7 feet 3.5 inches and an average 20-yard time of 2.84. Both are marks she has improved since joining the team. I look forward to seeing how good she can be over the next three years.

— R. Jones, II, MS, CSCS

William Woods University
Ashley Windmiller
Catcher
Sports Management & Physical Education
Height: 5'6" Weight: 145 lbs.
Bench Press: 165 lbs., **Vertical Jump:** 22.5"
Power Clean: 155 lbs., **40-Yard Dash:** 4.9
sec., **5-10-5 Agility:** 4.36 sec.

Ashley has been great to work with during her time at WWU. As a freshman she had to catch all 58 games of the season. This took quite a toll on her body and required many adaptations to her weight training program, yet she was still one of the best workers on a team full of dedicated players. She has used strength and conditioning to help stay healthy and set an example of how to work hard. Her ability to catch most games and set the school home run record by her junior season is a testament to her strength and fitness.

—Robert Jones, CSCS



Swimming

Texas Christian University
Kendra Jackson
Distance / Sprinter
Special Education
Height: 6' Weight: n/a
Bench Press: 140 lbs., **Vertical Jump:** 24"
Power Clean: 200 lbs., **40-Yard Dash:** n/a
sec., **5-10-5 Agility:** n/a sec.
Kendra has been a joy to work with and is one of the hardest workers that I've had. She understands the importance of nutrition and has changed her diet to improve her performance dramatically. She is the example that you would want to have for your daughter as an athlete.

—Brandon Johnson

US Air Force Academy
Paul Parmenter
Sprints
Business Management
Height: 6' Weight: 175 lbs.
Bench Press: 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.
Paul has made many gains in strength, which have been the MAJOR factor in his transformation from a conference scorer to a conference champion. He had excellent strokes, and when he gained the necessary strength to support his frame, he took off.

—Edward Blackwood, CSCS

Miami University—Ohio

Margaret Patrick

Freestyle Sprinter

Health Studies

Height: 5'8" Weight: n/a

Bench Press: 135 lbs., **Vertical Jump:** 22"

Power Clean: n/a lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Margaret is an intelligent, gritty competitor who has used every chance in training to improve her performance. She was a good swimmer who has become a great swimmer for us. She was in last seasons Conference Championships, turning in a time of 23.28 in the 50 freestyle, which landed her an NCAA "B" cut as well as the second fastest time in our school's history—in the 100 free she clocked in a 51.49, 5th fastest in school history. She was also a member of the Conference Champion 200 Medley Relay team. We are looking for an exciting year from her in the upcoming season.

—James Carsey, CSCS

Tennis

Troy University

Rawia Elsis

Female Tennis

Sport Fitness Management

Height: 5'7" Weight: 168.5 lbs.

Bench Press: 120 lbs., **Vertical Jump:** 20"

Power Clean: 135 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 5.0 sec.

Rawia is a very hard worker. She goes above and beyond to be the best. She spends countless hours in the weight room and on the court.

Rawia is also a high achiever academically.

—Richard Shaughnessy, III, CSCS

Texas Christian University

Kewa Nichols

Kinesiology

Height: 5'10" Weight: n/a

Bench Press: 135 lbs., **Vertical Jump:** 22"

Power Clean: n/a lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Focused, driven, and determined. As an athlete, Kewa is a strength coach's dream. Her work ethic is unmatched as is her passion to compete. She does not quit, but instead, when she and her teammates are utterly exhausted, she finds the energy to complete the last rep with as much intensity as the first.

—Mar Magnusen

West Virginia University

Natalia Prinz

Pre-Business

Height: 5'7" Weight: 145 lbs.

Bench Press: 125 lbs., **Vertical Jump:** 19.5"

Power Clean: 130 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Natalia has an iron will dedicated to self-improvement in the weight room and tennis courts. Since day one, she has shown nothing short of hard work. As an international student, Natalia must also succeed in her studies due to more stringent academic requirements. She is team captain and a role model for her teammates. I consider it an honor to have Natalia as an athlete for one more year.

—Christopher Allen, CSCS

Lipscomb University

Mike Sherman

First

Computer Engineering

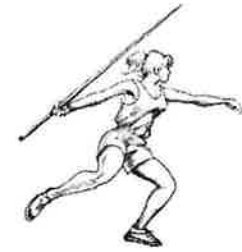
Height: 5'9" Weight: 163 lbs.

Bench Press: 220 lbs., **Vertical Jump:** 29.5"

Power Clean: 165 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Mike is an extremely hard working young man in the weight room, the court, and in the classroom. He holds several records in the weight room. He has improved every year in our testing. In his 4 years he has or will play the 1 or 2. He was named to the all Freshman Team, All-Conference 2nd team in his Sophomore & Junior years. He was also a Scholar Athlete in his Sophomore & Junior years. Mike will never be out worked in the weight room, court, or classroom.

—John Hudy, CSCS



Track & Field

California State University—Long Beach

Ronald Carter, III

Triple Jump

Business Management

Height: 6'3" Weight: 195 lbs.

Bench Press: n/a lbs., **Vertical Jump:** 35"

Power Clean: 308 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Ronald Carter III is an NCAA All-American Athlete. "RC", as he is affectionately known, started his track and field career at Long Beach State as a walk-on. As a freshman, his best triple jump mark was 45'9". Last year, RC won the event at the Big West Conference Championship with a mark of 52'9 3/4."

RC continued his excellence by winning the NCAA West Regional, only the 2nd track and field athlete in Long Beach State history to achieve this feat. He moved on to the 2006 NCAA National Championship and competed respectfully finishing in 7th place. Ronald's incredible improvement is a classic example of how dedication to proper training can affect performance. RC's adherence to simple concepts like hard work and consistency shows what athletes can achieve if they dedicate themselves to a goal. Assistant Strength and Conditioning Coach Robert Natzel designs and implements the training program for Long Beach State Track and Field and should be commended for his contributions to RC's success.

—Eric Burkhardt, MS, CSCS

California State University–Long Beach

Katelyn Ciarelli

Discus

Sociology

Height: 5'7" Weight: 150 lbs.

Bench Press: 55 lbs., **Vertical Jump:** 24"

Power Clean: 187 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Katelyn is the 2006 Big West Conference Champion in the discus throw. In the same meet she also placed 4th in the hammer throw, and has made tremendous improvement in this event since her freshman year. In her career at Long Beach State, she has qualified for the NCAA Regional meet 3 times. Katelyn is truly a pleasure to watch train. She attacks her workouts and creates a motivating atmosphere that permeates the entire weight room. Her lifting ability inspires our other female athletes. She recently performed a set of 10 repetitions in the back squat (full depth—thighs well below parallel) with 100 kilograms. Simply stated, Katelyn trains like an elite athlete should.

—Eric Burkhardt, MS, CSCS

Youngstown State University

Jarrold Davis

Throws

Computer Information Systems

Height: 6'2" Weight: 245 lbs.

Bench Press: 315 lbs., **Vertical Jump:** 34"

Power Clean: 340 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Jarrold was a 205lb walk on, as a freshman that worked his way into being an NCAA Regional Auto Qualifier in the weight throw. He was named the Horizon League Field MVP in the indoor and outdoor seasons this year. Jarrold holds school records in the shot put, weight throw, and hammer throw events. He is also an NCAA Academic All American.

—Elizabeth Vlad, CSCS

Miami University

Lashonda Davis

Sprints / Long Jump

Health Studies

Height: 5'3" Weight: 150 lbs.

Bench Press: 145 lbs., **Vertical Jump:** 29"

Power Clean: 170 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Lashonda is an extremely hard worker who has capitalized on her astounding potential. She has been on the All-MAC 1st team for three years in a row, the 2005-2006 MAC outdoor long jump champion with personal bests of 7.44 sec in the 60 meters, and 21-0 feet in the long jump, an NCAA regional qualifying jump. She is only the second female jumper in MAC history to record a long jump of 21 feet. Lashonda is an incredible athlete with a winning personality and a dedication to her teammates and coaches.

—Ryan Faehnle, CSCS

Bowdoin College

Louise Duffus

Throws

Economics / Government

Height: n/a Weight: n/a

Bench Press: 155 lbs., **Vertical Jump:** n/a

Power Clean: 130 lbs., **40-Yard Dash:** NA

sec., **5-10-5 Agility:** NA sec.

Louise is a two-time Division III All-American and school record holder in the 20 pound weight throw. She also owns the school record in the hammer and a share of the outdoor shot put mark. Her efforts in the weight room and a test Quadrathlon score of 147, galvanize the correlation between strength/power and distance in the throws. Recognized as a talented athlete and a person of great character, her teammates elected her team captain for the indoor and outdoor track and field season her senior year.

—James St. Pierre, CSCS,*D

Miami University

Kevin Dwyer

Decathlete

Business

Height: 6' Weight: 185 lbs.

Bench Press: 295 lbs., **Vertical Jump:**

33.5" **Power Clean:** 300 lbs., **40-Yard**

Dash: n/a sec., **5-10-5 Agility:** n/a sec.

Kevin is truly a student of the decathlon, always trying to learn and grow as an athlete. He was the MAC runner up in the decathlon for 2005 – 2006 with 6,350 points, and recently acquired 5,072 points in the Kent State indoor heptathlon. Kevin has been a pleasure to work with; he is very coach-able and absolutely loves what he does.

—Ryan Faehnle, CSCS

Johnson County Community College

Brian Fesler

Multi Event

Business

Height: 6'1" Weight: 185 lbs.

Bench Press: 260 lbs., **Vertical Jump:** 32.8"

Power Clean: 235 lbs., **40-Yard Dash:** 4.56

sec., **5-10-5 Agility:** 4.49 sec.

Brian is the athlete who shows up first to practice and is the last to leave. He takes great care in trying to be the best student and athlete he can be. He has a passion for his sport and gives 100% in every practice.

—Istvan Javorek,

Youngstown State University

Lindsey Hill

Throws

Early Childhood Education

Height: 5'6" Weight: 160 lbs.

Bench Press: 210 lbs., **Vertical Jump:** 20"

Power Clean: 200 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Lindsey is a consistent performer on our Horizon league Championship teams. She has been a positive influence on our women's throws program. She is an incredible athlete with a bright future.

—Elizabeth Vlad, CSCS

Grand View College

Steven Hughes

Jumps / Sprints

Pre Pharmacy

Height: 6'3" Weight: 190 lbs.

Bench Press: 220 lbs., **Vertical Jump:** 32"

Power Clean: 260 lbs., **40-Yard Dash:** 4.73

sec., **5-10-5 Agility:** n/a sec.

Steven has been a leader of our team since he stepped on campus. A tremendous worker, he has added 100 lbs to his squats in the past year, while developing significant gains in power and explosiveness. Also a dedicated student, Steven has been a crucial part of the development of a new program. In only his sophomore season, he will contend for multiple individual conference titles in the jumps and be a significant contributor in the sprints as well as the javelin throw.

—Seth Roberson, CSCS

University of Massachusetts

Veney Jordan

Shotput / Discus / Hammer

Geology

Height: 5'8" Weight: 185 lbs.

Bench Press: 175 lbs., **Vertical Jump:** 20"

Power Clean: 175 lbs., **40-Yard Dash:** 5.5

sec., **5-10-5 Agility:** 4.65 sec.

As a freshman, Veney broke the school records for indoor and outdoor shot-put. Because of her dedication she will hold all the throwing records by her junior year. Obviously her best days are ahead of her. With continued work she should qualify for the NCAA championships along with the 2008 Olympic trials.

—Robert Otrando

Georgia Tech

Ashlee Kidd

Sprinter

Business Management

Height: 6' Weight: 165 lbs.

Bench Press: 140 lbs., **Vertical Jump:** 27"

Power Clean: 187 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Ashlee has been an absolute pleasure to work with over the past four years. She does an outstanding job in the weight room. She is a six time All-American, six times ACC Champion, and named ACC INDOOR MVP IN 2006 where she broke the ACC record in the 200 and 400. She ran a personal best 51.57 in 400 NCAA finals to finish 5th in 2006. She also won a gold medal in 4x400m relay for the United States at the NACAC under 23 Track and Field Championships.

—William McDonald, CSCS

Loras College

Dana Klemm

Thrower

Math & Secondary Education

Height: 5'11" Weight: 205 lbs.

Bench Press: 190 lbs., **Vertical Jump:** 19.3"

Power Clean: 190 lbs., **40-Yard Dash:** 5.34 sec., **5-10-5 Agility:** 4.81 sec.

Dana is a very dedicated, hard working, and motivated athlete. Her accomplishments in strength and conditioning have allowed her to become a 4 time All-American in track & field, placing as high as 2nd at the National Championships. She has set 3 school records in the throws and will continue to break them her senior year. She is a great leader on the track & field team and does everything asked of her. She is a great athlete and is always willing to put the extra effort in all that she does.

—Thomas Kult, CSCS

Arizona State University

D'metra Macedon

Sprinter

Interdisciplinary Studies

Height: 5'4" Weight: 125 lbs.

Bench Press: 145 lbs., **Vertical Jump:** 27.5"

Power Clean: 167 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

D'Metra is an exceptional person who has a tremendous work ethic and brings a great amount of positive energy with her each day in the weight room, on the track, and in the classroom.

—Ben Hilgart, CSCS

Penn State University

Steven Meyers

Shot Put / Discus / Weight Throw

Mechanical Engineering / Biomechanics

Height: 6'1" Weight: 245 lbs.

Bench Press: 365 lbs., **Vertical Jump:** 33"

Power Clean: 350 lbs., **40-Yard Dash:** 4.5 sec., **5-10-5 Agility:** unknown sec.

I have had the distinct pleasure of coaching Steve for four years (2002 – 2006) at Penn State. Steve arrived at Penn State as a very undersized and weak athlete. During the time I was his coach he added nearly 50lb of body weight, over 125lb to his bench, his squat has gone up by nearly 100%, and his other lifts/testes have also progressed well. Steve also maintained very high grades in Mechanical Engineering. Steve finished his undergraduate degree in three years and was awarded a graduate assistantship in Biomechanics to pursue a Master's degree. Graduate studies allowed Steve to continue his athletic eligibility (as he had missed his sophomore year with a broken leg). Steve has been an Academic All-American, an NCAA Indoor National qualifier, and an NCAA Outdoor Regional scorer with his senior season yet to come. I could not give a higher recommendation.

—Mark Gortdenker, CSCS

Bowie State University

Damara Parrish

Sprinter / Jumper

Communications

Height: 5'5" Weight: 142 lbs.

Bench Press: 150 lbs., **Vertical Jump:** n/a

Power Clean: 165 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Damara is a phenomenal athlete whose consistency in training pays huge dividends. This All American performer was named the NCAA Southern Region Female Athlete of the Year in '06. While maintaining a 3.3 GPA, Mara is considered the "Mike Jordan" of the women's track and field team here at Bowie State University. As a competitor in both track and field events, she led her team to victory in 2006 as they became the CIAA champs. Her hard work and consistency is unparalleled as she will most assuredly go down in history as one of the best athletes to ever compete as a Bowie State Bulldog.

—Ed Page

University of North Carolina—

Wilmington

Moe Peacock

Sprinter

History

Height: 5'9" Weight: 175 lbs.

Bench Press: 305 lbs., **Vertical Jump:** 39.5"

Power Clean: 340 lbs., **40-Yard Dash:** 4.22 sec., **5-10-5 Agility:** 4.02 sec.

Moe has tremendous work ethic and dedication. He is mentally prepared each day to accomplish his goals in the weight room. He has molded himself in the weight room into one of the best athletes to come through UNCW in a very long time.

—Jim Mayew, CSCS

University of Iowa

Peaches Roach

High Jumper / Sprinter

Biology

Height: 5'9" Weight: 130 lbs.

Bench Press: n/a lbs., **Vertical Jump:** n/a

Power Clean: 140 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Peaches is an all around competitor both on the track and in the weight room. Her leadership and dedication has been invaluable and will be greatly missed.

—Damon Davis, NSCA-CPT, CSCS

Grand View College

Laura Schiltz

Thrower / Sprinter

Biology and Education

Height: 5'4" Weight: 140 lbs.

Bench Press: 130 lbs lbs., **Vertical Jump:** 20"

Power Clean: 135 lbs lbs., **40-Yard Dash:** 5.43 sec., **5-10-5 Agility:** n/a

Laura has dedicated herself to becoming a stronger thrower. She has seen significant improvements in her throws as a result of this dedication. Last season she placed at the conference championships in the hammer, javelin, and 100 m dash. Her hard work has turned her into a conference contender in multiple events. A standout student, Laura's dedication carries over to all aspects of her life.

—Seth Roberson, CSCS

Portland State University

Caressa Sims

Thrower

Accounting

Height: n/a Weight: n/a

Bench Press: 175 lbs., **Vertical Jump:** n/a

Power Clean: 195 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Caressa is a converted thrower who has worked extremely hard to be an accomplished thrower. She is one of the strongest female athletes at Portland State University.

—Fredrick Fabian, MS, CSCS

Monmouth University
Fabrice St. Eelme
Sprinter

Chemistry

Height: 6' Weight: 185 lbs.

Bench Press: 297 lbs., **Vertical Jump:** n/a in.,
Power Clean: 325 lbs., **40-Yard Dash:** n/a
sec., **5-10-5 Agility:** n/a sec.

Fabrice possesses the unique ability to overcome his personal beliefs and fully trust the guidance by his strength coach and his sprint coach. This ability has allowed him to continually increase his strength to body ratio, prevent serious injury, and bring him to the top of Northeast Conference sprinters.

—E. James Renae, CSCS

James Madison University
Doron White
Thrower

Sports Management

Height: 6' Weight: 280 lbs.

Bench Press: 320 lbs lbs., **Vertical Jump:** 26"
Power Clean: 315 lbs lbs., **40-Yard Dash:**
n/a sec., **5-10-5 Agility:** n/a

Doron is a quiet the hard working athlete. His leadership came in the form of doing and not saying. He's a tireless worker in the weight room; his work ethic was contagious and made his teammates work harder.

—Gregory Werner, MS, CSCS

Northern Arizona University
Monique Young
Sprint & Jumps

Psychology and Sociology

Height: 5'8" Weight: 128 lbs.

Bench Press: 165 lbs., **Vertical Jump:** n/a
Power Clean: 182 lbs., **40-Yard Dash:** n/a
sec., **5-10-5 Agility:** n/a sec.

What stands out most about Monique is her persistent drive to get better. She is never satisfied with her accomplishments, and always strives for greater success. Everyday, she challenges herself to achieve higher feats, and she does so without a fear of failure. Strength and conditioning is just one of the many avenues she utilizes to

meet her goals. Monique won four individual Big Sky Conference Championships during the 2006 indoor track and field season: 60-meters, 200-meters, Long Jump, and Triple Jump. Her long jump of 20-6.5 tied a Big Sky all-time record and her triple jump of 43-5.25 set a new Big Sky record. In the outdoor season she added two more conference titles with championships in the 200-meters and triple jump again, qualifying for the NCAA championships where she finished 25th in the triple jump.

Georgia Southern University

Emily Greeson

Shot Put / Hammer

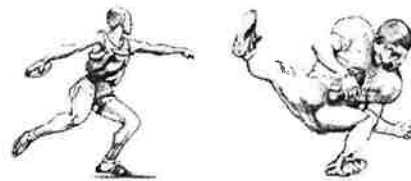
Biology

Height: 5'11" Weight: n/a

Bench Press: 185 lbs., **Vertical Jump:** 22.5"
Power Clean: 215 lbs., **40-Yard Dash:** n/a
sec., **5-10-5 Agility:** n/a sec.

Emily has been an excellent role model by illustrating how hard work and dedication in the weight room can transfer to competition. Along with impressive lifting stats, including a 215 lb. split jerk, Emily has also excelled at the track. She ranks among the top 5 in school history in the shot put, weight throw and hammer throw. Emily was also selected all Southern Conference in 2006.

—Matt Lombardi, CSCS,



Track & Field / Football

Loras College

Nate Gee

Sprinter / Defensive Back

Religious Studies

Height: 5'9" Weight: 160 lbs.

Bench Press: 315 lbs., **Vertical Jump:** 32.5"
Power Clean: 300 lbs., **40-Yard Dash:** 4.52
sec., **5-10-5 Agility:** 4.15 sec.

Nate came to college with a great knowledge of the Olympic Lifts. Being a two sport athlete (Track & Field / Football) has made Nate's off season very short, but he has managed to make great increases in the weight room. He is very committed to technique and has a great understanding of the things it takes to make him a great athlete. Nate was a National Qualifier in the 4x400m Relay. He currently holds a 3.0 GPA and is a great leader on our football and track & field team. Pound per pound, Nate will leave our program as one of the strongest ever.

—Thomas Kult, CSCS, NSCA



Volleyball

Furman University

Chibuzo Aguocha

Outside Hitter

Communications

Height: 5'9" Weight: n/a

Bench Press: 135 lbs., **Vertical Jump:** 28.5"
Power Clean: 165 lbs., **40-Yard Dash:** n/a
sec., **5-10-5 Agility:** n/a sec.

Chibuzo is extremely athletic and competes in both volleyball and track and field. She is a leader in the weight room and sets the standard for all other female athletes. She gives everything she has to her training with a look of dedication to what the future might bring her.

—Stephen Mannino, CSCS

Chandler–Gilbert Community College

Annie Auxier

Hitter

Education

Height: 5'10" Weight: 170 lbs.

Bench Press: 130 lbs., **Vertical Jump:** 20"
Power Clean: 110 lbs., **40-Yard Dash:** n/a
sec., **5-10-5 Agility:** n/a sec.

Annie is one of the hardest working athletes at Chandler–Gilbert Community College. A disciplined performer, she continually challenges herself both physically and mentally and strives to improve her athletic skills, as well as her overall fitness. The strength she displays in the weight room constantly awes and inspires her teammates. She helped lead her team to the 2006 NJCAA National Championships. In addition to being an outstanding athlete, she is

a bright student with a 3.9 overall GPA. Annie plans to transfer to a university and continue her volleyball career while majoring in math education.

—Mark Peterson, MS, CSCS,*D

Western Michigan University

Kathryn Babcock

Outside Hitter

Business Orientated Chemistry

Height: 6' Weight: 160 lbs.

Bench Press: 135 lbs., **Vertical Jump:** 25"

Power Clean: 125 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.6 sec.

Kathryn is a great example of how far hard work and dedication to strength and conditioning will help you in your sport career. Playing very sparingly during her freshman year and in a limited role her sophomore year, Kathryn used her work in the weight room and during conditioning/speed sessions to solidify her as a starter during her junior and senior years. Even when battling injuries to her knees and shoulder, Kathryn constantly led by example and maintained a positive attitude. During her career she hit personal bests in the weight room of 285 in the squat, 135 in the incline bench press, and 125 in the power clean. On the volleyball court, this year, she was co-captain of the team, she broke the schools season and career records for double-doubles, and was named to the All Mid-American Conference 2nd Team. A very gifted and self-motivated athlete, her commitment to strength and conditioning not only made her physically tougher and stronger, but mentally tougher as well.

—Timothy Herrmann, CSCS

St. John's University

Latoya Blunt

Right Side / Outside Hitter

Television and Film

Height: 6'1" Weight: n/a

Bench Press: 115 lbs., **Vertical Jump:** 23.5"

Power Clean: 156 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 5.24 sec.

Latoya is an outstanding student-athlete who continually does a tremendous job during each strength and conditioning training session.

Not only has her work ethic and enthusiasm allowed her to make excellent gains in strength and power, but also has motivated her teammates to train with intensity and passion. Her success in the weight room has carried over to the court. This 2006 season she posted career highs in kills and hitting percentage. Her work ethic and skills made her a pivotal part in the success of the St. John's Volleyball team's perfect 14 – 0 record and Big East Conference regular season title.

—Robert Basile, CSCS

Iowa State University

Erin Boeve

Middle Blocker

Community & Public Health

Height: 6'2" Weight: n/a

Bench Press: 135 lbs., **Vertical Jump:** 27.5"

Power Clean: 165 lbs., **40-Yard Dash:** 5.45 sec., **5-10-5 Agility:** 4.76 sec.

Erin is one of the most dedicated and determined student-athletes that I have worked with. She is a great role model and defines what it means to be an outstanding student-athlete. She dedicates herself each day in practice and in the weight room and has been a great leader on and off the court.

—Andrew Moser, CSCS

New Mexico State University

Alice Borden

Outside Hitter

International Business and Finance

Height: 5'11" Weight: 167 lbs.

Bench Press: 120 lbs., **Vertical Jump:** 21"

Power Clean: 152 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.92 sec.

From her freshman year until now Alice has been in a lot of big games and her skill level and confidence have risen with each passing season. From her freshman season appearing in only 17 games to her present MVP caliber status Alice has provided a strong leadership force in the weight room. The past few years she has battled nagging injuries that would sideline lesser individuals but she has pushed on and completed her workouts. Her on court accomplishments are numerous and continuing to mount: 1st Team All Sun Belt, Tournament MVP for the Idaho State and Sun Bowl Invitational, 2nd team All WAC as a junior, numerous player of the week honors for both Sun Belt and WAC Conference and recently named to the 2006 All-WAC team as a Senior. Alice has her name entrenched in the top 10 NMSU record book for kills, service aces and blocks.

—John Taylor, MS, CSCS,*D

Texas Christian University

Calli Corley

Outside Hitter

International Marketing

Height: 5'7" Weight: n/a

Bench Press: 115 lbs., **Vertical Jump:** 23"

Power Clean: 170 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Calli has made herself better on the court from the weight room. She gives 110% is all she does. Her drive to succeed at everything made her the first choice for this honor. She will be missed.

—Don Sommer

Chandler-Gilbert Community College

KT Creech

Middle / Hitter

Wellness

Height: 6' Weight: 165 lbs.

Bench Press: 100 lbs., **Vertical Jump:** 23"

Power Clean: 95 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

KT is one of Chandler-Gilbert Community College's best female athletes. She was committed to her training and continued to improve her overall fitness throughout her two years at Chandler-Gilbert. Her hard work and dedication to her strength and conditioning program throughout the year parlayed into her performance on the court. She was voted the team's Most Valuable Player as both a freshman and sophomore, and helped lead the team to the 2006 NJCAA National Championships where she was voted to the All-Tournament Team. This season she received NJCAA Division II First-Team All-American honors in addition to being recognized as the ACCAC Region 1 Division 2 Player of the Year. Not only is KT a gifted athlete but is an excellent student with an overall GPA of 3.9. She plans to pursue a B.S. degree in Exercise and Wellness and then transfer to Physical Therapy School.

—Brent Alvar, PhD, CSCS

University of San Diego

Christie Dawson

Middle Hitter

Communications

Height: 6'1" Weight: 158 lbs.

Bench Press: n/a lbs., **Vertical Jump:** 23.5"

Power Clean: 155 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Christie is a gifted athlete that has sought coaching and committed herself to training with an intensity and focus that has set the standard for her teammates. Her leadership throughout the off-season and summer training program played an integral role in the team's development as we prepared to win the WCC championship

and compete for a NCAA title through to the “Sweet 16”. As an All-WCC and All-American selection, Dawson’s performance on and off the court has elevated our volleyball program to its highest achievements ever.

—Shannon Turley, MEd, CSCS

University of La Verne

Leslie Flores

Setter

Psychology

Height: 5’4” Weight: n/a

Bench Press: n/a lbs., **Vertical Jump:** 22.5”

Power Clean: 160 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Leslie’s dedication to the strength and the volleyball program helped her win 4 SCLAC volleyball titles and be named all conference the past 2 years. Her dedication and work ethic will be missed and hard to replace.

—Matt Durant

Northern Illinois University

Gina Guide

Libero

Physical Therapy

Height: 4’10” Weight: 106 lbs.

Bench Press: n/a lbs., **Vertical Jump:** 24.5”

Power Clean: 145 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Gina maybe small but she is a big time competitor. She never backs down from a challenge and is extremely tough. Her will to be successful in any endeavor she chooses is unmatched. I have seen her do some incredible things both in the weight room and on the court. Gina ended her career with over 2,000 career digs and tied a conference record of 50 in a match. She also ranked 3rd in the nation with an average 6.88 digs-per-game. In her first ever Olympic weightlifting competition she snatched 48 kg and clean & jerked 60 kg qualifying her for Nationals and the American Open.

—Chad Bower, CSCS

Texas A&M University

Christi Hahn

Outside Attacker

Pre-Physical Therapy

Height: 6’ Weight: 156 lbs.

Bench Press: 135 lbs., **Vertical Jump:** 29”

Power Clean: 154 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.66 sec.

Christi has been the “total package” for our team. She excels both on the court, in the weight room, and in the classroom. After battling a knee injury through most of her junior campaign, she rebounded and had an outstanding off-season. Being the only senior on the team, she set a good example of what a true “student-athlete” should be.

—Raychelle Ellsworth, CSCS

Tennessee State University

Meesha Jackson

Outside Hitter

Art

Height: 6’4” Weight: 175 lbs.

Bench Press: 115 lbs., **Vertical Jump:** 22”

Power Clean: 150 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Meesha is a lead-by-example athlete who does not accept anything less than her best effort. In four early-season tournaments she played in, she made the all-tournament team in each of them. She was also named to the All-OVC conference 1st team this fall. She leads the league in hitting percentage (.371) and blocks (1.32 bpg) while also ranking the top ten in kills (3.39 kpg) and points (4.15 ppg). Jackson has posted 22 double-digit kill performances and has recorded 10 or more blocks twice this season (2006). She is currently a walk-on member of the women’s basketball team and posted a double-double against Lipscomb this year to break the team’s 30-game losing streak that extended back to last season.

Lipscomb University

Catherine Johnson

Middle Blocker

Education

Height: 6’1” Weight: n/a

Bench Press: 140 lbs., **Vertical Jump:** 24.5”

Power Clean: 143 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Catherine tremendously improved her power increasing her vertical jump by 10”, by dropping her T-test by .72, and increasing her strength over her 4 years. Her improvement in the weight room coincided with her performance on the court. She is the epitome of a student athlete while maintaining a high GPA. She always showed up to workouts with a smile on her face. She was an encourager to her teammates no matter how hard the workouts became. She never complained and lead by example. She was a 2 year starter.

—John Hudy, CSCS

College of William & Mary

Natalie King

Setter

Linguistics

Height: 5’9” Weight: 165 lbs.

Bench Press: 150 lbs., **Vertical Jump:** n/a

Power Clean: 160 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Natalie is a special kid. She has shown remarkable dedication and commitment in developing her athletic talents. Natalie’s results in the weight room speak for themselves as she ranks in the top 5 of all females athletes at William & Mary in every major strength or power category. It has truly been a pleasure to coach Natalie and watch her progress in the weight room.

—Daniel Kohn, CSCS

Central Connecticut State University

Chelsea Magee

Middle Blocker

Biomolecular Sciences

Height: 6’ Weight: n/a

Bench Press: 110 lbs., **Vertical Jump:** 21”

Power Clean: 135 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Chelsea is one of the most dedicated athletes that I have. She is highly motivated and hard working on and off the court. Her leadership qualities are second to none. Chelsea not only pushes herself to get better but continues to motivate her teammates to push themselves beyond their limits.

—Patrick Maguire

University of Texas—San Antonio

Erin Mcmillan

Defensive Specialist

English

Height: 5’6” Weight: n/a

Bench Press: 130 lbs., **Vertical Jump:** 21”

Power Clean: 135 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Erin’s dedication to training and preparation for volleyball has lead to one of the most stellar careers in NCAA History. In four seasons she has missed only one game, a testament to her hard work in the weight room. She is a four year starter and a Team Captain. She is a 3 time All Conference Selection, a multiple player of the week award winner, and she has been selected Best Defensive Player 3 times in her career. She holds the UTSA single game record for digs, single season record, and career record goals. Her career mark places her in the top 10 in NCAA history. In addition to her tremendous volleyball record, she has established herself academically by being selected to the Honor Roll and Dean’s List. In addition, she represents her fellow students as a member of the Student Athlete Advisory Committee.

—Michael Cox, CSCS

University of Iowa

Melanie Meister

Middle Blocker

Biology and Pre-Medicine

Height: 6'1" Weight: 163 lbs.

Bench Press: n/a lbs., **Vertical Jump:** 21.5"

Power Clean: 160 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.89 sec.

Melanie is a model student-athlete. She views everyday as an opportunity to better herself and her team. Her success as a volleyball player is a direct result of her perseverance and hard work.

—Jim Cavallini, CSCS

University of Wyoming

Andrea Seele

Middle Blocker

Accounting

Height: 5'11" Weight: 180 lbs.

Bench Press: 130 lbs., **Vertical Jump:** 25.5"

Power Clean: 154 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Seele is a coach's dream. She is one of the smartest, hardest working athletes at Wyoming. Seele suffered what some thought would be a season ending injury in August, but rehabbed and made it back in time to make an impact in the conference season. Andrea is a true leader in the weight room and on the court.

—Kathy Crowe, CSCS

University of California—Irvine

Paul Spittle

Outside Hitter

Business Management

Height: 6'2" Weight: 185 lbs.

Bench Press: 265 lbs., **Vertical Jump:** 34"

Power Clean: 255 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Paul gave 100% effort in everything he did, not only in his personal workouts but to the support he gave to his teammates. Over the course of two years he help guide the volleyball team from the bottom of the conference to the final four, as well as set a standard for players to come.

—Mike Nagler, CSCS

Texas Christian University

Anna Vaughn

Middle Blocker

Spanish

Height: 6'2" Weight: n/a

Bench Press: 135 lbs., **Vertical Jump:** 26"

Power Clean: n/a lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Anna is a competitor and leader in the weight room and on the volleyball court. Whether it is a facing a difficult lift or a difficult opponent, she does not back down; instead, Vaughn rises to the challenge.

—Matt Parker

Kalamazoo College

Laura Winkler

Libero

Health Science

Height: 5'7" Weight: 138 lbs.

Bench Press: 115 lbs., **Vertical Jump:** 17.5"

Power Clean: 130 lbs., **40-Yard Dash:** N/A sec., **5-10-5 Agility:** N/A sec.

Laura was selected to the 2006 ESPN Magazine Academic All-District IV Second Team. Laura also earned MIAA coaches' honorable mention honors. Because of her leadership abilities, she was picked by her teammates as a co-captain.

—Terrance Brooks, CSCS

Jacksonville State University

Emily Withers

Setter

Biology

Height: 5'7" Weight: n/a

Bench Press: 135 lbs., **Vertical Jump:** 21"

Power Clean: 155 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** 4.40 sec.

Emily is the type of athlete every coach dreams off. She loves volleyball and is willing to do anything to improve. Everyday she motivates and inspires her team to reach for higher achievement.

—James Brasseal, CSCS



Wrestling

Drexel University

Mark Cartella

141 Class

Mechanical Engineering

Height: 5'7" Weight: 141 lbs.

Bench Press: 255 lbs., **Vertical Jump:** N/A

Power Clean: 230 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Mark is a hard working and confident leader. His work ethic and positive attitude in the weight room and on the mat lead to him being selected team captain this year.

—Michael Rankin, CSCS, NSCA-CPT

West Virginia University

Matt Holsopple

Heavy Weight

Engineering

Height: 6'2" Weight: 215 lbs.

Bench Press: 365 lbs., **Vertical Jump:** n/a

Power Clean: 375 lbs., **40-Yard Dash:** n/a sec., **5-10-5 Agility:** n/a sec.

Matt is an extremely hard working and tough athlete. He is a diligent student in the class, weight room and on the mat. He leads by example and encourages his teammates to push themselves and settle for nothing but the best.

—Christopher Allen, CSCS

The University of Missouri

Tyler McCormick

133 Class

Business Management

Weight: 5'7" Height: 133 lbs.

Bench Press: 206 lbs., **Vertical Jump:** 24.1"

Power Clean: 198 lbs., **40-Yard Dash:** n/a

sec., **5-10-5 Agility:** n/a sec.

Tyler has used strength and conditioning to return from a torn labrum before the start of the wrestling season. He was able to come back and tie his personal record in the bench press, and was able to set a new personal best in the hang clean and back squat. Tyler's dedication and work ethic has helped him to return from the injury even stronger than his prior All American year.

—Bryan Mann, CSCS

NSCA Mission Statement

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

Editorial Note

Information for the NSCA All-American Booklet is provided verbatim from the NSCA sponsor coach via an online nomination form. NSCA staff conducts some editing; however, athlete names, statistics, and comments are considered accurate at the time of submission.