

2010 NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR



NSCA™ National Strength and Conditioning Association

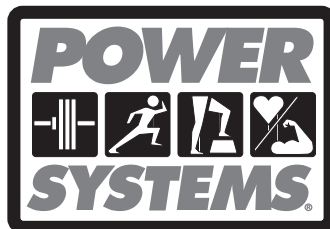
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2010 NSCA All-American Strength and Conditioning Athletes of the Year

The NSCA All-American Strength and Conditioning Athletes of the Year program recognizes those collegiate and high school 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.



College Athletes

football

University of Michigan

David Molk

Sport: Football

Position: Center

Height: 6' 2" Weight: 278

Vertical Jump: 29.5 Pro-Agility Run: 4.46 Forty Yard Dash: 4.97 Bench

Press Pounding: 460 Squat Pounding: 635

David is an extremely hard worker. He sets out everyday to be the best he can be. I am confident that his achievements will continue to grow throughout his career. He was named to the Rimington Award List Watch, which is awarded yearly to the best center in the nation.—Kentaro Tamura, MS, CSCS

University of Michigan

Steve Brown

Sport: Football

Position: OLB

Height: 5' 8 1/2" Weight: 209

Vertical Jump: 31 Pro-Agility Run: 4.28 Forty Yard Dash: 4.52 Bench

Press Pounding: 415 Squat Pounding: 535

Steve possesses great physical ability and a very competitive nature. Both of which make him a winner and a physical specimen. With this combination Steve is due for success.

—Cassandra Baier, CSCS

University of Michigan

Steve Schilling

Sport: Football

Position: Tackle

Height: 6' 5" Weight: 303

Vertical Jump: 24.5 Pro-Agility Run: 4.74 Forty Yard Dash: 5.21 Bench

Press Pounding: 420 Squat Pounding: 575

Steve Schilling is a tempo setter. He comes in everyday with the mentality to get better. He is the first one in the weight room and the last one to leave. This is why he is such a great leader, not only on the field but in the weight room as well.

—Dennis Murray, CSCS

University of Michigan

Mike Cox

Sport: Football

Position: Fullback

Height: 5' 8" Weight: 211

Vertical Jump: 34.5 Pro-Agility Run: 4.05 Forty Yard Dash: 4.60 Bench

Press Pounding: 340 Squat Pounding: 560

Mike is an animal in the weight room. He always wants to do more and is constantly looking for ways to make himself better. He enjoys what he does day in and day out.

—Parker Whiteman, CSCS

University of Michigan

Mike Martin

Sport: Football

Position: DL

Height: 6' 1" Weight: 293

Vertical Jump: 27.5 Pro-Agility Run: 4.44 Forty Yard Dash: 4.94 Bench

Press Pounding: 455 Squat Pounding: 615

Mike, a freshman All-American, has an incredible work ethic. He sees everyday as an opportunity to get better. The way he works influences others around him to reach new heights and set higher goals.—Jesse Miller, CSCS

University of Michigan

Junior Hemmingway

Sport: Football

Position: WR

Height: 6' 1" Weight: 215

Vertical Jump: 37 Pro-Agility Run: 4.26 Forty Yard Dash: 4.64 Bench

Press Pounding: 335 Squat Pounding: 460

Junior is a great kid that works consistently hard and is very disciplined. Everyday his attitude is to be better than the day before.—Christopher Allen, CSCS

University of Michigan

Brandon Herron

Sport: Football

Position: DE

Height: 6' 2" Weight: 226

Vertical Jump: 38 Pro-Agility Run: 4.28 Forty Yard Dash: 4.48 Bench

Press Pounding: 405 Squat Pounding: 525

Brandon's work ethic and determination is hard to match. His speed and strength have not only made him a physical specimen in the weight room, but a force at defensive end.—Jim Plocki, CSCS

University of Michigan

Brandon Graham

Sport: Football

Position: DE

Height: 6' 2" Weight: 260

Vertical Jump: 28 Pro-Agility Run: 4.6 Forty Yard Dash: 4.65 Bench

Press Pounding: 495 Squat Pounding: 570

Brandon is a born competitor. He comes into the weight room everyday with a great attitude and work ethic. This makes him one of the top defensive ends in the country.

—Michael Barwis, CSCS

Northwood University

Baher Faik

Sport: Football

Position: Defensive End

Height: 6' 2" Weight: 244

Vertical Jump: 29.6 Pro-Agility Run: 4.63 Forty Yard Dash: Bench Press

Pounding: 350 Squat Pounding: 475

Baher has a motor that never quits. He sets a great example for all his teammates on the field, in the weight room and in the classroom. Baher will be greatly missed upon graduation.

—Scott Fisher, CSCS, NSCA-CPT

Virginia Military Institute

Patrick McKinney

Sport: Football

Position: DE/LB

Height: 6' 3" Weight: 257

Vertical Jump: 33 Pro-Agility Run: 4.15 Forty Yard Dash: 4.82 Bench

Press Pounding: 397 Squat Pounding: 557

Pat possesses such great internal attributes, which are exemplified by winning VMI Football's "Iron Keydet Award" in both 2008 and 2009. Physically, Pat is one of the strongest and most explosive players in the Big South Conference. His leadership qualities on and off the field have allowed him to become a strong role model in the program, and a great example of a VMI Cadet-Athlete.—Phil Sabatini, MS, CSCS

Old Dominion University

Craig Wilkins

Sport: Football

Position: Safety

Height: 6' Weight: 215

Vertical Jump: 34.0 Pro-Agility Run: 4.35 Forty Yard Dash: 4.65 Bench Press Pounding: 320 Squat Pounding: 440

Craig has a strong desire to excel. He leads by example, both in the weightroom and on the field.—Ryan Martin, MS

RCTC

Tyler Stehr

Sport: Football

Position: OL

Height: 6'2" Weight: 285

Vertical Jump: 19 Pro-Agility Run: 5.19 Forty Yard Dash: Bench Press Pounding: 295 Squat Pounding: 315

Tyler possesses leadership, understanding of all lifts, nutritional needs, a strong work ethic and is a technician in all aspects of S&C. His dedication to the weight room, and speed/agility drills has lead others to push themselves harder. His intensity goes unmatched. Tyler is currently striving to earn a degree in Athletic Training. He has received 1st team athletic honors in both conference and region.—Aaron Short

Fordham University

Andrew Tyshovnytsky

Sport: Football

Position: Offense / Tackle

Height: 6' 4 1/2" Weight: 304

Vertical Jump: 33.5 Pro-Agility Run: 4.52 Forty Yard Dash: 4.80 Bench Press Pounding: 525 Squat Pounding: 575

Andrew is by far the most dedicated athlete I've had the pleasure of coaching thus far in my career. He battled back from a knee injury and set almost all of our weight room records, and had a dominant senior year on the field. Andrew is always the first to show up for 6am runs all summer and the guy who closes down the weight room at night during the season and in the winter. He is a true example of how hard work can turn an undersized freshman into an all-conference dominating player.—Ted Perlak, CSCS

University of Kentucky

John Conner

Sport: Football

Position: Fullback

Height: 6' 1" Weight: 242

Vertical Jump: 33 Pro-Agility Run: 4.28 Forty Yard Dash: 4.81

Bench Press Pounding: 415 Squat Pounding: 630

"John came into UK as a walk on that has not only earned a scholarship, but has given himself the opportunity to play in the NFL. His work ethic, his accountability and his demeanor have allowed him to excel in the classroom, in the weight room and on the football field. Being a strong, powerful athlete, with utmost dedication, has made him into the player that he is today. John will be a successful person in life because of who he has become!"—Marcus Hill, CSCS

University of Kentucky

A.J. Nance

Sport: Football

Position: Fullback

Height: 6' Weight: 258

Vertical Jump: 32.5 Pro-Agility Run: 4.34 Forty Yard Dash: 4.88 Bench

Press Pounding: 405 Squat Pounding: 675

AJ has worked hard in the weight room over his 4 years and that hard work has paid off on the field as a special teams player and getting rewarded with a scholarship his senior year. —Chad Hutsko, CSCS

New Mexico State University

Donte Savage

Sport: Football

Position: Defensive End

Height: 6' 1 1/2" Weight: 232

Vertical Jump: 37.6 Pro-Agility Run: 4.47 Forty Yard Dash: 4.57 Bench Press Pounding: 385 Squat Pounding: 540

Donte represents a high level of work ethic that has allowed him to make gains in his training. He attacks each workout with the unselfish desire to improve both himself and those around him. He has a clear understanding that the wt. room is a facilitator to his athletic development and on-field performance. As a first year starter, Donte ranks third on the team in both tackles and sacks.—Gary Uribe, MS

University of North Texas

Victor Gill

Sport: Football

Position: Offensive Lineman

Height: 6' 4" Weight: 265

Vertical Jump: Pro-Agility Run: Forty Yard Dash: 4. Bench Press

Pounding: Squat Pounding:

It is my honor to work with many great athletes at the University of North Texas and it is a great privilege to nominate Victor Gill. Gill is a three year letterman and team captain, Victor is a great example of the effort, dedication and the character that every athlete should have. Not only does Gill show his strength on the field and in the weight room, but his continued focus in the classroom and community is an inspiration to this program. Victor is a great student, athlete and person, Gill represents everything the University of North Texas Mean Green wants for their athletes.—Phillip Ramsey, MS, CSCS

Juniata College

Matt Baker

Sport: Football

Position: Offensive Center

Height: 5' 8" Weight: 260

Vertical Jump: 24 Pro-Agility Run: 4.5 Forty Yard Dash: Bench Press

Pounding: 400 Squat Pounding: 570

Matt is a team leader both on the field and in the weight room. His hard work has translated into winning the starting position at Center for the past two seasons. This work ethic and attention to detail in the strength and conditioning program will go far in assuring his future success on the playing field and in future life endeavors.

—Douglas Smith, CSCS,*D, NSCA-CPT

Juniata College

Ryan Blanchette

Sport: Football

Position: Fullback

Height: 5' 8" Weight: 230

Vertical Jump: 25 Pro-Agility Run: 4.35 Forty Yard Dash: Bench Press

Pounding: 350 Squat Pounding: 530

Ryan's willingness to dedicate himself to the strength program has helped earn him a starting position on the football team, along with the respect of his fellow teammates and the coaching staff. Ryan not only has worked to improve himself, but also has worked hard to encourage those around him to work to their maximum potential.

—Matthew Huntsman, NSCA-CPT, CSCS

University of Redlands

Josh Cunningham

Sport: Football

Position: Defensive End

Height: 6' 1" Weight: 230

Vertical Jump: Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 320 Squat Poundage: 525

*Josh is making his second appearance as an NSCA All-American. A leader by example, his power clean ranks sixth all-time in Redlands football history; this is quite a feat considering Redlands has been playing football for 100 years. His character and effort have put him in position to lead the Southern California Intercollegiate Athletic Conference in sacks per game. Josh's determination, consistency, and leadership set him apart both in the weight room and on the gridiron.—Joshua Bullock, CSCS,*D*

Pacific Lutheran University

Conor McNeill

Sport: Football

Position: Track & Field

Height: 5' 8" Weight: 240

Vertical Jump: 33.5 Pro-Agility Run: 4.64 Forty Yard Dash: Bench Press

Poundage: 400 Squat Poundage: 520

There is no off-season for Conor. Being very involved in both our football and track programs, it is remarkable that he is able to perform at his level without a traditional "off-season" to recover.

—Christopher Wood, MEEd, CSCS

Clemson University

Kevin Alexander

Sport: Football

Position: Defensive End

Height: 6' 3" Weight: 255

Vertical Jump: 34.5 Pro-Agility Run: 0 Forty Yard Dash: 4.56 Bench

Press Poundage: 495 Squat Poundage: 650

Kevin is one of the strongest athletes in Clemson Football's history. His hard work and dedication to train has carried over to the football field and to his teammates. Alexander is the current big skill record holder in the squat with a squat of 650 pounds. He is also on the team's Top Power Clean list with a mark of 385 pounds. Kevin's physical and mental toughness has enabled him to never miss one game during his career at Clemson University. Kevin has also earned honors such as defensive player of the week, special teams player of the week and Academic Honor Roll.—Larry Greenlee

Charleston Southern University

Kwame Krakue

Sport: Football

Position: Wide Receiver

Height: 5' 8" Weight: 178

Vertical Jump: 37 Pro-Agility Run: 4.02 Forty Yard Dash: 4.57 Bench

Press Poundage: 295 Squat Poundage: 470

Kwame is a true coach and just be around as a person. He came to CSU as a walk-on and thru his hard work he has earned a full scholarship and was named 2nd Team All-Big South this past season. He also has helped CSU to back to back winning seasons, along with earning ELITE BUC in our Buccaneer Classic Competition. Kwame puts in all the work a person can and then some, he is truly deserving of this award.

—Tobias Jacobi, CSCS

TCU

Jerry Hughes

Sport: Football

Position: Defensive End

Height: 6' 3" Weight: 259

Vertical Jump: 33.5 Pro-Agility Run: 4.25 Forty Yard Dash: 4.56 Bench

Press Poundage: 430 Squat Poundage: 675

He always brings his lunch pail to work. He is a true warrior. He will be missed.

—Don Sommer

University of Iowa

Pat Angerer

Sport: Football

Position: Linebacker

Height: 6' 1" Weight: 235

Vertical Jump: 37 Pro-Agility Run: 3.96 Forty Yard Dash: 4.50 Bench

Press Poundage: 380 Squat Poundage: 530

Pat is our team captain and First Team All Big Ten Selection. In addition, Pat is a finalist for the Nagurski and Bednarik Awards. He has also been nominated for the Lott and Butkus Awards. Over the past year Pat has clearly been our team leader both in Strength and Conditioning as well as on the field.—Christopher Doyle, MEEd, CSCS

West Texas A&M University

Tae Evans

Sport: Football

Position: DB

Height: 5' 8" Weight: 195

Vertical Jump: 35.5 Pro-Agility Run: 4.29 Forty Yard Dash: 4.35 Bench

Press Poundage: 400 Squat Poundage: 565

Tae comes each day ready to attack the workout that is presented to him. He has many demands on his time, but always comes with a positive attitude and smile. Tae leads by example both in the weight room and during conditioning sessions to get the most out of each training session.—Sarah Ramey, CSCS

University of Louisville

Scott Long

Sport: Football

Position: Wide Receiver

Height: 6' 2" Weight: 215

Vertical Jump: 41 Pro-Agility Run: 4.10 Forty Yard Dash: 4.39 Bench

Press Poundage: 365 Squat Poundage: 415

Scott is the best leader I have ever coached. He raises the standard and level of performance of those around him in whatever he does. The atmosphere and intensity level is immediately increased with Scott's presence, whether it be in strength and conditioning, practice, or game situations. Scott's competitive nature consistently brings out the best in those training with or around him. He demands the best out of himself and his teammates and both respond with results.

He has persevered through 2 ACL tears. He has never felt sorry for himself. In fact, even with the adversity of the injuries, he has remained strong as a leader and continued to mentor and add value to his teammates in a most unselfish manner. Scott's most recent ACL tear came midway through the 2008 season. He dealt with his rehab in a very professional way, which can be attested by his 41 inch vertical jump that was set this past summer only 6 months post surgery.

Scott has never missed a single lifting, conditioning, or speed session in his 5 years at the University of Louisville. Through his great work ethic he has added 10 pounds of lean body mass, improved his VJ 9.5 inches, increased his clean. 70 pounds, bench press by 60 pounds, and his squat by 45 pounds, despite 2 ACL tears.—Bryan Dermody, CSCS

Clemson University

Thomas Austin

Sport: Football

Position: Offensive Lineman

Height: 6' 4" Weight: 315

Vertical Jump: 27 Pro-Agility Run: 4.9 Forty Yard Dash: Bench Press

Poundage: 440 Squat Poundage: 560

Austin is an extraordinary student athlete. He was voted as a team captain by his teammates for the 2009 football season. Austin led the offensive line in plays (795) and knockdown blocks (98). He was named the ACC offensive Lineman of the Week three times. Austin made second-team All ACC last year as a center and this year as a guard. He was also named first team Academic All-ACC. Thomas Austin was ranked as the best junior at his position by Mel Kiper of ESPN.COM. He will have numerous other awards granted him; therefore, I have not been around a player that demands instant respect from his peers, due to his work ethic, character and ability.—David Abernethy

Jacksonville State University

Josh Cain

Sport: Football

Position: Defensive Back

Height: 5' 8" Weight: 181

Vertical Jump: 28 Pro-Agility Run: 4.20 Forty Yard Dash: 4.63 Bench

Press Pounding: 365 Squat Pounding: 435

A walk-on that earned himself a scholarship, Josh has been a coach's dream. Possessing a phenomenal attitude and a hard-nosed work ethic, he has led from the front and distinguished himself. Josh has been a source of motivation and inspiration for his teammates and the athletic department. His 3.89 GPA in Computer Science earned him ESPN. The Magazine First Team Academic All-American honors in 2009. His compassion for his fellow man, both locally and internationally, led to his selection to the ALLSTATE/AFCA Good Works Team for 2009 also.—Brian Austin, CSCS

University of Colorado

Nate Solder

Sport: Football

Position: Offensive Lineman

Height: 6' 8" Weight: 305

Vertical Jump: 34 Pro-Agility Run: 4.64 Forty Yard Dash: 4.86 Bench

Press Pounding: 290 Squat Pounding: 560

Not only is Nate a great football player but he is also a quality young man. His athletic talents cross over to the classroom and the community. At 6'8" Nate bends as well as anyone on the team. He was placed on the first team All Big Twelve as a junior OL because of his outstanding athletic abilities and his will to work.

—Jeff Pitman, CSCS

University of Massachusetts

Valdimir Ducasse

Sport: Football

Position: Offensive Line

Height: 6' 5" Weight: 318

Vertical Jump: 28 Pro-Agility Run: 4.75 Forty Yard Dash: 5.2 Bench

Press Pounding: 425 Squat Pounding: 585

A consistent year round worker for 4 years. He never took time off. Vladimir is a two time All-American and second round projected draft pick.—Robert Otrando

Texas Christian University

Joseph Turner

Sport: Football

Position: Running Back

Height: 6' 1" Weight: 230

Vertical Jump: 32 Pro-Agility Run: 4.50 Forty Yard Dash: 4.67 Bench

Press Pounding: 460 Squat Pounding: 600

Joseph is a motivated self-starter who is always striving to better himself and his athletic performance. As a Senior last season, he extended his contagious work ethic to a large crop of Freshman/Sophomore tailbacks. He set the standard for excellence at his position both on and off the field, and the newcomers proudly followed his example. A track star in high school, Turner added 30 pounds to his frame during his college career. He has transformed himself into a bruising power back, using his rare combination of strength and speed.—Stephen Gephardt

TCU

Daryl Washington

Sport: Football

Position: Linebacker

Height: 6' 3" Weight: 228

Vertical Jump: 33 Pro-Agility Run: 4.12 Forty Yard Dash: 4.46 Bench

Press Pounding: 360 Squat Pounding: 480

Daryl is an absolute pleasure to work with. On and off the field Daryl is a leader. Last year seeing limited playing time due to two senior linebackers starting in front of him did not deter his work ethic. He knew his time was coming and he has made more than the best of it. Working hard in the offseason and over the summer has made him the player and the man that he is today.—Todd Kensler, CSCS

Brigham Young University

Jordan Pendleton

Sport: Football

Position: Linebacker

Height: 6' 2" Weight: 233

Vertical Jump: 36 Pro-Agility Run: 4.13 Forty Yard Dash: 4.51 Bench

Press Pounding: 430 Squat Pounding: 465

Jordan has increased his power, strength and lean body mass drastically since entering the Football program. Jordan is very dedicated to our off-season training program and always trains with maximum effort. Jordan has successfully used the tools that he developed in his off-season training to become a standout Linebacker this season after moving from the Safety position. He has helped lead the Brigham Young University Football team to a 10-2 regular season record and a #16 rank in the AP poll. Jordan totaled 49 tackles, 28 UA, 5 TFL, 3 sacks, 1 INT, and recovered 1 fumble. Jordan's strength and conditioning stats are just as impressive with a 352 Clean, 465 Squat, 430 Bench Press, 225x31 in Bench Press, 36" V.J., and a 4.51 40 yard dash.—Justin McClure

Carthage College

Nick Merchut

Sport: Football

Position: Wide Receiver

Height: 6' 5" Weight: 210

Vertical Jump: 34 Pro-Agility Run: 4.06 Forty Yard Dash: 4.59 Bench

Press Pounding: 225 Squat Pounding: 345

Nick has been truly an athlete that has used our strength and conditioning program to help develop himself into a phenomenal athlete and player. Nick came into the program 4 years ago extremely raw. Throughout his 4 years, he has excelled in the weight room, on the football field, as well as in the classroom. Nick played Wide Receiver for our football team and each year, turned his performance up another notch. A complete team leader, Nick always let his actions talk over his words and finished his career with a 1000+ yard senior season and 40 touchdowns for his career. Nick now is a 6'5 210 lb wide receiver, runs a 4.59 40 yard dash and power cleans 315 lbs. He is the type of guy that, regardless of his on the field performance, every coach wants on his team due to his unbelievable character and attitude.—Glen Brittich, MA, CSCS

Georgia Tech

Josh Nesbitt

Sport: Football

Position: Quarterback

Height: 5' 11 1/2" Weight: 215

Vertical Jump: 36 Pro-Agility Run: 4.39 Forty Yard Dash: 4.5 Bench

Press Pounding: 350 Squat Pounding: 480

Josh is one of the toughest and hardest working athletes that I have ever had here at Georgia Tech. Josh has great leadership skills and helped lead this team to a 2009 ACC Conference Championship. He was voted Lifter of the Year by the strength staff in 2009. He was also voted team captain and became an All ACC Conference player as a junior. Josh broke the All Time Georgia Tech Quarterback Power Clean this past year with 350lb. Josh is a great worker and leader and I am excited to have him back for another season.—Eric Ciano

University of Louisville

Joe Tronzo

Sport: Football

Position: Fullback

Height: 5' 8 1/2" Weight: 255

Vertical Jump: 31 Pro-Agility Run: 4.43 Forty Yard Dash: 4.75 Bench

Press Pounding: 420 Squat Pounding: 585

*Joey T is a throwback fullback. He does the dirty stuff and likes it. An incredible person and teammate. Joey is a true gem in the the strength and conditioning program. On top of all the physical improvements he has made during his time at Louisville, Joe will leave here with both his bachelor's and master's degrees. Joe also set my best ever front squat of 505 pounds in 20 years of college coaching. Thanks Joe for allowing me to be a small part of your success.—Joseph Kenn, MA, CSCS,*D*

Georgia Tech University

Sean Bedford

Sport: Football
Position: Center

Height: 6' 2" Weight: 274

Vertical Jump: 27 Pro-Agility Run: 4.68 Forty Yard Dash: 5.0 Bench Press Pounding: 400 Squat Pounding: 500

Sean is a great example of how dedication and perseverance can pay off. He began his career at Georgia Tech as a walk-on and worked diligently to earn a spot as the starting center on our offensive line. In addition, he was one of our 2009 Lifters of the Year and a 2009 first Team ACC Conference selection. With his attitude and work ethic he will continue to achieve great things even after his career in football is over.

—Jason Benguche, MS, CSCS

Georgia Tech

Brad Jefferson

Sport: Football
Position: LB

Height: 6' 2" Weight: 235

Vertical Jump: 35 Pro-Agility Run: 4.45 Forty Yard Dash: 4.64 Bench

Press Pounding: 415 Squat Pounding: 500

Brad's work ethic and determination in the weight room has enabled him to become a dominant player on the field. He is a lead by example guy that pushes his teammates everyday in the weight room and on the field. Brad was our Lifter of the Year for the 2009 season.—Neal Peduzzi, CSCS

Humboldt State University

Riordan Gomez

Sport: Football
Position: Offensive Line

Height: 6' 2" Weight: 310

Vertical Jump: 27.5 Pro-Agility Run: 4.65 Forty Yard Dash: 5.4 Bench

Press Pounding: 450 Squat Pounding: 635

Riordan came to Humboldt State as a Junior College transfer in the spring of 2009 as an over-looked 355 pound offensive lineman with a huge heart and slow feet. From the beginning of winter conditioning and throughout spring practice, Riordan showed tremendous resolve and a blue-collar work ethic. By the end of the semester, Riordan had dropped 30 pounds, tremendously improved his foot speed, and tested first among his teammates in the Clean and Squat. Following a very productive summer session and pre-season practice, Riordan was named the starter at right guard and was named to the all-conference team at the end of the season. We look forward to even greater accomplishments from Riordan during his senior year.

—Andrew Petersen, MA, CSCS

Virginia Polytechnic Institute and State University

Demetrius Taylor

Sport: Football
Position: Defensive Tackle

Height: 6' Weight: 273

Vertical Jump: 36.5 Pro-Agility Run: 4.23 Forty Yard Dash: 4.54 Bench

Press Pounding: 475 Squat Pounding: 600

Beginning his career as a linebacker, Demetrius has displayed the hard work and positive attitude it took to develop into one of our strongest defensive tackles here at Virginia Tech. Demetrius holds a number of position records, he is a five year Super Iron Hokie Award winner (our highest lifting honor), and he is one of our summer Iron Man competition winners.—Coach Jarrett Ferguson and Megan Evans, MEEd, CSCS

Humboldt State University

Taylor Boggs

Sport: Football
Position: Offensive Line

Height: 6' 3" Weight: 275

Vertical Jump: 32 Pro-Agility Run: 4.6 Forty Yard Dash: 4.8 Bench Press Pounding: 420 Squat Pounding: 500

Taylor is a prime example of a great leader and team captain. On the field, he anchored the offensive line with over 60 knockdown blocks and received a unanimous selection onto the 1st Team All-Great-Northwest-Athletic Conference. Off the field, Taylor's work ethic, discipline, and attitude epitomizes what the HSU Strength and Conditioning Program is all about. He is truly the definition of a bigger, faster, and stronger athlete, who is determined to make himself and those around him better. Taylor is the ideal athlete that any strength coach would want, and it has been a privilege to work with such an outstanding young man.—Angela Dendas, CSCS

Bucknell University

Casey Williams

Sport: Football
Position: Linebacker

Height: 5' 10" Weight: 215

Vertical Jump: 32 Pro-Agility Run: 4.09 Forty Yard Dash: 4.63 Bench

Press Pounding: 425 Squat Pounding: 585

Casey is one of the hardest workers and most dedicated players I have ever coached. He is the team leader in the weight room and on the field. Casey also received the leadership award that was voted by his teammates. His energy in the weight room will be missed. Casey holds the LB'S squat record and is a deserving candidate for the NSCA All-American Strength and Conditioning Award.—Bob Hasseman, CSCS

Western Illinois University

Kyle Glazier

Sport: Football
Position: Linebacker

Height: 6' 1" Weight: 223

Vertical Jump: 30.5 Pro-Agility Run: 4.47 Forty Yard Dash: 4.72 Bench

Press Pounding: 350 Squat Pounding: 495

Kyle has been a workhorse since his first day on campus. A leader through his actions, Kyle has transformed himself from a 200lb freshmen back-up safety into a team captain who was the team's leading tackler (for the last two seasons), interceptions leader, and the 2009 Defense MVP. In addition to his numerous team awards, Kyle has earned many national awards for both his on-field abilities and for his hard work in the classroom. As a double major in Law Enforcement and Business Management, Kyle has maintained a 3.863 GPA and received such honors as the CoSIDA / ESPN Academic All-District Team and Missouri Valley Football Conference All-Conference All-Academic 1st Team selections.—Christopher Anderson, CSCS, NSCA-CPT

Western Illinois University

Matt Barr

Sport: Football
Position: Quarterback

Height: 6' 2" Weight: 210

Vertical Jump: 33.5 Pro-Agility Run: 4.22 Forty Yard Dash: 4.53 Bench

Press Pounding: 260 Squat Pounding: 495

It has been my honor and privilege to work with Matt. A verbal leader, Matt has established himself as the team leader by being true to his word and his commitment to improvement. An Accounting major with a 3.838 GPA, Matt will graduate in 4 years and begin his Masters in Accounting before completing his final year of Football. As one of the team captains, Matt has been a recipient of numerous national and conference academic and athletic awards, some which include: College Sporting News Football Championship Subdivision and Missouri Valley Football Conference Player of the Week; First Team Missouri Valley Football Conference All-Academic Team (twice); and the prestigious Lincoln Academy Student Laureate. In the weight room Matt has set the standard of excellence in being the only 3 time Leatherneck Strength Champion. Matt has set the record Quarterback record for Hang Clean, Squat, Performance Points, and Power Rating.—Lucas Wall, CSCS

University of Nevada

Mike Bethea

Sport: Football

Position: Linebacker

Height: 6' 3" Weight: 248

Vertical Jump: 30.5 Pro-Agility Run: 4.22 Forty Yard Dash: 4.88 Bench

Press Pounce: 370 Squat Pounce: 550

Mike is one of the hardest working student athletes at Nevada. Mike's unspoken leadership both in the weight room and on the field drives him to be the best he can while pushing others around him to do the same. His commitment to excellence on the field and in the classroom is unmatched. A Junior College transfer who played in his first seven games until a season ending foot injury; Mike came back for his senior season to start all 13 games including a Bowl Game and lead the defense.

—Mark Lamoreaux, MS, CSCS

Troy University

Nate Nolen

Sport: Football

Position: Running Back

Height: 6' 1" Weight: 212

Vertical Jump: 34 Pro-Agility Run: 4.25 Forty Yard Dash: 4.65 Bench

Press Pounce: 380 Squat Pounce: 525

Nate is one of the hardest workers I know and won't let anything stop him. He goes above and beyond in the weight room, classroom and on the field. He is an inspiration to the other athletes and has overcome many obstacles. He has injured almost every part of his body: Surgery on both knees, one shoulder, his back with crushed vertebrae and a lacerated kidney, not to mention several concussions. Even with all the set backs, Nate found a way to keep a positive attitude and keep working hard. Nate will be getting his degree in accounting and plans on going to Law School. Nate is truly a one of a kind.

—Richard Shaughnessy, III, CSCS

Louisiana State University

Ron Brooks

Sport: Football

Position: Defensive Back / Kick Returner

Height: 6' Weight: 180

Vertical Jump: 37 Pro-Agility Run: 4.15 Forty Yard Dash: 4.4 Bench

Press Pounce: 280 Squat Pounce: 550

Ron is one of the most competitive athletes I have ever trained, not scared of anything in the weight room or on the field. Some people might say he has the "little man's" complex. Whatever he has, I wish more of our guys had it. His energy is almost uncontrollable at times; the atmosphere in the weight room just changes when he's working out.

—Paul Jackson, MS, CSCS

South Dakota State University

Chris Johnson

Sport: Football

Position: Linebacker

Height: 6' 1" Weight: 237

Vertical Jump: 37.5 Pro-Agility Run: 4.00 Forty Yard Dash: 4.60 Bench

Press Pounce: 410 Squat Pounce: 495

Chris has shown a tireless work ethic in the weight room, classroom, film room and on the field. He has always put in the extra effort in strength & conditioning to help prepare himself and the team. He gained 50lbs of body weight while improving his vertical jump and 40 times. He is a 3 time IRON JACK while earning our Football Lifter of the Year Award 4 years in a row. He has been a 3 year starter and a team captain this last year. Chris has earned Honorable Mention All Conference twice and 2nd team once. All the while he has maintained a 3.49 Cumulative GPA and earning Second team Academic All conference. He has pushed his body to the limits and beyond many times spending 3 plus hours in the weight room during the off-season. His work ethic and positive attitude will allow him to be successful in whatever he chooses to pursue.— Nathan Moe, CSCS

Wilkes University

Jake Roberts

Sport: Football

Position: Defensive End

Height: 5' 8" Weight: 229

Vertical Jump: 28 Pro-Agility Run: 4.5 Forty Yard Dash: 4.85 Bench

Press Pounce: 305 Squat Pounce: 500

Jake did a great job this year. Jake had knee surgery last season and worked very hard to come back. His work ethic is unmatched. He is a true student athlete, he successfully manages being an engineering major, athlete, and works to help pay for school. Jake works very hard and leads by example that is what makes him stand out as a person and student-athlete.—Keith Klahold, CSCS

Monmouth University

Mike Avent

Sport: Football

Position: CB

Height: 5' 8" Weight: 180

Vertical Jump: 37 Pro-Agility Run: 3.97 Forty Yard Dash: 4.49 Bench

Press Pounce: 300 Squat Pounce: 385

Mike brings a certain electricity to our strength and conditioning program with his passion and unyielding pursuit to be better. His drastic improvements in kick returns and defensive play for the Hawks are a tribute to his off-season diligence in the weight room and unrivaled focus on being the best he can be.—Timothy Rehm, CSCS

MidAmerica Nazarene University

Tyler Rodden

Sport: Football

Position: Right Guard

Height: 6' 1" Weight: 285

Vertical Jump: 24.2 Pro-Agility Run: 5.2 Forty Yard Dash: 5.0 Bench

Press Pounce: 305 Squat Pounce: 405

Tyler's Freshman year he received Honorable Mention All-Conference OL. Sophomore year he received 1st Team All-Conference OL, Collegiate Nationals Qualifier, 8th place, 2008 Onaga Summer Meet 1st place and Best Lifter, MNU Lift-a-Thon 1st place. Junior year he received 1st Team All-Conference OL, Collegiate Nationals Qualifier, 5th place, MNU Lift-a-Thon 1st place and Best Lifter. Senior year he received 1st Team All-Conference OL, and is a Collegiate Nationals Qualifier for Spring of 2010. Best Lifts Snatch - 120 kg and C & J - 157 kg. Tyler is a Math Education Major and has a 3.71 GPA.—Whitney Rodden, CSCS

Humboldt State University

Bobby Thomas

Sport: Football

Position: Running Back

Height: 5' 7" Weight: 207

Vertical Jump: 33.5 Pro-Agility Run: 4.15 Forty Yard Dash: 4.7 Bench

Press Pounce: 350 Squat Pounce: 485

Over his four years at HSU, Bobby developed into a physically punishing and elusive runner as well as an excellent pass blocker. This was due to his dedication to preparing himself in all aspects for football. Few worked harder in the weight room, gave their best during conditioning and agility drills, and paid attention to detail, more than Bobby. None of the running backs on the team could match him in strength. Bobby played a major role in setting the tone for HSU's season with his hard-nosed physicality, nonstop effort, and "swagger." Bobby came to HSU as a 185 pound back and left a 2nd Team All-GNAC selection. Nothing was given to him. Everything was earned on his own merit. Bobby has a huge heart and I have thoroughly enjoyed working with him.

—Matthew Lee, CSCS

University of Missouri

Sean Weatherspoon

Sport: Football

Position: Linebacker

Height: 6' 1" Weight: 250

Vertical Jump: 39 Pro-Agility Run: 4.15 Forty Yard Dash: 4.45 Bench

Press Pounding: 450 Squat Pounding: 700

Sean has been one the best Student-Athletes I have ever coached. He will have earned his undergraduate degree in only 3 1/2 years while also excelling on the field. Sean is one of the best leaders that Mizzou has had in the last 6 years. His high level of energy and intensity is always evident and very consistent. Training "Spoon" has presented challenges for the performance staff because he dominates anything he is given. I hope Sean has a long and prosperous career in the NFL.—Pat Ivey, MEd, CSCS

Sacramento State

Geoff Warner

Sport: Football

Position: Linebacker

Height: 5' 11 1/2" Weight: 220

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: 4.85 Bench Press

Pounding: 305 Squat Pounding:

Geoff, a co-captain, received the "Most Inspirational Player Award" for the 2009 Sacramento State Football team. Playing the entire season with injuries that many would quit with, Geoff's team first attitude showed not only on the field, but also in strength and conditioning workouts. Geoff has a 3.5 Honors Program grade point average and is looking forward to attending law school.—Terrance Brooks, CSCS

College of William & Mary

Adrian Tracy

Sport: Football

Position: Defensive End

Height: 6' 4" Weight: 245

Vertical Jump: 33.5 Pro-Agility Run: 0 Forty Yard Dash: 4.74 Bench

Press Pounding: 350 Squat Pounding: 540

Adrian Tracy came to William and Mary as a walk-on only to become one of the most dominant defensive ends in the country. Adrian possesses a tremendous work ethic and desire to be the best. He has transformed himself from a 205 lb freshman to an explosive 245 lb athlete. Adrian leaves as one of the most decorated football players ever two-time 1st team All-CAA, Walter Camp FCS All-American, AFCA All-American.

—John Sauer, CSCS,*D

College of William & Mary

Sean Lissemore

Sport: Football

Position: Defensive Tackle

Height: 6' 4" Weight: 290

Vertical Jump: 28.5 Pro-Agility Run: 0 Forty Yard Dash: 4.84 Bench

Press Pounding: 410 Squat Pounding: 570

Sean Lissemore came to the college as a 230 lb freshman. Through 5 years of hard work in our program he has developed into one of the most explosive defensive tackles on the FCS level. Sean finishes his career as a 3 year starter, 1st team all-CAA and as a team captain. Sean has been a tremendous example for our younger players of what can be achieved through hard work.—Jacob Dyslin, CSCS

Old Dominion University

Tobin Cameron

Sport: Football

Position: Offensive Line

Height: 6' 3" Weight: 275

Vertical Jump: 25 Pro-Agility Run: 4.69 Forty Yard Dash: 5.17 Bench

Press Pounding: 310 Squat Pounding: 445

Tobin is a dedicated individual who understands the importance of technique, both in the weight room and on the field. His work ethic and commitment to doing things the right way make him a quality leader. His teammates recognized and respected that fact and voted him as a team captain this past season. —Joe Makovec, CSCS

Virginia State University

Brandon Fortune

Sport: Football

Position: Linebacker

Height: 6' 2" Weight: 260

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press

Pounding: 375 Squat Pounding: 500

Brandon always displayed leadership in the weight room, and would always stay after all the other athletes had left and do extra work. He would come in and workout on off days from the weight room, and he was an excellent competitor both in the weight room and on the field. Brandon's enthusiasm in the weight room was contagious as more of the other guys begin to stick around at the end of the scheduled workouts!

—Rodney Gaines, PhD, CSCS

Emporia State University

Adrian Abner

Sport: Football

Position: Running Back/ Wide Receiver

Height: 5' 8" Weight: 190

Vertical Jump: 32 Pro-Agility Run: 4.04 Forty Yard Dash: 4.54 Bench

Press Pounding: 355 Squat Pounding: 505

Adrian did a great job this year for us. He is a true competitor on and off the field. He was also our Strength and Conditioning Athlete of the Year at Emporia State University.

—Matt Walter, MEd, CSCS

South Dakota State University

Jimmy Rogers

Sport: Football

Position: Linebacker

Height: 5' 10" Weight: 207

Vertical Jump: 29 Pro-Agility Run: 4.21 Forty Yard Dash: 4.68 Bench

Press Pounding: 335 Squat Pounding: 485

Jimmy has been a 3 year starter for the Jackrabbits. His heart, dedication, and work ethic on and off the field have been second to none since the day he walked onto campus. His time in the weight room has helped him excel on the field where he is the emotional leader of a playoff team. Jimmy, a Team Captain, has been named to the All-Missouri Valley 2nd Team and Honorable Mention All Conference in his final two years of school. His maintenance of a 3.4 GPA also earned him numerous Academic All-Conference Awards, including the League Commissioners Academic Excellence Award in 2008. His effort and desire have taken the bar to greater heights at SDSU.—Matthew Jacobs

East Stroudsburg University

Morgan Thomas

Sport: Football

Position: Offensive Tackle

Height: 6' 3" Weight: 294

Vertical Jump: 24 Pro-Agility Run: 4.73 Forty Yard Dash: 5.39

Morgan, an All-PSAC first team and second team All-Region Daktronics selection, was not only a leader on the offensive line, but for the entire team. Starting 42 games at three positions shows his versatility and unselfish attitude. Improving his bench by 4 reps @ 225 pounds to 18, his vertical jump by three inches and decreasing his 40 by .31 seconds, Morgans' work ethic was noted by the entire team and coaching staff and was a pleasure to work with.—Robert Mikulski, MEd, CSCS

basketball

Northwood University

Karlie LeRoy

Sport: Basketball

Position: Forward

Height: 5' 8" Weight: 125

Vertical Jump: 23.6 Pro-Agility Run: 5.2 Forty Yard Dash: Bench Press

Poundage: 125 Squat Poundage: 185

Karlie is an all around hard worker earning GLIAC South Division All-Defensive team honors as a junior. She has set herself up to be one of the best forwards in the conference. Her work ethic is unmatched and will be a great asset to society upon graduation.

—Scott Fisher, CSCS, NSCA-CPT

College Of Charleston

Tony White Jr.

Sport: Basketball

Position: Guard

Height: 6' Weight: 155

Vertical Jump: Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 200 Squat Poundage: 400

Tony's enthusiasm, both on the court and in the weight room, is contagious. What Tony lacks in size, he makes up for in tenacity and heart. He is an athlete that truly wants to excel and will do whatever it takes to be the best.—Steven Bamel, MS, CSCS

College Of Charleston

Brooke Kotcella

Sport: Basketball

Position: Guard

Height: 5' 8" Weight:

Vertical Jump: Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 170 Squat Poundage: 300

Brooke brings an energy and passion to both games, practices, and the weight room that inspires her teammates to be their best. She has truly been a superior leader during her time at the College of Charleston.—Steven Bamel, MS, CSCS

University of Houston

Brittney Scott

Sport: Basketball

Position: Guard

Height: 5' 6" Weight: 148

Vertical Jump: 27.5 Pro-Agility Run: 4.56 Forty Yard Dash: 5.09 Bench

Press Poundage: 145 Squat Poundage: 205

Since her freshman year, Brittney has worked extremely hard both on and off the court to improve her performance. She simply "gets it done" no matter how she feels, or how others around her are working. She leads our team by example both on the court and in the weight room. She never complains about the workout and always does everything to the best of her ability. Brittney's attitude and work ethic have not only helped her performance on the court, but have also pushed many others on our team to become stronger, more explosive, and better conditioned. Our team would not be where it is without her hard work, leadership, and dedication to strength & conditioning.

As a sophomore last year, Brittney started all 29 games for the 19 and 10 Lady Cougars. She was second on the team in scoring and 12th in Conference USA, averaging 12.8 points per game. She also averaged 3.0 rebounds per game and totaled 64 assists and 35 steals for the season. Brittney Scott is a great asset to the University of Houston.

—Marilynn Brockman, MSPT, MED, CSCS

UC Davis

Ryan Silva

Sport: Basketball

Position: Guard

Height: 5' 8" Weight: 175

Vertical Jump: 30 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 230 Squat Poundage: 300

Ryan is pound for pound the strongest player on the basketball team. Ryan takes his training very seriously and it shows on the court. He dedicates himself year round to making himself and his teammates better. He has a great competitive drive and is always moving full speed.—Andy Dendas, MS, ATC, CSCS

Charleston Southern University

Tina DeCarvalho

Sport: Basketball

Position: Guard

Height: 5' 8" Weight: 170

Vertical Jump: 23 Pro-Agility Run: Forty Yard Dash: 4.57 Bench Press

Poundage: 150 Squat Poundage: 205

Tina has worked very hard and is a great leader for our Women's Basketball program here at CSU. She was the highest scoring female senior in the Buccaneer Classic Competition throughout the entire athletic department, earning SUPER BUC honors this past fall.

—Tobias Jacobi, CSCS

West Texas A&M University

Megan McClain

Sport: Basketball

Position: G/F

Height: 5' 8" Weight: 140

Vertical Jump: 24.5 Pro-Agility Run: 4.53 Forty Yard Dash: 4.35 Bench

Press Poundage: 130 Squat Poundage: 245

Megan has made tremendous strides since coming in as a freshman. She has worked hard to put on weight as well as being dedicated year round to gaining strength and explosiveness. Her "never say die" attitude inspires her team to push themselves each day to improve.—Sarah Ramey, CSCS

University of California, Santa Barbara

Emily Johnson

Sport: Basketball

Position: Point Guard

Height: 5' 6" Weight: 130

Vertical Jump: 20.5 Pro-Agility Run: 5.29 Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 170.5

Emily committed to transform herself physically at the end of the 2008-2009 season. Her dedication to nutrition, strength, and conditioning has paid huge dividends for her as she has improved in every measure of physical performance. This has led to great improvements in her game and has allowed her to achieve things that she would not have been able to last year.—Jeremy Bettel, CSCS

Georgia Tech

Deja Foster

Sport: Basketball

Position: Small Forward

Height: 5' 8" Weight: 150

Vertical Jump: 27 Pro-Agility Run: Forty Yard Dash: 4.5 Bench Press

Poundage: 155 Squat Poundage: 255

Deja Foster embodies all of the characteristics a coach could have for an athlete. She has willed herself into being a great basketball player through hard work and dedication. She came to Georgia Tech with absolutely no weight training experience and she saw fit to change that in a big way. Since that first training session she has been two-time Lifter of the Year, more than doubled all of her testable lifts, and became the driving force of the entire team. She is a source of inspiration for everyone she comes in contact with; even the people that are supposed to do so for her. She is without a doubt an NSCA All-American and it is an honor and a privilege to coach her.—Eric Ciano

Virginia Commonwealth University

D'Andra Moss

Sport: Basketball

Position: Power Forward

Height: 6' Weight: 180

Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 210 Squat Poundage: 295

D'Andra is not only an exceptional worker in the weight room, having worked her way back to a 295 squat after an ACL tear, she genuinely cares about her team mates progress and work regardless of the venue. If they are in the weight room on the court or running at the track she demands the most from herself and the rest of her team.

—Timothy Kontos, CSCS, NSCA-CPT

Humboldt State University

Brittney Taylor

Sport: Basketball

Position: Center

Height: 6' Weight: 180

Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: 4.8 Bench Press

Poundage: 125 Squat Poundage: 205

In just two full seasons, Brittney has become a dominating force on the court for the Lady Jacks. During her freshman year, Brittney transformed herself into this bigger, faster, and stronger athlete that is visibly noticeable on the court. Last season she was a 1st Team-All-California-Collegiate-Athletic Association selection, and so far this season has been a pre-season Division II Bulletin All-American. In the weight room, Brittney's work ethic, discipline, and attitude epitomizes what the HSU Strength and Conditioning Program is all about. Beloved and respected by her teammates and coaching staff, Brittney is determined to make herself and those around her better everyday. It has been a privilege to work with such an outstanding young woman.—Angela Dendas, CSCS

Auburn University

Reneisha Hobbs

Sport: Basketball

Position: Guard

Height: 5' 8" Weight: 190

Vertical Jump: 31.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 180 Squat Poundage: 275

Reneisha has the fastest feet I've ever seen on a female of her stature, making her lateral quickness is outstanding. Reneisha also snatched 145lbs and Split Jerks 200lbs for a single rep. Pound for pound her power index is 573.93 making her the strongest pound for pound.—Richard Levy, CSCS

South Dakota State University

Ketty Corenmann

Sport: Basketball

Position: Forward

Height: 5' 8" Weight: 181

Vertical Jump: 23.5 Pro-Agility Run: Forty Yard Dash: 4.60 Bench Press

Poundage: 160 Squat Poundage: 230

Ketty has worked extremely hard in all areas to improve herself as a basketball player as well as a person. Her work ethic has allowed her to be successful on the court, in the classroom and in the weight room. The Jackrabbits have competed in the post season each of her 3 seasons (two WNIT and one NCAA tournament appearance) The NCAA appearance coming in the first year of eligibility. She has been involved in two regular season conference championships as well as one tournament championship. She earned 2nd team all Summit League last year as well as academic all conference holding a 3.8 cumulative GPA. She earned "Iron Jacks" honors as a senior. In addition she is currently serving as the Student Athlete Advisory Council President. Her focus and dedication will serve her well in all her future endeavors.—Nathan Moe, CSCS

The University of Iowa

Kachine Alexander

Sport: Basketball

Position: N/A

Height: 5' 8" Weight: 155

Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 265

Kachine has been one of the most pleasant surprises I have had in my coaching career. She has completed a complete 180 since her arrival as a freshmen. Kachine is not only pound for pound the strongest and most powerful athlete on our team, but she has learned how to translate that strength to the court. She was named Second team ALL-Big Ten as a Sophomore, the team's most improved player and Defensive MVP and was the first player in school history to record two triple doubles in one season. Prior to being sidelined with an injury this season Kachine was averaging a remarkable 21 points and 14.7 rebounds per game! She has taken the hard work she put in during the off-season and applied it to her game in a way that has not only benefitted her but has elevated the play of the entire team through her contagious work ethic and hustle.—JC Moreau

James Madison University

Pierre Curtis

Sport: Basketball

Position: Guard

Height: 6' 3" Weight: 192

Vertical Jump: 35 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 300 Squat Poundage: 425

Pierre came to JMU as a 154 pound kid and he's leaving as a 190 pound man. His work ethic has been joyful to experience as a coach. He always finds a way to make me and his teammates laugh, yet when it's time to do the lift or drill he attacks it with 100% effort. Pierre worked hard to build his body, to make himself a better player and to motivate his teammates to do the same. Pierre has done deadlifts with 425 for 4 reps, squatted 425 for five and done 35 straight chin-ups.—Gregory Werner, MS, CSCS

James Madison University

Sarah Williams

Sport: Basketball

Position: Guard

Height: 6' Weight: 160

Vertical Jump: 23 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 155 Squat Poundage: 255

Sarah, came to JMU a very talented shooter, and was determined to improve her strength and athleticism. Not the greatest leaper in the world, when I told her she would be grabbing the rim by her senior year she chuckled in disbelief. She worked hard to improve her flexibility/mobility, strength and power - coming in to do extra workouts on a regular basis. Last summer she was grabbing the rim, squatting deep and motivating her teammates to push hard daily. Sarah is a great example of how a talented athlete can work hard and develop herself in all areas and change from being a specialist in one aspect of the game to an overall tough player and help her team in doing so.

—Gregory Werner, MS, CSCS

Saint Louis University

Kwamain Mitchell

Sport: Basketball

Position: Point Guard

Height: 5' 10" Weight: 175

Vertical Jump: 40.0 Pro-Agility Run: 3.97 Forty Yard Dash: Bench Press

Poundage: 240 Squat Poundage: 370

Kwamain is a captain on the youngest Division 1 scholarship team in the country. His peers are constantly looking to him for guidance and direction. Kwamain has done an exceptional job both in the classroom and on the court. He has used his work over the off-season to create a blend of physical play and explosive playmaking abilities.

—Erick Schork, MA, CSCS

Saint Louis University

Amanda Kemezys

Sport: Basketball

Position: Forward

Height: 6' 2" Weight: 215

Vertical Jump: 18.0 Pro-Agility Run: 5.00 Forty Yard Dash: Bench Press

Poundage: 130 Squat Poundage: 245

Amanda has been an inspiration to her teammates both on and off the court. She has evolved from an obscure underclassman to an all-league player in the A-10. Amanda's work ethic has propelled her into the most productive player on her team.

—Erick Schork, MA, CSCS

Samford University

Trey Montgomery

Sport: Basketball

Position: Point Guard

Height: 6' 4" Weight: 195

Vertical Jump: 29 Pro-Agility Run: 4.41 Forty Yard Dash: Bench Press

Poundage: 225 Squat Poundage: 300

Trey makes my job easier, by this I mean that he holds his teammates accountable in the weight room as it pertains to effort and attention to detail. Because of this I am allowed to coach and teach as opposed to babysitting.

Academically Trey has never had to attend summer school, but because his desire is to improve his level of play he has never failed to stay in town each and every summer to train and play pick - up ball with other players from local area colleges and universities. I will hate to see Trey leave.—Thomas Rohling, CSCS

Miami University

Rodney Haddix

Sport: Basketball

Position: Guard

Height: 6' 2" Weight: 220

Vertical Jump: 35 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 245 Squat Poundage: 425

Rodney has exceptional explosive strength, which has enabled him to land a key role in our starting lineup being tasked to guard the opponent's best player. Rodney trains very hard in the offseason, and the results show in his vertical jump and quickness, helping him to not only lock down our toughest opponents, but also to become a threat on offense as well. Much of our success this season will be due to Rodney and his hard-earned athletic ability. —Ryan Faehnle, CSCS

MidAmerica Nazarene University

Bethany Rexroth

Sport: Basketball

Position: Center

Height: 6' 2" Weight: 175

Vertical Jump: 17.7 Pro-Agility Run: 5.5 Forty Yard Dash: 5.0 Bench

Press Poundage: 115 Squat Poundage: 135

Bethany has a 3.94 GPA and is an Elementary Education major. She was Honorable Mention All-Conference last year as a junior. She led the conference in blocked shots with 73 and is 4th on the all-time career leaders list for MNU women's basketball in this category (with one year to go!).—Whitney Rodden, CSCS

University of Missouri

Shakara Jones

Sport: Basketball

Position: Center

Height: 6' 2" Weight: 170

Vertical Jump: 26.3 Pro-Agility Run: 4.64 Forty Yard Dash: Bench Press

Poundage: 141 Squat Poundage: 306

Shakara always strives to do everything the right way. On the court, she takes pride in knowing her assignment and paying attention to detail. During warm-ups, she takes every drill seriously, knowing that a proper warm-up will enhance her workout. Shakara take pride in excellence.

Shakara has made great improvements in the weight room. Her bench press has increased by 53 lb, squat 206 lb, and vertical jump has improved by 3.2." Her sprint times has decreased by .39 seconds and the pro agility by .36 seconds. These results have been accomplished through tireless work ethic, all while battling congenital knee issues. She always wants to do extra work and feels the weight room has given her an extra edge on the court.

Shakara has been acknowledged as a great role model by her teammates, noting her fantastic attention to detail, unwavering ideals, and follow through on verbal commitments.—Bryan Mann, CSCS and Joshua Stoner, CSCS

College of William & Mary

Tiffany Benson

Sport: Basketball

Position: Forward

Height: 6' 2" Weight: 160

Vertical Jump: 26 Pro-Agility Run: 0 Forty Yard Dash: Bench Press

Poundage: 170 Squat Poundage: 215

As a junior Tiffany was the defensive player of the year in the CAA, as well as being named 2nd team all-conference. As a sophomore she was selected to the CAA all-defensive team. As a freshman she was selected to the CAA all-rookie team. Entering her senior year she already held the school record for blocked shots with 210 and is 4th in career rebounds. Tiffany also holds the single season record for rebounds. As a junior she averaged 12 points, 11.5 rebounds and over 31 minutes per game. Tiffany is one of the hardest working and most determined athletes I have seen. She puts forth 100% effort each and every day. Her hard work and dedication has turned her into a dominating presence in the post.—Jacob Dyslin, CSCS

Virginia State University

Angela Brown

Sport: Basketball

Position: Forward

Height: 5' 8" Weight: 190

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 175 Squat Poundage: 205

Angela attacked the weight room and always brought a fierce competitiveness on max days. She led by example both in the strength and conditioning, and it transferred over to her aggressive play on the court. She definitely used her achievements in the weight room to dominate the basketball court this year!—Rodney Gaines, PhD, CSCS

Keene State College

Kristin Degou

Sport: Basketball

Position: Guard

Height: 5' 8" Weight: 135

Vertical Jump: 23.5 Pro-Agility Run: 4.62 Forty Yard Dash: Bench Press

Poundage: 105 Squat Poundage: 145

Kristin is a true competitor that works hard in the off-season to improve all areas of her game. Her great work ethic and determination to perform at a high level make her a great role model to her teammates.—Sarah Testo, CSCS

Bowdoin College

Mark Phillips

Sport: Basketball

Position: Center

Height: 6' 8" Weight: 265

Vertical Jump: 29 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 260 Squat Poundage: 350

Mark is the most consistent off-season athlete I have coached. Year after year his strength numbers have improved. The way he approaches our conditioning sessions is remarkable for a "big man" and does not go unnoticed by his teammates. His conditioning level heading into each basketball season has been outstanding. It has been a real pleasure to coach a player of such great work ethic, ability, and character.

—James St. Pierre, CSCS*D

Bowdoin College

Leah Rubega

Sport: Basketball

Position: Forward

Height: 5' 8" Weight: 160

Vertical Jump: 18 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 130 Squat Poundage:

Leah has benefited in many ways from her unwavering commitment to our off-season strength and conditioning program. It allowed her to return to the court to start 21 of 29 games after a knee injury that left her sidelined her sophomore season. Completely healthy, she is off to an amazing start to her senior season. She is powerful, fit, and tough. It has been a privilege to work with such an amazing young woman.

—James St. Pierre, CSCS,*D

Mercer University

Daniel Emerson

Sport: Basketball

Position: Forward

Height: 6' 8" Weight: 240

Vertical Jump: 30 Pro-Agility Run: 3.97 Forty Yard Dash: Bench Press

Poundage: 315 Squat Poundage: 455

Known as Mr. Double/Double for his basketball performances. Proves that big men can be fast and agile as well as strong. Great athlete and great person! —Paul Bohr, CSCS

Marquette University

Lazar Hayward

Sport: Basketball

Position: Forward

Height: 6' 5" Weight: 228

Vertical Jump: 34 Pro-Agility Run: 4.11 Forty Yard Dash: Bench Press

Poundage: 321 Squat Poundage: 440

Four years ago Lazar came in the weight room for the first time as a strong kid with very little pop. He has increased his vertical from 28.5in to 34in. He has worked on his movement training and kept up his strength to help him become an All Conference player in the Big East. It has been a privilege to work with Lazar over his career at Marquette. He is one of the hardest workers and best person I have had the opportunity to ever work with.—Todd Smith, CSCS

Tennessee Tech University

Elijah Muhammad

Sport: Basketball

Position: Point Guard

Height: 6' Weight: 170

Vertical Jump: 30 Pro-Agility Run: 4.1 Forty Yard Dash: 4.6 Bench Press

Poundage: 255 Squat Poundage: 315

Elijah is one of the best leaders I have ever coached. His greatest strength lies in his ability to impact his teammates during our training sessions. Elijah's energy is contagious. His leadership both vocally and by example has pushed our basketball team's work ethic to another level the past two years. Physically, he gives every ounce of his potential within our sessions. He wants to win every drill, and often does. His relentless work ethic will be sorely missed when he graduates.—Charles Pugh, CSCS

Campbell University

Miles Taylor

Sport: Basketball

Position: Small Forward

Height: 6' 4" Weight: 205

Vertical Jump: 35 Pro-Agility Run: 4.14 Forty Yard Dash: 4.5 Bench

Press Poundage: 265 Squat Poundage: 330

Miles is a high energy athlete that has worked his way into the starting line up, here at Campbell, because of his hard work and dedication to both his sport and strength & conditioning. Miles is leader in every sense of the word both on and off the court. Miles was an Academic All-conference performer last season.—Andrew Carter, MS, CSCS

lacrosse

Canisius College Shannon Callahan

Sport: Lacrosse

Position: N/A

Height: 5' 7" Weight: 125

Vertical Jump: 20 Pro-Agility Run: 4.92 Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 190

—Jonathan Rowan, CSCS

Duke University Terrence Molinari

Sport: Lacrosse

Position: Midfield

Height: 5' 8" Weight: 185

Vertical Jump: 30 Pro-Agility Run: Forty Yard Dash: 4.5 Bench Press

Poundage: 255 Squat Poundage: 405

You cannot break Terry Molinari. He thrives on pain. He is the athlete asking for extra, doing extra and bringing others with him. Terry is very highly motivated to put himself in the best position to succeed. He is truly a joy to work with.—Carl Christensen, MS, CSCS

Loyola University Kyle Cottrell

Sport: Lacrosse

Position: Attack

Height: 6' 3 1/2" Weight: 215

Vertical Jump: 29 Pro-Agility Run: 4.51 Forty Yard Dash: 4.98 Bench

Press Poundage: 225 Squat Poundage: 275

Mr. Cottrell's work ethic in the classroom, on the field, and in the weight room has been top notch during his career at Loyola. Kyle's willingness to do the extra rep, bonus workout, hours of film work, and stay on top of his class prep has helped him in many aspects of his college experience. It has been a pleasure to work with Cottrell over the past four years. I know he will continue the determination and drive that he shows in his training sessions well after college. Thank you Kyle for being an outstanding athlete, person, and gentleman. You are a true Greyhound!

—Robert Taylor, Jr, CSCS,*D, NSCA-CPT,*D

St. John's University Reggie Davis

Sport: Lacrosse

Position: Defense

Height: 5' 9 1/2" Weight: 176

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: 4.64 Bench Press

Poundage: 315 Squat Poundage: 460

Reggie is pound-for-pound the strongest student-athlete that I have worked with and is the all time leader in strength and power for the STJ Lacrosse program. His intensity and work ethic have allowed him to make tremendous gains in strength, power, and speed. Since his freshman year, he has increased his Squat by 125 pounds, Bench Press by 80 pounds and has gained 15 pounds of muscle. The gains made in his strength and conditioning training have directly impacted his Lacrosse performance. Because of his strength, power and speed, Reggie has been able to find an important role on the team.

—Robert Basile, CSCS

Merrimack College Cory Spinale

Sport: Lacrosse

Position: Goalie

Height: 5' 8" Weight: 175

Vertical Jump: 26 Pro-Agility Run: 4.45 Forty Yard Dash: Bench Press

Poundage: 235 Squat Poundage: 265

Cory has been the epitome of a leader on the field and in the weight room. Through his drive and desire for team and personal excellence, he lifts up everyone around him to a higher level. His strength and agility has drastically improved this past year and it is very noticeable with his play on the field. Cory is an all-american goalie on the field as well.—Michael Kamal, MEd, CSCS

Denison University Dan Fosselman

Sport: Lacrosse

Position: Defense

Height: 6' 1" Weight: 209

Vertical Jump: 29 Pro-Agility Run: 4.53 Forty Yard Dash: 4.97 Bench

Press Poundage: 340 Squat Poundage: 455

Dan is a Biochemistry major from Westerville, Ohio and a Strength & Conditioning Intern at Denison. Dan is an extremely hard worker and has made tremendous improvements in the weight room and on the field. He has outstanding leadership ability and is one of the most dependable and trustworthy young men I have ever been associated with.

—Mark Watts, CSCS

College of William & Mary Sarah Jonson

Sport: Lacrosse

Position: Defense

Height: 5' 8" Weight: 150

Vertical Jump: 21 Pro-Agility Run: 0 Forty Yard Dash: 4.74 Bench Press

Poundage: 120 Squat Poundage: 215

Sarah possesses a tremendous desire to be a great lacrosse player. She always gives 100% in strength training, conditioning and practice. Through all her hard work she has developed into one of the top lacrosse players in the CAA. Additional accolades she has achieved include All-CAA, IWLCA All-South, VASID All-State and Womens lacrosse.com All-American. It has been a real pleasure working with Sarah.—John Sauer, CSCS,*D

Boston University Traci Landy

Sport: Lacrosse

Position: Attack

Height: 5' 7" Weight: 160

Vertical Jump: 21.6 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 140 Squat Poundage: 210

During her career, I have watched Traci become a leader on the field and in the weight room. Her tireless work ethic in the weight room has helped her set team records in the clean and the front squat. Traci has consistently improved her performance in the weight room during her career improving 17% in the bench press and front squat, 12% in the clean, and 24% in the vertical jump. She also improved her chin-up max from 2 reps as a freshman to 13 reps during the fall semester of her senior year. Traci leads by example and expects nothing of her teammates that she would not ask of herself. Through three seasons, she has not missed a single game of the 59 played, while starting 57 of them. The 2007 America East Conference Rookie of the Year, Traci is also a 3 time all-conference and 2 time all-region player. Traci's leadership on the field and in the weight room has lead her to become co-captain for her senior year.—Glenn Harris, MS, CSCS

Drexel University

Colin Ambler

Sport: LaCrosse

Position: Attack

Height: 5' 8" Weight: 177

Vertical Jump: 23 Pro-Agility Run: 4.46 Forty Yard Dash: Bench Press

Poundage: 225 Squat Poundage: 295

Colin has come a long way since first arriving on campus. He has been named conference rookie of the year, 2nd team all-conference and was a captain in his junior year. In the weight room Colin is extremely hard working, consistent and quietly motivating. Colin is one of those athletes who really makes coaching enjoyable.

—Michael Rankin, CSCS, NSCA-CPT

Drexel University

Sarah Bauer

Sport: LaCrosse

Position: Defense

Height: 5' 4" Weight: 143

Vertical Jump: 18.5 Pro-Agility Run: 0 Forty Yard Dash: Bench Press

Poundage: 100 Squat Poundage: 170

I feel like Sarah just fit in from day one. She has a terrific work ethic and never backs down from a challenge. Even on the most difficult training days Sarah seems to have a positive attitude which helps motivate her team. Sarah also pays very close attention to detail and performs each exercise with great precision.

—Michael Rankin, CSCS, NSCA-CPT

track & field

Aurora University

Tom Sroka

Sport: Track & Field

Position: Weight Throw/Shot Put

Height: 6' Weight: 280

Vertical Jump: 30 Pro-Agility Run: 4.55 Forty Yard Dash: Bench Press

Poundage: 375 Squat Poundage: 600

I could not ask for a harder worker. Tom shows proof of hard work and dedication to prepare for athletics. He came back from a devastating ankle injury and is a leader not only with the track team but any athlete with any team he comes in contact with. 3x All-American.—Terry Smith, MA, ATC/L, CSCS

Aurora University

Stephanie Deluca

Sport: Track & Field

Position: Javelin, Throws, Sprints

Height: 5' 5" Weight: 145

Vertical Jump: 22 Pro-Agility Run: 5.1 Forty Yard Dash: Bench Press

Poundage: 135 Squat Poundage: 285

A truly dedicated athlete. A self motivated individual that has benefitted from time in the weight room and out on the track. A role model for all of our athletes.

—Terry Smith, MA, ATC/L, CSCS

College of Charleston

Brynn Johnson

Sport: Track & Field

Position: Multi Events

Height: 5' 6 1/2" Weight: 130

Vertical Jump: 28 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 140 Squat Poundage: 225

Brynn continues to prove herself every time she trains. This female athlete will compete with anyone at anytime, but always finds the biggest challenge comes from within, because nobody can push her harder than she pushes herself. With many athletes there are days that you have to push or stay on the athlete to work harder, the opposite is true with Brynn. I often feel the need to slow her down on a deload week, or remind her to take more rest and work on her recovery. She continuously looks for extra work, not only in the weight room but with her academic pursuits as well. Brynn worked out all summer in the weight room and made over a 30 lb improvement in her squat, a 15Kg improvement in her clean and increased her bench by over 15 lbs. This is the type of athlete that every coach hopes to encounter during their career.—Matthew Powell, CSCS

Carnegie Mellon University

James Hulley

Sport: Track & Field

Position: Throws

Height: 6' 4" Weight: 275

Vertical Jump: 25.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 335 Squat Poundage: 425

James is the most dedicated athlete I have ever had the opportunity to coach. At an institution as academically challenging as Carnegie Mellon is, James has found a way to be able to maintain a superior grade point average along with performing multiple training sessions per day. Through James's hard work this past year he has been able to become an indoor and outdoor national qualifier in the shot put for division III, an indoor conference champion in the shot put and weight, and outdoor conference champion in the shot put and discus. James has exceptional understanding of strength and conditioning concepts and has used this knowledge to benefit him as a national caliber thrower. Not only does he follow the strength & conditioning program to a "T" but he also takes time to perform daily cold and hot tub sessions, implements nutritional timing benefits and has a proper understanding for nutrition, and he also applies other advanced methods of recovery to enhance training sessions.—Kevin Schultz, CSCS

Pacific Lutheran University

Chelsea Putnam

Sport: Track & Field

Position: Horizontal Jumps

Height: 5' 4" Weight: 125

Vertical Jump: 25.5 Pro-Agility Run: 4.41 Forty Yard Dash: Bench Press

Poundage: 115 Squat Poundage: 210

When Chelsea commits to something she makes herself accountable and in the process makes others accountable. The work that she puts into her athletic development is second to none. At the DIII level it is hard to find an athlete as dedicated as she is.

—Christopher Wood, MEd, CSCS

University of Texas, San Antonio

Teddy Williams Jr.

Sport: Track & Field

Position: Sprinter

Height: 6' 3" Weight: 196

Vertical Jump: 43.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 355 Squat Poundage: 470

Teddy is one of the best athletes I have ever had the pleasure to coach. He is that great combination of natural talent and tremendous work ethic that makes Strength Coaches enjoy their job! His charismatic leadership has had a positive impact on the younger athletes. He has truly set a standard by which all UTSA athletes judge themselves. His dedication has made him one of the most decorated athletes in school history. He is a 2 time NCAA All American, a 7 time conference champion, a member of 4 Team conference titles, a 7 time school and Conference record holder, and a 3 time Track & Field Conference Athlete of the Year. In addition to athletics, he is a member of the Dean's List and part of a youth mentoring program.—Michael Cox, CSCS

University of Texas, San Antonio

Dana Mecke

Sport: Track & Field

Position: Mid-Distance

Height: 5' 2" Weight: 115

Vertical Jump: 23 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 115 Squat Poundage: 0

As a Coach it is very rewarding to see an athlete develop a greater sense of confidence as a result of their success in the weight room. Dana has turned her competitive drive into "the" new standard each UTSA athlete strives to achieve. She has an enthusiasm that is contagious and is the positive role model coaches hope to have on their teams. She is a 2 time Team Captain, a 10 time Conference Athlete of the week, a 2 time All Conference member, a 5 time Conference Champion, a 3 time Conference Athlete of the Year, a 4 time Dean's List member, a 2 time ESPN Academic All District, and a Student Athlete of the Year. In addition she is an FCA member, a Student Academic Athlete member, and a spokesperson for 'Fields of Faith'.—Michael Cox, CSCS

Virginia Polytechnic Institute and State University

Asia Washington

Sport: Track & Field

Position: Sprints/Hurdles

Height: 5' 2" Weight: 115

Vertical Jump: 27.5 Pro-Agility Run: Forty Yard Dash: 4.82 Bench Press

Poundage: 175 Squat Poundage: 255

Through hard work and dedication Asia has become one of the top female sprinters and leaders in Strength and Conditioning for us at Virginia Tech. Over the past 3 years she has earned our Elite Athlete Award and our Strength and Conditioning Female Athlete of the Year for 2009-2010(highest lifting honor for our Olympic Athletes). Her dedication to the program and her training is obvious as she consistently stays to train during holiday breaks and off seasons when the remainder of her team has been released to go home. She was a contributing member of the program during 4 consecutive ACC Championships (2 Indoor and 2 Outdoor). Some of her accomplishments are a 2009 All-American Selection in the 400m Hurdles(56:90), as well as a 2007 All-American as part of the Distance Medley relay. In the 2009 Indoor season she was the ACC Champion in the 400m sprint. Asia also holds several individual school records, Indoor 800m(2:07:88), Indoor 500m (1:12:23), and Indoor 600m(1:31:84) as well as a member of several relay records. She truly embodies the spirit of being a student athlete as she maintains a 3.61 GPA in Business Accounting and Information Systems.—Megan Evans, MEd, CSCS

Grand View University

Matt Smalley

Sport: Track & Field

Position: Multi-Event

Height: 6' Weight: 165

Vertical Jump: 30 Pro-Agility Run: Forty Yard Dash: 4.56 Bench Press

Poundage: 220 Squat Poundage: 350

Matt has worked diligently in the weight room since he stepped on campus. This year he topped our max out index at the end of the fall training period and looks to be on track for a monster senior season. An experienced hurdler, he was runner up at our conference championships in his first season competing in the pole vault, and will be a leading contender to be a conference champion in his first season competing in the decathlon. He is a model of how consistent hard work pays dividends.—Seth Roberson, CSCS

Grand View University

Chelsea Maas

Sport: Track & Field

Position: Throws

Height: 5' 4" Weight: 150

Vertical Jump: 21 Pro-Agility Run: Forty Yard Dash: 4.56 Bench Press

Poundage: 135 Squat Poundage: 305

One of the finest young women I have had the pleasure of coaching. Chelsea set personal bests in all seven categories we tested. She broke our index record for females, and is the first female athlete in our program to clean 200lbs! She is planning on completing her requirements for graduation in only three years at Grand View and will pursue her masters degree. She will be a leading contender for conference championships in multiple throws and will push national qualifying standards as well. We will miss Chelsea, her hard work, and great attitude she has had since day one on campus.—Seth Roberson, CSCS

Western Illinois University

Faith Chew

Sport: Track & Field

Position: Pole Vault

Height: 5' Weight: 113

Vertical Jump: Pro-Agility Run: Forty Yard Dash: 4.53 Bench Press

Poundage: Squat Poundage: 170

Faith is an extremely hard worker. She is always striving to become better in the weight room and on the track. Her efforts have resulted in several metal winning performances at conference tournaments. Her success in the weight room and on the track is only rivaled by her achievements in the classroom and in the community. Faith has achieved a GPA of 3.86 while majoring in Agriculture Science, and pursuing minors in Management and Zoology. Faith has also volunteered with many different charities and community projects such as Big Brother and Big Sister Foundation and the Samaritan Well homeless shelter.—Lucas Wall, CSCS

University of Nevada

Jennifer Boswell

Sport: Track & Field

Position: Heptathlon

Height: 5' 8" Weight: 152

Vertical Jump: 21.5 Pro-Agility Run: Forty Yard Dash: 4.88 Bench Press

Poundage: 145 Squat Poundage: 272

Named to the WAC All-Academic Team, Jen has brought that same dedication and work ethic to the weightroom. She is a program girl, self-motivated, energetic, and disciplined, the ideal athlete to work with and have around. Jen's dedication to preparing her body has paid off competing in both Indoor and Outdoor Championships, with her senior season still to come.—Mark Lamoreaux, MS, CSCS

Troy University

Tiphonie Baker

Sport: Track & Field

Position: Discus, Hammer, and Shot

Height: 5' 8" Weight: 190

Vertical Jump: 25 Pro-Agility Run: 4.6 Forty Yard Dash: 4.65 Bench

Press Pounding: 225 Squat Pounding: 295

Tiphonie is an incredible inspiration to the other athletes on the Track team. She brings a great enthusiasm to the weight room everyday, knowing that the weight room will take her to new heights. She holds the school record in 5 events, and 3 records in the Sunbelt, also receiving top athlete of the conference meet. Some of her best are: Discus- 54.56 meters, Hammer-56.25 meters, Shot put-14.46 meters. She majors in Human services and has the ability to sign language and work with the hearing impaired. She is a young lady with a great future ahead of her.—Richard Shaughnessy, III, CSCS

Denison University

Emily Taylor

Sport: Track & Field

Position: Throws

Height: 5' 5" Weight: 160

Vertical Jump: 21.5 Pro-Agility Run: Forty Yard Dash: 4.97 Bench Press

Pounding: 145 Squat Pounding: 235

Emily is a Creative Writing Major from Hilliard, Ohio who is 3rd all-time in the Shot-Put for indoor and outdoor track & field at Denison. She is a member of the Denison University Student-Athlete Advisory Council and a Volunteer with the Licking County Humane Society. Emily also plays in the Denison University Flute Ensemble. Emily has improved tremendously in the weight room and is one of the hardest-working young woman I have coached.—Mark Watts, CSCS

Miami University

Mike McCarty

Sport: Track & Field

Position: Decathlon

Height: 6' 6" Weight: 215

Vertical Jump: 31 Pro-Agility Run: Forty Yard Dash: Bench Press

Pounding: 185 Squat Pounding: 315

Mike is an exceptionally hard worker, and the results of his efforts have been showing on the track. Michael was explosive but very weak when he first arrived at Miami, but now, as a junior, he is gunning for the record books in both the outdoor decathlon and the indoor heptathlon. He always has a great attitude and comes in ready to work everyday, and his efforts show in events such as the long jump (23'10"), 110 hurdles (14.89 sec), or 60M (7.20 sec).—James Carsey, MEd, CSCS

UNC Charlotte

Jake Deaton

Sport: Track & Field

Position: Thrower

Height: 6' 3" Weight: 255

Vertical Jump: 26 Pro-Agility Run: Forty Yard Dash: 4.6 Bench Press

Pounding: 405 Squat Pounding: 455

Jake is one of the most hardworking, self-motivated, goal orientated athletes that I have ever coached. His sacrifice to train hard over the summer on his own and this fall has propelled him in the weight room and on the field. He has his eyes dead set on the NCAA's and USA Nationals in the discus and shot put this year. His work ethic is an example for all of the athlete's here at Charlotte to follow.—Stacy Hummer, CSCS

University of Chicago

Nicole Murphy

Sport: Track & Field

Position: Thrower

Height: 5' 6" Weight: 180

Vertical Jump: 20.5 Pro-Agility Run: 0 Forty Yard Dash: 6.50 Bench

Press Pounding: 180 Squat Pounding: 325

Nicole has improved significantly over her four years as a collegiate athlete. She has been a two time All-American, once in the outdoor shot put (2nd place) and once in the indoor shot put (7th place). Since I became her coach, her power clean has improved by 40 pounds, her bench has improved by 35 pounds, and her squat has improved by 60 pounds. These strength gains are directly correlated to her improved throwing performance. She has broken our school and conference record in the shot put by throwing 46' 8". Nicole's goal is to throw over 50' this year while also cleaning 220, squatting 340, and benching 200. She is one of those athletes that every coach wants to work with on a daily basis.—Zebulon Sion

University of Michigan

Frank Shotwell

Sport: Track & Field

Position: Multi-Events

Height: 6' Weight: 205

Vertical Jump: 29.6 Pro-Agility Run: Forty Yard Dash: Bench Press

Pounding: 280 Squat Pounding: 350

Frank's dedication, consistency and effort have not only raised the level of his own performance, but that of his teammates as well. His leadership has been, and continues to be, an asset to the success of the University of Michigan Track & Field program.

—Michael Favre, CSCS, *D

South Dakota State University

Ben Jasinski

Sport: Track & Field

Position: Multi Event

Height: 5' 8" Weight: 171

Vertical Jump: 34.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Pounding: 275 Squat Pounding: 405

In the past three years, Ben Jasinski has used his unmatched desire, passion and determination to excel in the weight room and in turn, success on the track. Ben's power clean, back squat and bench press have all seen significant increases each year. At the same time, Ben's accomplishments in the High Jump, Triple Jump and Long Jump have continued to grow. Most recently, Ben placed 5th at the Drake Relays in Triple Jump and 6th in the High Jump. Ben competed in the Triple Jump at the NCAA Midwest Regionals, finishing 14th. He later competed in the U.S. Track & Field Championships, finishing 17th in the Triple Jump. In addition, Ben's accomplishments in the weight room and on the track are echoed in his scholarly life. Ben's declared major is Electrical Engineering and he holds a 3.79 GPA. Ben's accomplishments in the weight room, track and classroom have gained the respect of not only his teammates, but all athletes at SDSU. There is no doubt that whatever lies ahead of Ben will be met by his relentless passion to succeed.

—Bradley Schmidt, Sr, CSCS

University of Colorado

Alyssa Frank

Sport: Track & Field

Position: Heptathlon/ High Jump

Height: 5' 8" Weight:

Vertical Jump: 24 Pro-Agility Run: 0 Forty Yard Dash: Bench Press

Pounding: 100 Squat Pounding: 190

Alyssa Frank has developed into an exceptional athlete. She has showed great enthusiasm and work ethic in the weight room. She spends extra time trying to improve on her weaknesses into her strengths. Its athletes like her that makes my job worth it.

—Jeff Pitman, CSCS

South Dakota State University

Brittany Garner

Sport: Track & Field

Position: Multi Events/Sprinter

Height: 5' 7" Weight: 155

Vertical Jump: 25.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 160 Squat Poundage: 250

Brittany Garner has shown perseverance, dedication and the ability to overcome many obstacles in her four years at SDSU. Brittany's accomplishments in the weight room have helped her to set a higher standard for all of her teammates. In addition to being a four time Iron Jack, (lifting standards based on athletic team) Brittany is the current record holder for SDSU Women's Track with personal best in the power clean, back squat and bench press. Brittany's ability to go above and beyond the expectations of what she could accomplish in the weight room has pushed her to succeed in the classroom as well. She was accepted into the school of nursing at SDSU and currently maintains a 3.52 GPA. In addition to her weight room and classroom achievements, Brittany is the current SDSU record holder in women's pole vault. Brittany also holds the third best 200 meter time in school history along with being a part of the record setting SDSU 4x400 meter relay team and the record setting SDSU 4x100 meter relay team. The ability to stay positive and persevere is one that will forever fuel Brittany's success in all that she attempts.

—Christopher Sheckler, Sr, CSCS

University of Vermont

David Hanss

Sport: Track & Field

Position: Sprints/Hurdles

Height: Weight:

Vertical Jump: 30.9 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 230 Squat Poundage: 345

David has developed into one of the top hurdlers at UVM after coming to campus as a walk-on four years ago. David is very athletic and explosive and has used those qualities to his benefit in the weight room as he has continued to develop at a very consistent rate during his time in the weight room. David possesses a strong work ethic that helps him on the track, in the weight room and the classroom. He is a true student-athlete, balancing academics and athletics at very high level. I have enjoyed working with David over the past four years and see only success in his future.—Justin Smith, CSCS

UW-Stevens Point

Kyle Scofield

Sport: Track & Field

Position: Shot Put & Football LB

Height: 6' 1" Weight: 229

Vertical Jump: 27 Pro-Agility Run: 4.41 Forty Yard Dash: 4.9 Bench

Press Poundage: 350 Squat Poundage: 550

Kyle has been one of our hardest working athletes since he arrived on campus. His dedication, hard work and enthusiasm have paid dividends on the field, in the classroom and in the weight room. Kyle has excelled in two sports being All Conference in football and a 2 time All American in the Shot Put, all while maintaining a 3.5 GPA. Kyle brings an unparalleled intensity to his training and sets the standard for others to match. He has been a great leader by example by expecting the highest expectations for himself and his teammates.—Jon Verdegan, MS, CSCS

Saint Louis University

David Whelan

Sport: Track & Field

Position: Sprints

Height: 5' 8" Weight: 151

Vertical Jump: 34 Pro-Agility Run: 4.14 Forty Yard Dash: 4.40 Bench

Press Poundage: 230 Squat Poundage: 345

Dave has done a consistently great job in the weight room. His effort has translated into a very successful track career. He motivates his teammates to perform at a high level and does everything you could ask of a leader in the weight room.

—Scott Charland, MA, CSCS

golf

College Of Charleston

Harrison Moore

Sport: Golf

Position: N/A

Height: 6' 1" Weight: 188

Vertical Jump: 30 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: Squat Poundage:

Harrison "Hap" Moore has been a consistent performer on the Men's golf team for 4 years. He is a determined athlete who recognizes the importance that strength & conditioning can play in the success of a golfer. He has led the way for his teammates by showing them how improved strength and power can be a benefit in a sport where this type of training is traditionally overlooked.—Adam Craft

Sacramento State

Julie Shutler

Sport: Golf

Position:

Height: Weight:

Vertical Jump: Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: Squat Poundage:

Julie is one of the hardest workers on the team. Her work ethic in the weight room clearly shows her dedication to her team and desire to be the best athlete she can be. This season, Julie helped lead the Hornets to their best 36-hole score in school history and best individual 36-hole record at the Lamkin Grip/Cal Poly Invitational. Julie posted a career best score of 69 which ties her for second all-time at Sacramento State, just one stroke shy of the record. At the Chip-N-Club Invitational, Julie set the school 54-hole record and finished third overall. Her 54-hole total of 214 broke the Sacramento State record by two strokes. Julie also became the first female Hornet golfer to finish a tournament (both 36 and 54 holes) under par.—Elan Hanopole

softball

College Of Charleston

Terri Mesko

Sport: Softball

Position: Pitcher

Height: 5' 5" Weight: 129

Vertical Jump: 20 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: Squat Poundage:

The fact that Terri appears in the College of Charleston record books 45 times is a testament to her work ethic both on and off the field. She is a tireless worker and the phrase "good enough" is not in her vocabulary. One of the most dominant pitchers in the history of Charleston softball, Terri has helped to set a precedent for Cougars pitchers for years to come.—Adam Craft

Jacksonville State University

Mary Beth Ledbetter

Sport: Softball

Position: Infield

Height: 5' 5" Weight: 150

Vertical Jump: 22 Pro-Agility Run: 4.65 Forty Yard Dash: 4.63 Bench

Press Poundage: Squat Poundage: 265

Mary Beth has been a tremendous asset for the softball team. Possessing a tremendous attitude and hard-nosed work ethic, she has been a quiet leader on and off the field. An every day type of player she has been consistently improved in the weight room each of her four years at JSU.—Brian Austin, CSCS

Transylvania University

Kendra DeArk

Sport: Softball

Position: Pitcher

Height: 5' 6" Weight: 140

Vertical Jump: 19 Pro-Agility Run: 4.65 Forty Yard Dash: 4.9 Bench Press Poundage: 105 Squat Poundage: 190

Kendra has set high standards for work ethic. In her time at Transylvania she has exhibited great success on the field, in the weight room, and in the classroom. She has a 3.4 GPA, NFCA Academic All-American, HCAC Conference MVP, and has continued to improve each day in the weight room. With the work ethic and dedication to improve that she exhibits, she will continue to succeed in the classroom and lead her team to new heights.—Keith Cecil, MS, CSCS

Florida International University

Lauren Spiers

Sport: Softball

Position: 1st Base

Height: 5' 11" Weight: 189

Vertical Jump: 19.5 Pro-Agility Run: 4.94 Forty Yard Dash: Bench Press Poundage: 165 Squat Poundage: 275

Lauren made a huge transition from last year to this year. Being that she is older, her bench press from last fall to this fall went from 140lbs to 165lbs, her clean went from 135lb to 175lb, and her squat went from 235lb to 275lb. She did all of this while losing 17lb. I have only been working at FIU for 2 years. At the end of this fall, Lauren was able for the first time to pass her conditioning test of 4x300yard shuttles at a 25 yard distance. She had to complete the test in 75 seconds each, with only 75 seconds rest between reps. She truly made an All American effort in to what her eating schedule and habits were and how she approached her workouts. Lauren was just voted as captain for the softball team here at Florida International University. Her coaches are extremely happy with her physical transformation because she is now not only able to do what the coaches are asking, but is exceeding the expectations by the coaching staff. As a corner (1st and 3rd) player, there is no difference between her and a middle infielder as far as speed, agility, and power is concerned. Lauren has made a transformation that coaches all over American could appreciate and would want out of their own players, for all sports. Lauren exemplifies the hard working, dedicated, and perserving athlete that is deserving of being an NSCA Strength and Conditioning All American.—David Feeley, CSCS

St. John's University

Kat Lawrence

Sport: Softball

Position: Pitcher

Height: 5' 10" Weight:

Vertical Jump: 20.5 Pro-Agility Run: Forty Yard Dash: 5.5 Bench Press Poundage: 0 Squat Poundage: 255

Kat is an outstanding individual with qualities that make her the model student-athlete. Her work ethic, intensity and positive attitude have allowed her to make significant gains in strength and power. In addition, Kat continually demonstrates excellent exercise technique which has had a positive influence on her teammates and their strive for perfection.

In only 2 years, Kat has increased her Clean by 25 pounds, Squat by 65 pounds and Vertical Jump by 3 inches. Kat's success in the weight room has directly impacted her success on the field. She has been able to improve her pitching speed by 5 mph and is now consistently in the low 60 mph range.—Robert Basile, CSCS

Texas A&M University

Kelsey Spittler

Sport: Softball

Position:

Height: 5' 6" Weight: 142

Vertical Jump: 21.5 Pro-Agility Run: 4.54 Forty Yard Dash: 4.87 Bench Press Poundage: 160 Squat Poundage: 275

Kelsey has matured into a consistent all-around athlete....she is a hard worker who leads by example. She gives her best every workout.—Raychelle Ellsworth

North Dakota State University

Taylor Lynn

Sport: Softball

Position: Centerfield

Height: 5' 5" Weight: 124

Vertical Jump: 23 Pro-Agility Run: 4.57 Forty Yard Dash: Bench Press Poundage: 130 Squat Poundage: 210

Taylor has been an exceptional leader for us on the field, in the classroom, and in the weightroom. She always leads by example and displays a great deal of determination, character, toughness, and pride. Taylor has made strides every year she has been at North Dakota State and her dedication to training has lead her to great success on the softball field, not only individually, but also as a team, as NDSU made the Super Regionals in 2009; their first year of post-season eligibility at the Division One level. Taylor is also a standout in the classroom, being named to the Summit League Academic All-League team in 2007, 2008, and 2009.

The amount of hard work, sweat, determination, and pure effort and emotion that Taylor has put into her training is what makes coaching a pleasure and an honor. I can think of no better person to be nominated for an NSCA All-American award than Taylor Lynn of North Dakota State.—Adam Hermann, CSCS

William Woods University

Tara Schulte

Sport: Softball

Position: Infield

Height: 5' 6" Weight: 140

Vertical Jump: 19.5 Pro-Agility Run: 4.45 Forty Yard Dash: 4.5 Bench Press Poundage: 165 Squat Poundage: 300

Tara has been an energetic leader since her freshman year. She has always been an aggressive softball player which has lead to some back issue. This has lead to need to be creative with her training. This did not stop her from attaining some very good stats which helped inspire her teammates. She has been an integral part of one of the hardest working teams at William Woods. Tara has been named to numerous post-season teams to recognize her accomplishment on the field and in the classroom.—Robert Jones, CSCS

Florida State University

Carly Wynn

Sport: Softball

Position: Center Field

Height: 5' 6" Weight: 150

Vertical Jump: 22 Pro-Agility Run: 4.47 Forty Yard Dash: Bench Press Poundage: 150 Squat Poundage: 235

Carly Wynn is the driving force of the Florida State Softball team, both in the weight room and on the field. She is a senior captain and role model in every sense of the word. Her fun loving attitude makes her a joy to be around. Her attention to detail and constant pursuit of perfection make her a model lifter. Carly not only exhibits great tenacity when attacking any conditioning workout, she will also be the first person to help a fellow teammate improve technique or simply push harder. Carly understands the value of a strength and conditioning program. On several occasions Carly has inadvertently helped to create new drills and exercises while working on improving strength and conditioning related skills, such as footwork out of the box (sprint work) and robbing home runs at the fence (leg power).

Apart from being a Captain for a third consecutive year, Carly has achieved numerous accolades both in the classroom and in the softball realm. Awards include; 2009 Third Team ESPN The Magazine Academic All-America Honoree, 2009 All-ACC Second Team Member, 2008-09 Seminole Softball Leadership Council Member, 2008 Florida State University Femina Perfecta winner for Softball, 2008 First Team All-ACC. 2008 ESPN The Magazine First Team Academic All-District, ACC Academic Honor Roll member in both 2007 and 2008, and All ACC Academic Softball Team member in both 2007 and 2008. These accomplishments are simply proof of Carly's ability to take any task and excel with a flare and spirit that make her a truly special athlete.—Caitlin Quinn, CSCS

Salisbury University

Lauren Brenneman

Sport: Softball

Position: Catcher

Height: 5' 6" Weight: 135

Vertical Jump: 21.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 225

Lauren is a tireless workhorse in the weight room and on the field. Every day she brings a positive attitude and strong work ethic. This desire to become the best athlete possible helped Lauren garner the honor of 2nd Team All-American for the 2009 softball season. It has been an absolute pleasure to work with Lauren over the past four years.

—Matthew Nein, MS, CSCS,*D

Miami University

Alicia Hogl

Sport: Softball

Position: Out Field / Catcher

Height: 5' 8" Weight: 145

Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 155 Squat Poundage: 225

An extremely hard worker, Alicia came back midway through the 2009 season from ACL surgery to lead her team to a conference championship and 1st victories in program history at the NCAA Tournament. 3 time Team captain // .329 batting avg. // First-Team All-MAC honors ,NFCA All-Mideast Region second team , All-MAC Softball All-Academic team.—James Carsey, MEd, CSCS

Samford University

Stephanie Royall

Sport: Softball

Position: Pitcher

Height: 5' 8 1/2" Weight: 135

Vertical Jump: 18 Pro-Agility Run: 5.14 Forty Yard Dash: Bench Press

Poundage: 115 Squat Poundage: 240

Stephanie has always been one of the hardest, if not the hardest, working athlete I have ever had the privilege and opportunity to coach. Despite having had injuries at various junctures in her career, Stephanie always came back in ready play and perform. Her strength levels always improved from semester to semester and year to year. I will hate to see Stephanie leave.—Thomas Rohling, CSCS

Miami University

Meredith Linch

Sport: Softball

Position: Pitcher

Height: 5' 6" Weight: 155

Vertical Jump: 20 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 145 Squat Poundage: 195

MA is an exceptionally hard worker, she came into the program not really sure about Lifting and just took off, improving in all areas of development. Very competitive at everything she does, has great energy at all times. She helped lead the team to a 2009 Conference Championship & 1st victory in program history at NCAA championships. A 2 time second team all conference selection and All-conference Freshman Team selection.

—Ryan Faehnle, CSCS

UNC Charlotte

Michelle Roemer

Sport: Softball

Position: Outfield

Height: 5' 2" Weight: 125

Vertical Jump: 17 Pro-Agility Run: 4.69 Forty Yard Dash: 4.6 Bench

Press Poundage: 115 Squat Poundage: 205

Michelle has bought into our system here at Charlotte from day one. She is one of the hardest working student-athletes I have had. It is not uncommon to see her in here after practice getting in a second workout and even on her off days. I have no doubt this work ethic will carry over to the playing field in her first collegiate year.—Stacy Hummer, CSCS

The Ohio State University

Whitney Cooper

Sport: Softball

Position: Second Base

Height: 5' 9" Weight:

Vertical Jump: 0 Pro-Agility Run: 4.86 Forty Yard Dash: Bench Press

Poundage: 135 Squat Poundage: 280

The success of the softball team can be attributed to, in part, by her leadership. Her attitude of "going all out all of the time" has strongly influenced the culture of the team. Whitney is an all around athlete that won't be easily replaced.—Thomas Palumbo, CSCS

University of Missouri

Rhea Taylor

Sport: Softball

Position: Outfield

Height: 5' 7" Weight: 155

Vertical Jump: 30.3 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 323

Nominating Rhea for S&C All-American may be one of the easiest decisions I have made. Her performance on the field speaks for itself. Her freshman and sophomore campaigns have been nothing short of excellent. In 2 years she has recieved 2 All Big 12 awards, earned Big 12 Freshman of the year, as well as 1st team All-American honors in 2008. She brings an attitude to the weight room that makes all around her better. Her enthusiasm for training is unmatched and her test data shows it.

In addition to her on-field performance, she has made tremendous personal growth in her time here at Missouri. Rhea has raised her GPA mark over the 3.0 level, after setting her sights on correcting her Freshman year. As a junior she has been selected as a member of the team Unity Council, which helps set the direction and guide the team to it's goals. Rhea arrived at Missouri as a great athlete and has grown into a leader, student, and woman of integrity. Rhea is a great representative for the NSCA All-American Award.

—Andrew Paul, MEd, CSCS

Sacramento State

Jenice Bartee

Sport: Softball

Position: Outfield

Height: 5' 6" Weight: 125

Vertical Jump: 23 Pro-Agility Run: 4.79 Forty Yard Dash: 5.3 Bench

Press Poundage: 105 Squat Poundage: 235

Jenice is a dedicated and hard worker in and out of the weight room. She brings a "Get Right" attitude that starts with her and over flows onto her team. Jenice is always striving to get better and encourages her teammates to do the same, which has helped her to become a leader/captain on the softball team at Sacramento State. During every workout you can hear Jenice's voice picking teammates up and keeping the energy in the weight room high. If ever there is a doubt that the team needs to pick it up, I can always trust in turning to Jenice to help get her team back on track. Her hard work and dedication helped her to be named to the second team all-PCSC during the 2009 softball season.—Thomas Ruelas, CSCS, NSCA-CPT

Tennessee Tech University

Kaleigh Gates

Sport: Softball

Position: Outfield

Height: 5' 8" Weight: 170

Vertical Jump: 21 Pro-Agility Run: 5.5 Forty Yard Dash: 4.6 Bench Press

Poundage: 150 Squat Poundage: 220

Kaleigh has been a pleasure to train for the past three years. She always demonstrates a tremendous attitude and top-notch work ethic. Kaleigh takes great pride in her strength and conditioning. Even when she is away from campus, it is obvious she works hard to develop further in her conditioning levels. With a 170lb Power Clean, solid conditioning, and the ability to push her body to the limit, Kaleigh is well-equipped to have another great year on the field.—Charles Pugh, CSCS

Campbell University

Brittany Stanley

Sport: Softball

Position: Pitcher/1B

Height: 5' 8" Weight: 160

Vertical Jump: 78 Pro-Agility Run: 5.0 Forty Yard Dash: 4.5 Bench Press

Poundage: 0 Squat Poundage: 225

****Vertical Jump score is Standing Long Jump and 10yd dash is 20 yd sprint from batters box.****

Brittany is the consummate student-athlete who has excelled in the classroom, on the mound and in the weight room. A true team leader, Brittany was named the Atlantic Sun's Pitcher of the Year and First Team All-Conference and conference tournament MVP, all a testament to her dedication to physical improvement.—Andrew Carter, MS, CSCS

baseball

College of Charleston

Ryan Daniels

Sport: Baseball

Position: DH/1B

Height: 6' 1" Weight: 230

Vertical Jump: 32 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 300 Squat Poundage: 350

Ryan has worked hard for his 3 years at the College of Charleston, but truly pushed himself to become better for his senior campaign. This young man has come back from a total of 10 surgeries, including major knee reconstruction and Tommy John's surgery. It was his hard work coming back from these surgeries and the amount of effort he put into the weight room everyday that made this an easy nomination. He spent 6 days a week in the weight room not only rehabbing but also working to improve performance. His positive attitude and leadership by example raised the training intensity and focus of everyone around him. He has also accomplished the rare feat of being respected by his coaches just as much as his fellow players. Since his most recent surgery, a total knee reconstruction, he has come back to full health, is back to squatting in the 300's and his upper body work has also improved as he increased his pull-ups by more than 15 in one set to failure and his bench by more than 60 lbs. He truly embodies the ideal Strength and Conditioning All-American and as his coach I could not be more proud.

—Matthew Powell, CSCS

Clemson

Justin Surratt

Sport: Baseball

Position: Pitcher

Height: 5' 8" Weight: 180

Vertical Jump: 30 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 0 Squat Poundage: 405

Justin is a remarkable student-athlete. He is an All-ACC Academic member and right-handed starting pitcher for the Tigers. His work ethic and dedication in the weight room has earned him the weight room dedication award, which is voted on by his teammates. He also won the team's annual competition, the "Omaha Challenge", which consists of physical challenging events that each player must complete in a certain amount of time or reps. His dedication to the weight room is definitely a contributing factor to the success that he has displayed on the baseball field. He was also named the Coastal Plains Defensive Player of the Year while playing summer league baseball. Justin has made tremendous gains in the weight room over the years with a 405lb squat and 380lb dead lift.—Dennis Love

Johnson County Community College

Harrison Gerber

Sport: Baseball

Position: Center Field

Height: 6' Weight: 175

Vertical Jump: 29 Pro-Agility Run: Forty Yard Dash: 4.4 Bench Press

Poundage: 220 Squat Poundage: 320

Harrison is a very hard working student-athlete with a nice personality who is the great motivator of our baseball team. His hard work in the class rooms, practice and in the weight room; reflects in good academic (3.6 GPA) and athletic performances: .300 Batting Average last season, 6.60 on 30 m shuttle run, 28 Jack Knives in 20 sec, 25 plyo-pushups in 15 seconds.—Istvan Javorek

Auburn University

Justin Bryant

Sport: Baseball

Position: Pitcher/Infield

Height: 6' Weight: 193

Vertical Jump: 31.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 565

Justin is one of the strongest baseball players I've ever had the opportunity to coach. Pound for pound he is the strongest player on the team with a power index of 628.51. His Dead Lift was 495 for one rep. He has a great fastball in the mid 90's and a great change up.—Richard Levy, CSCS

James Madison University

Kevin Munson

Sport: Baseball

Position: Pitcher

Height: 6' 2" Weight: 190

Vertical Jump: 27 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 335

Kevin Munson's work ethic in the weight room is an example for all. He works just as hard in the weight room as he does on the mound. His work ethic and competitiveness combined with his skills have earned him all conference honors.—Lee Rowland, CSCS

William Woods University

Mason Haupt

Sport: Baseball

Position: Catcher

Height: 5' 8" Weight: 192

Vertical Jump: 30 Pro-Agility Run: 4.00 Forty Yard Dash: 4.5 Bench

Press Poundage: 350 Squat Poundage: 605

Mason has been working hard from the moment he stepped on campus. He came to William Woods after shoulder surgery which kept him from getting into the full strength & conditioning program. Mason was doing very well in the fall his sophomore year when he was struck in the head by a pitch. This setback did not detour him; he just eased back into the program. Then a fluke knee injury in the fall of his junior year was another hurdle to overcome. Mason has battled through these injuries and set himself up as a leader in the weight room. He is in the top 3 all of WWU's strength tests; Bench (3rd), Squat (1st) and Clean (1st). Mason has not only been a competitor in the athletic realm but in the classroom as he has been named Academic All-Conference three times.

—Robert Jones, CSCS

UNC Charlotte

Justin Wilson

Sport: Baseball

Position: Outfielder

Height: 6' 1" Weight: 193

Vertical Jump: 34 Pro-Agility Run: 4.28 Forty Yard Dash: Bench Press

Poundage: 290 Squat Poundage: 365

Justin is a truly gifted athlete and is an honor to work with. His natural ability and work ethic inspires his teammates in the weight room and on the field. He runs a 6.41 60yd dash and was selected to the All A-10 conference second team.—Matthew Parvis, CSCS

Florida State University

Tyler Everett

Sport: Baseball

Position: Pitcher

Height: 6' 2" Weight: 202

**Vertical Jump: 30 Pro-Agility Run: 4.24 Forty Yard Dash: Bench Press
Poundage: 265 Squat Poundage: 325**

Tyler bought into the strength and conditioning program as well as decided that this was going to be a focus of his during this season. Tyler has completely transformed his body over the last year. At the beginning of this year Tyler weighed 220 pounds, had a body composition of 22%, and was throwing 87-88 mph. Since his decision to dedicate so much time and energy to strength and conditioning, he now weighs 202 pounds, has a body composition of 13.9%, increased his vertical 2 inches, decreased his 10 yard time by 0.15 seconds and pro agility time by 0.2 seconds. Tyler has also seen his velocity increase 2 mph to 90 mph over the last few months due to his hard work.

Tyler is without a doubt the leader who walks the walk for the Florida State Baseball team. He is always eager to improve and constantly looking for extra work to push himself to the next level. Whether it be conditioning drills, lifting in the weight room or position drills on the field, Tyler is always in the middle challenging his teammates and leading by example. Tyler had 21 appearance last year, ranking him 4th on a team which made it to the NCAA Super Regionals.—Jesse Collins, CSCS

Miami University

Kyle Weldon

Sport: Baseball

Position: First Base

Height: 6' 1" Weight: 229

**Vertical Jump: 27 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 265 Squat Poundage: 435**

Kyle has really become a leader in the weight room this year through his attitude and work ethic. These attributes are contributing to his best testing numbers since he has been at Miami.—Cindi Merrill, CSCS

University of Michigan

Nick Urban

Sport: Baseball

Position: Right Field

Height: 5' 11" Weight: 175

**Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 300 Squat Poundage: 315**

Nick is a very diligent worker. He raises the intensity to the benefit of those around him. Nick is a consummate team player.—Jason Cole, MS, CSCS

Western Michigan University

Tim Cross

Sport: Baseball

Position: Outfielder

Height: 6' 1" Weight: 200

**Vertical Jump: 32 Pro-Agility Run: Forty Yard Dash: 4.65 Bench Press
Poundage: 260 Squat Poundage: 350**

Tim possess a relentless work ethic that has paid very high dividends for his baseball career. He leads by example both on and off the field. He has gotten the most out of his athletic ability through his efforts in the area of strength and conditioning, enabling him to become an everyday starter in the outfield and captain of the team in 2010. He is constantly encouraging his teammates and has become a very positive influence on everyone associated with the team. Tim is also an excellent student, who carries a 3.92 GPA in Finance. He is a great leader, and will be successful in anything he pursues to due his positive attitude and great work ethic.—Timothy Herrmann, CSCS

South Dakota State University

Blaine Alberta

Sport: Baseball

Position: Pitcher

Height: 5' 8" Weight: 177

**Vertical Jump: 28 Pro-Agility Run: 4.50 Forty Yard Dash: Bench Press
Poundage: 0 Squat Poundage: 295**

Blaine has only been with us for a year and a half after transferring from a junior college, but in that time he has improved immensely. He has exhibited an excellent work ethic. He has had an attitude of always wanting to learn and improve. He has worked hard in the weight room, on the mound and in the class room. He maintains a 3.2 cumulative GPA and we expect great things from him this year on the mound. Blaine has set himself up to be successful by hard work, dedication and a positive attitude.

—Christopher Sheckler, Sr, CSCS

Texas Christian University

Bryan Holaday

Sport: Baseball

Position: Catcher

Height: 6' Weight: 205

**Vertical Jump: 30 Pro-Agility Run: 4.25 Forty Yard Dash: Bench Press
Poundage: 280 Squat Poundage: 375**

Bryan Holaday isn't always necessarily the fastest or strongest player, but competition always brings out the best in him. He dominates with his positive attitude, work ethic, and his leadership in the weight room as well as on and off the baseball field. He is the hardest working, most competitive athlete I have come across. Everyday he strives to make himself and his teammates better. His intangibles will truly be missed after he graduates from TCU.—Zach Dechant, CSCS

Keene State College

Anthony Cipolla

Sport: Baseball

Position: Catcher

Height: 5' 7" Weight: 185

**Vertical Jump: 20 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 275 Squat Poundage: 345**

Anthony is a work horse on the field and in the weight room. He is a true leader and made the most out of what he was given.—Sarah Testo, CSCS

Old Dominion University

John Malbon

Sport: Baseball

Position: 1st Baseman

Height: 6' 2" Weight: 260

**Vertical Jump: 25.5 Pro-Agility Run: 4.78 Forty Yard Dash: 5.5 Bench
Press Poundage: 305 Squat Poundage: 405**

John brings a blue collar mentality when he comes to the weight room. His leadership on the team makes everyone around him better, and each year he steps up and pushes himself to his maximal potential to make our program better.—Yaw Baidoo, MS, CSCS

Sacramento State

Brent Hottman

Sport: Baseball

Position: Catcher

Height: 5' 8" Weight: 185

**Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 255 Squat Poundage: 425**

Brent is a dedicated athlete on getting better to help himself excel to the next level and help his team get better. Brent always has an open ear on ways to improve himself. He is never trying to cut a workout down and is always one of the last guys to leave the weight room because he wants to get in a little more. Brent has a lot of pride in his game and team and wants to do the best, so he and his team can succeed.

—Thomas Ruelas, CSCS, NSCA-CPT

University of Connecticut

John Andreoli

Sport: Baseball

Position: Outfield

Height: 6' 1" Weight: 214

Vertical Jump: 33.5 Pro-Agility Run: 4.37 Forty Yard Dash: 4.52 Bench Press Pounds: 301 Squat Pounds: 513

John attacks everything we do with a reckless abandon. His drive and passion are unmatched in the weight room. John has been the strongest athlete on the team since his freshman year. However, instead of being content with this position, it has driven him on to work even harder. Since the day he joined the team John has led the team through his actions, bringing an infectious enthusiasm every day. In addition to his athletic prowess, John has proven to be an avid learner in the classroom and a selfless volunteer within the community. While leading the team in batting average last year, he maintained a 3.0 or higher GPA, increased his squat by 94lbs, and helped mentor children at a local elementary. I can say unequivocally that his presence makes the team better in almost every conceivable way. It is an honor to coach an athlete such as John and I have no doubt that he will conquer every goal upon which he sets his sights.

—Zachary Penwell, CSCS

volleyball

Juniata College

Megan Sollenberger

Sport: Volleyball

Position: Liberos/Defensive Specialists

Height: 5' 4" Weight: 128

Vertical Jump: 24 Pro-Agility Run: 4.35 Forty Yard Dash: Bench Press Pounds: 145 Squat Pounds: 250

*Megan is a three-time AVCA All-America selection, and among the top liberos/defensive specialists in Division III women's volleyball. She was named to the 2008 NCAA Juniata Regional All-Tournament Team, and was the Landmark Conference Women's Volleyball Specialist of the Year in both 2007 and 2008. A two-time Landmark Academic Honor Roll selection and First team All-Landmark honoree, she is a member of the Tau Pi Phi national business honor society, and has volunteered with Special Olympics. Megan hard work in our Volleyball Strength program has been a key factor in setting a positive work environment for her teammates.—Douglas Smith, CSCS*D, NSCA-CPT*

Juniata College

Molly Sollenberger

Sport: Volleyball

Position: Defensive Specialist

Height: 5' 1 1/2" Weight: 115

Vertical Jump: 21 Pro-Agility Run: 4.5 Forty Yard Dash: Bench Press Pounds: 130 Squat Pounds: 225

Molly was a member of the 2007 & 2008 NCAA Final Four Teams and of the 2006 National Championship Team. For the past four years Molly's hard work during the in-seasons & off-seasons of the Women's Volleyball Strength & Conditioning programs has earned her the respect of her teammates and coaches and has help set a standard of intensity and work ethic for her fellow team members.

Molly's attention to detail, dedication and willingness to motivate and teach others has not only enhanced her own athletic abilities, but has also contributed positively to those around her.—Matthew Huntsman, CSCS, NSCA-CPT

University of Redlands

Lauren Harding

Sport: Volleyball

Position: Libero

Height: 5' 5" Weight: 155

Vertical Jump: 21 Pro-Agility Run: 4.90 Forty Yard Dash: Bench Press Pounds: 247

*Lauren emanates the meanings of powerful, resilient, competitive, and tough. Her work ethic has enabled her to increase her squat by an astounding 92 pounds in the past two years and paved the way for her inaugural AVCA All-Region Award. Her role on the team as the libero demands leg strength and stamina; combining this with her skills, she ranks third in the nation in digs per set. She is a model student-athlete in every sense of the words and is largely responsible for the "work-man"-like attitude that is now Bulldog Volleyball team culture.—Joshua Bullock, CSCS,*D*

New Mexico State University

Kelli Goodan

Sport: Volleyball

Position: Outside Hitter

Height: 6' 2" Weight: 183

Vertical Jump: 15.5 Pro-Agility Run: 5.14 Forty Yard Dash: Bench Press Pounds: 90 Squat Pounds: 165

Programs are successful because people give of themselves. Kelli Goodan is a student/athlete all coaches wish would be part of their program because both on the court and in the classroom she gives 110%. Kelli leads by example and has spent countless hours in the weight room improving her speed, strength and agility. It has been my pleasure to coach one of hardest working and dedicated athletes to ever attend this university.

—Antony McClure, CSCS,*D

UC Davis

Carson Lowden

Sport: Volleyball

Position: Setter

Height: 5' 8" Weight: 150

Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: 225

Carson is the ultimate team leader. She insists on pushing herself and her teammates to always do their very best. Even with several coaching changes, she continued to develop both physically and mentally to be one of the best setters in the conference and lead her team to 20 wins her senior season.—Andy Dendas, MS, ATC, CSCS

TCU

Katelyn Blackwood

Sport: Volleyball

Position: Libero

Height: 5' 6" Weight: 100

Vertical Jump: 26.5 Pro-Agility Run: Forty Yard Dash: 4.56 Bench Press Pounds: 265

She was a huge part in the success of TCU Volleyball. Her hard work has helped get them to the national tournament.—Don Sommer

Johnson County Community College

Jordan Lockwood

Sport: Volleyball

Position: Outside Hitter

Height: 5' 8" Weight: 145

**Vertical Jump: 25 Pro-Agility Run: Forty Yard Dash: 4.4 Bench Press
Poundage: 115 Squat Poundage: 175**

Jordan is one of the team's motivator with her positive attitude, spirit and personality. She was a team captain this year and really pushed her teammate everyday in many aspects: classroom, court, and weight room. She was a huge threat offensively with her versatility as a hitter. She was able to hit some many different sets and from different locations. Jordan was All-Tournament at Nationals and First Team All-American, and Second Team AVCA All American. Jordan always has a big smile and able to tell her teammates in the game situation, "yes I love it" 7:30 30 m shuttle run, 7.8 standing long jump, 21 Jack Knives in 20 sec. and 18 pushups in 15 second.—Istvan Javorek

The Ohio State University

Steven Kehoe

Sport: Volleyball

Position: Setter

Height: 6' 4" Weight: 187

**Vertical Jump: 33 Pro-Agility Run: 4.14 Forty Yard Dash: 4.69 Bench
Press Poundage: 240 Squat Poundage: 315**

Steven is extremely dedicated and disciplined in the weight room. He leads by example and by pushing himself and his teammates every single day. His tremendous work ethic in the weight room has helped him achieve all his deserved success.—Andy Britton, CSCS

Texas A&M University

Mary Batis

Sport: Volleyball

Position:

Height: 6' Weight: 155

**Vertical Jump: 25 Pro-Agility Run: 4.51 Forty Yard Dash: 4.87 Bench
Press Poundage: 125 Squat Poundage: 245**

Mary has been a real pleasure to coach the last 4 years. She has been the heart and soul of this team and leads by example. She always has a smile on her face or something positive to say.—Raychelle Ellsworth

Western Illinois University

Ellen Miller

Sport: Volleyball

Position: Setter

Height: 5' 6 1/2" Weight: 139

**Vertical Jump: 21 Pro-Agility Run: 4.81 Forty Yard Dash: 4.72 Bench
Press Poundage: 115 Squat Poundage: 185**

Ellen is a fierce competitor who refuses to lose whether in volleyball match or during our strength and conditioning competitions. Ellen was earned the 2009 Leatherneck Strength and Conditioning Champion Award for Volleyball by being the top overall performer in all tested lifts, SAQ & Conditioning Drills, as well as our grinder and team competitions. In addition to her Summit League Defensive player of the week honors, Ellen has earned Summit League Fall Academic All-League Team for her 3.642 GPA in Kinesiology, all the while being actively involved in numerous local and national charities.—Christopher Anderson, CSCS, NSCA-CPT

Louisiana State University

Michele Williams

Sport: Volleyball

Position: Middle Blocker

Height: 6' 2" Weight: 165

**Vertical Jump: 23 Pro-Agility Run: 4.62 Forty Yard Dash: Bench Press
Poundage: 125 Squat Poundage: 231**

Since the first day she stepped on campus, Michele has been all business in regards to doing anything she can to become a great volleyball player. Her intensity, and the seriousness with which she approaches her training truly separates her. I tell people all the time, you better not get fooled by the smile and the sometimes goofy behavior, Michele will rip your heart out if it will help us win.—Paul Jackson, MS, CSCS

Miami University

Maria Leahy

Sport: Volleyball

Position: Outside Hitter

Height: 5' 8" Weight: 140

**Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 130 Squat Poundage: 200**

As a freshman Maria came in as a defensive specialist, but wasn't satisfied and fought to earn a spot as an outside hitter. It is this same competitive drive that she brought to her strength and conditioning program. She has been an athlete that has worked harder each year to ensure that she continues to set new personal records in the weight room. She finished her senior year on a high note by setting personal bests in her bench press, clean, and squat. Maria was a member of the 2007 MAC Tournament Championship team and has participated twice in the NCAA Volleyball Tournament. She was also placed on the All MAC Tournament Team as well as being an Academic All Conference selection.—Cindi Merrill, CSCS

Western Michigan University

Katie Eberling

Sport: Volleyball

Position: Outside Hitter

Height: 5' 8" Weight: 152

**Vertical Jump: 28 Pro-Agility Run: Forty Yard Dash: 4.65 Bench Press
Poundage: 95 Squat Poundage: 175**

Over her four year career at Western Michigan, Katie has proven to be one of the most dedicated and hard working athletes I have ever coached. She has never given up on anything or anyone, and always puts the team before herself. She is an extremely gifted athlete who has maximized her talents on the court through her work ethic in the weight room and in conditioning. She is also a great student, carrying a 3.95 GPA in Elementary Education, an excellent role model for the youth of the Kalamazoo community, and an outstanding leader. No matter what the situation she always wears a smile and is a positive influence to everyone around her.—Timothy Herrmann, CSCS

Penn State University

Max Holt

Sport: Volleyball

Position: Middle Blocker

Height: 6' 8" Weight: 210

**Vertical Jump: 33 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 150 Squat Poundage:**

Max is an athlete who came to us with unlimited potential, but initially, did not know how to train to maximize that potential. In his four years, he developed into a positive example to his teammates of what can be accomplished through hard work and dedication in strength training and conditioning. Max went on to become a National Champion, a four-time EIVA champion, a two-time All-American, the career service ace leader at Penn State, and signed to play professional volleyball in Italy.

—Kirk Adams, CSCS

Sacramento State

Melissa Melcher

Sport: Volleyball

Position: Setter

Height: 5' 9" Weight: 145

**Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: Squat Poundage:**

Melissa is a tireless worker in the weight room, on the court, and in the classroom. A co-captain, you could count on her showing up for any voluntary workouts and also being one to encourage her teammates whenever needed. A Big-Sky All-Academic Team member, Melissa has a 3.6 grade point average.—Terrance Brooks, CSCS

University of Notre Dame

Tara Enzweiler

Sport: Volleyball

Position: Middle Blocker

Height: 5' 8" Weight: 142

Vertical Jump: 27 Pro-Agility Run: 4.87 Forty Yard Dash: Bench Press

Poundage: 150 Squat Poundage: 225

Tara is the most well-rounded student-athlete on the Volleyball team. Member of academic honors program at Notre Dame. Led the team in an undefeated season in the Big East. Led the team with 1.05 blocks/set. Set the team record for Bench Press as well as Clean. Has been an exceptional leader on and off the court.—Christopher Sandeen, CSCS

Saint Louis University

Bridget Fonke

Sport: Volleyball

Position: Outside Hitter

Height: 6' 1" Weight: 135

Vertical Jump: 25.5 Pro-Agility Run: 4.40 Forty Yard Dash: 4.40 Bench

Press Poundage: 120 Squat Poundage: 180

Bridget is one of the best all around athletes I have had the opportunity to work with during my career. In addition to her athletic ability, she is an incredibly hard worker and supportive teammate. These qualities have helped her become one of the most accomplished volleyball players in Saint Louis University history.

—Scott Charland, MA, CSCS

Mercer University

Libby Hansch

Sport: Volleyball

Position: Middle Blocker

Height: 6' 2" Weight: 165

Vertical Jump: 23 Pro-Agility Run: 4.66 Forty Yard Dash: Bench Press

Poundage: 140 Squat Poundage: 235

Very motivated Student-Athlete. Always pushes herself and teammates to be the best they can. Great athlete and great person!—Paul Bohr, CSCS

University of La Verne

Christa Jones

Sport: Volleyball

Position: OH

Height: 5' 8" Weight: 148

Vertical Jump: 26 Pro-Agility Run: 4.4 Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 180

Christa is a 3x all conference, 2x all american and 2009 conference player of the year. As well and being dominant on the court Christa has been one of the hardest workers we have ever had here. She is a coach's dream athlete to work with, it does not matter what I asked her to do or how many reps, she took it as a challenge and used it as a way to get better each and every day. Christa will be missed both on the court and in the weight room.—Matt Durant

soccer

Virginia Military Institute

Audrey Falconi

Sport: Soccer

Position: Defender

Height: 5' 1" Weight: 112

Vertical Jump: 21.5 Pro-Agility Run: 4.50 Forty Yard Dash: 5.30 Bench

Press Poundage: 125 Squat Poundage: 205

Audrey has been a consistently hard worker and leader in our Women's Soccer strength & conditioning program. Her strong work ethic and commitment to excellence extends well beyond the walls of our weight room, as witnessed by the following accolades: Named 2009 First Team All-Big South Conference and was voted as the league's Scholar-Athlete of the Year... Helped lead the Keydet defense to its best season on record, establishing new school marks in goals-against-average (1.06) and goals allowed (22) while tying the school's shutout record with six... Was the only VMI player to play every minute on the field... Was named the first female recipient of the Three-Legged Stool, presented annually by the VMI Keydet Club to the senior cadet-athlete that best represents the three tenants upon which VMI was founded: Academics, Athletics and Military... Earned CoSIDA/ESPN The Magazine Academic All-District 3 Second Team honors for the second consecutive season and was the only player in the Big South so recognized... Holds the highest GPA of all VMI scholarship athletes.—Jim Whitten, CSCS

Park University

Todd Smith

Sport: Soccer

Position: Midfielder

Height: 5' 7" Weight: 130

Vertical Jump: 28 Pro-Agility Run: 4.38 Forty Yard Dash: Bench Press

Poundage: Squat Poundage:

Todd has shown the work ethic expected of this honor. He has followed the University's first full year conditioning for soccer from start to finish. His dedication to this was seen by his coach who awarded him a scholarship for his sophomore year. Todd also moved from the reserve squad to a starting position in the midfield and started in all 17 games this season. Finally, Todd set multiple performance testing records in the athletics department and his sprint record is still not broken.—Brian Ciolek, MS, CSCS

Park University

Natalie Parker

Sport: Soccer

Position: Forward

Height: 5' 8" Weight: 135

Vertical Jump: 19 Pro-Agility Run: 5.25 Forty Yard Dash: Bench Press

Poundage: Squat Poundage:

Natalie has shown outstanding dedication during her senior year of eligibility. To improve herself she chose to not return to her native country of England during the summer and instead stayed at Park to continue her conditioning program so she would be in the best shape possible for this past season. She also showed the highest level of consistency in following the program out of her entire team. This has culminated into a high performing season and All-Conference 1st Team honors.—Brian Ciolek, MS, CSCS

Clemson University

David Newton

Sport: Soccer

Position: Defender

Height: 6' 4" Weight: 215

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 300 Squat Poundage: 415

David's work ethic and commitment in the weight room has been extremely evident throughout his entire collegiate career. A 6'4", 215lb senior defender for Clemson University is a dynamic leader both on and off the field. Newton is one of the strongest athletes on the Men's Soccer team recording a 415lb squat, 300lb bench press, and a 265lb clean. David's dedication to improving his natural abilities has allowed him to receive 2nd team All-ACC, 3rd team All-South, and ACC player of the week honors.

—David Helms, MSc

The Ohio State University

Lauren Robertson

Sport: Soccer

Position: Goal Keeper

Height: 5' 61/2 Weight: 170

Vertical Jump: 19.5 Pro-Agility Run: 4.85 Forty Yard Dash: 5.52 Bench

Press Poundage: 165 Squat Poundage:

Lauren "Taz" is a fearless hard worker whom is committed to raising the bar for herself and those around her. Taz has a great attitude in the weight room and has great leadership skills. She has won numerous awards such as Big Ten Defensive Player of the week 9 times, Soccerbuz.com freshman All American Award, and Great Lakes All Freshmen Team and has set two school records with a career high of 30 shutouts and season shutouts of 13 games.—Hannah Ross Sackett, CSCS

Loyola University Athletics

Theresa Ferraina

Sport: Soccer

Position: Forward

Height: 5' 3" Weight: 115

Vertical Jump: 22 Pro-Agility Run: Forty Yard Dash: 4.98 Bench Press

Poundage: 85 Squat Poundage: 135

Ms. Ferraina walked on the team in the spring to start her college career. Four years later, she has completed her undergraduate studies and is working towards her Masters. She has also put herself at the top of almost every offensive category in Loyola's Women's Soccer history. Her list of accomplishments are well earned and her list of accolades are well deserved. Since day one Theresa has put the team first. During T's career the program has gone 29-1-6 in conference with two trips to the NCAA tournament while she also maintained a 4.0 GPA. Theresa's work ethic, passion, and upbeat positive attitude is second to none. It has been an absolute pleasure to work with such a great athlete and person the past four years. Ms. Ferraina is a one of a kind, simply the best!

—Robert Taylor, Jr, CSCS, *D; NSCA-CPT,*D

Transylvania University

Trey Kramer

Sport: Soccer

Position: Goal Keeper

Height: 6' 2" Weight: 188

Vertical Jump: 31 Pro-Agility Run: 4.10 Forty Yard Dash: 4.33 Bench

Press Poundage: 215 Squat Poundage: 275

Over the course of his time at Transylvania, Trey has truly committed himself to being the best he can be. He has set lofty goals for himself and his team and achieved those goals through hard work on and off the field. Despite losing his Junior year to injury, Trey has led his 2007 team to the NCAA sweet 16 and the 2009 team to the elite 8. As a multiple all-conference award winner, Trey has demonstrated tremendous leadership, dedication, and self confidence that will lead him to be successful in any path he chooses.

—Keith Cecil, MS, CSCS

Miami University

Sara Lund

Sport: Soccer

Position:

Height: 5' 7" Weight: 148

Vertical Jump: 23.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 120 Squat Poundage: 235

Sara has been an impact player for Miami's soccer team since she was a freshman earning league honors twice. Her physical attributes have helped her become the strong, fast physical player she is today. Sara has the ability to push her teammates in the weight room and on the pitch and has had some of the best weight room numbers in the past 3 years.—Matt Cady, CSCS

James Madison University

Teri Maykoski

Sport: Soccer

Position: Defender

Height: 5' 8" Weight: 145

Vertical Jump: 21 Pro-Agility Run: Forty Yard Dash: 5.3 Bench Press

Poundage: 135 Squat Poundage: 225

2009: 2009 National Soccer Coaches Association of America All-Mid-Atlantic Region Team. First Team All Conference. CAA All-Tournament Team. Pre-season CAA First Team All Conference. Tri-Captain.

2008: National Soccer Coaches Association of America (NSCAA) All-Mid-Atlantic Region second team. Soccer Buzz All-Mid-Atlantic Region first team. All-conference (CAA) second team. All-state (VaSID) second team. JMU/Comfort Inn Invitational All-Tournament Team. JMU team's co-defensive MVP. JMU Athletic Director Scholar Athlete.

2007: All-CAA preseason team.

2006: All-conference (CAA) second team. All-state (VaSID) second team. JMU team's defensive MVP.

2005: Tied third on team in assists. JMU/Comfort Inn Invitational All-Tournament Team. Conference (CAA) Commissioner's Academic Award

Teri is the epitome of a team player and a gamer. She always put the team first. She lived by the motto - "Dukes above all others." Teri was the first one to the field and the weight room and the last one to leave, the one with the dirtiest jersey and the most sweat on her face. Throughout her five years at JMU, Teri grew as a positive leader and role model for her teammates. Unfortunately, Teri underwent several injuries through her career, but that never stopped her. She always stayed every summer to rehab her injuries and used the weight room to become a stronger and faster athlete. Teri is more than deserving of this award and her ability in the weight room and on the field helped her become a true All-American.—Callye Williams, CSCS

Central Michigan University

Val Prause

Sport: Soccer

Position: Center-Mid

Height: 5' 8" Weight: 155

Vertical Jump: 20 Pro-Agility Run: 5.1 Forty Yard Dash: 4.6 Bench Press

Poundage: 165 Squat Poundage: 275

Val is truly an athlete that understands tough is not how you act but is how you train. It was exciting to see her take her mental toughness and strength from the weight room to the field where she dominated her opponents physically week in and week out as she was First Team All MAC and a captain on the best team in school history and Conference Champion. Her toughness was essential as the team set national records including the second longest shut out streak in NCAA history and most shutouts in school and conference history in a season. She truly deserves to be an NSCA All American.

—Gregory Adamson

South Dakota State University

Jessica Heine

Sport: Soccer

Position: Defender

Height: 5' 7 1/2" Weight: 155

Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 245 Squat Poundage: 130

In the past four years, Jess has shown leadership for SDSU Women's Soccer through her accomplishments. Jess has been a two-time Iron Jack (weight lifting standards based on athletic team) and currently holds the vertical jump record for our women's soccer program. Jess's ability to excel in the weight room has transferred over to her durability on the soccer field. In Jess's career, she is 2nd all-time in minutes played at SDSU, and 7th all-time for games started. The past two seasons, Jess has started 37/38 games for the Jackrabbits; in addition, to becoming 10th all-time for minutes played in 2008 and 3rd all-time for minutes played in 2009. Jess has shown excellence off of the soccer field and outside the weight room through her scholarly achievements. She has been selected for the NSCAA/Adidas Scholar All-Central Region Honorable Mention once, the Summit League Academic All-League Team twice and the Summit League Commissioner's List of Academic Excellence twice. This spring, Jess will be finishing her degree in Civil Engineering, while working to uphold her 3.49 GPA.—Bradley Schmidt, Sr, CSCS

University of Missouri

Michelle Collins

Sport: Soccer

Position: Forward

Height: 5' 6" Weight: 125

Vertical Jump: 29.6 Pro-Agility Run: 4.30 Forty Yard Dash: Bench Press

Poundage: 100 Squat Poundage: 247

Michelle has been a leader both on the field and off for Women's Soccer. She consistently took the lead during warm-ups getting the team ready to go. Michelle always asked how to get better as an individual and as a team leader. She always put the team before herself. Michelle also demanded the most from those around her, even when it meant putting herself in a unpopular position. She has earned plenty of accolades on the field through a dedicated and intense approach off the field. She finished as one of the fastest recorded women's soccer players in team history, as well as the team record in the vertical jump. Michelle believed in performance development and knows it helped her become a 2 time All Big 12 performer. In addition to her athletic accomplishment, Michelle has also succeeded academically, earning a place on the academic All Big 12 team twice in route to a degree in Speech Pathology.—Bryan Mann, CSCS

Penn State University

Tara Davies

Sport: Soccer

Position: Defender

Height: 5' 3" Weight: 120

Vertical Jump: 20 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 75 Squat Poundage: 100

Tara is an athlete who benefitted individually as much from strength training as any athlete we've had. Although small in stature and not being someone who always enjoyed strength training, she understood the value it could have for her; she came in each time with a positive attitude, worked hard, and was a role model for her teammates in the weight room. Her hard worked allowed her to change positions from forward to defender, become an invaluable contributor to four Big Ten Championships, and become our best one v. one defender.—Kirk Adams, CSCS

Boston University

Emily Pallotta

Sport: Soccer

Position: Midfield

Height: 5' 7" Weight: 125

Vertical Jump: 20.6 Pro-Agility Run: 4.42 Forty Yard Dash: Bench Press

Poundage: 125 Squat Poundage: 155

Emily embodies the Boston University slogan "Excellence in athletics, academics, and community." Her leadership, standards, strong desire and genuine joy for training have earned Emily and her team success on and off the pitch. The 2009 America East Midfielder of the Year and NSCAA All-Northeast Region First Team selection, Emily finished her career 9th on the schools all-time scoring list while helping lead the Terriers to their third straight America East crown and fifth-consecutive NCAA Tournament appearance. Emily also earned ESPN the Magazine Academic All-America Third Team honors for her work in the classroom boasting a 3.75 GPA.

—Victor Brown, III, CSCS, NSCA-CPT

swimming

Limestone College

Molly Reichwald

Sport: Swimming

Position: Individual Medley/Freestyle/Butterfly

Height: 5' 4" Weight: 134

Vertical Jump: 20 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 135 Squat Poundage: 205

Molly has been a top competitor for Limestone College not only in swimming, but also as a member of the cross country team. She has been a joy to coach for the past 4 years, due to her training mindset, dedication and leadership in the weight room.

—Curtis Lamb, MS, CSCS

Clemson

Katrina Obas

Sport: Swimming

Position: Breast Stroke

Height: 5' 7" Weight: 120

Vertical Jump: 22 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 150 Squat Poundage: 235

Katrina Obas, through her dedication in the pool and in the weight room, has become one of the elite swimmers in the country. Katrina is a team captain and has used this platform to help inspire and motivate her fellow teammates; as a result, she was voted most dedicated in the weight room by her teammates this past season. In the pool Obas holds several accolades, including school records in the 100 and 200 breast stroke; in addition, competing at Canadian Olympic trials in 2008. Katrina is top on the team with a 235 pound squat, and is second on the team with a 150 pound bench press.

—Dennis Love

Florida State University

Jessie Carr

Sport: Swimming

Position: Free, Breast

Height: 5' 6" Weight: 125

Vertical Jump: 17.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 105 Squat Poundage: 185

Jessie comes in everyday with a great attitude and willingness to learn. She continues to work hard and push herself beyond expectations. It has been a pleasure to coach Jessie.—Christopher Desrosiers, CSCS

rowing

Clemson University

Michelle Nance

Sport: Rowing

Position:

Height: 5' 8" Weight: 130

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 0 Squat Poundage: 225

Michelle has used the Jervy Athletic Training Center to her full advantage during her career here at Clemson. She has become a champion rower over her four-year career through her strength training. She has been dedicated to making herself the best athlete that she can by her relentless training habits. Michelle has a 225 lb squat and a 235 lb dead lift. She is a team leader weight room, as well as, a team captain.

She was a member of the Varsity 8+ crew that reached the 2008 NCAA Rowing Championships for the first time in school history, and she returned to the prestigious regatta again in 2009. Michelle's rowing accomplishments have extended beyond her career at Clemson. She is a two-time participant in the Under-23 World Championships. In the summer of 2008, along with her teammate she traveled to Brandenburg, Germany to represent the United States; as they finished fourth in the world.

She made the world championship team again this past summer; Michelle persevered throughout a long summer of training to finish ninth at the world championships in Racice, Czech Republic.—David Helms, MSC

diving

Duke University

Jessica Lyden

Sport: Diving

Position: 1 Meter

Height: Weight: 125

Vertical Jump: 22.5 Pro-Agility Run: Forty Yard Dash: 4.5 Bench Press

Poundage: Squat Poundage:

To say the least, Jessica is a highly motivated student and athlete. Anything less than perfect is unacceptable to her. It has been amazing to see her fight through adversity to get where she is today. Jessica never admits or shows how difficult exercises or workouts can be. She always has a smile on her face and is a great asset to Duke University.

—Carl Christensen, MS, CSCS

Florida State University

Jordan Horsley

Sport: Diving

Position:

Height: 5' 8" Weight: 170

Vertical Jump: 30.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 200 Squat Poundage: 285

Jordan came in and changed the dynamic of the diving workouts. His enthusiasm was contagious as he not only pushed himself, but also motivated his teammates. Jordan was always willing to go above and beyond what was asked of him.

—Christopher Desrosiers, CSCS

University of Missouri

Greg DeStephen

Sport: Diving

Position: Diving

Height: 5' 8" Weight: 150

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 306

In working with athletes, there are those that choose to separate themselves from the norm and outwork everyone else, regardless of the circumstances. Greg is that type. During his Freshman year, Greg broke his back and his hand. For most people, this would end their competitive days. Greg chose to battle back from his injuries and has now established himself as the strongest member of the Diving program. Competition or not, Greg is always looking to push his personal records.

Hard work has paid dividends for him as he excels on the platform as well. Greg has placed in the top 5 at the Big 12 Championships for 3 consecutive years. He qualified for the NCAA Championships in 2007 and 2008 in addition to his All-American performance in the 3 meter springboard. In 2008, Greg became the first Mizzou diver to win a zone title in 2008 and hold school records in 3 separate events.

Greg's dedication and commitment does not end on the platform as he excels in the classroom as well. He is a double major in finance and economics, carrying a 3.0+ GPA and is a member of the Phi Alpha Delta Pre-Law Organization. Greg has earned All Big 12 Academic Team Honors (2008,2009) and has been listed to the Big 12 Commissioners Honor Roll since his Freshmen year. After graduating, Greg will pursue Law School and I have no doubt he will succeed at any endeavour he chooses.—Tyler Looney

United States Air Force Academy

Kyle Van Valkenburg

Sport: Diving

Position: 1m, 3m, Platform

Height: 5' 8" Weight: 158

Vertical Jump: 24 Pro-Agility Run: 4.48 Forty Yard Dash: Bench Press

Poundage: 215 Squat Poundage: 255

Kyle is simply a leader of character. In both the pool and weight room he expects the highest intensity of his teammates and demands it from himself, which is proven by his back-to-back Mountain West Conference Titles at platform. Kyle's determination and integrity as an athlete are qualities that will ensure him success as an officer in the U.S. Air Force.—Kim Pinske, CSCS

South Dakota State University

Sasha Porter

Sport: Diving

Position: Swim/Dive

Height: 5' 2" Weight: 123

Vertical Jump: 22 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 150 Squat Poundage: 200

Sasha has been one of the most successful divers to ever come through SDSU. As a sophomore she broke a 25 year old school record in the 1 meter dive event and one year later she set the 3 meter diving event record. As a senior, she continues to improve as she re-set her own record in both the 1 and 3 meter diving event. Part of her success can be attributed to her time and dedication in the weight room. Sasha's drive to be a better athlete has contributed to her success in diving, as well as helped her become the team leader for the Jackrabbit Swim/Dive program. She has also been able to achieve these feats while keeping a GPA of 3.16 and was a member of the Mid-Continent Conference All Academic team in 2006-2007.—Matthew Jacobs

field hockey

Merrimack College

Kelly Pasquantonio

Sport: Field Hockey

Position: Lacrosse

Height: 5' 4" Weight: 130

Vertical Jump: 24 Pro-Agility Run: 5.06 Forty Yard Dash: Bench Press

Poundage: 125 Squat Poundage: 175

Kelly's success as a two sport athlete is in part accredited to her high value she places on preparation. She is a standout on both teams and also in the classroom, receiving the female scholar athlete of the year award. Her level of dedication to physical development is a testament of her very high work ethic. This award is a great representation of everything Kelly stands for.—Michael Kamal, MEd, CSCS

Wilkes University

Jennifer Keegan

Sport: Field Hockey

Position: Attack

Height: 5' 7" Weight: 130

Vertical Jump: 19 Pro-Agility Run: 5.15 Forty Yard Dash: 4.85 Bench

Press Poundage: 75 Squat Poundage: 155

Jen made an incredible impact this season as a leader for the Field Hockey team on and off the field. Jen needed to improve her strength after her junior season and that is exactly what she did. Jen was so dedicated that she even came to campus once a week from home (over an hour and a half away) to workout with her teammates that were in summer school. Her increases in strength were evident in her play, she was second on the team in goals scored and points on a team that finished 15-4 and nationally ranked. Jen has been a pleasure to work with and is another great example of a student-athlete. —

Keith Klahold, CSCS

Monmouth University

Melissa Katz

Sport: Field Hockey

Position: GK

Height: 5' 7" Weight: 135

Vertical Jump: 23 Pro-Agility Run: 4.72 Forty Yard Dash: 4.92 Bench

Press Poundage: 125 Squat Poundage: 185

Katz is undoubtedly one of the fiercest competitors that I have ever worked with. She serves as a leader both in the weight room and on the field with her relentless pursuit to be the best she can be. Her marked improvements in goal are a testament to the tremendous amount of extra time she has spent working on speed, agility, and core strength over the off-season.—Timothy Rehm, CSCS

University of Vermont

Kristen Heavens

Sport: Field Hockey

Position: Goalie

Height: 5' 8" Weight: 160

Vertical Jump: 20 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 160 Squat Poundage: 185

I have gotten to know Kristen over the past five years through her participation in varsity athletics at the University of Vermont as a member of the Field Hockey team. Kristen is one of the most consistent, hardest working member of the team and provides leadership in many ways to her teammates. I believe that she has a genuine enthusiasm for athletics as well as academics and has pursued both with a consistency and diligence that will allow her to be very successful in any avenue she chooses to pursue.

Personal Accomplishments: 2009 Team Captain, 2009 America East Field Hockey All-Academic Team, 2009 America East Goalkeeper of the Year, 2009 America East All-Conference First Team.—Justin Smith, CSCS

tennis

Salisbury University

Evan Thomas

Sport: Tennis

Position: Singles And Doubles

Height: 6' Weight: 175

Vertical Jump: 24.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 275

Evan is a very dedicated athlete who works extremely hard day in and day out both in the weight room and on the tennis courts. His strong leadership skills and desire to be the best have also influenced his teammates to strive for excellence. A three year all conference player both in singles & doubles, Evan is a true catalyst for success and has been an absolute pleasure to work with over the past four years.

—Matthew Nein, MS, CSCS,*D

Duke University

Amanda Granson

Sport: Tennis

Position: Singles & Doubles

Height: 5' 7" Weight: 133

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 0 Squat Poundage: 0

Amanda is an incredible force to coach in the weight room. She brings unwavering dedication and has an infectious positive attitude that motivates her team during lifts. Amanda, without fail, goes the extra mile to adhere to her training program and is eager to take on new challenges. She is well accomplished in her sport and is a terrific young lady with a modest, respectful, warm, and bright disposition. I have truly enjoyed working with Amanda.—Alayne Rusnak, CSCS, NSCA-CPT

Old Dominion University

Nadine Fahoum

Sport: Tennis

Position: N/A

Height: 5' 6" Weight: 146

Vertical Jump: 20.5 Pro-Agility Run: 4.86 Forty Yard Dash: 5.5 Bench

Press Poundage: 105 Squat Poundage: 135

Nadine is a very special athlete. Her mental and physical toughness in the weight room has helped her become a much better player. Her performance on and off the court has giving a spark to her team mates to become better as well. I'm very proud of her.

—Yaw Baidoo, MS, CSCS

UW-Stevens Point

Kaitlyn King

Sport: Tennis

Position: Singles & Doubles

Height: 5' 8" Weight: 160

Vertical Jump: 17 Pro-Agility Run: 5.4 Forty Yard Dash: 4.9 Bench Press

Poundage: 90 Squat Poundage: 190

Kaitlyn is everything that you could ask for in a student-athlete. She is a leader in the classroom, in the weight room and in the community. She brings her contagious attitude to workouts everyday and gives 100% effort all the time. Over the past four years, Kaitlyn has improved her strength, speed and agility, which has helped her become the player she is today; helping her team to the first ever appearance in the WIAC Conference Championships. Kaitlyn is also committed to serving the community; volunteering her time with local elementary schools. She has been elected to the Academic Honor Roll and as a WIAC Scholar Athlete Nominee for her commitment to academics.

—Jon Verdegan, MS, CSCS

University of Connecticut

Abby McKeon

Sport: Tennis

Position:

Height: 5' 8" Weight: 148

Vertical Jump: Pro-Agility Run: 5.03 Forty Yard Dash: 4.52 Bench Press

Poundage: 90 Squat Poundage: 155

Although only a freshman, Abby has already established herself as a leader in the weight room. Her first semester on campus she received the prestigious Iron Husky Award, recognizing her as bringing an unmatched work ethic and intensity. Just as she is an exceptional athlete who consistently wins on the court, she is an outstanding individual within the community who volunteers as a peer educator and mentor to children. Abby is the type of athlete every coach dreams of working with. I can say with absolute certainty that no matter what challenges arise in Abby's life, she will meet them head on, and she will emerge victorious.—Zachary Penwell, CSCS

ice hockey

Miami University Vincent LoVerde

Sport: Ice Hockey

Position:

Height: 5' 8" Weight: 205

Vertical Jump: 30.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 275 Squat Poundage: 555

Vincent has been a leader on and off the ice since he stepped on campus. His numbers in the weight room have been contributing to his success on the ice and have helped the Redhawks have the best winning percentage in college ice hockey over the past few seasons.—Matt Cady, CSCS

wrestling

Duke University Mike Bell

Sport: Wrestling

Position: 141

Height: 5' 6" Weight: 141

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 180 Squat Poundage: 315

Mike has been a positive and powerful force in the weight room. He takes on challenges full force and finds ways to make any element in the lift a new challenge. Mike has an undeniably good attitude and is intrinsically motivated and programmed to be the best he can be. He is respectful and works hard without fail and without complaint. He pushes his team without having to say a word. Mike has been a true joy to coach.

—Alayne Rusnak, NSCA-CPT, CSCS

Central Michigan University Steve Brown

Sport: Wrestling

Position: 157

Height: 5' 8" Weight: 157

Vertical Jump: 29 Pro-Agility Run: 4.2 Forty Yard Dash: 4.6 Bench Press

Poundage: 260 Squat Poundage: 410

Steve is a natural leader on one of the most competitive wrestling teams in the National as CMU and top 15 in the country. Steve has become even more focused this year even after being named conference champion last year. His work ethic in the weight room is year round and he is definitely a go to guy every day that you can rely on. He is a tremendous asset to what we do in the weight room. I can not say enough about his leadership and character. He deserves every award he gets because he has truly worked for it.

—Gregory Adamson

University of Wyoming Joe LeBlanc

Sport: Wrestling

Position: 184

Height: 6' 1" Weight: 184

Vertical Jump: 27 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 255 Squat Poundage: 335

Joe LeBlanc is an athlete that has embraced the weight room, and is reaping its benefits. He started wrestling at 157 lb when he arrived here at Wyoming. After putting in time in the weight room throughout the school year and summer months, he gained both size and strength. Last year he wrestled at the 184 spot for us, and was the University's first freshman to earn All-American honors. He has been awarded the title as a weight room leader, and in our program that is just like being an Assistant Strength and Conditioning Coach for us. I look forward to having him around the next few years, and the energy he brings to the weight room.—Robert Hartman, CSCS

judo

Idaho State Michael Eldred

Sport: Judo

Position: Judo, 73 Kg

Height: 5' 8" Weight: 160

Vertical Jump: 23.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 235 Squat Poundage: 345

Michael is a world class judo athlete. He is currently ranked number one in the nation at the men's 73Kg weight division. His tactical coaches have been training him on judo technique for the most part of his life, but it hasn't been until recently that Michael has added resistance training to his 2010 Olympic campaign. At the national level Michael has consistently proven himself as the favorite in the 73 Kg weight category and has been ranked number one in the country for the last couple years, but on the international circuit he has been over-powered and physically outmatched by stronger, faster opponents from around the world. Although Michael has only incorporated strength training in his training regime in the last year, his judo has improved immensely now that he can control his opponents better due to his added strength, speed, and explosiveness. All this of course, has increased his confidence on the mat, which is essential in any successful athlete. Here is a list of his recent accomplishments in the last year when he began a judo specific strength and conditioning program: March 2009 Pan American Championships 3rd Place (first time qualifying for team and placing), April 2009 Senior National Championships 1st Place (first time placing 1st), April 2009 Qualified for World Championships (first time qualifying), August 2009 World Championships (first time competing), September 2009 US Open 3rd Place, October 2009 Rendez-Vous Canada 2nd Place, November 2009 OJU Judo World Cup 3rd Place, December 2009 Final 2009 World ranking list Ranked 48th — Thomas Henry, CSCS

San Francisco State Ann Shiraishi

Sport: Judo

Position: Judo, 48 Kg

Height: 5' 2" Weight: 105

Vertical Jump: 17.5 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 120 Squat Poundage: 175

Ann is a world-class judo athlete currently ranked number one nationally in the 48 Kg weight category. Ann is extremely technically proficient and, in the past, has relayed heavily on technique and determination alone to win matches on account of her competition usually outmatching her in relative strength. She has tried other strength training programs that have bulked her up to the point that she's had to discontinue them due to her added weight pushing her out of her respected weight-class, but it hasn't been until recently that she was put on a judo-specific and athlete-specific strength and conditioning program that has allowed her to physically dominate and outlast her opponents in this recent year of her 2010 Olympic campaign. Despite sustaining a shoulder injury and working through a major shoulder surgery, here is a list of her accomplishments since she's been on her judo and athlete-specific rehab and strength and conditioning program: Fall Classic 2008 - 1st, US Open 2008 - 1st, Rendezvous 2008 - 5th, Swedish Open 2008 - 7th., Finnish Open 2008 - 1st, Surgery - Dec 28th 2008, Golden State Open 2009 - 2nd, US Open 2009 - 2nd, Rendezvous 2009 - 1st, Swedish Open 2009 - 7th, Finnish Open 2009 - 3rd —Thomas Henry, CSCS

skiing

University of Vermont

Colin Devore

Sport: Skiing

Position:

Height: 5' 8" Weight: 185

**Vertical Jump: 36.6 Pro-Agility Run: 4.07 Forty Yard Dash: Bench Press
Poundage: 225 Squat Poundage: 455**

Colin is relentless in his everyday approach to training. Every day that he gets up, he is dedicated to making himself better. His intensity and work ethic make him a pleasure to train. Colin is one of the most explosive athletes that I have ever worked with. He is truly a complete athlete and will no doubt have his best year on the slopes.

— Justin Goulet, CSCS

University of Vermont

Valerie Kechian

Sport: Skiing

Position:

Height: 5' 8" Weight: 155

**Vertical Jump: 28.3 Pro-Agility Run: 4.65 Forty Yard Dash: Bench Press
Poundage: 135 Squat Poundage: 300**

Val is hands down one of the strongest and most powerful female athletes I have ever worked with. Her mental and physical toughness are rivaled by none. She accomplishes any task that I ask of her with ease. When she trains in our weight room, time seems to stop. Val is an absolute animal and a true pleasure to train.—Justin Goulet, CSCS

High School Athletes

football

Swansea High School

JaQuan Sutton

Sport: Football

Position: Tailback

Height: 5' 8" Weight: 194

Vertical Jump: 29 Pro-Agility Run: 4.37 Forty Yard Dash: 4.56 Bench Press Pounding: 270 Squat Pounding: 500

Jaquan is an outstanding person with great Character and great Work Ethic. He used the weight room not only as a platform for his leadership, but to overcome injuries to produce 2100 yards, total, during the regular season games in his Jr and Sr years. In his Sr year Jaquan was 3rd in rushing among all of the Columbia, SC area running backs. Swansea High School is certainly a better team because of Jaquan Sutton. He will be a welcome addition to a college team next year.—David Jolly, MS, CSCS

Monte Vista High School

Joseph Labarbera

Sport: Football

Position: Defensive Back

Height: 6' 1" Weight: 193

Vertical Jump: 35 Pro-Agility Run: 4.08 Forty Yard Dash: 4.63 Bench Press Pounding: 275 Squat Pounding: 413

During our Off-Season Training Program, Joey encountered a traumatic accident that lacerated his right arm from forearm to armpit. He only had three months to prepare for the most enduring season of his career in his senior year. Joey understood the applications and benefits of strength and conditioning and worked everyday until he could not stand. Setting three records in the bench, squat and vertical jump, while also having a 3.5 gpa with Honors, Joey is the hardest worker I have encountered.—Christopher Mulvanny

Evolution Sports Performance

Kyle Cachopa

Sport: Football

Position: Wide Receiver

Height: 6' Weight: 188

Vertical Jump: 31 Pro-Agility Run: 3.9 Forty Yard Dash: 4.62 Bench Press Pounding: 235 Squat Pounding: 365

Kyle is a tremendously gifted athlete. His accomplishments in the classroom and on the football field are due to the dedication he has displayed toward his strength and conditioning program. With the help of his training, it has molded him into not only a better athlete but also a better individual. Kyle has used his training to strengthen his body as well as his mind. The self worth he has gained from his improvements has provided him with the tools to succeed in the future. His accomplishments are the product of hard work and perseverance and they deserve to be recognized.—Matthew Johnson, NSCA-CPT

Hamilton Heights High School

Bradley Haymaker

Sport: Football

Position: Tightend/Linebacker

Height: 5' 8" Weight: 213

Vertical Jump: 36 Pro-Agility Run: 9.2 Forty Yard Dash: 4.6 Bench Press Pounding: 365 Squat Pounding: 550

Bradley has used his passion for competition to light the fire under his teammates. He is an example of dedication and persistence, continuing his intense program through a painful digestive tract issue the past 18 months that has required 3 surgeries to date. He is beginning his fire safety degree in the fall and aspires to become a paramedic, all the while encouraging his peers to be as strong and fit as possible.—Janet Clifton, CSCS

Marbury High School

Pierre Warren

Sport: Football

Position: FS/WR

Height: 6' 2" Weight: 186

Vertical Jump: 38.5 Pro-Agility Run: 6.18 Forty Yard Dash: 4.47 Bench Press Pounding: 235 Squat Pounding: 495

Pierre just an all around athlete. He can play any position. On offense he plays wide receiver, running back and quarterback. On defense he plays strong safety and he return kicks. Versatility is a great selling point for any high school athlete. UAB has their eyes on one of the most versatile athletes in the state of Alabama. They have some competition but the Blazers are in the hunt for this top prospect. Covers a ton of acreage in the secondary like a smooth jungle cat, and he has the hands to change the game in an instant. Allen is also a very versatile athlete and could play on either side of the ball. Pierre works hard in the weight room. Finished with more than 350 all-purpose yards and Marbury's Pierre Warren scored four touchdowns. Should make an excellent return man and is always a threat to take a pick to the house with his top-flight speed and change of direction. Tall, slender defensive back with long arms and room to add another 15 pounds. Has a vertical of nearly 40 inches.—Bruce DeWalt, Jr

soccer

Hamilton Heights High School

Alyssa Goodnight

Sport: Soccer

Position: Also Swimming; Track-Sprinting

Height: 5' 8 1/2" Weight: 143

Vertical Jump: 28 Pro-Agility Run: 8.80 Forty Yard Dash: 4.6 Bench

Press Pounding: 115 Squat Pounding: 230

Alyssa has dedicated herself to an unusual combination of sports that makes her annual strength and conditioning program challenging. She is the only three sport athlete to make it to 95% of the summer sessions, while continuing to play club soccer and club swimming. She is a person of great character, being acknowledged by the Indiana High School Athletic Association as an Award Winner within their Roll Model Program. She plans to continue participating in soccer at the collegiate level, with great strides in strength improvement in her future after her cardio demands from swimming decrease.—Janet Clifton, CSCS

lacrosse

St. Stephen's & St. Agnes School

Chip Phillips

Sport: Lacrosse

Position: Goalie

Height: 6'

Weight: 175

Vertical Jump: 29 Pro-Agility Run: Forty Yard Dash: Bench Press

Pounding: 245 Squat Pounding: 380

Chip leads by displaying passion and intensity through work ethic and determination. He does not give up and will never back down from a challenge. The best thing about Chip Phillips is that he makes everyone around him better. His fire, heart and competitiveness are contagious whether it is in the weight room, during a strongman competition or on the playing field. Not only does he put up excellent numbers but he has the intangible qualities that make good athletes great athletes.

—Matthew York, CSCS

basketball

Greater Atlanta Christian School

Chaney Means

Sport: Basketball

Position: Point Guard

Height: 5' 8 1/2" Weight: 153

Vertical Jump: 25.5 Pro-Agility Run: 4.53 Forty Yard Dash: 5.54 Bench

Press Pounding: 135 Squat Pounding: 250

It's rare to find a standout high school basketball player spend Spring Break on a school mission trip in Haiti. Then again, 5-foot-8 junior guard Chaney Means from Greater Atlanta Christian School, and a Western Kentucky University commit, is not your average ball player.

Chaney's style of play has a real different vibe with her innate ability to convert shots from tough angles and off one leg in traffic consistently. Add that to a motor that runs all game long and it's easy to see why college coaches from all across the country are recruiting Means. "I don't have a favorite but the academic piece will factor into my decision as much as the basketball part does," said Means who sports a 3.98 GPA in the classroom. "Academics are really important to my family and I."

Chaney's academic achievements aren't the only reason that she stands out to potential colleges. Her work ethic and constant energy are evident during games.

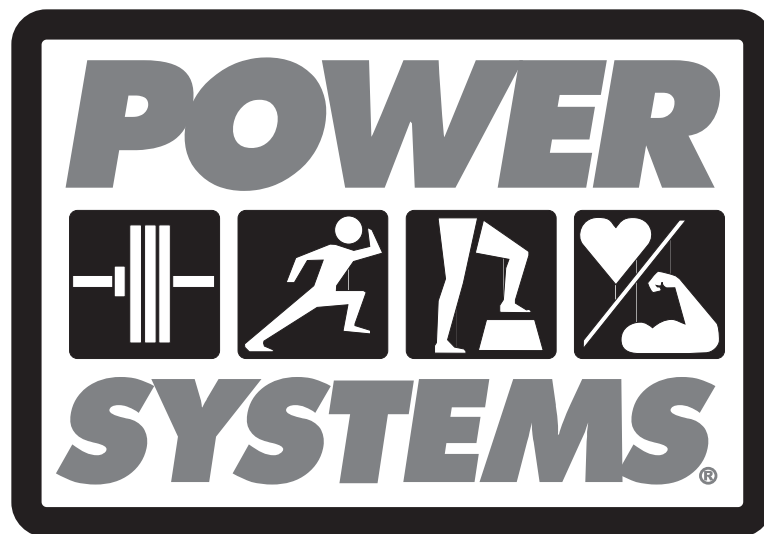
"I try to play with a lot of heart and make everyone on my team a better player at the same time."

The off-season is a time for serious players to hone in on areas that they can improve. Means is no different as she plans to get in the gym as much as possible.

"I want to continue to get faster, quicker and stronger. I have to work on my ability to handle the ball with my weak [right] hand, improve my three point percentage and my pull-up jumper. This is a really important summer," said Means. "I want to win a state championship next year and be ready to make an impact right away at the next level. Those are the areas that I believe can help me to obtain those goals. I can see the end of my high school days coming and I can't imagine a better ending than that."

The 5-foot-8 point guard has appeared in 93 games with Greater Atlanta Christian, averaging 11.5 points, 5.4 rebounds, 3.6 assists and 4.2 steals. She holds the school record for most steals in a game (15) and 3-pointers (6) and was a member of Class 2A state title team her freshman season. Last season Means played in 31 games, averaging 16.5 points, 6.1 rebounds, 3.8 assists and 5.4 steals.—Gary Schofield, Jr, ATC/L, CSCS

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