

2011 NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR



NSCA™

National Strength and Conditioning Association

Bridging the gap between science and application™

2011 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

baseball

Charleston Southern University

Tom Burkett

Sport: Baseball

Position: Outfielder

Height: 6' Weight: 177

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

Poundage: 260 Squat Poundage: 420

Tom earned Champion Buc, our top training award in our Buccaneer Classic Competition, which evaluates strength, power, flexibility, and endurance. Tom is a hard worker who does a tremendous job of leading by example for his teammates. Last season he tied for the team lead in home runs. He was also 2nd in walks and stolen bases as well.

- Tobias Jacobi, CSCS

College of Charleston

Robert Pritcher

Sport: Baseball

Position: Catcher

Height: 5' 8" Weight: 210

Vertical Jump: 34 Pro-Agility Run: 4 Forty Yard Dash: Bench Press

Poundage: 350 Squat Poundage: 500

Pritch demonstrates all the qualities you look for in an athlete, from his outstanding work ethic to his desire to get better in every training session. He has been a positive influence on not only his team, but the entire athletic department because of his leadership skills and his infectious personality. - Matthew Powell, CSCS

College of the Canyons

Cal Vogelsang

Sport: Baseball

Position: Outfielder

Height: 6' Weight: 190

Vertical Jump: 28.0 Pro-Agility Run: 4.30 Forty Yard Dash: 4.61 Bench Press Poundage: Squat Poundage: 420

Cal is one of the best all around baseball players we have had the pleasure of coaching here at College of the Canyons. After earning 1st team Freshman All-American honors, Cal is positioned to repeat as one of the best Community College baseball players in America in 2011. Cal's work ethic, both on the field and in the weight room are a testament to his character and will no doubt propel him into great Division I, and eventual professional baseball success. Cal is a great example for all baseball athletes to emulate as he understands the importance and the role of strength and conditioning as it applies to his sport performance. - Joel Gunterman

Florida International University

Pablo Bermudez

Sport: Baseball

Position: Outfielder

Height: 6' Weight: 196

Vertical Jump: 30 Pro-Agility Run: 4.38 Forty Yard Dash: Bench Press

Poundage: Squat Poundage: 405

Pablo came to FIU after an injury ridden senior year; pulling both hamstrings and played through the injuries during his senior year. His entire first year here Pablo was on a rehab leg program, which entailed hours in the training room and many extra reps and sets in the weight room, just to get him, not only on the same level as his teammates, but injury free. Through perseverance, hard work and determination, Pablo had an injury free sophomore year. He ran a 60 yard dash for professional baseball scouts for the first time since high school, which was a 6.76, and squatted above double body weight (405lbs).

Without question, Pablo has the strength and speed numbers to be a Strength and Conditioning All-American The hardships he endured to be eligible for this award make him a hands down choice. - David Feeley, I, CSCS

High Point University

Corey Swickle

Sport: Baseball

Position: Pitcher

Height: 5' 10" Weight: 253

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

Poundage: Squat Poundage: 505

Corey has set numerous school records here at High Point and continues to demonstrate unprecedented strength. Corey's commitment to his development in the weightroom drives the other players on his team to raise their level. Not only is Corey committed to the program, but he has begun to research methodologies. - Michael Rhoades, CSCS

High Point University

Andrew Dades

Sport: Baseball

Position: Pitcher

Height: 6' Weight: 186

Vertical Jump: 28 Pro-Agility Run: Forty Yard Dash: 4.87 Bench Press

Poundage: Squat Poundage: 435

There are not many competitors more fierce than Drew. He brings it every day! He is a constant driving force in the weightroom and during our competition days. His development, not only as an athlete but as an individual, is what I am most proud of. Drew has that inner competitive drive that you want to replicate and put in all of your athletes. A high energy guy, it is all business when he steps between those lines whether it is the weightroom or the playing field! - Timothy Teefy, CSCS

Jacksonville State University

Blake Seguin

Sport: Baseball

Position: Shortstop

Height: 5' 8" Weight: 150

Vertical Jump: 26 Pro-Agility Run: 4.2 Forty Yard Dash: 4.8 Bench

Press Poundage: 205 Squat Poundage: 365

Blake's approach to the weight room is outstanding. His efforts to get stronger and faster have gained him a starting position in a tough line-up to crack and a .309 batting average. His leadership is instrumental in motivating his teammates on the field and in the weight room. - Brian Austin, CSCS

James Madison University

Matthew Browning

Sport: Baseball

Position: Third Base

Height: 6' Weight: 210

Vertical Jump: 30 Pro-Agility Run: 4.46 Forty Yard Dash: Bench Press

Poundage: 270 Squat Poundage: 385

Matt always trained with 100% intensity and effort. He set the standard for how to work in the weight room and during conditioning. He was a great role model for the younger guys and served as a great leader for the team. Matt always had a smile on his face and never accepted anything less than his best. His hard work paid off. He had been an all conference selection numerous times and was drafted at the end of this past season.

- Callye Williams, CSCS

Keene State College

Tyler DiPrato

Sport: Baseball

Position: Infielder/C

Height: 5' 8" **Weight:** 180

Vertical Jump: 29.4 **Pro-Agility Run:** 4.13 **Forty Yard Dash:** 4.8 **Bench Press Pounding:** 255 **Squat Pounding:** 275

Tyler has worked hard since he stepped foot onto campus almost 4 years ago. He does what is asked of him and gives 100%. He has improved his strength, power, speed and agility tremendously since his freshman year. He has not only excelled with his offensive statistics, but he has lead by example. His willingness to adapt to positional changes has made him an important member of the KSC baseball team. - Sarah Testo, CSCS

Long Beach City College

Kenny Uyetake

Sport: Baseball

Position: Utility Player

Height: 5' 8" **Weight:** 170

Vertical Jump: 26 **Pro-Agility Run:** 4.4 **Forty Yard Dash:** 4.5 **Bench Press Pounding:** 225 **Squat Pounding:** 325

Kenny's work ethic has been contagious on the field and in the weightroom. He has become a leader through example; pushing himself and everyone on the team. Besides personal bests, he has helped his team record bests for all major lifts.

- David Yamane, III, MS, CSCS, NSCA-CPT

Mercer University

Billy Burns

Sport: Baseball

Position: Outfielder

Height: 5' 8" **Weight:** 170

Vertical Jump: 31 **Pro-Agility Run:** 4.2 **Forty Yard Dash:** 4.75 **Bench Press Pounding:** 275 **Squat Pounding:** 455

Billy always strives for perfection and to get better with each workout. - Paul Bohr, CSCS

Miami University

Brad Gschwind

Sport: Baseball

Position: Infielder

Height: 5' 9" **Weight:** 180

Vertical Jump: 33.5 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounding:** 200 **Squat Pounding:** 380

Gschwind has exhibited dedication and an extreme work ethic during the summer months to transform both himself and his play out on the field. - John Mackersie, Jr, CSCS

MidAmerica Nazarene University

Tim Purdin

Sport: Baseball

Position: First Base

Height: 6' 1" **Weight:** 205

Vertical Jump: 26.5 **Pro-Agility Run:** **Forty Yard Dash:** 4.88 **Bench Press Pounding:** 230 **Squat Pounding:** 330

Tim has been one of the most consistent athletes we have had. He comes in a day or two over than what is expected of him. He believes in our program and has gone all out in all of his lifting sessions. His baseball coaches and myself see that work when he is batting. He can hit the ball hard which is directly related to the explosive lifts we do in the weightroom. Tim is a four year starter and captain. He has received NAIA Academic All-American and Delta Mu Delta honors, and he is an Eagle Scout as well. Tim is the type of athlete you want on your team because you can rely on him. Tim is a four year starter and captain. He has received NAIA Academic All-American and Delta Mu Delta honors. He is an Eagle Scout as well. Tim is the type of athlete you want on your team, because you can rely on him. - Whitney Rodden, CSCS

Monmouth University

Anthony Lawrence

Sport: Baseball

Position: Shortstop

Height: 5' 8" **Weight:** 175

Vertical Jump: 37 **Pro-Agility Run:** 3.97 **Forty Yard Dash:** 4.52 **Bench Press Pounding:** **Squat Pounding:**

Anthony is a hard working individual who motivates others based on his outstanding work ethic. He is an extremely positive individual and is driven by a constant desire to improve himself. He leads by example and is an outstanding role model for the younger players. - Timothy Rehm, CSCS

Mount Marty College

Nathan Roche

Sport: Baseball

Position:

Height: 5' 10" **Weight:** 170

Vertical Jump: 33.5 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounding:** 245 **Squat Pounding:** 460

Nathan is an extremely hard worker, but he is so quiet he is very easily overlooked. That is until he showed up this fall after having worked diligently on his own in the weight room. His hard work will pay off with significant time in the outfield for a baseball team that made the National Tournament last year. His strength improvements are a reflection of his hard work in the off-season, resulting in nearly a 10mph increase in throwing velocity from the outfield; shaving nearly half a second off his 60yd dash time and increasing his 10yd dash by .08s, all within one year's time. Nathan is an outstanding student, athlete, and all-around person. He is truly a Champion of Character!

- Andrew Holzwarth, ATC, CSCS

Old Dominion University

Josh Wright

Sport: Baseball

Position: Infielder/First Base

Height: 5' 11" **Weight:** 195

Vertical Jump: 31 **Pro-Agility Run:** 4.36 **Forty Yard Dash:** 4.52 **Bench Press Pounding:** 325 **Squat Pounding:** 350

Josh Wright has come full circle this year as a baseball player on and off the field. His ability to lead in the weightroom has become very contagious amongst all the players on the team. Josh is a player that every strength coach dreams of having the opportunity to train. I am blessed and honored to have had the chance to do so. - Yaw Baidoo, MS, CSCS

Pacific Lutheran University

Sammy Davis

Sport: Baseball

Position: Shortstop

Height: 5' 7" **Weight:** 165

Vertical Jump: 34 **Pro-Agility Run:** 4.02 **Forty Yard Dash:** 4.51 **Bench Press Pounding:** 265 **Squat Pounding:** 385

Sammy Davis is a transfer from University of Hawaii. He came to us as a guy that was decently fast and strong in relation to his body weight. Though he is still the smallest guy on his team, he is also the strongest and most explosive pound for pound athlete we have at PLU. Over the past three years he has very quietly set the tone for his conference/nationally ranked baseball team. His teammates see him work and they follow. It is inspiring to see a young man of so few words push his team to get better, just by being present. After graduation he will be missed. - Christopher Wood, MEd, CSCS

Samford University

Josh Vanfleteran

Sport: Baseball

Position: Pitcher

Height: 6' 4 1/2" **Weight:** 222

Vertical Jump: 36 **Pro-Agility Run:** 4.33 **Forty Yard Dash:** **Bench Press**

Poundage: **Squat Poundage:** 325

Josh is a 5th year senior who has already graduated and is now working towards completion of his M.B.A. here at Samford. Josh came to us as a freshman weighing around 174 lbs and working his way up to 222 lbs. Early on he bought into what we are trying to accomplish, not only in education, but athletically here at Samford University and we are the better for it. If I was asked to make out a template of what I would want in an athlete and student, as well as person, Josh Vanfleteran would be it. His ability to set a goal and his tireless sacrifice coupled with his work ethic to achieve that goal, is what makes this job so satisfying. I can only hope that my wife and I do half as good a job with our 3 children, as Josh's parents have done with him. - Thomas Rohling, CSCS

St. John's University

Matt Wessinger

Sport: Baseball

Position: Infielder

Height: 5' 11 1/2" **Weight:** 180

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

Poundage: 175 **Squat Poundage:** 315

Matt has made significant improvements in strength, power, and speed. These performance gains are the direct result of his hard work, energy and positive attitude towards his strength and conditioning training. Since his freshman year, he has matured tremendously and has taken on a leadership role in the weight room. The success that he has achieved in his training has carried over to the diamond and has made a positive impact on his overall baseball performance. During the 2010 season, Matt started in 61 out of 62 games and had his best offensive year to date. - Robert Basile, Jr, CSCS

Texas Christian University

Joe Weik

Sport: Baseball

Position: First Base

Height: 6' 1" **Weight:** 205

Vertical Jump: 32 **Pro-Agility Run:** 4.4 **Forty Yard Dash:** 4.8 **Bench**

Press Poundage: 300 **Squat Poundage:** 405

This award is not just for performance during our training, but for the leadership and commitment that Joe has shown in enhancing his performance over the last year. He has made incredible strides in his physique, taking himself from over 19% body fat to under 9%, in less than 6 months. Everyday Joe leads the TCU Baseball program on and off the field and does it with class. - Zach Dechant, CSCS

The City College of New York

Andrew Romanella

Sport: Baseball

Position: Shortstop

Height: 5' 8" **Weight:** 170

Vertical Jump: 30 **Pro-Agility Run:** 4.0 **Forty Yard Dash:** **Bench Press**

Poundage: **Squat Poundage:**

Andrew's dedication to our strength training program has made him the top shortstop in our conference as a sophomore. Coming off of a freshman campaign he started every game for us at shortstop and hit over .300. His work in the weightroom during the summer led to an immense increase in power production at the plate during our fall baseball season. As a captain for the CCNY baseball team, Andrew's leadership and work ethic in the weightroom, classroom and on the baseball diamond, is the example we hope all of our players look to follow. - Grant Neary, CSCS

University of Michigan

Brandon Sinnerly

Sport: Baseball

Position: Pitcher

Height: 6' 4" **Weight:** 168

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

Poundage: 180 **Squat Poundage:** 305

Brandon has grown into what we expect out of our athletes at Michigan. He came to us as a 6'4" 149 lb. freshman with minimal strength training experience. He realized that at this level of competition it was important for him to improve physically in order to be successful on the mound. He dedicated himself in the weight room during the off-season giving his best every day. He sets a positive example for his teammates through dedication and hard work. I am proud to nominate Brandon Sinnerly as an NSCA All-American and truly believe if he continues to work hard and remains dedicated he will enjoy the success he has worked so hard to achieve. - Jason Cole, MS, CSCS

The University of Missouri

Ryan Ampleman

Sport: Baseball

Position: Catcher

Height: 5' 8" **Weight:** 180

Vertical Jump: 31.6 **Pro-Agility Run:** 4.26 **Forty Yard Dash:** **Bench**

Press Poundage: 275 **Squat Poundage:** 542

Ryan Ampleman is the type of athlete that knows hard work pays off. He comes to the weightroom every day with the attitude that he is going to give his very best and will not cut himself short on anything. Along with this, Ryan makes sure that others are giving their very best effort as well. Ryan is a true leader in the weightroom and conditioning sessions, as well as on the field. Although not the biggest in the weightroom, his effort and work ethic have paid off big with his performance. He is currently the strongest squatter and is able to carry this onto the field. As the primary catcher Ryan has many responsibilities on the diamond. With his natural leadership qualities Ryan is looked up to by teammates and coaches alike. He is the guy who can get a message across to his teammates and they will listen. Ryan is a leader in the classroom as well. While studying business at Mizzou, he earned the honor of 2009 Academic All Big 12. Ryan carries his effort and work ethic into the classroom, and I have no doubt that whatever lies ahead, he will be able to find success. - Tyler Looney, CSCS

Virginia Tech

Michael Seaborn

Sport: Baseball

Position:

Height: 5' 7" **Weight:** 172

Vertical Jump: 32.5 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press**

Poundage: 275 **Squat Poundage:** 405

Michael approaches his baseball career by the statement "A chain is only as strong as it's weakest link." He leads by example on and off the field. Michael actually started training his squat lower than normal to teach new athletes how to get low. Michael has earned our elite athlete award on three different occasions. His 405 squat was performed off a 12 inch box and his 60 yard sprint is 6.95. - Terry Mitchell, CSCS

basketball

Boston University

Matt Griffin

Sport: Basketball

Position: Guard

Height: 5' 8 1/2" Weight: 170

Vertical Jump: 25.5 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 230 Squat Poundage: 240

Having to sit out due to the NCAA transfer rules, Matt committed himself to the weight room during his first year at BU. His attitude, intensity, and focus in the weight room, and on the court, elevates not only his game but his teammates around him. Matt's work ethic has helped him improve 10% in the bench press, 16% in pull-ups, 6% in the 10yd dash, and 18% in the vertical jump during his first year. His focus towards the improvement of his team and himself has lead him to being named co-captain for his junior year. - Glenn Harris, MS, CSCS

Carnegie Mellon University

Matt Pettit

Sport: Basketball

Position: Center

Height: 6' 6" Weight: 220

Vertical Jump: 25 Pro-Agility Run: 0 Forty Yard Dash: Bench Press
Poundage: 250 Squat Poundage: 265

Matt is a fierce competitor both on and off the basketball court and has taken full advantage of all the programming offered by our strength and conditioning program over the past three years. - Kevin Schultz, CSCS

Charleston Southern University

Kelsey Wasmer

Sport: Basketball

Position: Guard

Height: 5' 8" Weight: 150

Vertical Jump: 26 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 135 Squat Poundage: 220

Kelsey is the highest scoring female we have ever had at CSU in our Buccaneer Classic Competition. Kelsey is not only a hard worker in the weight room and the court, but also in the class room. She already has her degree and is working on another major during her last season. On the court she was named 2nd Team All-Big South last season, helping to lead her team to the first ever postseason appearance by our Women's Basketball Program by earning a berth in the WBI tournament. - Tobias Jacobi, CSCS

College of Charleston

Donavan Monroe

Sport: Basketball

Position: Guard

Height: 6' 3" Weight: 205

Vertical Jump: 40 Pro-Agility Run: 0 Forty Yard Dash: 0 Bench Press
Poundage: 250 Squat Poundage: 375

Donavan is the heart and soul of the Men's Basketball team. Whatever job needs to be done, you can count on Donovan to do it, and do it well. - Steven Bamel, MS, CSCS

College of the Canyons

Kelli Lewis

Sport: Basketball

Position: Guard

Height: 5' 7" Weight: 150

Vertical Jump: 21.0 Pro-Agility Run: 4.75 Forty Yard Dash: 4.51 Bench
Press Poundage: Squat Poundage: 176

Kelli is a very special student-athlete for us. It's not even the fact that she is one of the best basketball players we have had (she's will be a 2-time all-conference selection after this season), it's what she's been through to get here in her athletic career. Before getting here at College of the Canyons, Kelli suffered through THREE ACL surgeries and a meniscus tear. Her work ethic is unmatched and her will to be great is awesome to watch every time she comes into the weightroom. She has bought into our conditioning process and this belief and work has helped her overcome some tremendous physical obstacles. If I had more females athletes like Kelli, my life would be much, much easier! - Robert Dos Remedios, MA, CSCS

Denison University

Annie-Rae Dura

Sport: Basketball

Position: Forward

Height: 5' 8" Weight: 138

Vertical Jump: 26.5 Pro-Agility Run: 4.87 Forty Yard Dash: 5.08 Bench
Press Poundage: 135 Squat Poundage: 245

Annie-Rae is an Economics major from Westerville, Ohio who also runs track for Denison. She is one of the hardest working, and gifted, athletes I have worked with. She is an outstanding leader and a positive example to her teammates. - Mark Watts, LLd, MS, LAT, CSCS

High Point University

Frances Fields

Sport: Basketball

Position: Guard

Height: 5' 6" Weight: 135

Vertical Jump: 23.5 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 170 Squat Poundage: 210

Frances has combined her natural strength with her determination to develop as an athlete, to become a standout in the weightroom. Frances, pound for pound, is one of the strongest female athletes I have ever come across. She carries that strength on to the floor every night where she forces opposing players to guard her physical style." - Michael Rhoades, CSCS

Humboldt State University

Taylor Kilgore

Sport: Basketball

Position: Guard

Height: 5' 8" Weight: 155

Vertical Jump: 26 Pro-Agility Run: 4.7 Forty Yard Dash: 5.4 Bench
Press Poundage: 125 Squat Poundage: 250

After a very successful junior season, Taylor was forced to take a medical redshirt last season to heal the severe stress fractures in both of her lower legs that she received after years of abuse. After careful manipulation of her off-season routine while she was recovering, and with an extreme sense of urgency on her part, Taylor not only came back for her senior season in impeccable physical condition, but she has developed athleticism and skills beyond the already elite levels of her junior season. As a team captain, Taylor is the unquestioned leader of the team and has already put up impressive numbers early in the season. It is great to see Taylor back on the court! - Andrew Petersen, MA, CSCS

James Madison University

Ben Louis

Sport: Basketball

Position: Guard

Height: 6' 5" Weight: 205

Vertical Jump: 30 Pro-Agility Run: 4.38 Forty Yard Dash: 4.75 Bench Press Poundage: 275 Squat Poundage: 405

Ben has a way of doing things that sets him apart from others, he's a calm natured person yet when it's time to train, he shows a competitive side that makes him a leader. He leads by example, always giving his best to every workout. Ben is one of those guys who, on occasion, I've caught in the weightroom sneaking in extra workouts on his own. He's very self motivated. Ben Louis is a quality person who understands the benefits of strength and conditioning training, and he has utilized his time training to build himself up from 177 pounds to a solid 205 pounds. - Gregory Werner, MS, CSCS

Juniata College

Jennifer Hnatuck

Sport: Basketball

Position: Center

Height: 6' 1" Weight: 180

Vertical Jump: 19 Pro-Agility Run: 5.87 Forty Yard Dash: 4.75 Bench Press Poundage: 135 Squat Poundage: 205

The leadership that Jennifer provides to her team is unmatched by anyone on her team. She leads with a Democratic style by listening well to her teammates and then making the decision that's best for the team. She also focuses on the task or program at hand for everyone to accomplish. She motivates her teammates with a quiet sense of leading by example and doesn't have to say much for the team to understand what needs to be done! - Matthew Huntsman, CSCS, NSCA-CPT

Merrimack College

Sarah Benischek

Sport: Basketball

Position: Guard

Height: 5' 10 1/2" Weight:

Vertical Jump: 26.5 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: 115 Squat Poundage: 145

Sarah has been one of the most impressive athletes that I have had the honor to coach. Her ability to lead and foster motivation in her teammates is unmatched amongst her peers. This award is testament to Sarah's work ethic and dedication to her sport, and her teammates. - Michael Kamal, MED, CSCS

Mount Marty College

Kylie Gross

Sport: Basketball

Position:

Height: 5' 11" Weight: 175

Vertical Jump: 18.5 Pro-Agility Run: 4.78 Forty Yard Dash: Bench Press Poundage: 135 Squat Poundage: 245

Kylie is one of the best student athletes at Mount Marty College. She is an unbelievable leader to our women's basketball program and it is apparent in the weightroom and during off-season workouts, as she is the one that spearheads everything outside of actual practice. She is the hardest working athlete and understands the importance of Strength and Conditioning workouts. Over the past year she dropped 10% of her BW and yet improved her LBM, strength, speed, and power. On the court she continues to be at the top with minutes played (28) and her rebound production has improved by two. Kylie has been a role model to the younger players, showing that hard work off the court very much pays off on the court. Kylie will work to be the best throughout her life and make those around her even better! - Andrew Holzwarth, ATC, CSCS

Old Dominion University

Frank Hassell

Sport: Basketball

Position: Power Forward

Height: 6' 8" Weight: 255

Vertical Jump: 30 Pro-Agility Run: 4.69 Forty Yard Dash: 4.89 Bench Press Poundage: 310 Squat Poundage: 365

Over the course of his career, no one has used the weight room to better himself as a Division I basketball player more than Frank Hassell of Old Dominion University. Frank dedicated himself year-round to maximizing his physical potential and becoming the player he is today, and it has shown in leading the Monarchs to post-season play, each of the past three seasons. - Paul Helsel, III, CSCS

Park University

Eduardo Quintero

Sport: Basketball

Position: Forward

Height: 6' 5" Weight: 202

Vertical Jump: 29 Pro-Agility Run: 4.65 Forty Yard Dash: Bench Press Poundage: Squat Poundage: 350

Eduardo personifies the ideal collegiate athlete. He approached me near the end of last season and said he wanted to commit himself to being the best he could be for this year's basketball team. Not only did he do all I could ask, but he would continuously request new challenges and always showed an active interest into why he was doing certain aspects of a workout. His hard work and determination has allowed him to solidify himself in the starting five and he regularly plays the majority of the minutes while contributing to both the offensive and defensive sides of the game. - Brian Ciolek, MS, CSCS

Sacramento State

Duro Bjegavic

Sport: Basketball

Position: Forward

Height: 6' 6" Weight: 245

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: 240 Squat Poundage: 260

Duro used the strength and conditioning program to transform himself from a reserve player to a starter and team captain on the Sacramento State basketball team. Duro added 15 pounds of muscle and is now one of the top big men in the Big Sky Conference. He excels off the court as well with a 3.5 grade point average in Communications. - Matthew Gilbert, CSCS

Sacramento State

Tika Koshiyama-Diaz

Sport: Basketball

Position: Guard

Height: 5' 5" Weight: 135

Vertical Jump: 20 Pro-Agility Run: Forty Yard Dash: 4.66 Bench Press Poundage: 100 Squat Poundage: 200

Tika is one of the most fearless competitors I have ever been around. During summer training, she would train daily with football players almost 3 times her size and not back down. Most of the time, she is the aggressor. She is well respected by student-athletes of all sports. Tika is the same with strength and conditioning as she is on the basketball court: a second coach. She led the Sacramento State Women's Basketball team to the most league wins in school history her junior year. - Terrance Brooks, CSCS

Saint Louis University

Paul Eckerle

Sport: Basketball

Position: Shooting Guard

Height: 6' Weight: 175

Vertical Jump: 36.0 Pro-Agility Run: 4.14 Forty Yard Dash: Bench Press Poundage: 280 Squat Poundage: 340

Paul is a tireless worker who has battled major injuries; a herniated disk and torn ACL, to become our team captain. He is a consummate tactician who leads by example. Paul is the epitome of a student athlete, as he has a 3.88 GPA and will be entering medical school in the fall of 2011. - Erick Schork, MA, CSCS

South Dakota State University

Kristin Rotert

Sport: Basketball

Position: Guard/Forward

Height: 6' **Weight:** 165

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

Poundage: 250 **Squat Poundage:** 145

Kristin has consistently demonstrated the ability to attack and aggressively achieve anything that she desires. Her ability to achieve her goals has led to significant achievements on the court. These achievements include being a part of the Honorable Mention All-Summit League Team in 2008-2009 and 2009-2010. In addition, Kristin won the 2007-2008, 6th Women of the Year Award in the Summit League and earned a spot on the Summit League All-Newcomer team.

Kristin has shown the same aggressiveness in the classroom by earning Academic All-Summit League honors her first three seasons. In addition, she was named to the Commissioner's List of Academic Excellence in 2008-2009 and 2009-2010. Kristin will no doubt continue to work hard in the classroom, as she aims to uphold her 3.696 GPA. Kristin has demonstrated her aggressive nature in the weightroom by becoming a two time Iron Jack (weight lifting standards based on athletic team) and consistently leading by example. Kristin's achievements in the weightroom have been demonstrated through her durability on the court. During her freshman campaign (07-08), Kristin played in 28 games, with 6 starts. Her sophomore season, (08-09) followed with an in-season move to the starting lineup and significant playing time in 35 games. Last year, as a junior (09-10), Kristin started all 33 games for the Jackrabbits. It has been an honor to coach Kristin and I know that as she prepares for graduation, Kristin has the tools necessary to carry herself as far as her dreams and goals can take her. I look forward to seeing her future successes.
-Bradley Schmidt, Sr, CSCS

The University of Missouri

Steve Moore

Sport: Basketball

Position: Center

Height: 6' 8" **Weight:** 260

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

Poundage: 365 **Squat Poundage:** 550

Steve has totally transformed his body since arriving at the University of Missouri. The time and dedication he puts in to become a better basketball player is fun to watch. He never comes to work without his hard hat. Steve will be successful in the game of life.
- David Deets

The University of Missouri

Bekah Mills

Sport: Basketball

Position: Guard

Height: 5' 9" **Weight:** 145

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

Poundage: 115 **Squat Poundage:** 165

Bekah has successfully returned to the court for the 2010-2011 season after recovering from three ACL reconstructions in her right knee. Day in and day out, Bekah shows a relentless determination to not only improve her own abilities, but also to raise the level of play for the entire Missouri Women's Basketball team. - James Couretas, PT, CSCS

University of Montana

Brian Qvale

Sport: Basketball

Position: Center

Height: 6' 11 1/2" **Weight:** 260

Vertical Jump: 29.5 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press**

Poundage: 315 **Squat Poundage:** 341

"BQ" is man among boys. He has done every last thing that I have asked of him during lifting and conditioning sessions. He leaves no doubt that he has translated what he has gained in the weightroom onto the court. Just last night(12/15/10), he scored 27 points, 18 rebounds, and had five blocks which was a career best performance. Brian is a great kid that has never-ending potential for success on and off of the court. He is what is right about college athletics, and I am very proud of him. - Scott Kirchmann, CSCS

University of Iowa

Kamille Wahlin

Sport: Basketball

Position: Point Guard

Height: 5' 8" **Weight:** 137

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

Poundage: **Squat Poundage:** 230

Kamille's defining trait in the weightroom, on the track, or during competition is her consistency. She has been able to maximize her God given ability by showing up EVERY day ready to work and to improve and help her teammates improve. This has not only allowed Kamille to develop into one of the nation's top point guards, but has had an immeasurable impact on the progress of those that work with her! - JC Moreau

University of Wisconsin-Stevens Point

Britta Petersen

Sport: Basketball

Position: Forward

Height: 5' 11" **Weight:**

Vertical Jump: 21 **Pro-Agility Run:** 4.91 **Forty Yard Dash:** **Bench Press**

Poundage: 165 **Squat Poundage:** 255

Britta is, without question, one of the hardest working athletes I have had the opportunity to work with. She has one speed which is full tilt. She is a leader on the court, in the weight room and in the community. Britta brings a positive attitude to the weight room every day and motivates her teammates by her dedication to success. She is constantly striving to be better than she was the day before. Through Britta's hard work she has earned multiple Conference Player of the Week Awards and All-WIAC recognition the last two seasons. Britta is also active on campus as the Student Athlete Advisory Committee President and in the community with many charities.

- Jon Verdegan, MS, CSCS

Virginia Tech

Terrell Bell

Sport: Basketball

Position: Guard

Height: 6' 7" **Weight:** 205

Vertical Jump: 35.5 **Pro-Agility Run:** 4.37 **Forty Yard Dash:** **Bench**

Press Poundage: 285 **Squat Poundage:** 375

Terrell Bell is a very gifted and exceptional student-athlete who leads by example. He always comes in with a great attitude, ready to work hard and get better. He has improved every year, not only with his lifts, but always with his skills on the basketball court. Terrell has great character and is the definition of a student-athlete. example. He always comes in with a great attitude ready to work hard and get better. He has improved every year not only with his lifts but always with his skills on the basketball court. Terrell has great character and is the definition of a student-athlete.

- David Jackson, CSCS

Western Illinois University

Arsenio Mims

Sport: Basketball

Position: Guard / Forward

Height: 6' 3" **Weight:** 200

Vertical Jump: 26 **Pro-Agility Run:** 4.83 **Forty Yard Dash:** **Bench Press**

Poundage: 225 **Squat Poundage:** 315

Arsenio (pronounced Ar-sin-e-o) has been an outstanding young man to work with. As a freshmen walk-on to the team four years ago, Arsenio had very little strength and was barely able to perform basic movements as a part of a warm up. However, Arsenio possesses a tremendous work ethic, an incredible positive attitude, and the will to achieve whatever he sets his sights on. As such, Arsenio has remained in the program earning several starts over the last two seasons and is the vocal leader of the Leatherneck Basketball team. In willing himself to achieve on the court, Arsenio has done the same off the court. With the goal of attending Law School and eventually becoming a Senator for the state of Illinois, Arsenio has maintained a 3.45 GPA as a Political Science major with a minor in Management. Arsenio is a three time (2008, 2009, & 2010) Summit League Winter-Spring Academic All League Honoree, Western Illinois Dean's List Honoree, Speaker of the Senate in Student Government Association, and interned with IL Senator John Sullivan over the summer of 2010. - Christopher Anderson, CSCS, NSCA-CPT

Whittier College

Tina Merlino

Sport: Basketball

Position: Forward

Height: 6' 1" Weight: 170

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

Poundage: Squat Poundage: 205

Tina used the weight room to her advantage and made great gains in her four years. Everything asked of her to do was always done. She has the type of drive that every coach wants out of their athletes. A great competitor that always wanted to get better.
- Sergio Rojas

William Woods University

Adam Otto

Sport: Basketball

Position: Forward

Height: 6' 5" Weight: 205

Vertical Jump: 33 Pro-Agility Run: 3.93 Forty Yard Dash: Bench Press

Poundage: 310 Squat Poundage: 420

Adam is one of the hardest workers I've had at William Woods. He had to overcome a back injury which caused him to miss his sophomore season. The injury caused Adam to work harder and use the strength and conditioning program to get back on the court and play all out. He is so dedicated; he will work out 3 to 4 times a week during the season! - Robert Jones, CSCS

crew

Drexel University

Casondra Clawson

Sport: Crew

Position:

Height: 5' 6" Weight: 142

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

Poundage: 100 Squat Poundage: 160

Casondra is a self motivated, hard working and dedicated individual that has benefitted from the weight room and countless hours on the water training. She is a role model to all of our athletes. - Michael Rankin, CSCS

cross country

College of Charleston

Dhena O'Brien

Sport: Cross Country

Position: Runner

Height: 5' 8" Weight: 125

Vertical Jump: 22 Pro-Agility Run: Forty Yard Dash: 4.8 Bench Press

Poundage: 95 Squat Poundage: 200

Dhena's work ethic in the weightroom directly contributes to her success running on the course. Her power production helps to improve her stride length and kick in her races, which helped her win two races this year and set the school record as a freshman.
- Aaron Craft, MS, CSCS

Miami University

Amanda Mirochna

Sport: Cross Country

Position: XC / 800 / 1500 / Steeplechase / 3000M

Height: 5' 8" Weight: 120

Vertical Jump: 21 Pro-Agility Run: 5.2 Forty Yard Dash: Bench Press

Poundage: Squat Poundage:

Amanda truly has worked hard in the weight room, enabling her to earn First Team All-MAC and Academic All-MAC in both Cross Country and Track and Field. She has competed on the regional level for multiple years of her career, and dominated the MAC in events ranging from the 800 to the 1500 and even steeplechase. In the weight room, Amanda has fought and clawed her way to being able to perform 4 chin-ups with rock-solid form, and has improved her running posture immensely. Her positive attitude, physical tenacity, and leadership skills have guided the RedHawks to 2 consecutive MAC cross country titles. - Ryan Faehnle, CSCS

diving

University of Michigan

Rachael Ropeik

Sport: Diving

Position:

Height: 5' 2" Weight: 103

Vertical Jump: 22.25 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 85 Squat Poundage: 140

Rachael is a truly dedicated athlete and leader. She is a testament to what hard work and dedication in the weightroom can do for her sport. Rachael bought in to what we were trying to accomplish early and worked diligently throughout the year, and into the off season, in order to achieve her goals. Watching her lift is impressive and her attention to detail and commitment to her training is outstanding. I feel very fortunate to have had the opportunity to coach such a hard working and dedicated athlete.
- Brent Kwiatkowski, CSCS

field hockey

Miami University

Mary Hull

Sport: Field Hockey

Position: Forward

Height: 5' 3" **Weight:**

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

Poundage: 115 **Squat Poundage:** 165

Mary has overcome past injuries to lead to a successful career. She is only the 4th player in school history with over 100 career points, with 107. She has earned MAC All-Academic, Longstreth/NFHCA Division 1 All-West Region First Team, All-MAC Tournament Team, First Team All-MAC for her work during the 2010 season. - John Mackersie, Jr, CSCS

Old Dominion University

Alyschia Conn

Sport: Field Hockey

Position: Midfielder

Height: 5' 2" **Weight:** 127

Vertical Jump: 18 **Pro-Agility Run:** 4.85 **Forty Yard Dash:** **Bench Press**

Poundage: 120 **Squat Poundage:** 180

Alyschia is a dedicated individual who commits herself to everything she does with maximum effort. She is an active leader in workouts and understands the importance of hard work and pushes others, as well as herself, to succeed. - Joe Makovec, CSCS

University of Michigan

Paige Laytos

Sport: Field Hockey

Position: Midfielder

Height: 5' 5" **Weight:** 140

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

Poundage: 100 **Squat Poundage:** 170

Paige served as captain of the 2010 Regular Season and Tournament Conference Champion University of Michigan Field Hockey team. In 2008 Paige suffered a season ending knee injury, and suffered an injury to the same knee in 2009 that seriously hindered her abilities to perform on the field. She chose to come back for a fifth year and committed a tremendous amount of time and effort to return to her pre-injury All-American caliber play. Despite a demanding and time consuming summer internship at a major accounting firm, an hour from Ann Arbor, Paige found a way to continue building upon the success she experienced through the spring season. Whether it was training at 6 am, 8 pm, or on Saturdays and Sundays, she understood the importance of strength and conditioning for her on-field performance and embraced the challenge placed upon her. She returned to All-American status in 2010, being named a NFHCA 3rd team All-American. In addition to excelling on the field, Paige has thrived in the classroom, being selected to the NFHCA National Academic Squad in 2009 and receiving multiple Academic All-Big Ten honors. Paige will complete her MAcc from the prestigious Ross Business School in the spring of 2011. It has been a privilege and honor to help Paige achieve her personal and team goals. Her work ethic and commitment will allow her to be successful well beyond her competitive field hockey career.

- Jason Cole, MS, CSCS

University of Michigan

Hannah Dawson

Sport: Field Hockey

Position: Defender

Height: 5' 6" **Weight:** 135

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

Poundage: 80 **Squat Poundage:** 155

Hannah is a young woman that helped lead the University of Michigan Field Hockey team to the 2010 Regular Season and Tournament Conference Championships. Her dedication to physical preparation over the course of the entire off-season has allowed her to improve her already highly aggressive style of play. Her commitment and belief in a new philosophy of strength and conditioning has been instrumental in her significant strength and endurance improvements. Her actions off the field, in terms of involvement within the community, are reflective of Hannah's kind heartiness and desire to help others. Hannah's volunteer efforts in visiting Mott's Children's Hospital, as well as her efforts with the "Friends of Jaclyn Foundation", helped the 2009-2010 Field Hockey team earn the distinguished Rachel Townsend Award for Best Community Service. Through all of her success, both on and off the field, Hannah has remained humble and focused, a trait that will allow her to be successful through the remainder of her competitive field hockey career and beyond. It has been a pleasure to help Hannah develop as a student-athlete and an individual. I look forward to helping her continue in that development.

- Lew Porchiazco, III, CSCS

football

Bucknell University

Kyle Boline

Sport: Football

Position: Defensive Tackle

Height: 6' 2" Weight: 255

Vertical Jump: 30 Pro-Agility Run: 4.4 Forty Yard Dash: Bench Press
Poundage: 400 Squat Poundage: 663

Kyle has a great work ethic and he will be missed. Kyle never missed a lift during his four years and was at every summer conditioning session. Kyle holds the DL'S squat record and is a deserving candidate for the NSCA All American Strength and Conditioning Award. - Bob Hasseman, CSCS

Campbell University

Michael Stryffeler

Sport: Football

Position: Tight End

Height: 6' 1" Weight: 250

Vertical Jump: 28 Pro-Agility Run: 4.14 Forty Yard Dash: 4.7 Bench
Press Poundage: 365 Squat Poundage: 495

Michael is the student athlete that all coaches want to coach. His hard work in strength and conditioning helped him add almost 40 lbs during his career here at Campbell. Michael has left very large shoes to fill at our TE position, having been a 2-time All Pioneer League performer. As well as being a recognized scholar athlete, Michael has been a vocal leader and also proved to be a lead-by—example athlete, always finding extra time to work to get better. - Andrew Carter, MS, CSCS

Charleston Southern University

Joel Walton

Sport: Football

Position: Defensive End

Height: 6' Weight: 235

Vertical Jump: 36 Pro-Agility Run: 4.31 Forty Yard Dash: 5.00 Bench
Press Poundage: 345 Squat Poundage: 405

Joel has earned all three award levels in the Buccaneer Classic competition. He is also a two time All-Conference honoree, leads the team in forced fumbles and QB hurries, and is tied for second on the team in sacks. He is a great leader on and off the field. - Travis Jefferson

Clemson University

Marcus Gilchrist

Sport: Football

Position: Defensive Back

Height: 5' 11" Weight: 194

Vertical Jump: 37 Pro-Agility Run: 4.09 Forty Yard Dash: 4.35 Bench
Press Poundage: 365 Squat Poundage: 520

Voted 2010 Permanent Captain by his teammates, Marcus has been a great leader on the Clemson Football team. His hard work and dedication to train has carried over to the football field, and to his teammates. Marcus has been a great positive re-enforcer. Marcus was the 2009 Solid Rock Award winner voted on by the coaching staff. He was the returning leading tackler in the secondary in 2010. Most of all, Marcus' commitment to strength and conditioning allowed him to lead the Tigers in punt returns, kick returns, punt coverage, and also start at Defensive Back. Marcus is truly committed to helping his team in all aspects of the game. - Larry Greenlee

College of the Canyons

Justin Cudworth

Sport: Football

Position: Linebacker

Height: 5' 11" Weight: 230

Vertical Jump: 32.0 Pro-Agility Run: 3.87 Forty Yard Dash: 4.51 Bench
Press Poundage: 385 Squat Poundage: 460

Justin plays this sport at a whole different level than most others. He attacks his off-field preparation with the same intensity and work ethic as he attacks practice. Justin is a 2-time all conference player and will take his talents to a Division I school of his choice in January. He leaves us as one of the most 'complete' athletes we have ever had here. His strength, power and speed records will be tough to break. By the way, in case you are wondering about his squat #'s, we only front squat. - Robert Dos Remedios, MA, CSCS

Colorado State University - Pueblo

Lee Meisner

Sport: Football

Position: Linebacker

Height: 6' Weight: 240

Vertical Jump: Pro-Agility Run: Forty Yard Dash: 4.55 Bench Press
Poundage: 380 Squat Poundage: 505

Lee, named to the All-Conference team following the 2010 season, led the Rocky Mountain Athletic Conference in tackles and was the sixth leading tackler in the country this season. Lee has a phenomenal combination of strength, power, and speed. He is one of those rare athletes who combines tremendous natural ability with an unbelievable work ethic. He is a pleasure to coach. - Albert Harrison, CSCS

Colorado State University - Pueblo

Jesse Lewis

Sport: Football

Position: Running Back

Height: 5' 7" Weight: 180

Vertical Jump: Pro-Agility Run: 4.35 Forty Yard Dash: 4.4 Bench Press
Poundage: 305 Squat Poundage: 405

Jesse, who was named all-conference for the second consecutive year, finished third in the country in rushing among DII athletes with 1,391 yards, while his average yards per carry of 7.9 yards was best in the country at the DII level. Jesse is a great natural athlete who has used our strength and conditioning program to elevate his performance to an elite level. He is an exciting player who has the ability because of his tremendous strength, power, and speed, to break a long run every time he touches the ball.

*- Allen Hedrick, MA, CSCS,*D, FNCSA*

Denison University

Lane Hartfield

Sport: Football

Position: Defensive End

Height: 6' Weight: 216

Vertical Jump: 35.5 Pro-Agility Run: 4.52 Forty Yard Dash: 5.08 Bench
Press Poundage: 340 Squat Poundage: 405

Lane is an Economics Major from Newark, Ohio. Lane has a tenacious work ethic and extremely high leadership potential. His relentless passion to improve on the field and in the weight room has set the standard for his teammates.

- Mark Watts, LLd, MS, LAT, CSCS

East Stroudsburg University

Matt Freed

Sport: Football

Position: Outside Linebacker

Height: 5' 11" **Weight:** 215

Vertical Jump: 39.4 **Pro-Agility Run:** 4.29 **Forty Yard Dash:** 4.54 **Bench Press Pounding:** 225 **Squat Pounding:**

Matt, a Daktronics Division II Second Team All-America, became the first football player in East Stroudsburg University history to earn three All-America honors from the same organization.

He finished his career with 399 tackles, 45 TFL, 22.5 sacks, four forced fumbles, three fumble recoveries and five interceptions as a four-year letter winner and three-year starter. He had 132 tackles, 18 TFL and 10 sacks in 12 games during the Warriors' NCAA Playoff season in 2009, and 126 tackles, 11 TFL, four sacks and four interceptions in his first year as a starter.

His unselfish style of play and dedication in the weightroom was a great addition to his intense determination to become the best at his position. By focusing on improving his physical traits, he was able to improve his level of play on the field and take his game to the next level. - Robert Mikulski, MEd, CSCS

Emporia State University

Christopher Woods

Sport: Football

Position: Defensive Back

Height: 5' 8 1/2" **Weight:** 190

Vertical Jump: 40 **Pro-Agility Run:** 4.34 **Forty Yard Dash:** 4.49 **Bench Press Pounding:** 335 **Squat Pounding:** 515

Chris has been a great asset to the Emporia State Football program. He has demonstrated the work ethic and leadership to be a success in football, and in life. He has truly been a joy to have around. - Matt Walter, MEd, CSCS

Humboldt State University

Riordan Gomez

Sport: Football

Position: Offensive Line

Height: 6' 2 1/2" **Weight:** 300

Vertical Jump: 29.5 **Pro-Agility Run:** 4.78 **Forty Yard Dash:** 5.4 **Bench Press Pounding:** 650 **Squat Pounding:** 450

After a tremendous junior season, Riordan was asked to make a position change from the familiar right guard spot, where he was an All-Conference selection, to the ultra-valuable position of left tackle. The coaching staff, realizing his outstanding feet and technique, used Riordan's abilities to shore up the weak spot of our offensive line. The transition was flawless as Riordan never allowed a sack or TFL, and was the cornerstone of an offensive line that ranked fifth in the nation for fewest sacks allowed, and broke the school's single season rushing record. Riordan's leadership was instrumental during the off-season strength and conditioning program, especially during a very successful summer session when he set several personal and school records, and his teammates showed a level of commitment and dedication that was unparalleled in the last twenty years. His football career now finished, Riordan will now venture into the world of powerlifting with his already established, and very successful, older brother. Good luck Riordan!

- Andrew Petersen, MA, CSCS

Humboldt State University

Michael Lynch

Sport: Football

Position: Outside Linebacker

Height: 5' 10" **Weight:** 225

Vertical Jump: 30 **Pro-Agility Run:** 4.43 **Forty Yard Dash:** 4.91 **Bench Press Pounding:** 365 **Squat Pounding:** 465

Michael Lynch is a prime example of a great leader and team captain. On the field, he anchored the defense with over 220 career tackles in just 3 seasons. Off the field, he is a GNAC Academic All-American, a Senior Scholar Athlete, and revered as the most inspirational player by his teammates. Lynch's work ethic, discipline, and attitude in the weight room epitomizes what the HSU Strength and Conditioning Program is all about. Though he is constantly heard echoing the phrase "too small, too slow", Lynch is truly the definition of a bigger, faster, and stronger athlete who is determined to make himself and those around him better. He is an 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

Humboldt State University

Daniel Rios

Sport: Football

Position: Right Guard

Height: 6' **Weight:** 310

Vertical Jump: 28 **Pro-Agility Run:** **Forty Yard Dash:** 5.4 **Bench Press Pounding:** 445 **Squat Pounding:** 600

Daniel is a very hard working and dedicated athlete. After coming to our program as a transfer student, he gained 20lbs of muscle and has improved every aspect of his game. He has become stronger, faster, and more agile, which are key elements to his position on the offensive line. He has improved both physically and mentally, which has brought his game to a new level. He is a respectable individual, who is receptive to all of the coaches in our facility which has helped him improve himself not only as an athlete and a student, but also as a young man. The work that we've done with him has clearly benefited his overall game and fitness level, which is evident on the field. - Jessica Turner, CSCS

Humboldt State University

Taylor Boggs

Sport: Football

Position: Center

Height: 6' 3" **Weight:** 305

Vertical Jump: 33 **Pro-Agility Run:** 4.51 **Forty Yard Dash:** 5.3 **Bench Press Pounding:** 420 **Squat Pounding:** 515

Taylor has been named 2010 AFCA Division II All-American center, Daktronics All-Super Region 4 1st team and voted GNAC offensive lineman of the year in 2010. He has been the unanimous selection for GNAC 1st team center the past 3 years, as well as NSCA S&C All-American in '08 and '09 and all-conference academic team in 2010. Taylor is the heart of the HSU football team and is a leader of men in the truest sense. He prepared himself mentally and physically to meet every challenge. His technical knowledge, integrity, and compassion are unmatched. Taylor educated himself with regard to exercise physiology, nutrition, stretching, and o-line-specific training. He invested personal time to help develop and implement S&C workouts for the o-line. No one worked harder and cared more about team success than he did. HSU led the GNAC in rushing (20th nationally) and sacks allowed (5th nationally) in 2010. Having Taylor around has been like having another coach on staff. It has been wonderful to work with this young man who is always thankful, selfless, and takes nothing for granted. Taylor holds the HSU power clean record (380lbs) for the 270-80lb weight class. - Matthew Lee, MS, CSCS

Huntingdon College

Keith Anthony

Sport: Football

Position: Defensive Back

Height: 5' 8" **Weight:** 185

Vertical Jump: 40.5 **Pro-Agility Run:** **Forty Yard Dash:** 4.52 **Bench Press Pounding:** 300 **Squat Pounding:** 475

Keith is a natural leader, a coach in the weightroom, and has been voted a team captain by his teammates as a Junior. Keith has been a pre-season All American pick, Division III Player of the Week, and has been a Division III 1st Team All South Region pick. - Charles Goodyear, II

Juniata College

Matt Walton

Sport: Football

Position: Defensive End

Height: 5' 11" **Weight:** 230

Vertical Jump: 31 **Pro-Agility Run:** 4.25 **Forty Yard Dash:** 4.65 **Bench Press Pounding:** 420 **Squat Pounding:** 625

Matt is both a leader on the football field and in the weightroom, his hard work and intensity has been a great asset in setting a positive example for the athletes involved in all of our sport programs at Juniata College. Matt's attention to detail and focus on working, all the needed components for increasing athletic performance, has not only helped make him a better athlete, but has been instrumental in reinforcing our program's holistic philosophy of training each athlete to reach his highest potential.

*- Douglas Smith, CSCS,*D, NSCA-CPT*

Juniata College

Ronnie Shriff

Sport: Football

Position: Fullback

Height: 6' **Weight:** 220

Vertical Jump: 30 **Pro-Agility Run:** 4.35 **Forty Yard Dash:** 4.75 **Bench Press Poundage:** 360 **Squat Poundage:** 550

Ronnie's willingness to dedicate himself to the strength program has help earn him a starting position at TE on the football team, along with the respect of his fellow teammates and the coaching staff. Ronnie not only has worked to improve himself, but has also worked hard to be a team leader and encourage those around him to work to their maximum potential. - Matthew Huntsman, CSCS, NSCA-CPT

Merrimack College

David Belmont

Sport: Football

Position: Offensive Line

Height: 6' 5" **Weight:** 283

Vertical Jump: 28 **Pro-Agility Run:** 4.97 **Forty Yard Dash:** 4.99

Bench Press Poundage: **Squat Poundage:**

David has grown and developed into a tremendous leader on and off the field. His commitment in the weightroom, and during off-season conditioning workouts has contributed to his success on the field, garnering him individual and team recognitions. - Michael Kamal, MEd, CSCS

Miami University

Jordan Gafford

Sport: Football

Position: Safety

Height: 6' **Weight:** 200

Vertical Jump: 32 **Pro-Agility Run:** 4.39 **Forty Yard Dash:** 4.6 **Bench Press Poundage:** 325 **Squat Poundage:** 505

Jordan is a two time co-captain for the Red Hawks. In 2009, he was the team's starting strong safety. He recorded 64 tackles, had three TFLs for minus 18 yards, including one quarterback sack for minus 14 yards. He broke up five opponent passes and caused two fumbles. He amassed a season best 13 tackles on two occasions. In 2010 he was once again a starter and instrumental in Miami winning the Mid American Conference Championship. He is a leader in all facets and is well respected by both his peers and coaches. - Cindi Merrill, CSCS

Miami University

Armand Robinson

Sport: Football

Position: Wide Receiver

Height: 6' 1" **Weight:** 195

Vertical Jump: 36 **Pro-Agility Run:** 4.12 **Forty Yard Dash:** **Bench Press Poundage:** 335 **Squat Poundage:** 430

Armand has applied his focused off-season weightroom ethic on the field all year, earning him All-MAC Second Team Offense and the responsibility of our go-to receiver. Armand's ability to fiercely break in and out of cuts, and physically dominate opposing secondaries, helped lead Miami to its first MAC Championship since 2003. - Ryan Faehnle, CSCS

Miami University (Ohio)

Bob Gulley

Sport: Football

Position: Offensive Guard

Height: 6' 4" **Weight:** 297

Vertical Jump: 27.5 **Pro-Agility Run:** 4.61 **Forty Yard Dash:** 5.15 **Bench Press Poundage:** 465 **Squat Poundage:** 550

Bob fought through a knee injury that should have ended his career, but he worked extremely hard in rehab and training to put himself back into a starting role. This led to a Conference Championship and him receiving All Conference Honors.

> 4 year letter winner

> 85%+ blocker rating for his career

- James Carsey, MEd, CSCS

Morgan State University

Jephte Cherenfant

Sport: Football

Position: Fullback

Height: 6' **Weight:** 250

Vertical Jump: 36.5 **Pro-Agility Run:** **Forty Yard Dash:** 4.7 **Bench Press Poundage:** 415 **Squat Poundage:** 600

Jephte is one of the hardest working young men I have ever been around. He possess the attitude of a champion. - Joshua Bush, MS, CSCS

New Mexico State University

Robert Clay

Sport: Football

Position: Running Back

Height: 5' 10" **Weight:** 187

Vertical Jump: 35.5 **Pro-Agility Run:** 4.38 **Forty Yard Dash:** 4.50 **Bench Press Poundage:** 330 **Squat Poundage:** 500

Robert's determination, work ethic, and dedication to our football strength and conditioning program has enabled him to accelerate his development in a short period of time. - Gary Uribe, MS

Northern Arizona University

Michael Battisti

Sport: Football

Position: Defensive End

Height: 6' 3" **Weight:** 245

Vertical Jump: 34 **Pro-Agility Run:** 4.2 **Forty Yard Dash:** 4.69 **Bench Press Poundage:** 400 **Squat Poundage:** 475

A man who battled through several injuries in his career, Michael never stopped working hard, he never gave up hope and with whatever healthy body parts he still had, he would train with intensity. His passion and driven spirit led his team both on the field and in the weight room. - Cody Hodgeson

Northern Arizona University

Reid Worthington

Sport: Football

Position: Linebacker

Height: 6' **Weight:** 225

Vertical Jump: 34 **Pro-Agility Run:** **Forty Yard Dash:** 4.62 **Bench Press Poundage:** 395 **Squat Poundage:** 485

Reid has brought great energy and intensity to each and every lift. His drive carried over to practices and game day, leading to success on the field, specifically finishing as the leading tackler during the 2010 season. His consistent effort is contagious, and regardless of any outside distractions, his desire to excel has never faltered.

- Daniel Darcy, Jr, CSCS

Northwood University

Kevin Berrien

Sport: Football

Position: Outside Linebacker

Height: 6' 1" **Weight:** 210

Vertical Jump: 40.8 **Pro-Agility Run:** 4.38 **Forty Yard Dash:** 4.56 **Bench Press Poundage:** 345 **Squat Poundage:** 495

Kevin's tremendous work ethic has him on top of our leader board in the squat, deadlift and vertical jump. Kevin's leadership both in the weightroom and on the field will be very hard to replace. - Scott Fisher, CSCS, NSCA-CPT

Old Dominion University

Thomas DeMarco

Sport: Football

Position: Quarterback

Height: 5' 10" Weight: 210

Vertical Jump: 28.5 Pro-Agility Run: 4.47 Forty Yard Dash: 4.9 Bench Press Poundage: 300 Squat Poundage: 445

Thomas is an extremely competitive individual who is always striving to get better. Whether it be on the field of play or during workouts, Thomas is an exceptional leader who demands the best from himself and his teammates. - Joe Makovec, CSCS

Old Dominion University

Deron Mayo

Sport: Football

Position: Defensive End

Height: 5' 8" Weight: 225

Vertical Jump: 37.5 Pro-Agility Run: 4.00 Forty Yard Dash: 4.37 Bench Press Poundage: 410 Squat Poundage: 550

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

Sacramento State

Jake Croxdale

Sport: Football

Position: Running Back

Height: 5' 6" Weight: 190

Vertical Jump: 30 Pro-Agility Run: Forty Yard Dash: 4.66 Bench Press Poundage: 320 Squat Poundage: 455

Jake is a workhorse on and off the field. His great work ethic shows when playing running back, on special teams, and in the classroom. A good student, Jake has a 3.2 grade point average in Kinesiology. He was a big reason the Sacramento State Football team had their first winning season in 10 years. - Terrance Brooks, CSCS

Salisbury University

Jamey McClendon

Sport: Football

Position: Linebacker

Height: 5' 11" Weight: 195

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: 280 Squat Poundage: 400

*Jamey has been a wonderful athlete to work with over the past 2.5 years. His dedication toward improvement is amazing and it shows both on the field and in the classroom (AFCA All-Academic Team 2008 & 2009). Jamey is a guy who truly enjoys putting himself in a situation to get better. The attitude he selects daily is one that is always positive, upbeat, and ready to challenge the goals he has set for himself. With maximum effort put forth in each and every workout, Jamey is preparing himself to be very successful. On the football field, this great work ethic has garnered Jamey the honor of Second Team All-AFCA for the 2010 season. - Matthew Nein, MS, CSCS,*D*

Samford University

Thomas Gray

Sport: Football

Position: Offensive Line

Height: 6' 5" Weight: 317

Vertical Jump: 30 Pro-Agility Run: 4.5 Forty Yard Dash: 5.15 Bench Press Poundage: 505 Squat Poundage: 675

Consistent is the best way to describe Thomas. Year-round he brings a positive mental attitude and strong desire to get better every workout.

Accomplishments: Team Captai 2 x All Conference 2009 - All Southern Conference 2010 - All Southern Conference, as well as being invited to play in the FCS Senior Bowl in December. He also spends his spare time reading to underprivileged kids - Bulldog Book Club. Major: Public Administration, G.P.A: 2.5 - Paul Hogan, CSCS

South Dakota State University

Ryan McKnight

Sport: Football

Position: Center

Height: 6' 1" Weight: 292

Vertical Jump: 27 Pro-Agility Run: 4.56 Forty Yard Dash: 5.35 Bench Press Poundage: 375 Squat Poundage: 503

Ryan has shown a tireless work ethic in the weightroom, 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 is a 2 time IRON JACK as well as being a 2 year starter and a team captain this last year. Ryan has twice earned All - Missouri Valley Football Conference first team honors. He has maintained a 3.3 Cumulative GPA in Business Economics and earned Honorable Mention All-Conference Academic team. He has maximized his potential through consistent hard work and dedication. His work ethic and positive attitude will allow him to be successful in whatever he chooses to pursue. - Nathan Moe, CSCS

Texas Christian University

Jake Kirkpatrick

Sport: Football

Position: Center

Height: 6' 4" Weight: 305

Vertical Jump: 32 Pro-Agility Run: 4.68 Forty Yard Dash: 4.95 Bench Press Poundage: 520 Squat Poundage: 680

Jake is a leader in the weightroom and on the field. It's been a joy to watch Jake's development over the course of his career. - Don Sommer

Texas Christian University

Andy Dalton

Sport: Football

Position: Quarterback

Height: 6' 3" Weight: 220

Vertical Jump: 30 Pro-Agility Run: 4.55 Forty Yard Dash: 4.89 Bench Press Poundage: 340 Squat Poundage: 560

Andy is an excellent student athlete, and a great representation of TCU football. He does everything that is asked of him, both on and off the field, and this has paid off in the form of back to back Mountain West Conference Championships and BCS Bowl game appearances, as well as numerous individual awards and honors. - Matt Parker

Texas Christian University

Curtis Clay

Sport: Football

Position: Wide Receiver

Height: 6' Weight: 193

Vertical Jump: 29.6 Pro-Agility Run: 4.13 Forty Yard Dash: 4.5 Bench Press Poundage: 400 Squat Poundage: 580

Curtis is a leader on and off the field. He brings great effort everyday in the weightroom and in practice. His lifting and running numbers are off the charts for a wide receiver. Curtis came to TCU as a walk-on, but has since earned both a scholarship and a starting role with the Horned Frogs. Additionally, he is a standout in the Fort Worth community. He's been recognized several times for his community involvement. - Stephen Gephardt

Texas Christian University

Marcus Cannon

Sport: Football

Position: Offensive Tackle

Height: 6' 6" Weight: 360

Vertical Jump: 26 Pro-Agility Run: 4.89 Forty Yard Dash: 5.3 Bench Press Poundage: 530 Squat Poundage: 780

Marcus is a very special athlete and, more so, a respectable human being. On the field his achievements speak for themselves. Making 1st team All-Conference for the 2nd year and being named an All American in 2010 were not surprising. His weightroom numbers are definitely impressive to say the least. His attitude towards making himself better, day in and day out, are evident in his accomplishments. His leadership skills come to the forefront by showing the freshman the TCU way; lead by example. But it is Marcus' off the field activities that are what make him the man he truly is. Working with area children, I believe, is what makes him an "All-American". Marcus spends his spare time reading to young children. Simply put, Marcus Cannon is a big teddy bear at heart. He prepares himself every week for that magical Saturday, but his time spent with those children during the week will prepare him for a long happy life. - Todd Kensler, CSCS

The College of William and Mary

Mike Stover

Sport: Football

Position: Defensive Line

Height: 6' 3" Weight: 280

Vertical Jump: 29 Pro-Agility Run: 4.5 Forty Yard Dash: 5.0 Bench Press Poundage: 390 Squat Poundage: 540

Mike Stover came to William and Mary as a walk-on who started at defensive tackle as a 245 lb true freshman. Through a great deal of hard work in our strength and conditioning program Mike has developed into one of the outstanding defensive tackles in the country, on the FCS level. Mike is an extremely motivated individual with a tremendous passion for the game and for training. I have really enjoyed working with this young man the last 4 years. - John Sauer, CSCS, *D

The University of Missouri

Tim Barnes

Sport: Football

Position: Center

Height: 6' 4" Weight: 300

Vertical Jump: 29.5 Pro-Agility Run: 4.4 Forty Yard Dash: 5.18 Bench Press Poundage: 415 Squat Poundage: 650

Tim Barnes is a great leader and was elected captain by his teammates. Tim is an excellent communicator on and off the field. His passion and work ethic permeates the entire football team. Having Tim around is like having an extra coach at the workouts because of the respect he commands from his teammates. His mental attitude is one of the best that we have ever coached at Mizzou. He will be missed tremendously.

- Pat Ivey, MEd, CSCS

University of California

Cameron Jordan

Sport: Football

Position: Defensive Line

Height: 6' 4" Weight: 287

Vertical Jump: 33 Pro-Agility Run: 4.29 Forty Yard Dash: Bench Press Poundage: 400 Squat Poundage: 475

Cameron has continued to train and practice with great intensity through every phase of training, both in-season and out of season. It is his tireless intensity that has allowed him to become a team leader and captain. - John Krasinski

University of California

Jeremy Ross

Sport: Football

Position: Wide Receiver/ Kick Returner

Height: 5' 11" Weight: 216

Vertical Jump: 38 Pro-Agility Run: 4.00 Forty Yard Dash: 4.41 Bench Press Poundage: 350 Squat Poundage: 500

Jeremy has a work ethic like no other athlete in the Cal program. He loves the weightroom and puts his heart and soul into training to be the best at everything. He is an intense competitor and competes not only with his teammates and the CAL record books, but also with himself. His strength numbers are the best among his position group, in all of the above lifts. - Joshua Phillips

University of Cincinnati

Derek Wolfe

Sport: Football

Position: Defensive Line

Height: 6' 5 1/2" Weight: 302

Vertical Jump: 31 Pro-Agility Run: 4.24 Forty Yard Dash: Bench Press Poundage: 435 Squat Poundage: 545

Derek is a complete football player; he is physically tough and highly competitive. He has a great work ethic and is in tune with taking care of his body so that he can play at a high level each week. He has great intensity. - David Lawson

University of Cincinnati

JK Schaffer

Sport: Football

Position: Linebacker

Height: 6' 1" Weight: 225

Vertical Jump: 35.5 Pro-Agility Run: 3.96 Forty Yard Dash: Bench Press Poundage: 385 Squat Poundage: 585

JK is an extremely hard worker that is physically tough and highly competitive. He has unbelievable intensity, along with a great work ethic. - Michael Szerszen, CSCS

University of Cincinnati

Collin McCafferty

Sport: Football

Position: Linebacker

Height: 6' 2" Weight: 216

Vertical Jump: 32.5 Pro-Agility Run: 4.12 Forty Yard Dash: Bench Press Poundage: 335 Squat Poundage: 500

Collin is the epitome of toughness. He is a great leader by example in the weightroom and on the field. He gives great effort in everything he does and was voted as the Special Teams Player of the Year by his teammates. - Samuel Clyde, CSCS

University of Michigan

Kevin Koger

Sport: Football

Position: Tight End

Height: 6' 3" Weight: 257

Vertical Jump: 29.5 Pro-Agility Run: 4.49 Forty Yard Dash: 4.76 Bench Press Poundage: 355 Squat Poundage: 510

Kevin is a born competitor. He comes into the weight room every day with a great work ethic. - Christopher Allen, CSCS

University of Michigan

Ryan Van Bergan

Sport: Football

Position: Defensive Line

Height: 6' 6" Weight: 287

Vertical Jump: 28.5 Pro-Agility Run: 4.53 Forty Yard Dash: 4.99 Bench Press Poundage: 420 Squat Poundage: 625

Ryan is a great kid that consistently works hard and is very disciplined. Every day his attitude is to be better than the day before. - Dennis Murray, CSCS

University of Michigan

David Molk

Sport: Football

Position: Center

Height: 6' 2" Weight: 287

Vertical Jump: 29.5 Pro-Agility Run: 4.46 Forty Yard Dash: 4.97 Bench Press Pounding: 475 Squat Pounding: 620

Dave is an extremely hard worker. His commitment to working out has made him one of the top centers in the country. - Jesse Miller, CSCS

University of Michigan

Adam Patterson

Sport: Football

Position: Defensive Line

Height: 6' 3" Weight: 275

Vertical Jump: 35.5 Pro-Agility Run: 4.40 Forty Yard Dash: 4.81 Bench Press Pounding: 440 Squat Pounding: 550

Adam possesses great physical ability and a very competitive nature. This combination makes him a force on the d-line. - Kentaro Tamura, MS, CSCS

University of Michigan

Mike Martin

Sport: Football

Position: Defensive Line

Height: 6' 1" Weight: 297

Vertical Jump: 27.5 Pro-Agility Run: 4.44 Forty Yard Dash: 4.94 Bench Press Pounding: 505 Squat Pounding: 690

Mike is an animal in the weightroom. He is consistently looking for ways to get better. This work ethic has turned him into one of the top defensive linemen in the country. - Michael Barwis, CSCS

University of Michigan

Steve Schilling

Sport: Football

Position: Offensive Line

Height: 6' 5" Weight: 307

Vertical Jump: 25 Pro-Agility Run: 4.72 Forty Yard Dash: 5.15 Bench Press Pounding: 405 Squat Pounding: 555

Steve has a mind-set to get better every day. His work ethic is seen by others and it makes them want to get better. - Parker Whiteman, CSCS

University of Redlands

Mike Nicolini

Sport: Football

Position: Defensive Back

Height: 5' 9" Weight: 190

Vertical Jump: 33.5 Pro-Agility Run: 4.15 Forty Yard Dash: Bench Press Pounding: 322 Squat Pounding: 505

*Mike's leadership in the weightroom is perhaps the only thing stronger than his effort. There are very few student-athletes that a coach can go to daily knowing that they will respond each and every time. No matter what is asked of him, Mike has proven time and again that he can handle it. While being a leader both on and off the field, Mike has pushed himself to become one of the best football players in Redlands history. His intensity in the weightroom is second to none. - Joshua Bullock, CSCS,*D*

University of Wisconsin-River Falls

Taylor Edwards

Sport: Football

Position: Tailback

Height: 6' 1" Weight: 210

Vertical Jump: 37.1 Pro-Agility Run: 4.06 Forty Yard Dash: Bench Press Pounding: 355 Squat Pounding: 555

Taylor represents the very best of athletics. His work in the weightroom has prepared Taylor to be the leading tailback in the Wisconsin Intercollegiate Athletic Conference in rushing attempts and total yards. His presence in the weightroom helps others to perform at the highest levels of their ability. - Carmen Pata, CSCS

University of Wisconsin-Stevens Point

Joe Gallion

Sport: Football

Position: Defensive Line

Height: 5' 10" Weight: 285

Vertical Jump: 24 Pro-Agility Run: 4.97 Forty Yard Dash: 5.55 Bench Press Pounding: 410 Squat Pounding: 545

Joe personifies work ethic, character and pride. Joe is not satisfied with being average; he strives to be the best in everything he does on the field, in the weightroom and in the classroom. He challenges teammates to match his intensity and passion in every area. Joe's work ethic and passion have allowed him to start on both sides of the ball during his career and earn All-WIAC recognition as a senior. Joe has also been a leader in the community, volunteering with Habitat for Humanity, The Salvation Army and Special Olympics, while maintaining a 3.6 GPA. - Jon Verdegan, MS, CSCS

Virginia Military Institute

Ben Brandt

Sport: Football

Position: Defensive Lineman

Height: 6' 2" Weight: 256

Vertical Jump: 31.5 Pro-Agility Run: 4.25 Forty Yard Dash: 4.83 Bench Press Pounding: 430 Squat Pounding: 530

Ben has been a tireless worker who brought intensity, leadership, and a disciplined work ethic to every training session, practice, and game. Ben earned VMI Football's "Iron Keydet" Award in 2010 for his outstanding work and top level results in VMI's Strength and Conditioning Program. He has continually served as a true role model for our program. - Phil Sabatini, MS, CSCS

Virginia Tech

John Graves

Sport: Football

Position: Defensive Tackle

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

Vertical Jump: 36 Pro-Agility Run: 4.25 Forty Yard Dash: 4.84 Bench Press Pounding: 435 Squat Pounding: 565

John made first team All-ACC Defensive Tackle. He never had a bad day in the weightroom and he led by example from his freshman year until his senior year. He continually sought to improve his technique on every lift. His positive attitude and great work ethic brought everyone's training level up. - Mike Gentry, CSCS

West Texas A&M University

Brittan Golden

Sport: Football

Position: Wide Receiver

Height: 6' Weight: 190

Vertical Jump: 36 Pro-Agility Run: 4.37 Forty Yard Dash: 4.5 Bench Press Pounding: 275 Squat Pounding: 525

Brittan is a competitor on and off the field. He competes with himself in the weight room each day, and pushes himself to the limit during any type of sprint, agility or conditioning work. Each year he has worked to improve all areas of his athletic performance, and that work ethic has translated into great success on the football field. - Sarah Ramey, CSCS

William Jewell College

Phil Scanlon

Sport: Football

Position: Fullback

Height: 6' 2" **Weight:** 236

Vertical Jump: 27 **Pro-Agility Run:** 4.37 **Forty Yard Dash:** **Bench Press**

Poundage: 290 **Squat Poundage:** 500

Phil has a work ethic and enthusiasm that any individual, at any age, in any endeavor, can learn from. Through hard work in strength and conditioning Phil has become a powerful fullback and has passed this exemplary work ethic to those under him.

- Scott O'Dell, CSCS

golf

Texas Christian University

Melissa Loh

Sport: Golf

Position:

Height: 5' 1" **Weight:** 98

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

Poundage: **Squat Poundage:** 150

Mel has an exceptional work ethic, both on the course and in the weightroom. She is always willing to put in extra effort, and completes individual workouts in addition to the required team training sessions. This has paid off for her, as she displays great power in her drives for someone of her size. - Matt Parker

gymnastics

The University of Missouri

Mary Burke

Sport: Gymnastics

Position: All-Around

Height: 5' 6" **Weight:** 130

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

Poundage: **Squat Poundage:** 135

Mary is a very enthusiastic, hardworking, and positive leader that any coach would love to work with. Her positive attributes and characteristics are contagious, they positively impact, and rub off on, her teammates, coaches, and all who work with her daily. Along with these personal attributes, she has the athleticism that would enable her to be successful in other sports as well. She consistently accepts and completes every challenge that is presented to her in the weightroom and with conditioning. It is her work capacity and attention to detail that allows her to work at a high level on any task at hand, be it in the weight room, conditioning, or competition. It is no coincidence then that Mary is one of the top performers in the Big 12 conference. She earned All Big 12 honors during her sophomore year and ranked 2nd in the all-around events. In addition to these honors, she also excels in the classroom as she was named to the Academic Big 12 1st Team as a sophomore as well. Mary truly has the attitude, personality, and athleticism to succeed at any task. - Ryan Jackson, Sr

ice hockey

Bowdoin College

Kyle Shearer-Hardy

Sport: Ice Hockey

Position: Defenseman

Height: 5' 9" Weight: 168

Vertical Jump: Pro-Agility Run: Forty Yard Dash: 4.96 Bench Press
Poundage: 195 Squat Poundage: 275

*Kyle has proven to be the most effective captain of a sport team that I have ever had the opportunity to work with. It doesn't get any better for the strength and conditioning coach than having arguably the best player on your team be the best off-season athlete on your team. Heading into his senior ice hockey campaign, Kyle set personal best efforts in seven out of seven tests! - James St. Pierre, CSCS,*D*

Canisius College

Taylor Anderson

Sport: Ice Hockey

Position:

Height: 6' Weight: 185

Vertical Jump: 29 Pro-Agility Run: Forty Yard Dash: 4.95 Bench Press
Poundage: 265 Squat Poundage: 500

Taylor is the epitome of creating your ability. Not a natural athlete, Taylor consistently out-works not only everyone on his team, but in the athletic department at large. He is one of the most quality individuals I have ever worked with and I have no doubt that his dedication to improving his performance through hard work and effort will carry him far. - Jonathan Rowan, CSCS

Castleton State College

Jonathan LaFrance

Sport: Ice Hockey

Position: Defenseman

Height: 5' 8" Weight: 190

Vertical Jump: 26.0 Pro-Agility Run: 4.71 Forty Yard Dash: Bench
Press Poundage: 295 Squat Poundage: 385

Jonathan was the strength and conditioning award recipient for the Men's Ice Hockey team in 2008-2009. This annual award is presented to the player who showed the greatest dedication and improvement during the off-season, pre-season and throughout the season. A first line defenseman, Jonathan maintains a 3.35 GPA and was named to the ECAC East All-Academic Team as a Sophomore (2008-2009) and Junior (2009-10). He is active in community service and continues to dedicate time as an intern in the hockey program and the strength and conditioning program. This pre-season in particular, he stepped up as a vocal leader and played an integral role in strength/conditioning testing as well as in "on ice" conditioning. Coming off a groin injury suffered at the end of the 2009-10 season, he has a renewed dedication, focus and energy and continues to contribute to the betterment of the program. - Albert Jean, CSCS

Chatham University

Kelsey LaHue

Sport: Ice Hockey

Position: Defense

Height: 5' 7" Weight: 156

Vertical Jump: 16 Pro-Agility Run: 5.35 Forty Yard Dash: Bench Press
Poundage: 110 Squat Poundage: 180

Kelsey is an exceptional individual in many aspects of the student athlete model. She is extremely hard working, focused, and meticulous with every detail. Kelsey is always looking to do more work on and off the ice in order to make herself a better athlete. She has come a long way since first coming to Chatham University to play women's ice hockey. She has made tremendous improvements in both her performance on the ice and in the strength center. She continually perseveres through the demands of her sport while maintaining her effort and concentration in the classroom. Kelsey is certainly a perfect model of the demeanor and effort needed to be a more competitive Division III women's ice hockey athlete while maintaining a respectful academic profile.

- Christine Lamers, I, CSCS

Miami University

Justin Vaive

Sport: Ice Hockey

Position: Forward

Height: 6' 6" Weight: 230

Vertical Jump: 35.5 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 315 Squat Poundage: 470

Justin has been a leader in the weightroom for the Miami Red Hawks, both with his attitude and work ethic. He was drafted in the NHL draft in 2007 to the Anaheim Ducks, and has been a consistent player for the Red Hawks for the last 4 seasons. He has been a contributor on back to back Frozen Four teams in 08-09 & 09-10 and helped the Red Hawks to a league championship in 2009-2010. - Matt Cady, CSCS

University of Michigan

Luke Glendening

Sport: Ice Hockey

Position: Forward

Height: 5' 11" Weight: 194

Vertical Jump: 34.5 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 265 Squat Poundage: 475

Luke is an extremely hard worker and competitor. He is extremely coachable and tries to better himself daily by out working his competition. He was elected team captain as a junior and leads by example. - Jim Plocki, CSCS

Lacrosse

Boston University

Rachel Collins

Sport: LaCrosse

Position: Midfielder

Height: 5' 8" Weight: 149

Vertical Jump: 21 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 125 Squat Poundage: 170

Having worked with Rachel for the past 3 1/2 years, I have watched her continually challenge herself and her teammates to get better. Her effort and focus with her training has lead to continuous improvement throughout her career. Improvements of 28% in the bench press, 26% in the front squat, 37% in the hang clean, and most notably, a 400% improvement in chin-ups have contributed to her success on the field. Rachel leads by example and asks nothing of her teammates that she would not ask of herself. Through three seasons, Rachel has played in 58 of 60 games. She was selected as the Most Outstanding Player of the America East Conference tournament during her junior year. She also earned America East all-conference and IWLCA North Region first team honors. Rachel's leadership on the field and in the weightroom has earned her the selection of co-captain during her senior year. - Glenn Harris, MS, CSCS

Drexel University

Kyle Bergman

Sport: Lacrosse

Position:

Height: 5' 10" Weight: 184

Vertical Jump: 22 Pro-Agility Run: 4.21 Forty Yard Dash: Bench Press
Poundage: 205 Squat Poundage: 275

Kyle is an extremely hard working and dedicated athlete. He makes every workout fun for all involved while giving a consistent 100%. - Michael Rankin, CSCS

Limestone College

Brittany Howard

Sport: LaCrosse

Position: Midfielder

Height: 5' 4" Weight: 136

Vertical Jump: 15 Pro-Agility Run: 5.15 Forty Yard Dash: Bench Press
Poundage: 130 Squat Poundage: 215

Brittany has seen substantial gains in strength in her third semesters on campus, but her biggest contribution to the team has been developing into a leader in the weightroom, not only vocally but with her strong work ethic. - Lance Farmer, MS, CSCS

Salisbury University

Aileen McCausland

Sport: LaCrosse

Position: Midfielder

Height: 5' 5" Weight: 140

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

*Over the past 3 years Aileen has spent countless hours developing and preparing herself for success. The culminating event was when Aileen was honored as the NCAA All-Tournament Most Outstanding Player and her team won the National Championship in 2010. To see her development and growth has been a joy to watch. The excitement in her eyes and expressions, knowing she put in the effort to become a better player and teammate, was outstanding. Through hard work, Aileen has taken on a leadership role in the area of training (weight room and conditioning). Her teammates have seen first hand the role maximum effort and dedication play in becoming successful. As Aileen enters into her senior season, she has not only begun to prepare herself, but is leading and preparing her teammates with the notion of defending what was so rightfully earned in the 2010 season. - Matthew Nein, MS, CSCS,*D*

The College of William and Mary

Molly Wannan

Sport: LaCrosse

Position: Midfielder

Height: 5' 8" Weight: 135

Vertical Jump: 25.5 Pro-Agility Run: 5.0 Forty Yard Dash: 5.0 Bench
Press Poundage: 120 Squat Poundage: 190

*Molly is very focused and disciplined in her training and preparation for lacrosse. She has improved her total body strength dramatically, which has shown in her performance on the field. Molly was selected All-CAA Second Team (2009,2010) and VaSID All-State Second Team (2009-2010). It has been a pleasure coaching Molly the past few years. - John Sauer, CSCS,*D*

University of Vermont

Evan O'Brien

Sport: LaCrosse

Position: Defense

Height: 5' 11" Weight: 185

Vertical Jump: 32.4 Pro-Agility Run: 3.95 Forty Yard Dash: Bench
Press Poundage: 325 Squat Poundage: 405

Evan's work ethic and commitment to training over his career at Vermont have culminated in this nomination. He is a truly gifted athlete that has all of the intangible qualities that you look for in a leader, his actions set the tone for his teammates during training. His consistency and focus during training make him very coachable and have helped him reach his goals in the weightroom.

2010-11 Team Captain

2010 America East Academic Honor Roll - Justin Smith, CSCS

Whittier College

Riley Myrick

Sport: LaCrosse

Position: Defense

Height: 5' 11" Weight: 200

Vertical Jump: Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 300 Squat Poundage: 395

Riley has always had a great work ethic. As a senior and as a captain he has led by example both on and off the field. His presence in the weightroom will be missed, as he has had a great four year career on the field, in the weightroom, and in the classroom. He is a student of the game and will be a great Strength and Conditioning coach.

- Sergio Rojas

rowing

West Virginia University

Rachel Viglianco

Sport: Rowing

Position:

Height: 5' 10" **Weight:**

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

Poundage: 190 **Squat Poundage:** 225

Rachel has been a leader for her teammates through action, example, and encouragement during training since I began working with WVU's rowing team.

Collegiate rowing is usually a low-glory, high-commitment sport and Rachel is a great showcase of the passion it requires day in and day out; the same must be said of her effort in the weightroom. After a 275 lb deadlift in the fall, her goals before graduating are a 200 lb bench press and 305 lb deadlift, goals I know she has a great chance of achieving to help her team once again improve its standing in the Big East Conference.

Coaching Rachel is a pleasure, and I'm excited to see where her hard work and training take her beyond college graduation. - Jerry Handley, MS, CSCS

skiing

University of Vermont

Bryana Park

Sport: Skiing

Position: Alpine

Height: 5' 8" **Weight:** 140

Vertical Jump: 22.6 **Pro-Agility Run:** 4.45 **Forty Yard Dash:** **Bench**

Press Poundage: 130 **Squat Poundage:** 245

Bry has used her tremendous work ethic over the past four years to develop into one of the top female athletes in the school. Her dedication and commitment to training has inspired her teammates, as well as her coaches. Bry truly is a "student-athlete", balancing academics with the demands of being an athlete and doing both at a very high level. Accomplishments: Second Team All East (2010) and NCAA All-Academic Team (2008,2009,2010). - Justin Smith, CSCS

Castleton State College

Courtney Chadburn

Sport: Soccer

Position: Forward

Height: 5' 7 1/2" **Weight:** 128

Vertical Jump: 18.25 **Pro-Agility Run:** 5.26 **Forty Yard Dash:** Bench **Press Pounding:** 110 **Squat Pounding:** 125

Courtney Chadburn is one of our most intrinsically motivated and committed female athletes. She is equally competent (and polite) in the classroom (GPA 3.95), in the weightroom and on the field of play. She is physically, mentally and emotionally tough. She is pound for pound as fit as any male or female athlete we coach on a day to day basis. Courtney is a quiet leader who is always willing to help her teammates, coaches and staff when needed. Her work ethic and coach-ability are second to none. Courtney is a three year starter for the Women's Soccer Team. Her accolades include: being selected the team captain in 2010 and for 2011, the North Atlantic Conference (NAC) Player of the year in 2008, 2009 and 2010, the NAC Rookie of the Year in 2008, and selected to the ECAC All New England First Team in 2009. Courtney accounted for 52 points in 2008, 54 points in 2009 and 50 points in 2010. After overcoming a stress fracture of the foot at the beginning of the 2010 season, she returned to play scoring 21 goals and assisting on 8 other goals leading the team to their second ever NAC Championship and first appearance in the NCAA Division III Women's Soccer Tournament. - Albert Jean, CSCS

Humboldt State University

Josh Suggs

Sport: Soccer

Position: Midfielder

Height: 6' **Weight:** 175

Vertical Jump: 34 **Pro-Agility Run:** **Forty Yard Dash:** 4.45 **Bench Press Pounding:** 335 **Squat Pounding:** 285

Josh possesses heart on and off the field. After suffering from Wolff-Parkinson-White syndrome (a heart condition) that required multiple heart surgeries during his high school career, Josh battled back to become an All Conference member his sophomore year (2008), All Region 3rd team and All Conference 2nd team his junior year (2009) along with leading his team in goals, including a hat trick leading to him becoming the Lumberjacks 6th all time leading scorer in Jacks history, and three time team co-captain. In a game that requires finesse and skill, Josh leads with power, heart, and determination that he developed through hard work on the field and in the area of strength & conditioning.

- Brian Charity, CSCS

Humboldt State University

Kelly Sandberg

Sport: Soccer

Position: Goalkeeper

Height: 5' 7" **Weight:** 135

Vertical Jump: 25 **Pro-Agility Run:** **Forty Yard Dash:** 5.4 **Bench Press Pounding:** 125 **Squat Pounding:** 250

Kelly is very athletic, dedicated, and has an excellent work ethic. She has always showed up to training ready to work hard and to push herself to her limits. She has greatly improved her overall strength, vertical jump, and acceleration, all of which are important as a goalie. Her dedication to her team has also increased through the various training sessions that they endure as a team, which has helped her bond better with her teammates. Not only is she a star athlete collecting accolades here at the university, she is an excellent student in our Nursing program and has received 2 academic scholarships. She has also received the All-Conference Academic Award and has been on the Honor Roll here at Humboldt. - Jessica Turner, CSCS

Humboldt State University

Sarah Nakamoto

Sport: Soccer

Position: Midfielder

Height: 5' 2" **Weight:** 125

Vertical Jump: 23 **Pro-Agility Run:** 4.5 **Forty Yard Dash:** 4.9 **Bench Press Pounding:** 95 **Squat Pounding:** 205

Sarah is a mentally and physically powerful person. A dedicated team captain and motivator, she maintains a positive outlook and brings out the best in her teammates by continually pushing herself to be better. Sarah worked tirelessly to come back from ACL tears in each knee during her first two years and become a 3-year starter. Her preparation in the weightroom, on the field, and in the film room is unquestionably solid. When needed, she seamlessly switched from defense to midfield this season and led the team in points. Sarah was named to the CCAA 2nd team in 2010 and is also a two-time all-conference academic honoree. It has been a pleasure to work with this outstanding young woman. - Matthew Lee, MS, CSCS

James Madison University

Diane Wszalek

Sport: Soccer

Position: Goalkeeper

Height: 5' 10" **Weight:**

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

At JMU: Final standing on JMU career lists School record, goals-against average (1.128) School record, complete-game shutouts (24) School record, total shutouts (30) Third, saves (322); Four-year starter 2010: National Soccer Coaches Association of America All-Mid-Atlantic Region Second Team School record (tied), complete-game shutouts (8) Conference (CAA) Tournament Most Outstanding Player; CAA All-Tournament Team; All-CAA First Team; JMU/Comfort Inn Harrisonburg Invitational all-tournament team; Team tri-captain; Preseason All-CAA Honorable Mention - Lee Rowland, CSCS

James Madison University

C.J. Sapong

Sport: Soccer

Position:

Height: 6' 1" **Weight:** 188

Vertical Jump: 30.5 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounding:** 225 **Squat Pounding:** 315

At JMU: Final standing on JMU career lists: Fourth, game-winning goals (12) Fifth, points (95) Seventh, goals (37) 12th, assists (21) 2010: Nominee for Soccer News Net Player of the Year; Among 39 players on Hermann Trophy Watch List for national Player of the Year; TopDrawerSoccer.com's 2010 Team of the Season (First Team); Conference (CAA) Player of the Year; All-CAA First Team (first player in school history to win conference first-team honors four times); NCAA stats ranking (games through Dec. 4): Fifth, points average (1.83) Ninth, total points (33) Tied 11th, assist average (0.5) Tied 12th, total goals (12) Tied 15th, goals average (0.67) Tied 19th, total assists (9); Final CAA stats ranking: First, total points (33) First, points average (1.83) First, total assists (9) First, assist average (0.5) Tied first, total goals (12) Second, goals average (0.67); On JMU season lists: Second-highest season points total in JMU history (33) Fourth-highest season goals total in JMU history (12) Fifth-highest season assist total in JMU history (9) Third-highest season game-winning goals total in JMU history (4) - Lee Rowland, CSCS

Mercer University

Vanessa Breslin

Sport: Soccer

Position: Defender

Height: 5' 5" **Weight:** 100

Vertical Jump: 22.6 **Pro-Agility Run:** 4.56 **Forty Yard Dash:** 4.75 **Bench Press Pounding:** 120 **Squat Pounding:** 180

Vanessa has worked hard for her entire career at Mercer and set numerous school performance records. - Paul Bohr, CSCS

Miami University **Brooke Livingston**

Sport: Soccer

Position: Defender

Height: 5' 8" **Weight:** 140

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

Poundage: 0 **Squat Poundage:** 220

Brooke has been a leader of the Miami soccer program since she arrived in Oxford 4 years ago. In 2009 she led the team in minutes played with 1802, playing all 90 minutes in all but 2 games. She was 1st team All-MAC both in 09 and in 10 starting all 21 games this season. Brooke is a well rounded student athlete, not only leading her team on the field as the captain, she has led with her work ethic and attitude in the weightroom and led in the classroom, notching All Academic honors in 09 and in 10. - Matt Cady, CSCS

St. John's University **Nicole Canning**

Sport: Soccer

Position: Left Back

Height: 5' 5" **Weight:**

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

Poundage: 95 **Squat Poundage:**

Nicole is a wonderful individual with qualities that make her a model student-athlete. Her work ethic, intensity and positive attitude allowed her to make significant gains in fitness and strength. In addition, Nicole continually demonstrated excellent exercise technique and possessed a high degree of knowledge with regards to strength and conditioning training. These qualities have all had a positive influence on her teammates. Her dedication to the training program directly impacted her soccer performance. During her senior season, Nicole's playing time increased significantly as she started in 16 out of 18 games. - Robert Basile, Jr, CSCS

The College of William & Mary **Kaitlin O'Connor**

Sport: Soccer

Position: Defender

Height: 5' 3" **Weight:**

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

Poundage: **Squat Poundage:**

Kaitlin is a "junk yard dog". She is someone you want to stand next to in battle. She is a fearless competitor and will do anything for her teammates. Kaitlin was the only member of the Tribe Soccer program to attend every voluntary summer training session in 2010. Her effort and attitude will take her to great heights. - David Marmon, MS, CSCS

The College of William & Mary **Michael DiNuzzo**

Sport: Soccer

Position: Defender

Height: 5' 8" **Weight:** 160

Vertical Jump: 30 **Pro-Agility Run:** **Forty Yard Dash:** 4.7 **Bench Press**

Poundage: **Squat Poundage:** 365

Mike is a "working man's man". He is a leader by example on the game field and in the weightroom. He has a work capacity and a mental toughness second to none. Mike was one of two Tribe Soccer athletes to attend every voluntary summer training session in 2010. I expect Mike to become a successful professional and positively influence many people in his lifetime. - David Marmon, MS, CSCS

The University of Missouri **Kari Adam**

Sport: Soccer

Position: Midfielder

Height: 5' 8" **Weight:**

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

Poundage: 125 **Squat Poundage:** 250

Kari is an amazing young lady who has built herself as a result of her commitment to strength and conditioning. Kari is very committed to multiple facets of her life, and she had done an excellent job at all of them. Kari works at a home for disadvantaged children, where she helps them deal with their past and current situations. This work had well prepared Kari for leadership on a team, as she was able to handle herself coolly and calmly in any situation. She would not settle for less than a best effort from a teammate and would not allow her team to slack off when they were given the choice of exercises. Kari was a positive influence in the weightroom and in conditioning, always trying to not only do right by herself, but holding her teammates accountable as well. While she may not have been able to train with the team every session, she made the most of every session that she was with them. Kari has been able to translate life's lessons to the weight room, and the weight room's lessons to life. Kari epitomizes what we want someone to be when they come out of our program: strong, in good condition, confident, and capable to overcome whatever obstacles are put before her in life. - Bryan Mann, CSCS

University of Notre Dame **Jeb Brovsky**

Sport: Soccer

Position: Forward/Midfielder

Height: 6' 1" **Weight:** 170

Vertical Jump: 30 **Pro-Agility Run:** **Forty Yard Dash:** 4.61 **Bench Press**

Poundage: 255 **Squat Poundage:** 375

Jeb has had steady improvement in the weightroom and has developed an outstanding work ethic. His leadership and execution in the weightroom has translated to success on the pitch. - Christopher Sandeen, CSCS

University of Wisconsin-River Falls **Hanna Danke**

Sport: Soccer

Position: Midfielder

Height: 5' 7" **Weight:** 155

Vertical Jump: 27 **Pro-Agility Run:** 4.43 **Forty Yard Dash:** **Bench Press**

Poundage: 135 **Squat Poundage:** 245

The past two years working with Hanna has been a great experience for not only our coaching staff, but also for the other athletes on campus as well. Hanna's athletic ability allows her to compete against the other top female and male athletes on campus. This level of competition has helped her improve her game on the field, allowing Hanna to play multiple positions on our soccer team. - Carmen Pata, CSCS

Virginia Military Institute **Kurt Zimmerman**

Sport: Soccer

Position: Defender

Height: 6' **Weight:** 182

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

Poundage: 265 **Squat Poundage:** 365

Kurt has been a leader both on and off the field during his career as a Cadet-Athlete at VMI. Kurt is a team captain and has played in 42 games during his career. He holds three all-time lifting records for men's soccer in the bench press, back squat, and hang clean. Kurt excels in the classroom and in his military duties as well. He is a member of the Omicron Delta Kappa National Leadership Honor Society with a GPA of 3.45 while majoring in History and also pursuing two minors in English and Arabic. Kurt is a Platoon Lieutenant in his company and has been named a Distinguished Military Student, which is awarded to the top 20% Army ROTC cadets in the nation. - Jim Whitten, CSCS

Virginia Tech
Jennifer Harvey

Sport: Soccer

Position: Midfielder

Height: 5' 6" Weight: 141

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

Poundage: 125 Squat Poundage:

Through hard work and dedication, Jennifer has become one of the top female soccer players and leaders in strength and conditioning for us here at Virginia Tech. Over the past 4 years she has earned our Elite Athlete Award and our Strength and Conditioning Female Athlete of the year for Women's Soccer in 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 off seasons when the remainder of her team has been released to go home. She is our current record holder for pull-ups with 27 for our women's soccer team. Her dedication to the program has also shown through her desire and drive to play through many injuries in her four years, including 4 broken noses, multiple concussions, and so forth. She started in all 21 games this year accumulating over 1800 minutes of play this season. She led the team in scoring with 6 goals, and also added on 3 assists on the season. She will finish her career tied for most games played at 85 and 2nd in the program's history for most games started at 83. She was recently named to the ESPN All Academic All American 1st team. Jennifer will be graduating in May 2011 with a degree in Chemistry with 3.96 GPA and planning on applying to medical school.

- Megan Evans, MEd, CSCS

West Texas A&M University
Taylor Cromeens

Sport: Soccer

Position: Defender

Height: 5' 2" Weight: 117

Vertical Jump: 19 Pro-Agility Run: Forty Yard Dash: 4.5 Bench Press

Poundage: 115 Squat Poundage: 230

Taylor is a passionate person in all areas of life. She shows up each day ready to work and improve on the task at hand. On the field or in the weight room, she pushes herself and her teammates to reach their potential by encouraging and doing all she is asked to do. Her leadership is invaluable and her desire to achieve is second to none. Taylor's attitude and discipline made her a pleasure to coach for four years at West Texas A&M, and despite her small stature, made her a force on the pitch. - Sarah Ramey, CSCS

softball

Boston University

April Setterlund

Sport: Softball

Position: Outfielder

Height: 5' 6" Weight:

Vertical Jump: 21.1 Pro-Agility Run: Forty Yard Dash: Bench Press

Poundage: 135 Squat Poundage: 170

April is an incredibly talented athlete who takes full advantage of her potential. At the conclusion of her junior year April earned a spot on the America East All-Conference 1st Team for the 3rd consecutive year. She earned the program's first ever Louisville Slugger/NFCA Division I All-American 1st Team Honors and ECAC Player of the Year. She was also named America East's Player of the Year with a batting average of .482, a slugging percentage of .861, and an on base percentage of .579. April is an incredibly dedicated athlete on and off the field and deserves all of the success she has found.

- Darcy Gould, MS, CSCS

Campbell University

Keeli Michael

Sport: Softball

Position: Second Base

Height: 5' 1" Weight: 120

Vertical Jump: 20 Pro-Agility Run: 4.8 Forty Yard Dash: 4.7 Bench

Press Poundage: Squat Poundage: 225

Keeli is our strongest female student athlete. Her hard work in the weightroom has carried over to the softball field as our starting 2nd baseman for the past 3 seasons. Keeli is the type of student athlete that as a coach you want all of your female athletes to train like. - Andrew Carter, MS, CSCS

Canisius College

Michelle Fridey

Sport: Softball

Position:

Height: 5' 6" Weight: 130

Vertical Jump: 26 Pro-Agility Run: Forty Yard Dash: 4.95 Bench Press

Poundage: Squat Poundage: 225

Michelle is our female performance leader. Her desire to constantly improve is infectious and propels her teammates to try and match her intensity. She is not only a great athlete, she is an exceptional leader and member of our department. She is what every great athlete should be. - Jonathan Rowan, CSCS

College of Charleston

Katie Pesature

Sport: Softball

Position: Catcher

Height: 5' 5 1/2" Weight: 140

Vertical Jump: 24 Pro-Agility Run: 5.1 Forty Yard Dash: Bench Press

Poundage: 165 Squat Poundage: 250

KP's determination to get better over her collegiate career has gotten even more intense over the past two years and her play has shown the dividends. She has been a tremendous worker and someone who can confidently lead the team in the weightroom and on the field. - Matthew Powell, CSCS

Florida International University

Beth Peller

Sport: Softball

Position: Outfielder

Height: 5' 4" Weight: 135

Vertical Jump: 23.5 Pro-Agility Run: 4.47 Forty Yard Dash: Bench

Press Poundage: 115 Squat Poundage: 250

Beth is a prime example of an athlete that maximizes their potential week after week. From the time Beth walked in the door, she has added 85 lbs on her squat, jumped seven feet in the broad jump, solidified herself as our lead off batter, and established herself as a leader because of her work ethic, accountability, and constant improvement.

- David Feeley, I, CSCS

Humboldt State University

Geneva Perrine

Sport: Softball

Position: Shortstop

Height: 5' 7" Weight: 150

Vertical Jump: 24 Pro-Agility Run: 4.83 Forty Yard Dash: 4.91 Bench

Press Poundage: 115 Squat Poundage: 185

Geneva Perrine has been a staple for the Humboldt State Softball Team. A four-year starter at shortstop, Geneva has a National Championship and 2 Conference Championships under her belt. Her accomplishments on the diamond have been fueled by her intense dedication to become a stronger, faster, and more powerful athlete. In the weightroom, Geneva's work ethic, discipline, and attitude epitomizes what the HSU Strength and Conditioning Program is all about. Respected by her teammates and coaching staff, Geneva is determined to make herself and those around her better every day. It has been a privilege to work with such an outstanding young woman.

- Angela Dendas, CSCS

Limestone College

Taylor Wigmore

Sport: Softball

Position: Outfielder

Height: 5' 2" Weight: 144

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

Poundage: 110 Squat Poundage: 195

Taylor, as a freshman, has changed the dynamic of the softball workouts. Her enthusiasm has been contagious, as she not only pushes herself, but also motivates her teammates. Taylor has been willing to go above and beyond what was asked of her since day one.

- Curtis Lamb, MS, CSCS

MidAmerica Nazarene University

Jordan Payne

Sport: Softball

Position: Pitcher

Height: 5' 8" **Weight:** 150

Vertical Jump: 20.9 **Pro-Agility Run:** Forty Yard Dash: 4.88 **Bench Press Poundage:** 80 **Squat Poundage:** 160

Despite not lifting much in high school, Jordan Payne has dove into weightlifting head first, and as a result, has dramatically improved her performance. She has a drive that is unmatched in our program - she has added 30 pounds of pure muscle, overhauled her diet to maximize weight gain, and as a result, won our weightlifting competition on pounds lifted per body weight at Mid-America for the last two years. While there are many people that work hard, few work as smart as Jordan. She has an unique ability to focus on the minute details of athletic movements, whether it be textbook power clean form or picture perfect pitching form. This combination of drive and technique has resulted in impressive gains in all areas of softball - she has gained 3 miles an hour on her fastball, increased her pro-agility time, not to mention impressive gains in every weightlifting event. The confidence gained from weightlifting is the biggest change. Despite her physical skills, Jordan has always struggled with confidence. Now, Jordan knows she has worked as hard as anyone else, both in the weightroom and on the softball field. The confidence gained carries farther than just the weightroom - it is carried to the pitching mound, the classroom, and most importantly, in the way she carries herself in the field of life. - Whitney Rodden, CSCS

New Mexico State University Athletics

Kandis Jones

Sport: Softball

Position: Outfielder

Height: 5' 5" **Weight:** 151

Vertical Jump: 19 **Pro-Agility Run:** 4.72 **Forty Yard Dash:** Bench Press Poundage: 110 **Squat Poundage:** 145

*Kandis brings quiet leadership to the NMSU Softball team. Leading by example, she is always hustling and giving 110%. She is one of the hardest working, and most dedicated, athletes I have had the pleasure to coach. Her numerous athletic and academic honors are the ultimate testimony. Kandis has been a fixture in the outfield for NMSU since her freshman season in 2008. She excels in all aspects of the game: playing flawless defense, hitting well over .300 each season with .327, .378 and .345 being her seasonal averages and she is also one of the top run scorers for the team. Her major athletic and academic awards are as follows: 1 - 2008 All-WAC Transfer/Freshman Team, 2 - 2009 "ESPN: The Magazine" Academic All-District Team, 3 - 2010 has thus far been her "pinnacle" season with 2nd team All-WAC, NFCA Scholar Athlete and she also earned All-WAC Academic selection. - Antony McClure, CSCS,*D*

Saint Louis University

Kristin Nicoletti

Sport: Softball

Position: Outfielder

Height: 5' 3" **Weight:** 138

Vertical Jump: 24 **Pro-Agility Run:** 4.90 **Forty Yard Dash:** Bench Press Poundage: 130 **Squat Poundage:** 240

Over the course of her career, Kristen has gone from an athlete who was quite apprehensive in the weightroom, to one who pushes herself greatly every chance she gets. This change in attitude has rubbed off on her teammates who have stepped in line to become one of the hardest working teams on campus. She truly epitomizes the phrase "lead by example". - Scott Charland, MS, CSCS

Samford University

Amanda Jordan

Sport: Softball

Position: Shortstop

Height: 5' 8 1/2" **Weight:** 150

Vertical Jump: 20 **Pro-Agility Run:** 4.89 **Forty Yard Dash:** Bench Press Poundage: 225 **Squat Poundage:** 155

Amanda is an athlete who has tirelessly worked at self improvement and has made the selfless sacrifices to not only hold herself accountable but her teammates also. We experienced a coaching change this past spring and Amanda has been a selfless leader, not only in the classroom, but also on the diamond and in the weightroom. Amanda follows in the footsteps of other NSCA All - Americans at Samford who embodies what the award exemplifies and stands for. - Thomas Rohling, CSCS

Texas A&M University

Kelsey Spittler

Sport: Softball

Position: Outfielder

Height: 5' 6" **Weight:** 138

Vertical Jump: 23 **Pro-Agility Run:** 4.56 **Forty Yard Dash:** 4.8 **Bench Press Poundage:** 160 **Squat Poundage:** 285

Without a doubt, Kelsey has made herself into a more physical threat on the field. She has continued to get stronger, more explosive, and faster all 4 off-seasons. A hard-nosed competitor who definitely leads by example, her work ethic makes others around her better. - Raychelle Ellsworth

University of Houston

Jennifer Klinkert

Sport: Softball

Position: Infielder

Height: 5' 8" **Weight:** 150

Vertical Jump: 21.5 **Pro-Agility Run:** 4.55 **Forty Yard Dash:** Bench Press Poundage: 160 **Squat Poundage:** 295

I have worked with Jen her entire college career and there have been few athletes in my 15 years of being a strength coach who love the weightroom as much as Jen does. She injured her ACL her sophomore year in an on-field collision and used the weightroom relentlessly to get ready for her return to the field. She is a nutrition major with a 3.82 GPA, so she doesn't simply get it done on the field, but also in the classroom, making the deans list three years. Her Freshman year she was C-USA Freshman of the Year and has been a member of the All Region Team. She is a leader in the weightroom and helps her fellow teammates during workouts to improve themselves as well. "Klink", as Jen is known around the team, has been a truly great athlete to work with.

- R. Jones, II, MS, CSCS

University of Michigan

Amanda Chidester

Sport: Softball

Position: Catcher

Height: **Weight:**

Vertical Jump: **Pro-Agility Run:** 5.18 **Forty Yard Dash:** Bench Press Poundage: 160 **Squat Poundage:** 280

Amanda Chidester is an outstanding, well rounded athlete who is dedicated to reaching her personal goals. Elected team captain as a junior, she enjoys challenges and consistently works hard in the weightroom and on the practice field to be a good role model and leader for her team. - Cassandra Baier, CSCS

Virginia Tech
Courtney Liddle

Sport: Softball

Position:

Height: 5' 8" Weight:

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

Poundage: 150 Squat Poundage: 230

As a freshman, Courtney became a leader for us with her work ethic in the weightroom. She recently earned the Hokie personal record breaker award. Her only desire is for the team to win and that starts constant improvement. Courtney set a new freshman home run record with eleven. She also made the All-Acc tournament team while hitting .800.

- Terry Mitchell, CSCS

William Woods University

Kelsey Schulte

Sport: Softball

Position: Pitcher

Height: 5' 3" Weight: 125

Vertical Jump: 19.5 Pro-Agility Run: 4.49 Forty Yard Dash: Bench

Press Poundage: 135 Squat Poundage: 265

Kelsey sets the standard for the hardest working women's team we have at William Woods. She had to overcome tendonitis her freshman year and has been getting stronger and more conditioned each year. We are expecting great things from her this year. She will be an even greater leader in and out of the weightroom next year because of her work ethic. - Robert Jones, CSCS

swimming

Boston University

Maria McIntyre

Sport: Swimming

Position: Free

Height: 5' 7" Weight: 142

Vertical Jump: 24.9 Pro-Agility Run: 0 Forty Yard Dash: Bench Press
Poundage: 125 Squat Poundage: 172.5

Maria has carried on the torch that is the sprinters high level training culture. She possesses a contagious attitude, intensity, and mentality that teammates can look up to. The school record holder in the 50 free, Maria has helped lead her team to back-to-back America East conference championships as a member of various record breaking relay teams, including both the 200 and 400 medleys, as well as the 200 and 400 free relays.

- Victor Brown, III, CSCS, NSCA-CPT

Boston University

Kyle Ernst

Sport: Swimming

Position: Breaststroke/IM

Height: 6' 2" Weight: 205

Vertical Jump: 30.2 Pro-Agility Run: 0 Forty Yard Dash: Bench Press
Poundage: 270 Squat Poundage: 285

Kyle has shown tremendous progress and steadfast leadership both in and out of the pool over his four years. Highly respected, he was named and has served as a team captain since his sophomore season. The consummate teammate, Kyle has been a member of various school and conference record-breaking relay teams, including both the 200 and 400 medley relays, and has earned individual success as the school record holder in both the 100 and 200 breaststroke.

- Victor Brown, III, CSCS, NSCA-CPT

Carnegie Mellon University

Molly Evans

Sport: Swimming

Position: Free/Back

Height: 5' 11" Weight: 155

Vertical Jump: 23 Pro-Agility Run: 0 Forty Yard Dash: Bench Press
Poundage: 110 Squat Poundage: 185

Molly is the most accomplished swimmer in Carnegie Mellon University history and has been a leader in both the pool and in the weightroom. Molly's work ethic and desire to improve herself is unmatched by any current athlete at CMU. Molly has shown a great interest in developing herself by taking interest in strength training, nutrition, corrective exercises and soft tissue work.

- Kevin Schultz, CSCS

College of Charleston

Caitlin Shepherd

Sport: Swimming

Position: Free/IM/Breaststroke

Height: 5' 40 Weight: 120

Vertical Jump: 20 Pro-Agility Run: 5.6 Forty Yard Dash: Bench Press
Poundage: 135 Squat Poundage: 200

Caitlin has been an extremely hard worker and someone who enjoys and understands the importance of training with intensity and a purpose. She is a tremendous leader and always pushes herself to reach her potential in the weightroom and in the pool.

- Steven Bamel, MS, CSCS

Florida State University

Brittany Selts

Sport: Swimming

Position: Sprinter

Height: 5' 6" Weight: 122

Vertical Jump: 19.5 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 125 Squat Poundage: 175

Brittany is the epitome of an NSCA All American. She loves the weightroom, pushes herself harder each time she comes in, and is never satisfied. She was a part of the school record-setting 400 free relay, hit a personal record this fall in the 100 Butterfly, the 50 backstroke and the 100 backstroke.

- Melissa Terry, CSCS

Florida State University

Mark Weber

Sport: Swimming

Position: Sprinter

Height: 6' 1" Weight: 165

Vertical Jump: 29.5 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 195 Squat Poundage: 275

Mark is passionate about lifting and about constantly getting better. He refuses to stay at the same level two consecutive days. He is constantly pushing himself and his teammates to give full effort everyday. He was ranked number one nationally at one point this fall and is currently ranked within the top 5 in the country in his event and will be a nationally recognized sprinter before his collegiate days are over.

- Melissa Terry, CSCS

Limestone College

Blake Schaeffer

Sport: Swimming

Position: Freestyle/Butterfly

Height: 6' Weight: 170

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 215 Squat Poundage: 285

Blake is one of the hardest working student athletes at Limestone College. Blake is a quiet, unspoken leader, both in the weightroom and in the pool, which helps drives him to be the best he can while pushing others around him to do the same.

- Curtis Lamb, MS, CSCS

Miami University

Megan Brunn

Sport: Swimming

Position: Breaststroke / IM

Height: 5' 8" Weight: 135

Vertical Jump: 20 Pro-Agility Run: Forty Yard Dash: 4.6 Bench Press
Poundage: 120 Squat Poundage: 175

During the 2009-2010 season Megan earned All-MAC First Team and Academic All-MAC honors ... named 2010 Division I Mid-Major All-America honorable mention by CollegeSwimming.com ... won 12 individual events, tied for second-most on the team ... finished third in the 200-yard IM (2:03.09), 100-yard breaststroke (1:02.24), and 200-yard breaststroke (2:15.76) ... earned NCAA Championship consideration in both breaststroke events ... swam season-best times of 1:02.24 in the 100-yard breaststroke, 2:15.48 in the 200-yard breaststroke and 2:03.07 in the 200-yard IM ... finished with a career-best time of 4:25.03 in the 400-yard IM at the Miami Invitational. Megan is competitive, whether it is in the weightroom or the pool. Her attitude and effort are contagious, making everyone around her better. She is humble, but yet never satisfied with her level of performance.

- Cindi Merrill, CSCS

Miami University (Ohio)

Kelsey Vehr

Sport: Swimming

Position: Breaststroke / Freestyle

Height: 5' 8" **Weight:** 155

Vertical Jump: 21 **Pro-Agility Run:** 0 **Forty Yard Dash:** 5.15 **Bench Press**
Poundage: 100 **Squat Poundage:** 155

Two times School female Athlete of the Year(08,09) ... became Miami's first-ever women's swimming All-American with a seventh-place finish in the 100-yard breaststroke // finished 18th at NCAA's in the 200-yard breaststroke ... named to Division I Mid-Major All-American Team by CollegeSwimming.com ... earned MAC First Team honors and All-Academic MAC honors ... MAC Champion in 400-yard IM (Miami varsity and pool record setting time of 4:16.72), 100-yard breaststroke (Miami pool record setting time of 1:00.62) and 200-yard breaststroke (MAC, Miami and pool record setting time of 2:11.70) ... won a team-high 17 individual events and helped seven relay teams to first-place finishes during the regular season... CSCAA Scholar All-American Team ... a member of the MAC Champion 400 medley relay team (3:41.98) that broke the Miami and MAC records, in addition to earning NCAA consideration ... finished second at the MAC Championships as a member of the Miami record-breaking 200 medley relay team (1:39.96,) that also earned NCAA consideration ... competed in the USA National Championships/World Championship Trials during the summer of 2009 ... She is most proud of her 3 pull-ups!!!
- James Carsey, MEd, CSCS

South Dakota State University

Jason Garder

Sport: Swimming

Position: Freestyle/Butterfly

Height: 6' 4" **Weight:** 220

Vertical Jump: 33 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press**
Poundage: 240 **Squat Poundage:** 320

Jason has an unmatched work ethic, which has made him an absolute pleasure to coach. His understanding of how his time with the strength and conditioning department contributes to his performance in the pool has helped him become not only a successful swimmer, but a phenomenal teammate and leader. This has been exemplified in his selection as a team captain for the 2010-2011 season. Jason always brings a positive attitude and a gritty determination to every workout, with every intention of becoming a better athlete. This attitude has been a cornerstone in Jason's successful athletic career at South Dakota State. He has been a member of eight meet-winning relay teams, including the SDSU school record holding 200-meter medley relay in 2010, as well as the 200-meter freestyle relay at the 2010 Summit League Championships. As an individual, he has also placed himself on SDSU's All-Time Top 10 list for the 50-meter freestyle and 200-meter butterfly events. In addition to his performance in the swimming pool, Jason also holds the SDSU Swimming & Diving record for vertical jump, at 33 inches. He has also received the Iron Jack honor, which is awarded to SDSU student-athletes who meet exclusive performance measurements set for their respective sports by the strength and conditioning department. Jason's commitment to success carries over into all other avenues of his life. In the classroom, he has compiled a 3.33 GPA while pursuing a degree in Civil Engineering. He is also an active participant in the Student-Athlete Advisory Committee on the SDSU campus. Overall, Jason's determination to always perform to the best of his ability has solidified his good character and will certainly allow him to be successful in any path of life he chooses. - Christopher Sheckler, Sr, CSCS

tennis

Charleston Southern University

Marija Dzakovic

Sport: Tennis

Position:

Height: 5' 8" **Weight:** 135

Vertical Jump: **Pro-Agility Run:** **Forty Yard Dash:** 5.00 **Bench Press**
Poundage: **Squat Poundage:**

Marija helped lead our Women's Tennis Team to the 2010 Big South Conference Regular Season Championship. She posted a 15-6 record in singles competition, good for second on team... named Big South Player of the Week April 6 after a 6-0 week... went 8-3 at No. 3 singles... posted 12-8 doubles record with Olga Mahkova, including 11-7 at No. 2 doubles... went 4-3 in Big South play at both singles and doubles. She was the team leader in our push-up and sit-up evaluations during our off-season program.
- Travis Jefferson

College of Charleston

Mickael Trintignac

Sport: Tennis

Position: 2

Height: 5' 8" **Weight:** 165

Vertical Jump: 30 **Pro-Agility Run:** **Forty Yard Dash:** 4.8 **Bench Press**
Poundage: 200 **Squat Poundage:** 275

Mickael's efforts to get better in all aspects in the weightroom contribute to his increased rotational power and fitness on the court. He comes in daily to work, no matter what the task to improve. He has had several individual honors on the court and a team conference championship last year. - Aaron Craft, MS, CSCS

track & field

Belmont University

Joe Frye

Sport: Track & Field

Position: Thrower

Height: 6' 6" Weight: 240

Vertical Jump: 34 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 315 Squat Poundage: 455

Joe came to Belmont University as a walk-on with minimal strength. In the 4 years he has been here he has went from an average athlete to an exceptional one. Joe's strength gains have went through the roof. Joe hold's 5 school records (indoor and outdoor shot-put, weight throw, hammer, and discus) and 1 Atlantic Sun Conference record (hammer). Last year he was the Atlantic Sun Conference Field MVP and CO-MVP for the Outdoor Championships. Joe's work ethic is second to none. - Joshua McMillian, CSCS

California State University, Sacramento

Erin Lewis

Sport: Track & Field

Position: Distance

Height: 5' 4" Weight: 119

Vertical Jump: 26 Pro-Agility Run: 3.78 Forty Yard Dash: 4.65 Bench
Press Poundage: Squat Poundage:

Erin's success as a distance runner has spanned across several seasons including Cross Country, Indoor and Outdoor Track & Field. Erin has set multiple records at Sacramento State including top ten times for the 3k during her tenure. Erin has also competed in several different event conference championships, along with being a member of several team championships at Sacramento State. Erin's drive to succeed in her sports translates directly to her work ethic during strength training. Erin has improved all testing numbers each year of her career and participates in optional extra work every chance that she gets. Erin is a strength training role model for all other athletes and along with her success on the track a superior student-athlete as well. - Adam Craft, CSCS

California State University, Sacramento

Terrell Kirtz

Sport: Track & Field

Position: Middle Distance

Height: 5' 8" Weight: 170

Vertical Jump: 32 Pro-Agility Run: 3.43 Forty Yard Dash: 4.65 Bench
Press Poundage: Squat Poundage:

Terrell is a gifted athlete who has excelled, in part, due to his dedication on the track and in the weight room. Competing primarily in the 800 meters Terrell has qualified for individual conference championships and been a part of multiple team conference championships while at Sacramento State. Terrell has utilized strength training to develop his skill on the track by increasing his strength and decreasing his times improving his personal best each year. Through Terrell's work ethic and attitude he has achieved a high standard of success all four years at Sacramento State.

- Adam Craft, CSCS

Clemson University

Josh Fowler

Sport: Track & Field

Position: Long Jump

Height: 5' 11" Weight: 155

Vertical Jump: 37 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 260 Squat Poundage: 375

Josh Fowler has been the epitome of persistence since arriving at Clemson. Josh received a medical redshirt his freshmen year tearing nearly every ligament in his knee. Since the injury he has bounced back to become an All Atlantic Coast Conference long jumper and an NCAA qualifier in the triple jump. Josh has spent his past three summer breaks at Clemson, successfully preparing himself for the upcoming season. Josh is truly deserving of this honor. - Dennis Love

Clemson University

Michaylin Golladay

Sport: Track & Field

Position: Hurdles

Height: 5' 7" Weight: 138

Vertical Jump: 27 Pro-Agility Run: Forty Yard Dash: 4.8 Bench Press
Poundage: 165 Squat Poundage: 350

Michaylin Golladay through her career at Clemson, has consistently used the weightroom as a tool to enhance her athletic ability. Michaylin's efforts in the weightroom have been noted by her teammates as she was voted most dedicated in the weightroom in 2009. She has dedicated herself year-round to her training, spending several summers on campus in order to prepare physically for the upcoming season. Her year-around efforts have lead to a team leading 350 pound squat and also a 180 pound power clean. Michaylin's efforts on the track and in the weightroom helped propel her to all-american status last year in the 4 x 100 relay. She is also the school record holder in the 100 meter hurdles. - Richard Franzblau, CSCS

Clemson University

Miller Moss

Sport: Track & Field

Position: Decathlon

Height: 6' 4" Weight: 190

Vertical Jump: 36 Pro-Agility Run: Forty Yard Dash: 4.4 Bench Press
Poundage: 275 Squat Poundage: 405

Miller Moss, through his dedication on the track and in the weightroom has become one of the top decathletes in the nation. Miller's efforts in the weightroom have been noted by his teammates as he was voted most dedicated Men's Track and Field Athlete in the weightroom in 2009. He arrived at Clemson as a slender 160 pounds; he has since added thirty pounds of muscle to his frame while also significantly increasing his sprinting speed and jumping ability. Moss was an All-American in the Heptathlon last year and holds the school record in both the heptathlon and decathlon. Moss's weightroom numbers include has a 405 lb squat, a 275 lb bench press and a 36 inch vertical jump. - Richard Franzblau, CSCS

FSU Athletics

Kimberly Williams

Sport: Track & Field

Position: Triple Jump / Long Jump

Height: 5' 7" Weight: 145

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

Notable improvements include snatch - 75 -> 120 lbs, squat - 205->265, clean - 125->185lbs and body weight - 150->145. - Tyler Peacock

Grand View University

Ashley Houston

Sport: Track & Field

Position: Thrower

Height: 5' 5 1/2" Weight: 165

Vertical Jump: 25 Pro-Agility Run: Forty Yard Dash: 5.83 Bench Press
Poundage: 145 Squat Poundage: 275

Ashley has been willing to do everything asked of her since she stepped on campus. She has placed at the conference championships in multiple throws events each year and will look to do so again this season. Ashley set the goal of breaking the 200lb barrier in the power clean and achieved it with her last rep during our final max out session in the fall. She has also taken a leadership role in getting our throwers together for an additional fun conditioning day. An excellent student Ashley will be an excellent teacher and make an immediate impact on her students. - Seth Roberson, CSCS

Grand View University

Titus Bland

Sport: Track & Field

Position: Sprinter and Jumper

Height: 5' 8" Weight: 160

Vertical Jump: 29 Pro-Agility Run: Forty Yard Dash: 4.66 Bench Press
Poundage: 215 Squat Poundage: 315

Titus is an outstanding worker. The former conference champion and national qualifier has returned for a fifth year with a chip on his shoulder. In 2009-10 Titus was honored as an All-American in his final season of football as a defensive back, but decided to return to Grand View for his final year of track and field. His dedication this past fall to the track strength and conditioning program will make him a force in both the sprints and jumps this year. Titus has the potential to win multiple events at the conference championships and qualify for NAIA Nationals as well. His leadership and work ethic make his teammates better every day. - Seth Roberson, CSCS

Hamilton College

Joshua Orndorff

Sport: Track & Field

Position: Thrower

Height: 6' Weight: 230

Vertical Jump: 28 Pro-Agility Run: 4.7 Forty Yard Dash: 4.9 Bench
Press Poundage: 405 Squat Poundage: 600

Josh has an incredible work ethic and he is very passionate about his training. Josh loves to train and compete. He is always trying to better himself and his teammates. These qualities in and out of the weight room have really helped Josh improve his throws. Josh is a wonderful person, a great teammate and a real pleasure to coach. - Jerome Tine, CSCS

Jacksonville State University

Amber Wiley

Sport: Track & Field

Position: Pole Vault

Height: 5' 2" Weight: 125

Vertical Jump: 22.0 Pro-Agility Run: Forty Yard Dash: 4.8 Bench Press
Poundage: Squat Poundage: 265

Amber is a coach's dream. A very knowledgeable student of her event and tireless worker on the field. Her efforts have led to her setting the school record in the Pole Vault on more than on occasion. Ms. Wiley's approach on the track carries over into the classroom, where she carries a 3.9 GPA in the school's Nursing program. - Brian Austin, CSCS

Monmouth University

Michelle Losey

Sport: Track & Field

Position: 100m, 200m, 4 X 100m, 4 X 400m

Height: 5' 7" Weight: 120

Vertical Jump: 31 Pro-Agility Run: 4.31 Forty Yard Dash: 4.52 Bench
Press Poundage: Squat Poundage:

Michelle is the ultimate competitor and her success is a product of a work ethic second to none. Aside from dominating record books in the squat, bench, and clean, Michelle is a tremendous leader and role model for the younger athletes. Her relentless drive to be the best at what she does makes her an absolute pleasure to coach. - Timothy Rehm, CSCS

Northern Arizona University

Jackie Shea

Sport: Track & Field

Position: Sprinter/Hurdles

Height: 5' 5" Weight: 130

Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: 4.69 Bench Press
Poundage: 110 Squat Poundage: 235

Jackie trains with an intensity that has not been seen from a female athlete at this University. She always comes to train hard, no matter the circumstance, no matter the time of year, no matter her chances to compete later in the season. Her consistency and dedication make her stand out as a leader and as an athlete. - Cody Hodgeson

Northern Arizona University

Jami Michaud

Sport: Track & Field

Position: Pole Vault

Height: 5' 3" Weight: 120

Vertical Jump: 23 Pro-Agility Run: Forty Yard Dash: 4.62 Bench Press
Poundage: 135 Squat Poundage: 235

Jami has demonstrated an outstanding dedication to her strength training program that has allowed her to maximize her pole vaulting abilities. Through her consistent work ethic she has enhanced her speed and strength to excel in competition. She is pound-for-pound the strongest female athlete at this University. Her ability to consistently work at her maximal effort is rivaled by few. - Daniel Darcy, Jr, CSCS

Sacramento State

Andi Behring

Sport: Track & Field

Position: Thrower

Height: 6' Weight: 230

Vertical Jump: 0 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 265 Squat Poundage: 305

Andi is a very dedicated student athlete who shows a very strong work ethic each and every day. Andi has shown the value of hard work, both on the track and in the classroom, scoring multiple times at the Conference Championships while completing a double major in film production and digital media. - Matthew Gilbert, CSCS

Saint Louis University

Justin Kwasa

Sport: Track & Field

Position: Thrower

Height: 6' 5" Weight: 270

Vertical Jump: 26 Pro-Agility Run: 4.50 Forty Yard Dash: Bench Press
Poundage: 315 Squat Poundage: 405

Justin has made as big a physical transformation in his career as any student-athlete I have ever worked with. As our only male thrower he consistently trains and practices by himself. With great focus and self motivation he has been able to thrive without the help of teammates encouraging him. His determination, effort, and consistency have led him to experience great gains in strength and performance. - Scott Charland, MS, CSCS

Transylvania University

Aaron Carrithers

Sport: Track & Field

Position: Javelin/Sprinter

Height: 6' 3" Weight: 195

Vertical Jump: 37.5 Pro-Agility Run: 3.51 Forty Yard Dash: 4.38 Bench
Press Poundage: 325 Squat Poundage: 315

Aaron Carrithers is a hard-working athlete that has overcome many devastating injuries over the course of his college career. He originally came to Transylvania playing basketball, but after suffering his fifth knee surgery his freshman year he worked extremely hard to get back into shape and athletic form. He took up track and field a year later and quickly proved his dedication through perseverance and captured Transylvania's first Track and Field Conference Championship with the javelin throw and also came in fifth place in the conference in the 400M dash. He works extremely hard in the weight room and looks to have another great season this year. - Keith Cecil, MS, CSCS

University of Chicago

Kristin Constantine

Sport: Track & Field

Position: Thrower

Height: 5' 7" Weight: 175

Vertical Jump: 24.5 Pro-Agility Run: 0 Forty Yard Dash: 5.41 Bench Press Poundage: 160 Squat Poundage: 260

Kristin is a very explosive, accomplished athlete and a top performer at the University of Chicago. She earned All-America honors last year in the weight throw at the NCAA Division III Indoor Championships by placing 3rd in the competition. This effort helped the women's team earn a 4th place national finish. Kristin's development in the weight room has also contributed to her being an All-UAA performer in the shot put, weight throw, hammer, and discus a total of eight times. She continues to improve and provide leadership to the rest of our women's team. In June of 2010, Kristin will graduate with a degree in Biology and intends to continue her education by attending medical school. She is a great athlete and very coachable which makes her a joy to work with everyday.
- Zebulon Sion, CSCS

University of Chicago

John Sabacinski

Sport: Track & Field

Position: Thrower

Height: 6' 2" Weight: 285

Vertical Jump: 18 Pro-Agility Run: 0 Forty Yard Dash: 5.41 Bench Press Poundage: 295 Squat Poundage: 440

John has improved tremendously throughout his four years as a student-athlete at the University of Chicago. He has transitioned from an athlete that minimally strength trained in high school to one of the strongest members of our team. John's dedication to increasing power and strength along with developing proper technique in the weight room have helped him become a UAA discus champion in 2010 and a three time All-UAA performer overall. John will graduate with a BS in Chemistry after completing his fourth year of track & field in June of 2010. He has been a valuable contributor to not only the throws group but to the track & field team as a whole.
- Zebulon Sion, CSCS

University of Houston

Wesley Bray

Sport: Track & Field

Position: Decathlon

Height: 5' 11" Weight: 185

Vertical Jump: 34 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: 315 Squat Poundage: 445

I have worked with Wesley since he was a true freshman and it has been awesome to see him get stronger through the years. He has won both the indoor C-USA heptathlon and the outdoor C-USA decathlon, as well as being a top 12 finisher in the NCAA nationals, up to this point in his college career. Wesley feels that everything he has done in the weightroom has helped his performance on the track. He really has a passion for getting better and competing at the highest level possible. He looks to have a great track season this coming year and if it is anything like his fall off-season training in the weightroom and on the track he will be a champion again this year. In addition to everything Wesley has done on the track he has also won several academic awards, truly defining the meaning of a successful student athlete. I couldn't ask for a better athlete to work with as a college strength coach.
- R. Jones, II, MS, CSCS

University of Michigan

Alisha Cole

Sport: Track & Field

Position: 100m/200m

Height: 5' 7" Weight: 130

Vertical Jump: 26.0 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: 120 Squat Poundage: 205

Alisha is a solid competitor who truly understands her training and how it affects her performance. As a senior she leads by example with year round consistency and intensity that constantly captures the eyes of our rookies. It is my duty and pleasure to nominate Alisha Cole for NSCA All-American.
- Bo Sandoval, MS, CSCS

University of Michigan

Joe Strizich

Sport: Track & Field

Position: Decathlon

Height: 6' 5" Weight: 215

Vertical Jump: 35.5 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: 225 Squat Poundage: 335

Joe is an absolute workhorse! Joe's improved performance across ten events is pure testimony to his devotion to training. Joe is well trained and well studied. He understands how his strength training is preparing him for competition. One of Joe's best qualities is that if there is a training concept that he does not understand, he will not hesitate to ask. Joe is a true student of the game. I'm very proud to nominate Joe Strizich for NSCA All-American.
- Bo Sandoval, MS, CSCS

University of Michigan

Emily Pendleton

Sport: Track & Field

Position: Discus

Height: 5' 8" Weight: 180

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

It is my pleasure to nominate Emily Pendleton for NSCA All-American. Emily leads our throwers, both in the ring as well as in the weightroom. Emily is one of the best in the country in the discus and constantly pushes the limits in the weightroom. Emily is one of the hardest working female athletes I've ever been around.
- Emily Enos

University of Michigan

Taylor Voice

Sport: Track & Field

Position: Pole Vault

Height: 6' 2" Weight: 185

Vertical Jump: 35.5 Pro-Agility Run: Forty Yard Dash: 4.7 Bench Press Poundage: 215 Squat Poundage: 290

It is my pleasure to nominate Taylor Voice for NSCA All-American. Taylor has proven himself as a leader in the weightroom on numerous occasions. Taylor is fearless and will not quit on any task. Taylor's hard work and dedication will produce some big heights in the pole vault this year.
- Emily Enos

University of Michigan

Robert Peddlar

Sport: Track & Field

Position: Long Jump/Triple Jump

Height: 5' 7" Weight: 147

Vertical Jump: 38.5 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: 210 Squat Poundage: 360

Roberts' performance defines "efficiency". Robert packs a huge punch in very small package. A true competitor, Robert prides himself on "outworking" the other guys. I am very excited to nominate Robert for NSCA All-American.
- Lew Porchiazzo, III, CSCS

Virginia Tech

David Wilson

Sport: Track & Field

Position: Football, Triple Jump/ Tailback

Height: 5' 8" **Weight:** 203

Vertical Jump: 40 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press**

Poundage: 310 **Squat Poundage:** 425

David is currently a crossover athlete for us at Virginia Tech. He is currently a tailback with our football program as well as triple jump with our track and field team. He was recently named Second Team All-ACC as a return man in the 2010 football season. He also has five rushing touchdowns, three receiving scores and two kickoff returns for touchdowns this season; he has rushed for 616 yards and has 207 receiving yards. He averages 26.5 yards per kick off return. In the triple jump David was a NCAA East Regional qualifier, won both the Miami Invitational and Liberty Twilight triple jump events in 2010. He had a personal best of 51-05.50 at the ACC Outdoor Championships and finished sixth in the triple jump competition at USATF Junior Worlds with his best of six leaps at 49-09. David is an extremely talented and very explosive athlete with an abundance of enthusiasm for training that is contagious for many of his teammates. Our max testing for our football program currently uses a front squat in which he was successful at reaching 425lbs

- Megan Evans, MEd, CSCS

volleyball

Bowdoin College

Anna Nocas

Sport: Volleyball

Position: Libero

Height: 5' 2" Weight: 128

Vertical Jump: 20 Pro-Agility Run: Forty Yard Dash: 4.96 Bench Press
Poundage: 100 Squat Poundage: 135

*Anna's off-season efforts are to be applauded. She has made consistent improvement every year in all aspects of her physical preparation for volleyball. I always emphasize the importance of relative strength versus absolute strength. Anna is pound-for-pound one of the strongest female athletes on campus and is a wonderful leader by example for her teammates. - James St. Pierre, CSCS,*D*

Clemson University

Cansu Ozdemir

Sport: Volleyball

Position: Outside Hitter/Defensive Specialist

Height: 6' Weight: 130

Vertical Jump: 25 Pro-Agility Run: 4.57 Forty Yard Dash: Bench Press
Poundage: 140 Squat Poundage: 275

Cansu Ozdemir has proven to be one of the most dedicated and hard working athletes that I have ever coached. She came to Clemson as a walk on with no weight training experience. During her entire career she has worked tirelessly in the weightroom and on the court to develop into a dependable Outside Hitter and later as Defensive Specialist. Cansu showed great versatility playing the libero position at 6'0. Ozdemir has assisted her teams in over 90 career wins, 3 NCAA tournament appearances and the 2007 Atlantic Coast Conference championship. -Dennis Love

High Point University

Audie Gonzalez

Sport: Volleyball

Position: Outside Hitter

Height: 5' 8" Weight: 136

Vertical Jump: 22 Pro-Agility Run: Forty Yard Dash: 4.87 Bench Press
Poundage: 130 Squat Poundage: 250

After an ACL injury sidelined her, Audie had an outstanding redshirt-senior year, culminating with a Big South Conference Championship and the Conference Tournament MVP. Her tireless dedication to her rehabilitation and her progression back to the weightroom and court was inspiring to witness. There were many days of where she could have thrown in the towel during this difficult period, but her dedication was undaunted and work ethic was unmatched. Audie's warming and caring personality deceives you from the fierce competitor she is and when it comes down to it, she will do whatever is necessary to get a WIN! Audie embodies what a student-athlete should be all about, and I grateful to have had the opportunity to work with her! - Timothy Teefy, CSCS

Humboldt State University

Joliann Arzadon

Sport: Volleyball

Position: Setter

Height: 5' 6" Weight: 147

Vertical Jump: 28.5 Pro-Agility Run: Forty Yard Dash: 4.45 Bench
Press Poundage: 125 Squat Poundage: 210

Jo has been an inspiration to all of the lumberjacks women's volleyball players. She set the bar high for what effort and intensity is needed on the court and in the weight room. In the future the award given to the hardest working player on and off the court will be named after her in the future. Her numerous awards she received include 2 years co-captain along with numerous times All-Tournament and HSU athlete of the week nominations. - Brian Charity, CSCS

James Madison University

Lindsay Callahan

Sport: Volleyball

Position: Outside Hitter

Height: 6' Weight: 165

Vertical Jump: 25 Pro-Agility Run: 4.8 Forty Yard Dash: Bench Press
Poundage: 115 Squat Poundage: 225

Lindsay epitomized consistent work in the weight room. She always set the standard both in the weight room and during conditioning. Lindsay was the definition of tough, there was never anything Lindsay wouldn't do or couldn't do. Her hard work and determination finally paid off as she was named first team all CAA conference this year. - Callye Williams, CSCS

Juniata College

Stephanie Strauss

Sport: Volleyball

Position: Setter

Height: 5' 11" Weight: 135

Vertical Jump: 25 Pro-Agility Run: 4.75 Forty Yard Dash: Bench Press
Poundage: 160 Squat Poundage: 275

"Stephanie's list of accomplishments on the Volleyball court have been numerous, but even more impressive have been her work ethic and determination off the court in her preparation for competition. As a team leader and role model, Steph has been a major contributor to the Juniata College Women's Volleyball program's success.

*- AVCA All-America (2008 & 2009)
- NCAA Elite 88 Award- Highest GPA in Division III Women's Volleyball (2009)
- NCAA DIII Nationals All-Tournament Team (2009)
- ESPN The Magazine Academic All-District (2009)
- AVCA Mid-Atlantic Region First Team (2008 & 2009)
- Landmark First Team All-Conference (2009)
- Juniata College ASICS Invitational MVP (2010)
- Nazareth College Invitational All-Tournament Team (2010)
- Douglas Smith, CSCS,*D, NSCA-CPT*

Keene State College

Samantha Datti

Sport: Volleyball

Position: Defensive Specialist

Height: 5' 3" Weight: 110

Vertical Jump: 22.5 Pro-Agility Run: 4.53 Forty Yard Dash: 4.8 Bench
Press Poundage: 85 Squat Poundage: 165

Samantha is a motivated athlete who trained hard this past summer to have a successful senior year. Her numbers increased every year and she always led by example in the weight room. Her hard work definitely paid off as she helped the volleyball team win their first ECAC- New England Championship this past fall. - Sarah Testo, CSCS

Morgan State University

Cheryl Savoy

Sport: Volleyball

Position: Defensive Specialist

Height: 5' 3" Weight: 130

Vertical Jump: 24.5 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 125 Squat Poundage: 230

Cheryl does a tremendous job in and out of the weight room. She possess an elite level of focus, and her determination in the weight room is unparalleled.

- Joshua Bush, MS, CSCS

Northwood University

Jolyn Timms

Sport: Volleyball

Position: Outside Hitter

Height: 5' 9" **Weight:**

Vertical Jump: 24.3 **Pro-Agility Run:** 4.57 **Forty Yard Dash:** 5.2 **Bench Press Poundage:** 115 **Squat Poundage:** 285

Jolyn is a tremendous worker in the weight room, battling injuries her entire career, everything finally came together for her in her final season earning All GLIAC honors.

Jolyn provided valuable leadership to a young team and will be missed both in the weight room and on the court. - Scott Fisher, CSCS, NSCA-CPT

Pacific Lutheran University

Erin Bremond

Sport: Volleyball

Position: Middle Blocker

Height: 5' 7" **Weight:** 130

Vertical Jump: 29.5 **Pro-Agility Run:** 4.48 **Forty Yard Dash:** 4.51 **Bench Press Poundage:** 120 **Squat Poundage:** 230

Erin's consistency is what has earned her this award. She trains 12 months out of the year, and is always looking for a way to get better. She has one year left and I look forward to her being the first PLU female athlete to have a vertical over 30 inches. As an athlete in the Northwest Conference she is unmatched!

- Christopher Wood, MEd, CSCS

Texas Christian University

Irene Hester

Sport: Volleyball

Position: Outside Hitter

Height: 6' **Weight:**

Vertical Jump: 30 **Pro-Agility Run:** 4.85 **Forty Yard Dash:** 4.95 **Bench Press Poundage:** 100 **Squat Poundage:** 140

Irene is the model of the student athlete. She will be missed for her leadership and dedication in the weightroom and on the court - Don Sommer

Transylvania University

Jordan Geisen

Sport: Volleyball

Position: Middle Hitter

Height: 5' 10" **Weight:** 135

Vertical Jump: 22 **Pro-Agility Run:** 4.61 **Forty Yard Dash:** 4.68 **Bench Press Poundage:** 95 **Squat Poundage:** 145

Jordan came to Transy without much experience in the weight room. She has taken her fitness and volleyball to a whole new level in college. Jordan is a regular in the weight room and has committed herself to training hard and living healthy. Her hard work in the weight room has paid off on the volleyball court, where over the past 4 years has become both the career and single season kills leader at Transylvania and 3-time All Conference. Jordan is a very dedicated, hard-working person, who will succeed in any path she chooses. - Keith Cecil, MS, CSCS

University of Michigan

Claire McElheny

Sport: Volleyball

Position: Right Side Hitter

Height: 6' 2" **Weight:** 175

Vertical Jump: 19.1 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Poundage:** 110 **Squat Poundage:** 145

*Claire McElheny has continually demonstrated her leadership and dedication to the strength and conditioning program as well as the volleyball program as a whole. Her positive attitude and strong work ethic contributed to the numerous personal records established by herself and the team this past off-season in all areas of strength and conditioning. Her unyielding commitment and adherence to her physical preparation, both on and off the court, have been instrumental to her becoming a major contributor to the team's success this season. These previously mentioned qualities and achievements have earned Claire the respect of the coaching staff and her fellow teammates alike. - Michael Favre, MEd, CSCS,*D*

University of Notre Dame

Frenchy Silva

Sport: Volleyball

Position: Libero/Defensive Specialist

Height: 5' 4" **Weight:** 120

Vertical Jump: 46 **Pro-Agility Run:** **Forty Yard Dash:** 4.61 **Bench Press Poundage:** 125 **Squat Poundage:** 235

Frenchy is one of the most explosive athletes that I have worked with. Her 46 inch vertical is the highest that Notre Dame has had on the Volleyball team. Frenchy brings a great work ethic and attitude day in and day out. - Christopher Sandeen, CSCS

University of Redlands

Jackie Hamilton

Sport: Volleyball

Position: Outside Hitter

Height: 5' 8" **Weight:** 160

Vertical Jump: 22 **Pro-Agility Run:** 5.03 **Forty Yard Dash:** **Bench Press Poundage:** 138 **Squat Poundage:** 242

Jackie's physical development over the last 4 years is a tribute to her tireless work ethic.

There is perhaps no greater compliment that a coach can give an athlete other than to say that her presence and dedication will be missed. Jackie's effort in the weight room helped her to make significant gains and lead her team to the programs' first ever SCIAC conference title. Jackie will leave a high standard of leadership and strength for the volleyball program and for all female student-athletes on campus.

*- Joshua Bullock, CSCS,*D*

University of Southern California

Kendall Bateman

Sport: Volleyball

Position: Setter

Height: 5' 11" **Weight:** 160

Vertical Jump: 19 **Pro-Agility Run:** 4.68 **Forty Yard Dash:** **Bench Press Poundage:** 115 **Squat Poundage:** 209

Kendall, one of our team captains, is a coaches dream to work with. She focuses on small details and wants to do each lift or movement perfectly. She really wanted to improve this year so she decided to stay all summer and never missed a workout. Not only has her strength level gone up but her improved ability to read and react on the court is something that all the coaches were pleasantly surprised with. Because of her work ethic she has the attention of her teammates who work hard to keep up. Not only is Kendall a dream to work with in the weight room but also in the classroom and on the court. This year she was Honorable Mention All Pac-10 Academic Team and Honorable Mention All Pac-10. - Brent Metz, MEd, CSCS

University of Southern California

Andrew Pizula

Sport: Volleyball

Position: Libero

Height: 5' 10" **Weight:** 180

Vertical Jump: 27.5 **Pro-Agility Run:** 4.18 **Forty Yard Dash:** **Bench Press Poundage:** **Squat Poundage:** 319

Andrew followed a libero that took us to the National Championship match and has done an excellent job matching and working to exceed that level of play. He strives to perfect each and every movement and stayed all summer this offseason to improve his game and give our team a better defense. Andrew has not only greatly improved his core lifts, his vertical jump, and his speed, but the changes were noticeable enough to his teammates upon return from the summer that they have all stepped up their game this fall season. Each player had areas they needed to fix during the offseason and Andrew was able to complete all his goals. - Brent Metz, MEd, CSCS

Western Illinois University

Brooke Stittleburg

Sport: Volleyball

Position: Left Side Hitter

Height: 5' 8" **Weight:** 149

Vertical Jump: 27.5 **Pro-Agility Run:** 4.53 **Forty Yard Dash:** **Bench Press Poundage:** 115 **Squat Poundage:** 200

Brooke is a tremendously gifted student-athlete with whom it has been a pleasure to work. As a true freshman she was the runner up for the Female Leatherneck Strength & Conditioning Champion and as a Junior has now won the award the last two years. Even though Brooke is gifted athletically, she does not sit on her laurels. Brooke is one of the hardest working athletes to come through Western in the last 5 years. A two-time (2008 & 2009) Summit League Fall Academic All-League Honoree, Brooke has maintained a 3.92 GPA as a Biology major with double minors in Kinesiology and Psychology. In addition, Brooke currently serves as the President of the Western Illinois' 2010-11 Student Athletic Advisory Committee (SAAC) and as the Secretary of the Summit League SAAC.
- Christopher Anderson, CSCS, NSCA-CPT

wrestling

Limestone College

Matt Hall

Sport: Wrestling

Position: Starter

Height: 5' 8" **Weight:** 133

Vertical Jump: 22.5 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Poundage:** 205 **Squat Poundage:** 265

Matt has used his many hours spent in the weight room to become a starter for our wrestling program. Each summer he has committed himself to many hours of training with me and has seen substantial gains in strength. He has also developed into a very good leader for the wrestling program. He will take the time to give advice to his younger teammates and is always very active during team workouts never wanting to be held out of any lift because of injury. - Lance Farmer, MS, CSCS

University of Michigan

Anthony Biondo

Sport: Wrestling

Position: 197

Height: 6' 2" **Weight:** 197

Vertical Jump: 29.5 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Poundage:** 315 **Squat Poundage:** 240

Anthony Biondo has continually demonstrated his leadership and commitment to the strength and conditioning program as well as the wrestling program as a whole. His positive attitude, relentless work ethic and adherence to his physical preparation have been instrumental to the numerous personal records he established this past off-season in all areas of strength and conditioning. Anthony's leadership by example was paramount in helping his teammates achieve personal bests within the strength and conditioning program as well. These previously mentioned qualities and achievements have earned Anthony the respect of the coaching staff, his fellow teammates and the athletic department resulting in his selection as a team captain for the 2010-11 wrestling season. - Michael Favre, MEd, CSCS,*D

University of Wyoming

Cole Dallaserra

Sport: Wrestling

Position: 149

Height: 5' 9" **Weight:** 160

Vertical Jump: 32 **Pro-Agility Run:** 0 **Forty Yard Dash:** 0 **Bench Press Poundage:** 265 **Squat Poundage:** 335

Cole is coming into this season as a three year starter, while also maintaining a 3.4 GPA. He is, and has been, a great leader for our wrestling team, as well as a great example for all the athletes here at the University of Wyoming. In our program we stress the importance of work ethic and attention to detail, and Cole illustrates those characteristics on a daily basis. In addition, he has voluntarily taken on the role of helping to teach our new comers technique, sense of urgency, as well as the previous characteristics mentioned that we stress in our program. He is essentially an Assistant Strength and Conditioning Coach, which is more than beneficial to our team. These are the reasons that I am nominating Cole for NSCA All-American award. In addition, he can squat over twice his body weight and can bench, chin-up, and power clean more than 1.6 times his body weight. - Robert Hartman, CSCS

High School Athletes

basketball

Ben Davis High School

Bria Goss

Sport: Basketball

Position: Guard

Height: 5' 10" Weight: 154

Vertical Jump: 21.5 Pro-Agility Run: Forty Yard Dash: 5.14 Bench

Press Pounding: 125 Squat Pounding: 220

Bria has been the best girls basketball player in the state of Indiana for the past 3 years. She has helped her team win back to back state championships and national rankings including a national championship her sophomore year. She is always the best athlete on the court, and has used the strength and conditioning program to allow her to physically dominate her competition. Her strength, speed and athleticism allow her to defend anyone, rebound over taller girls, and repeatedly drive to the basket scoring baskets, drawing fouls, and dishing out assists. She is an example of how a great athlete can still get better if they put the effort into the strength and conditioning program.

- Kevin Vanderbush, MS, CSCS,*D

FAST

Amber Reade

Sport: Basketball

Position:

Height: 5' 8 1/2" Weight: 152

Vertical Jump: 21.5 Pro-Agility Run: 4.57 Forty Yard Dash: Bench

Press Pounding: 110 Squat Pounding: 200

Amber is the ideal female athlete. Her drive to be the best that she can be has given her the focus the break personal records. Her work ethic is something that all other female athletes should take note of. Before coming to me to train she was already named Regional Player of the Year. With the goals she has already achieved through training she is an All-State candidate. Through her training she has improved in every testing category every time she has tested. I wish her the best at college next year.

- Eric Reed, CSCS,*D

Greater Atlanta Christian School

Christine Young

Sport: Basketball

Position: Guard

Height: 5' 3" Weight: 148

Vertical Jump: 23.5 Pro-Agility Run: 4.43 Forty Yard Dash: 4.70 Bench

Press Pounding: 140 Squat Pounding: 265

Christine Young's motor never stops. It will be difficult to describe in words what Christine has meant to GACS. She is a three-sport athlete playing softball, basketball and golf. Her athleticism has even had her contemplating participating in Crew at the collegiate level.

Christine has been active in the GACS Strength & Conditioning program and is one of the female athletes that have helped turn the program into what it is today. Christine has changed the culture of the female training program from something you have to do into something you want to do. Christine currently owns several body weight records as well as several school records, including the Power Clean. Christine is a very coachable athlete who is always looking for ways to improve herself but, more importantly, looks for ways to improve the world around her. She is active in the mission club and school service projects. The biggest compliment I can give to Christine is that she cares more about the success of others than herself.

- Gary Schofield, Jr, ATC/L, CSCS

Hamilton Height High School

Libby Ogden

Sport: Basketball

Position: Guard

Height: 5' 6 1/2" Weight: 148

Vertical Jump: 27 Pro-Agility Run: 4.42 Forty Yard Dash: 4.79 Bench

Press Pounding: 125 Squat Pounding: 220

Libby is a tremendous competitor in all aspects of her life. She will not be outworked in drills, conditioning activities, skill or strength development. Her intensity in the weight room and on the court drives others to be more than 'just enough'. Her drive will benefit her Division I basketball program when she arrives in the Fall 2011.

- Janet Clifton, MS, LAT, ATC, CSCS

Hemingford High School

Katie Heitz

Sport: Basketball

Position: Small Forward

Height: 5' 8" Weight: 135

Vertical Jump: 24 Pro-Agility Run: 4.9 Forty Yard Dash: 4.7 Bench

Press Pounding: 105 Squat Pounding: 230

Katie has made herself an excellent athlete through hard work in our Athletic Performance class. She always gives a maximum effort each and every day and was a very dedicated athlete last summer in the weightroom. Katie is active in many school organizations and still manages an A average academically.

- Randy Hiemstra, MS

Valor Christian High School

Jenelle Beckie

Sport: Basketball

Position:

Height: 5' 10" Weight: 146

Vertical Jump: 23 Pro-Agility Run: 4.90 Forty Yard Dash: Bench Press

Pounding: 105 Squat Pounding: 185

Jenelle has been a leader for all 4 years of her high school career both with soccer and with basketball. She never misses a workout throughout the year, always gives her best, and keeps others accountable. She is also a fierce competitor on the court and field.

- T. J. Ragan

football

Greater Atlanta Christian School

David Harber

Sport: Football

Position: Defensive Back

Height: 5' 10" **Weight:** 205

Vertical Jump: 31 **Pro-Agility Run:** 4.24 **Forty Yard Dash:** 4.70 **Bench Press Pounding:** 255 **Squat Pounding:** 450

David Harber has made an impact on Greater Atlanta Christian athletics. "He's a quiet leader," GACS Head Football Coach Tim Cokely states, "I'm big on guys (like David) that go to class, do what they're supposed to do, and make plays on the field. What you do speaks louder than what you say. And he's a great example of that. He comes to practice every day and practices hard. That's contagious. Anybody you talk to would say David's the heart and soul of our team."

During this past season, David was awarded the Gwinnett Touchdown Club Cecil Morris Award, Gwinnett County Player of the Month, and was the Under Armor Player of the Week. A standout as a defensive back, running back and punter on the football field, David has also been involved in the GACS Strength & Conditioning program for all four years of his high school career and is one of the leaders of the program. We are simply better when he is around. The intensity he brings to the workout elevates those that are around him. - Gary Schofield, Jr, ATC/L, CSCS

Hamilton Height High School

Brock Bolden

Sport: Football

Position: Linebacker

Height: 6' 4 1/2" **Weight:** 206

Vertical Jump: 26.25 **Pro-Agility Run:** 4.47 **Forty Yard Dash:** 4.79 **Bench Press Pounding:** 225 **Squat Pounding:** 345

Brock was a player that came to work everyday. Whether it was in the weightroom, practice or game, we could depend on Brock to show up and empty his tank. Brock is a competitor. He is a player that consistently wants to play for something in practice, compare himself to others at his position or his own goals in the weightroom, and challenge himself daily. Brock is a player that will excel at the next level if he continues to push himself and live with the drive he has now. Brock is a player that will be missed in many aspects of our program. - Janet Clifton, MS, LAT, ATC, CSCS

Hemingford High School

Aaron Jespersen

Sport: Football

Position: Running Back/Safety

Height: 5' 7" **Weight:** 135

Vertical Jump: 33 **Pro-Agility Run:** 4.77 **Forty Yard Dash:** 4.7 **Bench Press Pounding:** 210 **Squat Pounding:** 300

Aaron is a very hard worker in the weightroom and on the field. Pound for pound Aaron is the strongest player we have on our football team as indicated by his Index. Aaron is also a three time state qualifier in wrestling with an excellent chance to be a four time qualifier this winter. - Randy Hiemstra, MS

John H Guyer High School

JW Walsh

Sport: Football

Position: Quarterback

Height: 6' 2" **Weight:** 192

Vertical Jump: 33.5 **Pro-Agility Run:** 4.59 **Forty Yard Dash:** 4.49 **Bench Press Pounding:** 260 **Squat Pounding:** 430

- Bryan Kegans, CSCS

Long Beach Fitness Center

Jonathon Woodrow

Sport: Football

Position: Defensive End

Height: 6' 1" **Weight:** 223

Vertical Jump: 24 **Pro-Agility Run:** 4.75 **Forty Yard Dash:** 5.35 **Bench Press Pounding:** 245 **Squat Pounding:** 305

John has made a lot of strides, not only with his improvements in overall strength, but also in his overall conditioning. He has worked very hard to make gains in both speed and agility, as well as power and explosiveness. His hard work has translated into helping Aspen (Co) High School to a playoff berth with a 9-3 record. John made the All-2A Western Slope Conference Team with 56 total tackles, 22 solo tackles, 13 for loss, and a sack and blocked field goal. His goal of playing college football at the Ivy League level is also enhanced by his 4.0 overall grade point average. - Michael Michelakis, CSCS

Mahar Regional

Isaiah Jones

Sport: Football

Position: Running Back

Height: 5' 11" **Weight:** 170

Vertical Jump: 41 **Pro-Agility Run:** **Forty Yard Dash:** 4.5 **Bench Press Pounding:** 215 **Squat Pounding:** 315

Isaiah is one of the most dedicated athletes I have worked with as strength coach. He is currently being recruited as a running back by several Division I schools. He attended the Boston College Football camp this summer and ran the fastest 40 and had the highest vertical jump out of anyone there. He is school record over 1,000 yard rusher and also a standout athlete on our basketball and track and field teams. Isaiah has improved tremendously over his four years here as an athlete due to his rigorous strength and conditioning program. He has been named all-league and all western Mass in all of the sports he has participated in. - Sarah Woodward, CSCS

Norcross High School

Seth Hinsley

Sport: Football

Position: Linebacker/Fullback

Height: 5' 8" **Weight:** 220

Vertical Jump: 32 **Pro-Agility Run:** **Forty Yard Dash:** 4.52 **Bench Press Pounding:** 380 **Squat Pounding:** 540

"Seth encompasses all aspects of a successful student-athlete. His hard work, consistency and leadership qualities allow him to have a positive impact in the school and community, as well as the weightroom." - Rob Livingstone, CSCS

Oak Ridge High School

Ryan Adams

Sport: Football

Position:

Height: 6' **Weight:** 213

Vertical Jump: 30.25 **Pro-Agility Run:** 4.22 **Forty Yard Dash:** 4.68 **Bench Press Pounding:** 275 **Squat Pounding:** 365

Ryan is a great kid. He comes from a family grounded in faith. He has overcome two devastating injuries that were giant setbacks: a fractured hip and a broken leg. He's trained through them all he never stopped believing in his ability. He has tremendous strength and has continued to improve his technique. He is a leader by example on his football team, in the weight room and among his peers. He has a strong work ethic in the weight room, on and off the football field. Ryan was the runner up for the NSCA National Index Competition Championship, as a junior in high school, losing only to a college freshman. He also set the NSCA National Index Competition record for the hang clean, by executing 2 reps at 285lbs and that was after he fell off the hang clean platform. He's also an all-conference football player. He's everything you'd want in an All-American. He's a leader, he's battled through adversity and he has a tremendous work ethic. - Gabriel Jackson, CSCS

St. Stephen's & St. Agnes

Anthony Jacobsen

Sport: Football

Position: Center

Height: 6' 1" Weight: 220

Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: Bench Press
Poundage: 265 Squat Poundage: 505

Doc's presence in the weight room has made everyone else stronger over his four years at The St. Stephen's and St. Agnes School. Whether they are on one of Doc's teams or just happen to be lifting while Doc is, everyone benefits from having Doc around. Doc works as hard as anyone and is also the first person to ask a relevant question with regards to training. The combination of drive and determination coupled with Doc's willingness to learn has created an exceptional atmosphere for anyone interested in improving their performance. Doc was a captain for the football team as well as the wrestling team this year. To quote Doc's offensive line coach, "Doc makes hard work, fun!"

- Matthew York, CSCS

Tates Creek High School

Tadarius Jemison

Sport: Football

Position: Outside Linebacker / Defensive Line

Height: 6' 1" Weight: 265

Vertical Jump: 26 Pro-Agility Run: 5.00 Forty Yard Dash: 5.25 Bench
Press Poundage: 315 Squat Poundage: 450

A great kid, a leader, works hard in the weight room, in practice and in the classroom carrying a 3.7 GPA. Started at offensive tackle and defensive nose guard and was just named First Team All-City Offensive Lineman. - Ed Towle, Jr, CSCS

Tokay High School

Andrew Richards

Sport: Football

Position: Linebacker/Fullback

Height: 5' 10" Weight: 201

Vertical Jump: 25 Pro-Agility Run: 4.33 Forty Yard Dash: 4.65 Bench
Press Poundage: 245 Squat Poundage: 360

Andrew is an outstanding leader who set the tone for our team by exhibiting passion and tenacity both on the field and in the weight room. He used our strength and conditioning program to mold himself into a First Team All Tri-City Athletic League linebacker after recording 91 tackles, 16.5 tackles for loss and 5.5 sacks during his senior season. He also broke a school record with a 97-yard touchdown run from his fullback position. Andrew added 170 pounds to his max in all three lifts combined over the course of one year, which allowed him to compete at the high level for which he should be recognized.

- Michael Holst, CSCS

Valley High School

J.J. Schoenhofer

Sport: Football

Position: Athlete

Height: 6' Weight: 185

Vertical Jump: 34 Pro-Agility Run: 4.37 Forty Yard Dash: 4.47 Bench
Press Poundage: 240 Squat Poundage: 415

J.J. is one of the hardest working individuals I have had the opportunity to work with. He has taken full advantage of his time at Valley High School by committing himself to the weight room and turning himself into one of the most dominate defensive lineman in 2A football in Colorado. J.J. always forced opposing coaches to game plan around him as he was constantly having two or three blockers sent his direction every play. Despite missing four games due to injury this season he was still voted by the coaches in the conference as a Honorable Mention All-Conference performer. J.J. has set four school records in the weight room and is determined to set at least two more before the end of his time at Valley High School. - Nicholas Troupe, CSCS

Valor Christian High School

George Talanoa

Sport: Football

Position: Fullback

Height: 6' Weight: 242

Vertical Jump: 25 Pro-Agility Run: 4.62 Forty Yard Dash: Bench Press
Poundage: 325 Squat Poundage: 485

George is a fullback/D-end who is receiving a full-ride to Colorado State University. He transferred to me two years ago and has worked extremely hard over the past two years to become the athlete that he is. George is the emotional leader of our team, both on and off the field. - T. J. Ragan, CSCS

lacrosse

St. Stephen's & St. Agnes

Hannah Mullen

Sport: LaCrosse

Position: Also Tennis

Height: 5'5" **Weight:** 125

Vertical Jump: 20 **Pro-Agility Run:** 5.22 **Forty Yard Dash:** **Bench Press Pounding:** 120 **Squat Pounding:** 165

Hannah has tremendous focus in the weight room, on the playing field and in the classroom. She has been an example to the younger girls on the lacrosse team by displaying dedication and discipline in her training and her studies. She has also taken on a leadership role this off-season by organizing optional conditioning workouts for the girls. Hannah has attributed her speed and conditioning, which have earned an offer to play lacrosse in the Ivy League, to the training she has done in the weight room and during off-season conditioning workouts. Hannah is a great athlete and an even greater person who will succeed in whatever task she decides to accomplish.

- Matthew York, CSCS

weightlifting

Homeschooled

Jessica Beed

Sport: Weightlifting

Position:

Height: 5'5" **Weight:** 155

Vertical Jump: 20.4 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounding:** 135 **Squat Pounding:** 265

Note 1: Her record training snatch is 80kg (176 lbs) and her record training clean and jerk is 97 kg (213.4 lbs). Note 2: Her record competition snatch is 75 kg (165 lbs) and her record competition clean & jerk, which is also a Junior American Record, is 93 kg (204.6 lbs) at 63 kg body weight. Note 3: Jessica was also the 2010 63 kg Junior National Champion and by placing with the highest % total (considering body-weight, etc.) out of all US juniors age 14-17, she won the one and only slot to go to the 1st Youth Olympic Games in Singapore (Aug 2010) --- 81 other US athletes attended but Jessica was the only US Olympic Weightlifting Athlete to attend (male or female).

- Jeffrey Stout, PhD, CSCS,*D, FNSCA

volleyball

Mahar Regional

Sam Parker

Sport: Volleyball

Position: Setter

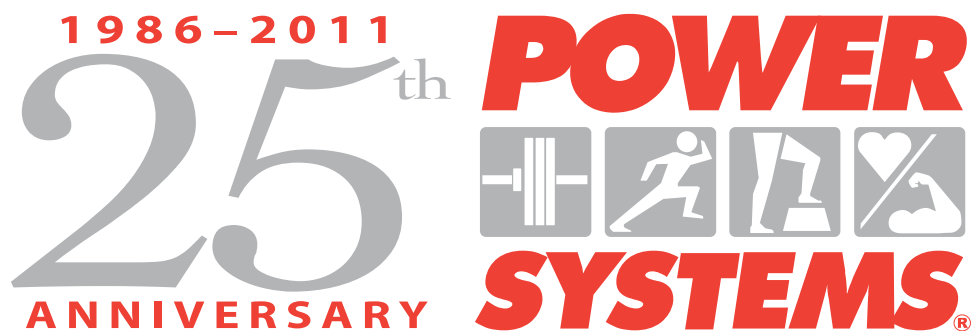
Height: 5'8" **Weight:** 135

Vertical Jump: 22 **Pro-Agility Run:** **Forty Yard Dash:** 4.5 **Bench Press Pounding:** 125 **Squat Pounding:** 235

Sam is the strongest female in our school. She is a three sport athlete competing in volleyball, basketball, and track and field. For someone who is not that tall she has a tremendous vertical and is one of the best blockers on our volleyball team. She is also the best high jumper at our school. Sam's time and distances in track continue to go down.

She is solid as a rock, when playing basketball the other team just bounces off her. Sam has been named All League and All Western Mass. in all three of her sports since her freshman year. - Sarah Woodward, CSCS

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