

# 2012 NSCA

## ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR



# 2012 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

## The University of Missouri

### Ben Turner

**Sport:** Baseball

**Position:** Catcher

**Height:** 6' 5" **Weight:** 220

**Vertical Jump:** 30 **Pro-Agility Run:** 4.70 **Forty Yard Dash:**  
**Bench Press Pounding:** **Squat Pounding:** 450

*Ben is a tremendous leader as both an athlete and a student. Thus, it is no surprise that he is one of two captains for the 2011 - 2012 Missouri Tiger baseball team. As the primary catcher for the Tigers, Ben is a critical figure in the success of the team. Ben is a very mature competitor who also excels in the classroom, earning All-Big 12 first-team Academic honors while studying to earn his degree in Biological Engineering. His mental skills are what set him up for success. He understands that positive thinking, being in the correct mental zone, choosing to be confident, and eliminating distractions is all keys to success. Overall, Ben is a great role model and a pleasure to coach.*  
- Joshua Stoner, CSCS

## Texas Christian University

### Branche Rivera

**Sport:** Baseball

**Position:** Outfield

**Height:** 6' **Weight:** 200

**Vertical Jump:** 34.5 **Pro-Agility Run:** **Forty Yard Dash:** 4.41  
**Bench Press Pounding:** 250 **Squat Pounding:** 350

*Branche has made performance enhancement a priority in his four-year career. As a freshman, Branche weighed 170 lb, now Branche weighs in at 201 lb. with 6.3% body fat. He is one of our fastest athletes running a contact to first base time in under 3.9 s from the right side of the plate. Branche is a shining example of someone that has given his all in his performance enhancement.* - Zach Dechant, CSCS

## Salisbury University

### Brian Brusoe

**Sport:** Baseball

**Position:** Pitcher

**Height:** 5' 11" **Weight:** 175

**Vertical Jump:** 28 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounding:** 190 **Squat Pounding:** 365

*Brian is a tremendously hard worker. Not only has Brian's game performance seen improvement but his confidence and leadership abilities have also improved. These positive changes have come as a result of the dedication Brian has set forth for himself. This dedication to improvement has allowed Brian to increase his strength and power numbers all while decreasing his body fat. Brian is great student-athlete and wonderful to work with each day.* - Matthew Nein, MS, CSCS,\*D

## The University of Michigan

### Coley Crank

**Sport:** Baseball

**Position:** Catcher

**Height:** 6' **Weight:** 215

**Vertical Jump:** 25.8 **Pro-Agility Run:** **Forty Yard Dash:** 4.92  
**Bench Press Pounding:** 285 **Squat Pounding:** 450

*Coley is an example of what we expect from our seniors at Michigan. He dedicated himself to training this off-season and made tremendous improvements. He came into the fall season in the best shape of his career and his strong work ethic served as an example to our underclassmen. Coley is the epitome of an NSCA All-American and it is with great honor that I submit his recommendation for this award.*  
- Jason Cole, MS, CSCS

## South Dakota State University

### Eric Cain

**Sport:** Baseball

**Position:** Shortstop

**Height:** 5' 11" **Weight:** 198

**Vertical Jump:** 27 **Pro-Agility Run:** 4.34 **Forty Yard Dash:**  
**Bench Press Pounding:** 255 **Squat Pounding:** 376

*Eric has been the ideal example of a student-athlete. He has worked very hard to improve all aspects of strength, power, speed, and agility while being extremely responsive to coaching. His hard work on the field, in the weight room, and in the classroom is evident by all of his success. Eric has been a three-year starter at shortstop and has been named a team captain for the 2012 season. He has been named Summit League Player of the Week three times in his career and already holds the school record with 430 assists. In 2010, he was named to the second-team All-Summit League while leading the conference in runs batted in as well as being named the 2010 SDSU Greg Geary Big Stick Award recipient. His dedication, work ethic, and personality will continue to make Eric a success in all his future endeavors.* - Eric Adolph, I

## Virginia Military Institute

### George Piccirilli

**Sport:** Baseball

**Position:** First Baseman

**Height:** 5' 10" **Weight:** 195

**Vertical Jump:** 29.1 **Pro-Agility Run:** **Forty Yard Dash:**  
**Bench Press Pounding:** 305 **Squat Pounding:** 500

*George is the consummate leader by example as a Cadet-Athlete at the Virginia Military Institute. He is an exceptional student, majoring in Economics and Business and has been a consistently hard worker in the weight room, holding the team's all-time record in the back squat (500 lb). He has had an impressive collegiate career as a first baseman for the VMI baseball team, highlighted by an overall batting percentage of .301. George played his 2011 summer ball with Lexington's Rockbridge Rapids, making the South Division's All-Star team.*  
- Jim Whitten, CSCS

## University Of La Verne

### Jacob Ludvik

**Sport:** Baseball

**Position:** Outfield

**Height:** 5' 9 1/2"      **Weight:** 165

**Vertical Jump:** 29 **Pro-Agility Run:**    **Forty Yard Dash:** 4.61

**Bench Press Pounds:**    **Squat Pounds:** 280

*Jacob Ludvik, in two years, has done more than most athletes get done in four. As a junior college transfer, he came right into the strength/baseball programs and was able to insert himself into the starting lineup. Jacob has not only led by example, but is also a vocal leader. In the weight room, Jacob is not afraid to coach fellow teammates to get the most out of them. Jacob is also an All-Conference selection during his time at La Verne. - Matt Durant*

## College of the Canyons

### Jake Jelmini

**Sport:** Baseball

**Position:** 1st Base/Outfield

**Height:** 6' 3"      **Weight:** 204

**Vertical Jump:** 25.0 **Pro-Agility Run:** 4.50 **Forty Yard Dash:**

**4.90 Bench Press Pounds:**    **Squat Pounds:**

*I would be lying if I said that I have ever had a baseball athlete like Jake. While his talent was enough for him to be offered a full athletic scholarship to the University of Oregon, it is his work ethic and drive to get better that will be his legacy here. His passion, caring, and competitiveness in each and every training session is unmatched. His actions are infectious and he makes everyone around him better just by being the person that he is. He is a true team player, and one that will be missed as he leaves us after this season for the University of Oregon. Thanks for everything Jake. - Joel Gunterman*

## Merrimack College

### Joe Manton

**Sport:** Baseball

**Position:** Pitcher/Designated Hitter

**Height:** 5' 10"      **Weight:** 210

**Vertical Jump:** 30.5 **Pro-Agility Run:**    **Forty Yard Dash:**

**Bench Press Pounds:** 275 **Squat Pounds:** 415

*The combination of work ethic and high standards has made Joe a standout in the weight room and on the diamond. He has made a name for himself by his dedication to physical development. He sets the bar very high for himself and demands it of his teammates as well. - Michael Kamal, MEd, CSCS*

## Bowdoin College

### Jordan Edgett

**Sport:** Baseball

**Position:** Shortstop

**Height:** 5' 11"      **Weight:** 181

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

**Press Pounds:**    **Squat Pounds:** 335

*Jordan is driven to a greater degree than most regarding the connection between a commitment to our strength and conditioning program and enhanced performance on the baseball field. He believes consistent improvement in strength and conditioning qualities improves hitting and fielding qualities. A tri-captain, Jordan is an outstanding role model for his teammates. - James St. Pierre, CSCS,\*D, RSCC\*D*

## Limestone College

### Luke Beasley

**Sport:** Baseball

**Position:** Outfield

**Height:** 5' 7"      **Weight:** 156

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

**Press Pounds:** 275 **Squat Pounds:** 380

*Luke is a quiet leader, he does everything you ask of him and leads by example. He is also an outstanding student who is involved with FCA and SAAC. - Lance Farmer, MS, CSCS*

## University of California, Irvine

### Matt Summers

**Sport:** Baseball

**Position:** Pitcher

**Height:**    **Weight:**

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

**Press Pounds:**    **Squat Pounds:** 396

*- Mike Nagler, CSCS*

## University of Texas at San Antonio

### PD McIntyre

**Sport:** Baseball

**Position:** Catcher

**Height:** 5' 10"      **Weight:** 195

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

**Press Pounds:** 200 **Squat Pounds:** 335

*PD has really turned a corner athletically in the two years he has been at UTSA. Through his time and dedication in the weight room, especially in the off-season, he has shown what strength and conditioning can do for an athlete. - Derrick Jenkins, MA, CSCS*

## Clemson University

### Phil Pohl

**Sport:** Baseball

**Position:** Catcher

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

**Vertical Jump:** 29.5 **Pro-Agility Run:** 4.43 **Forty Yard Dash:**

**4.7 Bench Press Pounds:** 300 **Squat Pounds:** 415

*Through his hard work and dedication, Phil has become one of the most respected players on the Clemson baseball team. Phil, who is a two-time co-captain of the baseball team, leads by example and his effort and attitude is contagious among his teammates. Phil's efforts have not gone unnoticed; last season he was named second-team All-ACC on the field and has also been on the All-ACC Academic team the past two seasons. In the weight room, Phil was voted most dedicated by his teammates this past season; he is also among the team leaders in both back squats and deadlifts. Phil has consistently used the weight room as tool to enhance his sports performance. - Richard Franzblau, CSCS*

## Lipscomb University

### Shawn Mehring

**Sport:** Baseball

**Position:** Outfielder

**Height:** 5' 10 1/2"      **Weight:** 181

**Vertical Jump:** 33.25   **Pro-Agility Run:** 4.4   **Forty Yard Dash:**

**Bench Press POUNDAGE:** 265   **Squat POUNDAGE:** 375

*Shawn is not only an exceptional athlete and hard worker, but also possesses an extremely positive attitude in all of his endeavors. He serves as an excellent motivator for his teammates and is always willing to put forth the extra effort to improve himself, whether it is in the weight room or out on the field. - William Osburn, CSCS*

## Phoenix College

### Timothy Shedrick

**Sport:** Baseball

**Position:** Outfield

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

**Vertical Jump:** 33   **Pro-Agility Run:** 3.53   **Forty Yard Dash:**

**4.42   Bench Press POUNDAGE:** 215   **Squat POUNDAGE:** 285

*TJ has been a dedicated, disciplined athlete and a leader by coming to training sessions focused and ready to put in a 100% effort every day. This leadership has worn off on his team as they compete with him in exercises that are assigned for the training day. His ability to come to train and get it done, no matter what, is a great attribute to have and it shows great character for him as well and for his team. TJ is an athlete that I like to work with because of the great work ethic that he brings to the table, and he is easy to work with, therefore he has stood out amongst his counterparts and has achieved and is still achieving excellence every day. - Matthew Huntsman, CSCS, NSCA-CPT*



# basketball

## Elon University

### Ali Ford

**Sport:** Basketball

**Position:** Guard

**Height:** 5' 2"    **Weight:** 132

**Vertical Jump:** 26   **Pro-Agility Run:**   **Forty Yard Dash:** 4.7

**Bench Press Pounding:** 215   **Squat Pounding:** 260

*Ali is a tireless worker in the weight room. She has no quit in her and is always trying to improve. She does extra work anytime she can and has dramatically improved at every testing variable. She takes the effort she has on the practice floor and applies it to the weight room every time she comes in. She is consistently the first girl in and the last girl to leave. Her heart really inspires those around her to work harder.*

- Aaron Craft, CSCS

## Texas Christian University

### Antionette Thompson

**Sport:** Basketball

**Position:** Pointguard

**Height:** 5' 8"    **Weight:** 135

**Vertical Jump:** 26.5   **Pro-Agility Run:**   **Forty Yard Dash:**

**Bench Press Pounding:** 130   **Squat Pounding:** 215

*Antionette is an outstanding leader in the weight room. She is an extremely coachable athlete and gives me her best effort every day.*

- Melissa Mitchell, CSCS

## Juniata College

### Ashton Bankos

**Sport:** Basketball

**Position:** Guard

**Height:** 5' 5 1/2"    **Weight:** 125

**Vertical Jump:** 21.5   **Pro-Agility Run:** 4.6   **Forty Yard Dash:**

**5.0   Bench Press Pounding:** 150   **Squat Pounding:** 250

*Ashton's hard work and leadership skills on the basketball court and in our off-season developmental program, has been instrumental in contributing to Juniata College's women's basketball successes.*

*Ashton's work ethic, self-motivation, and leadership skills have been a key factor in helping herself and her teammates achieve a work standard that has translated into team success. This same work ethic and self-motivation have also contributed in Ashton's position on both the 2009 - 2010 and 2010 - 2011 second-team All-Landmark Conference, and position of team captain on the 2011 - 2012 Juniata College women's basketball team.*

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

## College of Charleston

### Bart "Bernie" Benton

**Sport:** Basketball

**Position:** Guard

**Height:** 6' 1"    **Weight:** 180

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

**Press Pounding:** 250   **Squat Pounding:** 300

*Bernie is a one in a million athlete. He will do whatever it takes to help make the team better. His attitude and work ethic is contagious and he has made his mark on this program for years to come.*

- Steven Bamel, MS, CSCS

## Stillman College

### Brandi Turner

**Sport:** Basketball

**Position:** Guard

**Height:** 5' 6"    **Weight:** 163

**Vertical Jump:** 13   **Pro-Agility Run:** 4.84   **Forty Yard Dash:**

**Bench Press Pounding:** 115   **Squat Pounding:**

*Brandi has battled back from patella dislocation, meniscus and ACL tears to lead all Stillman College women athletes in two of the three core lifts. Previously she couldn't perform any physical activity without the aid of her knee sleeve and brace. She spent a lot of time working one-on-one this summer in the weight room with me and by summer's end, she was free of all sleeves and braces. When fall came, she had learned techniques and strength and conditioning practices well enough that she was able to properly instruct her teammates during team workouts. Brandi is a vocal, as well as demonstrative, leader and her teammates respect it and follow suit.*

- Keith Swift, CSCS

## The University of Missouri

### BreAnna Brock

**Sport:** Basketball

**Position:** Post

**Height:** 6' 2"    **Weight:** 180

**Vertical Jump:** 28   **Pro-Agility Run:** 4.69   **Forty Yard Dash:**

**Bench Press Pounding:** 145   **Squat Pounding:** 323

*BreAnna is the poster girl for the benefits of dedicating oneself to strength and conditioning and the effect it will have on performance.*

*She has developed into a true leader in the weight room and on the court in part because of the great pride she demonstrates. She has increased her lean mass through hard work and smart nutrition choices. Her performance numbers are the result of her dedication and it is my pleasure to nominate her for this award.*

- Jacob Linn, CSCS, NSCA-CPT

## Humboldt State University

### Bree Halsey

**Sport:** Basketball

**Position:** Forward

**Height:** 6'    **Weight:** 165

**Vertical Jump:** 28.5   **Pro-Agility Run:** 5.0   **Forty Yard Dash:**

**4.9   Bench Press Pounding:** 135   **Squat Pounding:** 210

*Bree's dedication to the weight room has led to increasing on-court success each season. She redshirted in 2007 and focused on getting stronger. Her physique became more muscular and she played in every game her freshman year. As Bree became more powerful, she led the team in rebounding her sophomore and junior years and was fourth in the conference. She was a second-team All-Conference (CCAA) selection after averaging nearly a double double (9.9 points/9.7 rebounds) during her junior year. Bree also holds the HSU vertical jump record (28.5 in.) for her weight class. It is always a joy to work with this humble, hard-working, and always appreciative young woman.*

- Matthew Lee, MS, CSCS

## Elon University

### Brett Ervin

**Sport:** Basketball

**Position:** Forward

**Height:** 6' 7" **Weight:** 247

**Vertical Jump:** 35 **Pro-Agility Run:** Forty Yard Dash: 4.7

**Bench Press Pounding:** 305 **Squat Pounding:** 405

*Brett has a special work ethic that cannot be overlooked. He has dropped 5% body fat and increased strength levels in three months of off-season work. He brings an enthusiasm to the weight room everyday and never lets up. He has become a leader in and out of the weight room and a real example of how to attack a program to get better.*

- Aaron Craft, CSCS

## Saint Louis University

### Brian Conklin

**Sport:** Basketball

**Position:** Forward

**Height:** 6' 6" **Weight:** 235

**Vertical Jump:** 33.0 **Pro-Agility Run:** 4.16 **Forty Yard Dash:**

**Bench Press Pounding:** 285 **Squat Pounding:** 380

*Brian has been the consummate senior. His passion and intensity has infected our entire team. His academic achievements exceed his achievements on the court. Brian has graduated in three years and is currently working on his MBA. Having Brian around has been like having an extra coach in the room. Brian's leadership will be genuinely missed.* - Erick Schork, MA, CSCS

## Lipscomb University

### Brittany Duerk

**Sport:** Basketball

**Position:** Post

**Height:** 6' **Weight:** 165

**Vertical Jump:** 21.5 **Pro-Agility Run:** 4.91 **Forty Yard Dash:**

**Bench Press Pounding:** 165 **Squat Pounding:** 225

*Brittany has demonstrated extensive leadership and integrity qualities in her time here at Lipscomb University. Her work ethic is virtually unmatched in the weight room and she provides her teammates with both an athletic and moral example that they can look up to and use as motivation in their years to come. Brittany is always in search of techniques to improve her game and athletic ability.* - William Osburn, CSCS

## University of Michigan

### Carmen Reynolds

**Sport:** Basketball

**Position:** Forward

**Height:** 6' **Weight:**

**Vertical Jump:** 26.5 **Pro-Agility Run:** Forty Yard Dash:

**Bench Press Pounding:** 140 **Squat Pounding:** 220

*Carmen is a very dedicated student-athlete with great work ethic. She has excelled on the court for our women's basketball team and is a great role model for her teammates. She currently holds the women's basketball hang clean record at 175 lb.* - Jon Sanderson, CSCS

## Humboldt State University

### David (D.J.) Broome

**Sport:** Basketball

**Position:** Point Guard

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

**Vertical Jump:** 34 **Pro-Agility Run:** 3.97 **Forty Yard Dash:**

**4.44 Bench Press Pounding:** 245 **Squat Pounding:** 265

*Measuring in at 5'5 with slight build, some would say that DJ does not belong at this level (Division II). As his basketball coach would say, 'he is electrifying and has an incredible heart. He doesn't back down from anybody and I was excited for him to prove that he could play at that level considering his size.' He has had to work twice as hard as any other player just to compete. DJ excelled in the strength and conditioning field where he posted school records in his weight class for the bench press, squat, clean and vertical jump.* - Brian Charity, CSCS

## Drexel University

### Derrick Thomas

**Sport:** Basketball

**Position:** Guard

**Height:** 6' 4" **Weight:** 195

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

**Bench Press Pounding:** 275 **Squat Pounding:** 0

*Derrick is a high energy, hard working, and consistent young man. These traits along with his on-court work ethic help explain why, as a sophomore, he was second on the team with minutes played. He is also one of our top on-ball defenders regularly guarding the opponent's top perimeter threat. In the weight room Derrick does an outstanding job leading by example.* - Michael Rankin, CSCS, NSCA-CPT

## High Point University

### Erin Reynolds

**Sport:** Basketball

**Position:**

**Height:** 5' 3" **Weight:** 136

**Vertical Jump:** 26.5 **Pro-Agility Run:** 4.44 **Forty Yard Dash:**

**4.81 Bench Press Pounding:** 165 **Squat Pounding:** 265

*Erin has an uncanny ability to get the most out of herself during each workout, whether it is strength training or conditioning. Her natural strength along with her determination has helped peak her skill set on the court to one of the premier guards in the Big South Conference. Erin's energy and drive comes from her unwillingness to never lose at anything; this is evident to her off-season drive and her leadership ability to bring her team together for voluntary workouts. She is the type of athlete that teams want to mold each player after.* - Michael Rhoades



## South Dakota State University

### Griffan Callahan

**Sport:** Basketball

**Position:** Guard

**Height:** 6' 4" **Weight:** 200

**Vertical Jump:** 28 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounds:** 260 **Squat Pounds:** 354

*Griffan has always hustled and played physical, tough basketball and his effort in the weight room has complemented that. He has worked to improve his strength and power which has helped him compete against bigger and taller opponents. Griffan set our SDSU men's basketball power clean record this pre-season at 286 lb, leading into his senior campaign. On a team with eight new players, and being the only senior, Griffan has also played a critical leadership role. His drive and work ethic will serve him well in the future as well. - Logan Ogden, CSCS*

## University of California, Irvine

### Jade Smith-Williams

**Sport:** Basketball

**Position:** Guard

**Height:** **Weight:**

**Vertical Jump:** 33 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounds:** 300 **Squat Pounds:** 264

- Mike Nagler, CSCS

## Middle Tennessee State University

### Jontaveous "J.T." Sulton

**Sport:** Basketball

**Position:** Forward

**Height:** 6' 7 1/2" **Weight:** 230

**Vertical Jump:** 36.5 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounds:** 305 **Squat Pounds:**

*JT came to Middle Tennessee in 2009 as a 187-lb freshman, benching 185 lb and vertical jumping 34.5 in. Since his arrival, he has grown into his current 230-lb frame, benching 305 lb, and vertical jumping 36.5 in. JT has shown a tremendous work ethic in his time here at Middle Tennessee, which has allowed his play on the court, strength numbers, and body composition to elevate to championship levels. He is entering his junior year after playing in all 32 games, starting 28, averaging 23.8 min per game as well as averaging 9.3 points and five rebounds per game. He posted a 72.6 free-throw percentage and shot 47.4% from the field. - Jason Spray, CSCS*

## University of Michigan

### Jordan Morgan

**Sport:** Basketball

**Position:** Forward

**Height:** 6' 8" **Weight:** 250

**Vertical Jump:** 35 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounds:** 250 **Squat Pounds:** 350

*Jordan has great work ethic and character. He has completely transformed his body and has become a very powerful and athletic starter for our men's basketball team. - Jon Sanderson, CSCS*

## Portland State University

### Karley Lampman

**Sport:** Basketball

**Position:** Guard

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

**Vertical Jump:** **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounds:** 140 **Squat Pounds:** 215

*Karley has used the weight room to increase her playing time and been a significant factor on our women's basketball team. - Fredrick Fabian, MS, CSCS*

## Charleston Southern University

### Kelvin Martin

**Sport:** Basketball

**Position:** Small Forward

**Height:** 6' 3" **Weight:** 207

**Vertical Jump:** 36 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounds:** 280 **Squat Pounds:** 450

*Kelvin has been a true joy to work with for four years. His tremendous work ethic and commitment to training has led to a lot of success on the basketball court for both our team and him individually. In 2010 - 2011 he was named second-team All-Big South Conference and the Big South Conference Defensive Player of the Year, while also earning a spot on the Mid-Major Defensive All-American team. He also owns the program record in the hang clean, vertical jump, approach jump, and total weight. - Tobias Jacobi, CSCS*

## Saint Louis University

### Mallory Eggert

**Sport:** Basketball

**Position:** Forward

**Height:** 6' **Weight:**

**Vertical Jump:** 25.5 **Pro-Agility Run:** 4.70 **Forty Yard Dash:** **Bench Press Pounds:** 145 **Squat Pounds:** 290

*Mallory has shown steady improvement in the weight room over the past three years. However, her greatest contribution is her ability to elevate the proficiency of those around her. - Erick Schork, MA, CSCS*

## Juniata College

### Meagan Raville

**Sport:** Basketball

**Position:** Guard

**Height:** 5' 9 1/2" **Weight:** 127

**Vertical Jump:** 22.0 **Pro-Agility Run:** 4.6 **Forty Yard Dash:** 4.8 **Bench Press Pounds:** 140 **Squat Pounds:** 240

*Meagan has worked extremely hard in all areas of our performance enhancement program to improve her individual athleticism as well as her skills as a basketball player, and team leader. Her work ethic has allowed her to be successful in the weight room, on the basketball court, and in the classroom. With three years of steady performance under her belt, much of the success of the upcoming 2011 - 2012 season will depend on Meagan's athletic and leadership abilities. Meagan's off-season work effort is a sure indicator of both successes on the playing court and as a future teacher in the classroom. Meagan's selection as one of the team captains for the upcoming basketball season is a testament of her teammates' respect of her dedication and work ethic. - John Haubrick, CSCS*

## Towson University

## **Meredith Kennedy**

**Sport: Basketball**

**Position: Shooting Guard**

**Height: 5' 6" Weight: 136**

**Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: 5.10**

**Bench Press Pounding: Squat Pounding:**

*The quality that best describes Meredith is leadership. Meredith's ability to excel during practice, training, and in academics directly relates to her discipline as an athlete. Meredith has developed a physical presence on the court that gives her an advantage against any opponent at her position. Meredith's desire to improve stretches from the weight room to the court through strength and speed training, conditioning, and practice, and has developed her into the complete athlete that she is now. The rise from freshman role player to senior starter on her team and premiere three-point threat in the Colonial Conference shows the true accomplishment that Meredith has strived for every day. Meredith has utilized strength training and conditioning to achieve her goals of competing in a difficult Division I conference and producing quality stats each night to aid her team in victory.*

- Adam Craft, CSCS

## **Towson University**

### **Mike Burwell**

**Sport: Basketball**

**Position: Shooting Guard**

**Height: 6' 4" Weight: 195**

**Vertical Jump: 33 Pro-Agility Run: Forty Yard Dash: 4.56**

**Bench Press Pounding: Squat Pounding:**

*The most prolific quality that Mike possesses is his ability to harness elite skill while not losing sight of his dedication to improve. As an elite basketball talent, Mike has not rested on his ability alone to succeed, but instead, has developed a work ethic that surpasses all others. Mike has utilized his athletic gifts to develop his body into a performance machine that operates at a high level without fail. Mike previously battled through the difficult Big East Conference schedule before coming to Towson University. He will now bring his experience to the Colonial Conference to battle with multiple NCAA tournament teams. This young man has not just shown the potential for greatness through strength and conditioning improvements, but has translated them to the court each day to achieve undeniable success.* - Adam Craft, CSCS

## **William Woods University**

### **Miranda Loesch**

**Sport: Basketball**

**Position: Center**

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

**Vertical Jump: 19 Pro-Agility Run: 4.9 Forty Yard Dash: 5.24**

**Bench Press Pounding: 200 Squat Pounding: 350**

*Miranda has been a real pleasure to coach during her time at William Woods University. She has embraced the training program and been an excellent leader. Her dedication has helped her become a much stronger, quicker, and fit student-athlete.* - Robert Jones, CSCS

## **Western Michigan University**

## **Robin Giden**

**Sport: Basketball**

**Position: Forward**

**Height: 6' Weight: 172**

**Vertical Jump: 23 Pro-Agility Run: 4.71 Forty Yard Dash:**

**Bench Press Pounding: 120 Squat Pounding: 185**

*Robin has benefited immensely from her time spent in the weight room at Western Michigan University. Over the course of her four years, she has developed and changed her body and strength skill set to maximize her athletic potential. Improving every year she has been here, she has become a stronger, more vocal, and well-conditioned leader on and off the court. She is an extremely dedicated and hard working athlete who is a positive influence on her teammates.*

- Timothy Herrmann, MA, CSCS

## **Keene State College**

### **Ryan Martin**

**Sport: Basketball**

**Position: Point Guard**

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

**Vertical Jump: 32.8 Pro-Agility Run: 4.13 Forty Yard Dash:**

**Bench Press Pounding: 235 Squat Pounding: 295**

*Ryan is one of the hardest working athletes I have ever coached. He is constantly trying to get better either on the court or working hard in the weight room. He is a great role model and a positive example to his teammates.* - Sarah Testo

## **High Point University**

### **Shamia Brown**

**Sport: Basketball**

**Position: Forward**

**Height: 5' 11" Weight: 154**

**Vertical Jump: 26 Pro-Agility Run: Forty Yard Dash: 4.91**

**Bench Press Pounding: 165 Squat Pounding: 215**

*There is no one that will outwork Shamia, period. Her energy level is unmatched and she uses it to her advantage in the weight room, in practice, and in games. Every day she brings it, she constantly elevates her level and that of those around her. You could not ask for more from your senior leader. She leads by example in everything she does and I have been blessed to have been able to work with her.*

- Timothy Teefy, CSCS

## Humboldt State University

### Whitney Howard

**Sport:** Basketball

**Position:** Forward

**Height:** 5' 11" **Weight:** 175

**Vertical Jump:** 25 **Pro-Agility Run:** 4.91 **Forty Yard Dash:** 5.15 **Bench Press Pounding:** 150 **Squat Pounding:** 205

*Whitney has had to work hard for everything. Whether it has been playing minutes, rebounds, baskets, or personal lifting records, she has done so with the utmost effort and attitude. All of Whitney's hard work has finally paid off as she has been a dominating inside post presence for the Lumberjacks during her senior season. Her accomplishments on the court this season were fueled by her intense dedication to become a stronger, faster, and more powerful athlete. In the weight room, Whitney's work ethic, discipline, and attitude epitomizes what the Humboldt State University strength and conditioning program is all about. Respected by her teammates and coaching staff, Whitney 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, MS, CSCS*

## University of Wisconsin-Stevens Point

### Whitney Verdegan

**Sport:** Basketball

**Position:** Guard

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

**Vertical Jump:** 19.5 **Pro-Agility Run:** 5.11 **Forty Yard Dash:** **Bench Press Pounding:** 125 **Squat Pounding:** 215

*Whitney is a fearless competitor in the weight room and on the basketball court. She has done everything asked of her, without hesitation. Her attitude and work ethic in the weight room are contagious, as she brings all-out effort and a positive attitude to every workout. She is the ultimate team player. She has also been active in the community with Project Embrace, the Salvation Army, Student Athlete Advisory Committee and Play4Kay. - Jon Verdegan, MS, CSCS*

## crew

## Humboldt State University

### Molly Fisher

**Sport:** Crew

**Position:**

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

**Vertical Jump:** 22 **Pro-Agility Run:** 5.0 **Forty Yard Dash:** 5.5 **Bench Press Pounding:** 175 **Squat Pounding:** 270

*Molly's consistency and effort has set the tone in the weight room for our nationally ranked women's rowing team during her four-year career. Molly holds the school record in her weight class for the squat and bench press, and has very successfully managed the very demanding academic requirements of engineering with the equally demanding athletic requirements of rowing. - Andrew Petersen, MA, CSCS, RSCC*

## cross country

## University of Michigan

### Craig Forys

**Sport:** Cross Country

**Position:**

**Height:** 6' **Weight:** 136

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

*I am proud to nominate Craig Forys for NSCA All-American honors; Craig exhibits great leadership on and off the course. Craig earned 2011 - 2012 All-Great Lakes honors, second-team All-Conference honors, and All-Big Ten Academic accolades. Craig has a great work ethic and great understanding of the importance in the weight room and how it correlates to his running performance. His hard work and dedication in the weight room was exhibited on the course. I am proud to have worked with Craig during his senior campaign. - Timothy Dombrowski*

## University of Michigan

### Danielle Tauro

**Sport:** Cross Country

**Position:**

**Height:** 5' 8" **Weight:** 116

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

*I am proud to nominate Danielle for NSCA All-American honors. Danielle is a highly driven and highly motivated athlete whose work and dedication during training was displayed in her achievement on the cross-country course. She was named 2011 - 2012 Great Lakes Region Athlete of the Year with her win in the regional competition with a time of 20:33.6. She earned first-team All-Big Ten honors, and was selected to the All-Big Ten Academic team. I am extremely honored to nominate Danielle for 2012 NSCA All-American. - Timothy Dombrowski*

# diving

## University of Michigan

### Amanda Lohman

**Sport:** Diving

**Position:**

**Height:** 5' 3 1/2"      **Weight:** 135

**Vertical Jump:** 16.6   **Pro-Agility Run:**   **Forty Yard Dash:**

**Bench Press Pounds:** 100   **Squat Pounds:** 160

*Amanda demonstrates true leadership and dedication on and off the diving board. She has worked extremely hard from the off-season through the entire training year, which has paid dividends in her diving. Amanda is an integral member of the Michigan women's swimming and diving team. Her hard work and effective leadership have helped the divers to become a more cohesive unit, as evident by her election as co-captain. Outside the natatorium, Amanda's compassion and strong presence emanate. She is the Marketing and Communications Director for M-Fem, a student-athlete group empowering female athletes at the University of Michigan and in the community. In addition to this role, Amanda is a veteran leader for the Michigan Leadership Academy. She continues her drive for excellence in the classroom as well, as she is a three-time U-M Athletic Academic Achievement Award winner, as well as a two-time Academic All-Big Ten recipient. She has also been awarded Big Ten Diver of the Week four times. Amanda's passion for improvement, as well as her outstanding attitude, allow for success in all aspects of her life. - Emily Enos, CSCS*

## University of Michigan

### Thomas Jahnke

**Sport:** Diving

**Position:**

**Height:** 6'      **Weight:** 185

**Vertical Jump:** 23.6   **Pro-Agility Run:**   **Forty Yard Dash:**

**Bench Press Pounds:** 195   **Squat Pounds:** 290

*Thomas displayed relentless dedication and enthusiasm during the pre-season and has continued his hard work throughout the year. He demonstrates his drive to improve each and every day. In just a short time, he has shown his commitment to training in the weight room and his passion to become a better diver for the University of Michigan men's swimming and diving team, in pursuit of a second consecutive Big Ten Conference Championship. His commitment and hard work are evident in the classroom as well, as he has earned the U-M Athletic Academic Achievement Award. It is my pleasure to nominate Thomas for the considerable progress he has made as a Wolverine student-athlete in the last year. I look forward to the opportunity to contribute to his development at the University of Michigan. - Emily Enos, CSCS*

# field hockey

## Drexel University

### Amanda Fleischut

**Sport:** Field Hockey

**Position:** Midfield

**Height:** 5' 3"      **Weight:** 124

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

**Press Pounds:** 95   **Squat Pounds:** 130

*Amanda is a true asset to her team inside and outside of the weight room. She gives 100% every time she trains. Her extra effort and dedication to improving has not only helped her team tremendously, but resulted in her selection to the second-team NFHCA Division I All-Region. - John Sheffield*

## Old Dominion University

### Julie Hodge

**Sport:** Field Hockey

**Position:** Midfield

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

**Vertical Jump:** 17   **Pro-Agility Run:** 4.94   **Forty Yard Dash:**

**Bench Press Pounds:** 130   **Squat Pounds:** 200

*Julie has always been a hard worker willing to do whatever it takes to elevate her performance. Her focus on technique, nutrition, and her outstanding work ethic are qualities she relies on to improve. She is a leader during the workouts, pushing not only herself, but also encouraging others to work and always give their best effort. - Joe Makovec, CSCS*

## Limestone College

### Skylar Marcoux

**Sport:** Field Hockey

**Position:** Midfield

**Height:** 5' 2"      **Weight:** 130

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

**Press Pounds:** 100   **Squat Pounds:** 130

*Skylar is a vocal leader on the field hockey team, she is also a starter on the women's lacrosse team. She made the commitment to stay over the summer and train because she knew getting stronger would help her become better at both sports. She also took the time to come in during pre-season to do extra workouts that were not required of the team. She is always one to do everything you ask and then ask if she can do a little more. She has been a pleasure to coach the last three years. - Lance Farmer, MS, CSCS*

# football

## Humboldt State University

### Andrew Shaw

**Sport:** Football

**Position:** Right Guard

**Height:** 6' 3"    **Weight:** 265

**Vertical Jump:** 32   **Pro-Agility Run:**   **Forty Yard Dash:** 5.2

**Bench Press Poundage:** 375   **Squat Poundage:** 480

*Andrew has been a great asset to our 2011 GNAC Conference Champion football program here at Humboldt State. He has also accumulated other accolades such as the team's Offensive Lineman of the Year Award in 2011, second-team All-GNAC in 2011, and All-GNAC Academic team in 2011 with a 3.25 overall GPA majoring in Business Finance. He is a persistent, dedicated, loyal, and tenacious young man. His dedication to his training has clearly showed. He played his entire senior year with a torn ACL, and he owes his ability to manage that to his own hard work, training with the Lumberjack Iron program. In addition to putting hours into the weight room, he has spent many hours with fellow linemen training and working on skills and technique. His character is clearly reflected in one of his training philosophies, 'if you're not getting better, you're getting worse.' This NSCA All-American award is a nice capstone for a quite deserving young man.*  
- Jessica Turner, CSCS

## Cumberland University

### Ben Miller

**Sport:** Football

**Position:** Linebacker

**Height:** 5' 11"    **Weight:** 240

**Vertical Jump:** 31   **Pro-Agility Run:** 4.3   **Forty Yard Dash:** 4.68

**Bench Press Poundage:** 400   **Squat Poundage:** 570

*After transferring to Cumberland University, from Carson-Newman, the spring of his sophomore year, Ben has continually been a force to reckon with. Ben has been the epitome of work ethic and discipline to his peers on and off the field. While maintaining a 3.55 GPA, Ben also earned Academic All-Conference honors twice, All-Conference Honorable Mention, All-Conference honors twice, and Conference Player of the Week for the Mid-South Conference three times. Ben played injured during his junior and senior years and found resolve to make an impact. It has been an honor and a privilege to coach such an elite and respectful athlete.* - Brad Lokey, CSCS, NSCA-CPT, RSCC

## Northern Arizona University

### Benjamin Bachelier

**Sport:** Football

**Position:** Long Snapper

**Height:** 6'    **Weight:** 230

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

**Press Poundage:** 255   **Squat Poundage:** 435

*Benjamin was a walk-on who not only made the team and got a scholarship, but became a leader. He has had perfect attendance for his entire career, including non-mandatory workouts. He not only out-worked his opponents, but his teammates as well. He led by example as well as guided his teammates. He is like having another coach in the room. His consistency in the room paralleled his play on the field, with no bad snaps his senior year and several tackles on punt coverage. His dedication overflows into all areas of his life, academic, athletic, and personal.* - Daniel Darcy, Jr, CSCS

## University of Northern Iowa

### Benjamin Boothby

**Sport:** Football

**Position:** Defensive Line

**Height:** 6' 1 1/2"    **Weight:** 290

**Vertical Jump:** 29.5   **Pro-Agility Run:** 4.43   **Forty Yard Dash:**

**4.93   Bench Press Poundage:** 415   **Squat Poundage:** 630

*Ben has demonstrated everything that you would hope for in a collegiate All-American. He has received numerous academic and athletic awards. The most amazing part of all of his achievements, is that they are all due to his character and work ethic. When Ben walked into the weight room his first year he had the goal to be the strongest and hardest working athlete the University of Northern Iowa has ever had. He has managed to do just that, as well as break a few records, and pick up some awards along the way.* - Dominic Davis, CSCS

## Texas Christian University

### Blaize Foltz

**Sport:** Football

**Position:** Offensive Line

**Height:** 6' 2"    **Weight:** 321

**Vertical Jump:** 28   **Pro-Agility Run:** 4.58   **Forty Yard Dash:**

**5.21   Bench Press Poundage:** 580   **Squat Poundage:** 830

*Blaize is an inspiration on and off the field. I am glad I have him for another year.* - Don Sommer

## Humboldt State University

### Brendan Faubion

**Sport:** Football

**Position:** Defensive End

**Height:** 6' 2"    **Weight:** 250

**Vertical Jump:** 30   **Pro-Agility Run:** 4.41   **Forty Yard Dash:**

**4.85   Bench Press Poundage:** 385   **Squat Poundage:** 465

*Brendan is a prime example of an athlete who has had to work for everything. Coming into his first season as a Humboldt State Lumberjack back in 2008, Brendan was redshirted and switched from linebacker to defensive end. This forced Brendan to work even harder in the weight room to become bigger and stronger. Four years later, Brendan has become a key player on the defensive front for the Lumberjacks. Brendan's work ethic, discipline, and attitude in the weight room epitomize what the Humboldt State University strength and conditioning program is all about. Brendan is the definition of a bigger, faster, and stronger athlete, who is determined to make himself, and those around him, better. Brendan is the ideal athlete that many strength coaches would be envious of, and many opponents would fear. It truly has been a privilege to work with such an outstanding young man.* - Angela Dendas, MS, CSCS



## Northern Arizona University

### Brian Riley

**Sport: Football**

**Position: Tight End**

**Height: 6' 4" Weight: 255**

**Vertical Jump: 28 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: 355 Squat Poundage: 405**

*Brian's hard work shows on and off the field; he is an all-round athlete. Run, jump, block, or catch he can do it well. He never missed a workout, always worked hard, and brought energy to the room that transferred to his teammates. He is a natural leader by example, after a season-ending injury the year before (broken fibula/ MCL), his hard work and perfect attendance got him back to the starting position. His gains and effort in the weight room and conditioning showed in his play on the field. - Cody Hodgeson, CSCS*

## Juniata College

### Brian Pugh

**Sport: Football**

**Position: Quarterback**

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

**Vertical Jump: 26 Pro-Agility Run: 4.4 Forty Yard Dash: 4.8 Bench Press Poundage: 275 Squat Poundage: 350**

*Brian is one of Juniata College football team's leaders on and off the field. His hard work ethic has earned him the respect of his fellow teammates and the position of a team captain. His example of hard work and attention to detail in the weight room and on the football field has been a positive influence on everyone associated with him. This same work ethic and positive attitude will go far in assuring Brian's future success in the coaching profession.- John Haubrick, CSCS*

## Northwest Missouri State University

### Chad Kilgore

**Sport: Football**

**Position: Linebacker**

**Height: 6' 2" Weight: 240**

**Vertical Jump: 30.5 Pro-Agility Run: 4.11 Forty Yard Dash: 4.58 Bench Press Poundage: 390 Squat Poundage: 575**

*Chad is a team captain and All-American linebacker for Division II Northwest Missouri State University. He was a three-year starter and four-year letter winner. Chad strives to improve every day he is in the weight room. Chad also deadlifts 545 lb and is a great team leader. He was a three-time Conference Champion, and a National Champion in 2009. - Joeseeph Quinlin, CSCS*

## Old Dominion University

### Craig Wilkins

**Sport: Football**

**Position: Linebacker**

**Height: 6' 1" Weight: 231**

**Vertical Jump: 36.5 Pro-Agility Run: 4.25 Forty Yard Dash: 4.49 Bench Press Poundage: 400 Squat Poundage: 525**

*Craig is a tremendous hard worker and leader. He is a three-time team captain who leads by example, competing to win at everything he does. - Joe Makovec, CSCS*

## University of Wisconsin-Stevens Point

### Curtis Krump

**Sport: Football**

**Position: Linebacker**

**Height: 6' Weight: 240**

**Vertical Jump: 27.5 Pro-Agility Run: 4.47 Forty Yard Dash: 4.79 Bench Press Poundage: 395 Squat Poundage: 495**

*Curtis is the definition of hard work; his passion to succeed is unmatched. With his work ethic and attention to detail in the weight room, on the field, and in the classroom, he has proven himself to be a leader among his teammates. Curtis is extremely committed and dedicated to his pursuit of excellence. Through his hard work, Curtis posted the best testing numbers of his career and led the team in tackles, tackles for loss, and sacks during his senior season. - Jon Verdegan, MS, CSCS*

## University of Massachusetts

### Emile Igwenagu

**Sport: Football**

**Position: Fullback/Tight End**

**Height: 6' 2" Weight: 250**

**Vertical Jump: 35 Pro-Agility Run: Forty Yard Dash: 4.63 Bench Press Poundage: 380 Squat Poundage: 525**

*Emile is a captain who leads by example. He is totally dedicated 24/7 with great focus and that is why next fall he will be playing on Sundays. - Robert Otrando*

## Portland State University

### Jack Forbes

**Sport: Football**

**Position: Defensive End**

**Height: 6' 3" Weight: 232**

**Vertical Jump: 26 Pro-Agility Run: Forty Yard Dash: 4.7 Bench Press Poundage: 365 Squat Poundage: 455**

*Jack has an unconditional work ethic in the weight room. He has used the weight room to allow himself to change positions from linebacker to defensive end by adding lean mass. - Fredrick Fabian, MS, CSCS*

## South Dakota State University

### Jake Steffen

**Sport: Football**

**Position: Defensive End**

**Height: 6' 3" Weight: 255**

**Vertical Jump: 30 Pro-Agility Run: 4.25 Forty Yard Dash: Bench Press Poundage: 365 Squat Poundage: 484**

*Jake has pushed himself to the limit to improve himself physically. He gained 40 lb moving from linebacker to defensive end. He is very open to coaching and he always does more than is required of him coming in on his off days for mobility and restoration work. He demonstrated his leadership by organizing workouts in the early summer discretionary period. He was a three-year starter, team captain and has exhibited a tireless work ethic. Jake's interest and understanding in the area of strength and conditioning have helped him in squeezing every ounce of effort out of himself and his teammates. His character, work ethic, personality, and dedication will serve him well in all his future endeavors. - Nathan Moe, CSCS*



## Troy University

### Jamie Hampton

**Sport:** Football

**Position:** Quarterback

**Height:** 6' 1"    **Weight:** 212

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

**Bench Press Pounds:** 330   **Squat Pounds:** 450

*Jamie saw the field in eight different games as a freshman in 2007, including a start at Georgia. He won a three-way battle for the starting job in 2008. After playing the first five games, he suffered a season-ending knee injury. He battled his way back to return to the field in 2010. Jamie made key plays during several games. During the MTSU game, Jamie suffered a broken leg. He again persevered through this injury to play several times during the 2011 season. During a play at Navy, Jamie suffered a broken foot. Jamie has been a true example of perseverance and he has accredited it all to his spiritual relationship. He has been a leader for his teammates and a true inspiration for our program. - Richard Shaughnessy, III, CSCS, RSCC*

## Jacksonville State University

### Jason Horton

**Sport:** Football

**Position:** Safety

**Height:** 6'    **Weight:** 207

**Vertical Jump:** 27.75   **Pro-Agility Run:** 4.40   **Forty Yard Dash:**

**4.71   Bench Press Pounds:** 325   **Squat Pounds:** 465

*Jason knows two things, hard work and harder work. His work ethic in the weight room has cast many partners to the side, usually requiring him to work on his own. He is a quiet young man who has led by example in the classroom, weight room, and on the field. His leadership in all facets of his college experience has made Jacksonville State University a better place. - Brian Austin, CSCS*

## University of Cincinnati

### JK Schaffer

**Sport:** Football

**Position:**

**Height:** 6' 1"    **Weight:** 227

**Vertical Jump:** 35.5   **Pro-Agility Run:** 4.01   **Forty Yard Dash:**

**Bench Press Pounds:** 405   **Squat Pounds:** 605

*JK has an outstanding work ethic and passion to compete. These qualities can be seen on both the practice field and in the weight room. He has an intense desire, dedication, and determination to give 100% in everything he does. - Michael Szerszen, CSCS*

## University of Wisconsin-River Falls

### Joel Yogerst

**Sport:** Football

**Position:**

**Height:** 5' 8"    **Weight:** 220

**Vertical Jump:** 37.8   **Pro-Agility Run:** 4.06   **Forty Yard Dash:**

**Bench Press Pounds:** 355   **Squat Pounds:** 585

*Joel has been a dedicated and valuable member of the University of Wisconsin-River Falls' football team for the past four years. He has started 40 games in four years and led the team in scoring his freshman year. Outside of his on the field accomplishments, Joel has been very successful in the classroom and with his training making him the embodiment of the vision and values of our institution and of the NCAA. - Carmen Pata, CSCS*

## East Stroudsburg University

### Jon Weber

**Sport:** Football

**Position:** Defensive End

**Height:** 6' 2"    **Weight:** 245

**Vertical Jump:** 27   **Pro-Agility Run:** 4.7   **Forty Yard Dash:** 4.96

**Bench Press Pounds:** 380   **Squat Pounds:** 490

*Jon was a first-year starter who has worked extremely hard both on the field and in the weight room. His strong determination to improve every day is one of his unique traits. His ability to motivate others during winter workouts was exceptional. - Robert Mikulski, MEd, CSCS*

## College of William & Mary

### Jonathan Grimes

**Sport:** Football

**Position:** Runningback

**Height:** 5' 10"    **Weight:** 205

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

**4.55   Bench Press Pounds:** 350   **Squat Pounds:** 405

*Jonathan is the most decorated player in the history of William and Mary football. Despite all of the accolades, he has never failed to give 100% in any aspect of our strength and conditioning program. His energy and enthusiasm for training and competing carries over to those around him. It has been an absolute pleasure working with this young man. - John Sauer, CSCS,\*D*

## William Jewell College

### Josiah O'Brien

**Sport:** Football

**Position:** Nose Tackle

**Height:** 5' 11"    **Weight:** 285

**Vertical Jump:** 25.5   **Pro-Agility Run:** 4.93   **Forty Yard Dash:**

**4.87   Bench Press Pounds:** 407   **Squat Pounds:** 550

*Josiah is second to none in work ethic and his motivation to do everything possible to maximize his full potential in all areas of training, nutrition, and gaining knowledge. - Scott O'Dell, CSCS*

## MidAmerica Nazarene University

### Juan Redmon

**Sport:** Football

**Position:** Tight End

**Height:** 6' 5 1/2"    **Weight:** 251

**Vertical Jump:** 29   **Pro-Agility Run:** 4.62   **Forty Yard Dash:** 4.7

**Bench Press Pounds:** 235   **Squat Pounds:** 280

*Juan has made an amazing transformation since he arrived at MNU. He was one that would hide from the weight room and has turned into one of our best leaders on our football team. His teammates watch and listen to Juan and want to follow his lead. Here is the list of his honors: 2008 Freshman/Newcomer of the Year for MNU, 4-time first-team All-Conference (HAAC), 4-time All-American, 2011 HAAC Most Valuable Player, 2011 Co-Offensive Player of the Year. - Whitney Rodden, CSCS*

## Humboldt State University

### Kevin Miles

**Sport:** Football

**Position:** Wide Receiver/Punt Returner

**Height:** 5' 8" **Weight:** 177

**Vertical Jump:** 37 **Pro-Agility Run:** 4.2 **Forty Yard Dash:** 4.6

**Bench Press Pounds:** 320 **Squat Pounds:** 385

Kevin originally came to HSU in 2007 as a freshman. He was selected to second-team All-Conference his sophomore year and was also the HSU Offensive Player of the Year. Kevin stepped away from football for one year and when he returned, HSU had undergone a coaching change. Consequently, he played a reduced role on the team. Kevin worked extremely hard during the off-season to improve his speed, strength, and agility. He was the most dedicated lifter on the team during the season and his performance and durability reflected this with him being a second-team All-Conference selection (GNAC) at wide receiver and punt returner. Kevin has excellent Olympic lifting technique. He has snatched 205 lb and one of my fondest memories of Kevin is him clean and jerking 255 lb during the final week of the season. Kevin was voted most inspirational by his teammates and is never without a smile. I will miss Kevin's leadership. - Matthew Lee, MS, CSCS

## Morehead State University

### Kyle Manley

**Sport:** Football

**Position:** Defensive Line

**Height:** 6' 1" **Weight:** 270

**Vertical Jump:** 32.5 **Pro-Agility Run:** 4.68 **Forty Yard Dash:**

**5.28 Bench Press Pounds:** 385 **Squat Pounds:** 525

Kyle demonstrated an excellent work ethic and commitment to improving in all areas. He was a leader on the field and in the weight room and his dedication to his training pushed him to be the strongest player on the team this year with a 1,210 lb total. - Kevin Deweese, CSCS

## West Texas A&M

### Kyle Voss

**Sport:** Football

**Position:** Linebacker

**Height:** 5' 8" **Weight:** 235

**Vertical Jump:** 29.5 **Pro-Agility Run:** 4.29 **Forty Yard Dash:**

**Bench Press Pounds:** 370 **Squat Pounds:** 500

Kyle is one of the most intense athletes that I have had the pleasure to coach during my career. His intensity is second to none and he raises the work ethic of those around him just with his presence. Kyle's training style and dedication translates to success each Saturday when he takes the field. - Sarah Ramey, CSCS

## Texas Christian University

### Logan Brock

**Sport:** Football

**Position:** Tight End

**Height:** 6' 4" **Weight:** 258

**Vertical Jump:** 27.6 **Pro-Agility Run:** 4.51 **Forty Yard Dash:**

**4.82 Bench Press Pounds:** 470 **Squat Pounds:** 630

I have known Logan since he was a sophomore in high school. He has consistently demonstrated a desire to improve himself in the weight room, on the field, and in all aspects of his life. He is an outstanding member of the TCU athletics family. - Melissa Mitchell, CSCS

## Texas Christian University

### Luke Shivers

**Sport:** Football

**Position:** Full Back/Tight End

**Height:** 6' 1" **Weight:** 230

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

**4.79 Bench Press Pounds:** 360 **Squat Pounds:** 610

Luke is a tremendous asset to TCU both on and off the field. He is always going above and beyond what is asked of him. This is why he has had success both in football and in the weight room. He is a team leader who is willing to help anyone he can become a success. - John Fisher, CSCS

## University of Texas at San Antonio

### Mark Waters

**Sport:** Football

**Position:** Safety

**Height:** 5' 10" **Weight:** 196

**Vertical Jump:** 36.25 **Pro-Agility Run:** 4.2 **Forty Yard Dash:**

**Bench Press Pounds:** 400 **Squat Pounds:** 535

Mark is the true leader of the football team, on the field and in the weight room. - Charles Dudley, CSCS

## Emporia State University

### Matt Rosenhammer

**Sport:** Football

**Position:** Linebacker

**Height:** 6' 2" **Weight:** 240

**Vertical Jump:** 38 **Pro-Agility Run:** 4.36 **Forty Yard Dash:**

**4.47 Bench Press Pounds:** 385 **Squat Pounds:** 505

Matt is a true leader in the weight room. He is a great athlete with an even greater work ethic. - Matt Walter, MEd, CSCS

## The University of Missouri

### Michael Egnew

**Sport:** Football

**Position:** Tight End

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

**Vertical Jump:** 40 **Pro-Agility Run:** 4.05 **Forty Yard Dash:**

**4.55 Bench Press Pounds:** 375 **Squat Pounds:** 585

Micheal is an extremely gifted and dedicated athlete. He currently holds the school record for the standing long jump at 11' 2.25". He approaches training with a mature perspective that not many athletes can match. He is a team captain, as voted on by his peers, and prides himself on being one of the team's hardest player and a role model. - Pat Ivey, MEd, CSCS

## Humboldt State University

### Mike Proulx

**Sport:** Football

**Position:** Quarterback

**Height:** 5' 11"    **Weight:** 200

**Vertical Jump:** 33    **Pro-Agility Run:** 4.22    **Forty Yard Dash:** 4.6

**Bench Press Pounds:** 345    **Squat Pounds:** 425

*Mike came to the Humboldt State football team as a skinny 175-lb, unrecruited walk-on quarterback, and left five years later as the all-time, single-season and career passing yards leader in the history of the program. The coaching staff wondered what we were going to do with Mike during his redshirt freshman year; now they wonder what we are going to do without him. Mike's work ethic in the weight room endeared him to his offensive linemen, and never wavered throughout his career. Mike's leadership on and off of the field is what is going to be missed the most. - Andrew Petersen, MA, CSCS, RSCC*

## College of the Canyons

### Nick Oliva

**Sport:** Football

**Position:** Defensive End

**Height:** 6' 5"    **Weight:** 240

**Vertical Jump:** 28.5    **Pro-Agility Run:** 4.49    **Forty Yard Dash:**

**4.71    Bench Press Pounds:** 290    **Squat Pounds:** 365

*Nick possesses an amazing work ethic. In fact, I would go so far as to say that he literally 'willed' his way into becoming a Division I football player. He is a coach's dream as he leads by example and comes to every single training session, practice, and game ready to leave everything he has in whatever he does. We will miss Nick as he leaves us but we know he will have amazing success as he transfers to the Division I school of his choice in January 2012. Thanks for everything Nick. - Robert Dos Remedios, MA, CSCS*

## Juniata College

### Nick Trask

**Sport:** Football

**Position:** Guard

**Height:** 5' 11"    **Weight:** 260

**Vertical Jump:** 18    **Pro-Agility Run:** 4.8    **Forty Yard Dash:** 5.15

**Bench Press Pounds:** 405    **Squat Pounds:** 450

*Nick has worked exceptionally hard over his career both on the football field and in the weight room. His work ethic and demeanor have earned him the respect of both his coaches and teammates. - Ronald Shrift*

## University of Cincinnati

### Pat O'Donnell

**Sport:** Football

**Position:** Punter

**Height:** 6' 5"    **Weight:** 217

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

**Bench Press Pounds:** 315    **Squat Pounds:** 405

*Pat is a very hard worker that is consistent each day. He is a self-motivated student-athlete that is focused on improving. He is 'that' guy, which will come in and do extra to get better on a regular basis. He earned first-team All-Big East Punter honors, and was a semifinalist for the Ray Guy Award, with a net punting average of 43.9 yards per kick, including 25 kicks dropped inside the 20-yard line and a league-high 15 punts of 50 yards or more. Pat also handled the kickoff duties, averaging 63.9 yards per kick. - David Lawson, MA*

## University of Northern Colorado

### Patrick Walker

**Sport:** Football

**Position:** Wide Receiver

**Height:** 5' 8"    **Weight:** 182

**Vertical Jump:** 35    **Pro-Agility Run:** 3.9    **Forty Yard Dash:** 4.52

**Bench Press Pounds:** 295    **Squat Pounds:** 501

*Patrick is one of those guys that come around once in a while. He is going to give 110% of himself every time no matter what he is doing, whether it is in practice, a game, weights, or conditioning. He is a natural leader among both the wide receiver group as well as the offense as a whole. He is one of those guys who are going to elevate the effort and production of everyone around him through his positive attitude and ability to push. All of these qualities came to fruition this season when he broke virtually every school record for the wide receivers; including receptions in a season (84), career receptions (178), and receiving yards in a game (315). He also set the Big Sky Conference record for receiving yards in a game at 315. He finished the season ranked seventh in receptions (84), yards (1,176), and yards per game (106.45) in the FCS as well as 12th in touchdowns (10). - Josef Schaffer, MEd, CSCS*

## California Lutheran University

### Rian Younker

**Sport:** Football

**Position:** Defensive End

**Height:** 6'    **Weight:** 270

**Vertical Jump:** 35    **Pro-Agility Run:** 4.37    **Forty Yard Dash:**

**4.57    Bench Press Pounds:** 385    **Squat Pounds:** 470

*Rian has an exceptional work ethic that has enabled him to become a standout defensive end for the nationally ranked California Lutheran University football team. In addition to being named a team captain as a sophomore for the two-time defending SCIAC Champions, Rian has achieved national recognition for his performance on the field. His awards include: Pre-season All-American (2011), All-West Region second-team honors (2010), and All-SCIAC second-team honors (2009). - Patrick Holmberg, CSCS*

## Bucknell University

### Robert De La Rosa

**Sport:** Football

**Position:** Defensive Lineman

**Height:** 6' 2"    **Weight:** 300

**Vertical Jump:** 38    **Pro-Agility Run:** 4.25    **Forty Yard Dash:**

**Bench Press Pounds:** 400    **Squat Pounds:** 667

*Robert is one of the strongest athletes that I have worked with during my time at Bucknell. He leads by his work ethic in the weight room and in the classroom. His leadership in the weight room will be sorely missed. - Bob Hasseman, CSCS*

## Old Dominion University

### Ronnie Cameron

**Sport:** Football

**Position:** Defensive Tackle

**Height:** 6' 3"    **Weight:** 295

**Vertical Jump:** 32.5    **Pro-Agility Run:** 4.40    **Forty Yard Dash:**

**5.10    Bench Press Pounds:** 430    **Squat Pounds:** 600

*Ronnie has a strong desire to excel. He leads by example, both in the weight room and on the field. - Ryan Martin, MS, CSCS*

## Tennessee Tech Scott Schweitzer

**Sport:** Football

**Position:** Offensive Lineman

**Height:** 6' 4" **Weight:** 300

**Vertical Jump:** 28 **Pro-Agility Run:** **Forty Yard Dash:** 5.3

**Bench Press Pounds:** 430 **Squat Pounds:** 550

*Scott has been a pleasure to train. He always gives you his best effort and has worked as a solid leader on a championship team.*

- Charles Pugh, CSCS

## Texas A&M University-Kingsville Sherman Batiste

**Sport:** Football

**Position:** Wide Receiver

**Height:** 5' 8" **Weight:** 186

**Vertical Jump:** 37 **Pro-Agility Run:** 4.21 **Forty Yard Dash:**

**4.46 Bench Press Pounds:** 385 **Squat Pounds:** 585

*Sherman is a natural leader and a student. He wants to improve his performance and comes in extra to improve on his techniques.*

- Marc Heinecke, CSCS

## Clemson University Tyler Shatley

**Sport:** Football

**Position:** Defensive Tackle

**Height:** 6' 3" **Weight:** 295

**Vertical Jump:** 30 **Pro-Agility Run:** 4.36 **Forty Yard Dash:**

**5.0 Bench Press Pounds:** 455 **Squat Pounds:** 590

*Tyler has proven to be one of Clemson's most dedicated athletes. His hard work, discipline, and determination have earned him regular playing time as a young sophomore. Not only has Tyler set the bar for other athletes to reach, he has also displayed a passion for strength training that is spreading among his teammates. As a leader, his words are seldom heard but his actions are constantly present. Tyler has already earned his team's 'Most Dedicated' and freshman 'Power Hour' lifter of the year awards. At his rate, we feel Tyler will be one of the strongest athletes in Clemson strength training history.* - Joey Batson

## Denison University Corey Daff

**Sport:** Football/LaCrosse

**Position:** Tight End

**Height:** 6' 1 1/2" **Weight:** 240

**Vertical Jump:** 31.5 **Pro-Agility Run:** **Forty Yard Dash:** 4.91

**Bench Press Pounds:** 320 **Squat Pounds:** 425

*Corey is a two-sport athlete in football and lacrosse. He is an extremely hard worker and a phenomenal athlete.* - Mark Watts, LLd, MS, LAT, CSCS, RSCC

# golf

## Middle Tennessee State University Hunter Green

**Sport:** Golf

**Position:**

**Height:** 5' 10" **Weight:** 175

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

**Bench Press Pounds:** 300 **Squat Pounds:**

*Hunter has all the qualities of the new era of golfers. Not only has he won our golf fitness competition, the Iron Raider Invitational, for the third straight year, but he is also one of the top golfers in the country. Hunter was low medalist at the Mason Rudolph Invitational this fall to go along with his three wins last year. He currently ranks 23rd in the nation according to Golfstat and 17th in the nation according to Golfweek. His dedication in the weight room has truly helped lead to his success on the course.* - Michael Wilson, CSCS

## Texas Christian University Max Bichsel

**Sport:** Golf

**Position:**

**Height:** 6' **Weight:** 175

**Vertical Jump:** 31 **Pro-Agility Run:** **Forty Yard Dash:** 4.95

**Bench Press Pounds:** 260 **Squat Pounds:** 300

*In Max's four years at TCU he has continually gone above and beyond the call of duty in the weight room and in our conditioning workouts. As a senior, he has adopted a leadership role in all of the team workouts and paved the way for the newer golfers.* - Stephen Gephardt

# gymnastics

## The University of Missouri Allie Heizelman

**Sport:** Gymnastics

**Position:** All-Around

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

**Vertical Jump:** 23 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounds:** **Squat Pounds:** 154

*Allie is a charismatic, positive, enthusiastic, and unselfish person. Allie's dedication to her sport and her team is evident in everything she does. Allie will give her all every day. Allie truly brings her best every single day to lifting and conditioning. Her hard work has paid off as she has enjoyed a successful gymnastics career. She has been a fixture in bars and beam rotation at the University of Missouri since her freshman year. Allie's team-first mentality transcends competition and the weight room and is evident in her role organizing the gymnastics team's community service work. In addition to everything, and of no surprise, is that Allie excels academically. She is a member of the MU Honor's College where she is pursuing a degree in Nutritional Sciences with the eventual goal of attending medical school. I truly believe that Allie has a lasting positive impact on anyone that she comes in contact with, myself included. It has been an honor to coach Allie for the past two years.* - Ryan Jackson, Sr, CSCS



# ice hockey

## Castleton State College

### Lindsey Gullett

**Sport:** Ice Hockey

**Position:** Forward

**Height:** 6'      **Weight:** 185

**Vertical Jump:** 32   **Pro-Agility Run:** 4.43   **Forty Yard Dash:**  
**Bench Press Pounding:** 260   **Squat Pounding:** 435

*Lindsey captains a Castleton State Spartan team that set a program high for consecutive wins (15) and wins in a season, garnering a 22-4-1 record. He is the complete package, selflessly leading the team on and off the ice. In the classroom, he has received four Dean's List recognitions, three President's List recognitions, three ECAC All-Academic team honors, and currently holds an overall GPA of 3.75. The past three years has seen Lindsey winning or finishing in the top three of the Spartan Challenge; a series of twenty strength, speed, and on-ice events that test one's physical abilities, strength, aerobic capacity, anaerobic endurance, and mental toughness. Since his arrival, Lindsey has gone above and beyond organizing and directing the team's community service and fundraising projects. In conjunction with our Communications Department, over a three-year period, Lindsey developed just about everything media related including the Castleton State Men's Ice Hockey Program. As displayed by his selflessness, dedication, relentless work ethic, and attention to detail, Lindsey lives the definition of a student-athlete. This talented senior has definitely maximized his college experience. There is no doubt he will be successful in whatever career/life path he chooses. - Al Jean, CSCS, RSCC\*D*

## Western Michigan University

### Ian Slater

**Sport:** Ice Hockey

**Position:** Forward

**Height:** 5' 11"      **Weight:** 192

**Vertical Jump:** 30.5   **Pro-Agility Run:** 4.6   **Forty Yard Dash:**  
**Bench Press Pounding:** 255   **Squat Pounding:** 500

*Ian has been an incredible athlete, student, and person. As captain of the hockey team, he has been a high character individual, who leads by example and has done things the right way. He has used the weight room to become a great leader and one of the strongest pound-for-pound athletes in the history of Western Michigan University strength and conditioning. The skill set, strength, and work ethic he has built and used in the weight room has been a valuable asset to his production on the ice. He is a positive role model for all and seeks the best out of everyone around him. - Timothy Herrmann, MA, CSCS*

## Westfield State University

### Justin Roethlingshoefer

**Sport:** Ice Hockey

**Position:** Goal Tender

**Height:** 5' 8"      **Weight:** 187

**Vertical Jump:** 28.2   **Pro-Agility Run:** 4.10   **Forty Yard Dash:**  
**5.3**   **Bench Press Pounding:** 265   **Squat Pounding:** 375

*Justin is an exemplary strength and conditioning athlete and credits his conditioning as a major component to his success in sport. Justin is a senior student in strength and conditioning and already completing the USAW certification and several internships and experiences in strength and conditioning. Justin has been asked to be involved in many areas of hockey conditioning and testing and really made a name for himself in the hockey community. - Christopher Proulx, DC, MS, ATC, CSCS*

## The Ohio State University

### Peter Boyd

**Sport:** Ice Hockey

**Position:** Forward

**Height:** 5' 10"      **Weight:** 190

**Vertical Jump:** 30   **Pro-Agility Run:** 4.43   **Forty Yard Dash:**  
**Bench Press Pounding:** 315   **Squat Pounding:** 490

*Peter is one of the hardest workers I have ever coached. He is a tireless worker and leader not only on the ice but in the weight room. He is well respected by not only his teammates but coaches as well. - Lee Glass, CSCS*

## Bowdoin College

### Shelagh Merrill

**Sport:** Ice Hockey

**Position:** Forward

**Height:** 5' 2"      **Weight:** 154

**Vertical Jump:**   **Pro-Agility Run:**   **Forty Yard Dash:** 5.16  
**Bench Press Pounding:** 135   **Squat Pounding:** 210

*Shelagh hasn't missed a single game in her career, spanning her first 3.5 seasons on the ice hockey team; a true testament to her preparation. She approaches the off-season with exceptional consistency. She hit the two gold standards in our strength program, demonstrating an ability to bench press her bodyweight and squat 1.5 times her bodyweight. A tri-captain, Shelagh has been a wonderful role model for her teammates. - James St. Pierre, CSCS,\*D, RSCC\*D*

# lacrosse

## Denison University

### Alyssa Zinsser

**Sport:** LaCrosse

**Position:** Defense

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

**Vertical Jump:** 21.5 **Pro-Agility Run:** Forty **Yard Dash:** 5.73

**Bench Press Poundage:** 130 **Squat Poundage:** 180

*Alyssa is an outstanding leader and has an incredible work ethic.*

- Mark Watts, LLd, MS, LAT, CSCS, RSCC

## Limestone College

### Jackson Decker

**Sport:** LaCrosse

**Position:** Midfield

**Height:** 6' **Weight:** 185

**Vertical Jump:** 27 **Pro-Agility Run:** 4.56 **Forty Yard Dash:**

**Bench Press Poundage:** 240 **Squat Poundage:** 320

*Jackson has used his tremendous work ethic over the past four years to develop into one of the top male athletes at Limestone College. His dedication and commitment to training is unmatched.*

- Curtis Lamb, MS, CSCS

## Limestone College

### Katie Farrell

**Sport:** LaCrosse

**Position:** Midfield

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

**Vertical Jump:** 21 **Pro-Agility Run:** 4.72 **Forty Yard Dash:**

**Bench Press Poundage:** 120 **Squat Poundage:** 195

*Katie is a mentally and physically powerful person. She always maintains a positive outlook and brings out the best in her teammates by continually pushing herself to be better.*

- Curtis Lamb, MS, CSCS

# rowing

## The Ohio State University

### Ingrid Aasaaren

**Sport:** Rowing

**Position:** 3 Seat

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

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

**Bench Press Poundage:** 160 **Squat Poundage:** 200

*Ingrid is the epitome of overcoming adversity. Frequently hampered by a back injury throughout her career she made the needed workout adjustments and continued to push through. She is not just a leader but an inspiration to her teammates and coaches.*

- Kim Dally-Badgeley, CSCS



## Northwood University

### Amanda Watson

**Sport:** Soccer

**Position:** Forward

**Height:** 5' 3" **Weight:** 122

**Vertical Jump:** 24.6 **Pro-Agility Run:** 4.54 **Forty Yard Dash:** 4.6 **Bench Press Pounding:** 110 **Squat Pounding:** 245

*Amanda was named first-team All-GLIAC for the third time in her career at Northwood. She is leaving the University as the all-time goal-scoring leader and all-time points leader. In that time, she has been a spark plug in the weight room, helping transform the team into one of the strongest, hardest working teams on campus. Amanda's heart and dedication to getting better every day will be missed greatly.*

- Scott Fisher, CSCS, NSCA-CPT

## University of Redlands

### Charles Pratt IV

**Sport:** Soccer

**Position:** Goalkeeper

**Height:** 6' 2" **Weight:** 185

**Vertical Jump:** 30 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounding:** 225 **Squat Pounding:** 275

*Charles is a great role model for the strength and conditioning program here at Redlands. He is a very dedicated and hard-working individual in and out of the weight room. Not only has Charles been a part of a very successful soccer team and helped the program capture their 11th overall conference title, he also applied his success toward academics being a Scholar Athlete.* - Daniel Aipa, CSCS

## Northern Arizona University

### Chelsea Bednarz

**Sport:** Soccer

**Position:** Forward

**Height:** 5' 9" **Weight:** 150

**Vertical Jump:** 23.5 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounding:** 130 **Squat Pounding:** 200

*Upon transferring to Northern Arizona University Chelsea trained at a consistently high intensity and has been a leader through her actions on and off the field. Her dedication to the training program set forth has allowed her to overcome injuries in her career. She completed the majority of non-mandatory conditioning sessions leading up to her senior season to ensure her health, which paid off as she went injury-free and contributed offensively with a team-leading 48 shots. Her commitment to the strength and conditioning program has positively influenced the underclassmen to take initiative in the weight room.*

- Cody Hodgeson, CSCS

## University of Michigan

### Clare Stachel

**Sport:** Soccer

**Position:** Forward

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

**Vertical Jump:** 21.2 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounding:** 100 **Squat Pounding:** 185

*Clare, a two-time team captain, has continually demonstrated her leadership and dedication to the strength and conditioning program as well as with the soccer program as a whole. Her positive attitude and strong work ethic contributed to the numerous personal records established by her and the team this past off-season and pre-season in all areas of strength and conditioning. Her unyielding commitment and adherence to her physical preparation, both on and off the field, have been instrumental to her becoming a team captain and a major contributor to the team's success this season. These previously mentioned qualities and achievements have earned Clare the respect of the coaching staff, her fellow teammates, and the athletic department resulting in her repeat selection as a team captain for the 2011 soccer season.* - Michael Favre, MEd, CSCS, \*D, RSCC\*D

## Clemson University

### Cody Mizell

**Sport:** Soccer

**Position:** Goalie

**Height:** 5' 11" **Weight:** 182

**Vertical Jump:** 33 **Pro-Agility Run:** 4.36 **Forty Yard Dash:** 4.6 **Bench Press Pounding:** 260 **Squat Pounding:** 335

*Cody's commitment, leadership, and work ethic in the weight room made a big impression on his teammates as a freshman. He was voted most dedicated in the weight room by his teammates during his freshman year. His dedication also earned him the starting goalkeeper position during his freshman year at Clemson. He was named to the Freshmen All-American team by Soccer America and Top Drawer Soccer. Cody's work ethic does not stop on the field as he was named to the ACC All-Academic team.* - Dennis Love

## West Virginia University

### Erica Henderson

**Sport:** Soccer

**Position:** Center Back

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

**Vertical Jump:** 21 **Pro-Agility Run:** **Forty Yard Dash:** 4.95 **Bench Press Pounding:** 140 **Squat Pounding:** 235

*I've had the pleasure to work with Erica through her entire WVU playing career, and she has been a living example of what hard training and an unstoppable work ethic can do for an athlete. When Erica began, she was an athlete who would panic when workouts became difficult, holding her back from progress. After her first off-season however, she 'snapped,' to use her own term, and decided to give a maximum effort and intensity that no one on the team could match for the rest of her career. The hard work paid off by her junior season when the coaching staff nicknamed her 'The Engine,' as she was the only player to play every minute of every season for multiple years in a row. She was also able to retire from her college career as the first WVU women's soccer player with three conference titles.*

- Jerry Handley, MS, CSCS

## Wilkes University

### Erin Donnelly

**Sport:** Soccer

**Position:** Midfielder

**Height:** 5' 4" **Weight:** 135

**Vertical Jump:** 18 **Pro-Agility Run:** 5.1 **Forty Yard Dash:** 5.45

**Bench Press Pounds:** 115 **Squat Pounds:** 200

*Erin has the drive and determination that pushes her to excel. She is a great team leader and a true competitor. She not only strives to improve herself on and off the field but her teammates as well. Erin has been a starter since her freshman year and most recently was named second-team All-Conference. - Keith Klahold, CSCS, RSCC\*D*

## Northern Arizona University

### Ethi Ethridge

**Sport:** Soccer

**Position:** Midfielder/Defender

**Height:** 5' 10" **Weight:** 158

**Vertical Jump:** 22 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounds:** 110 **Squat Pounds:** 220

*Ethi has come a long way from her freshman season to be in the best physical shape of her career. Her dedication to year-round training was evident when she took the field her senior season and had an immediate impact in each game and was able to contribute a greater number of quality minutes than in past seasons. She provided a never-ending supply of energy during lifting and conditioning sessions to create a positive training environment. Her vocal leadership and accountability of herself and her teammates was like having another coach in the weight room or on the field. - Daniel Darcy, Jr, CSCS*

## University of Wisconsin-River Falls

### Hanna Danke

**Sport:** Soccer

**Position:**

**Height:** 5' 7 1/2" **Weight:** 151

**Vertical Jump:** 27 **Pro-Agility Run:** 4.39 **Forty Yard Dash:**

**Bench Press Pounds:** **Squat Pounds:** 255

*Hanna has once again stood out as one of the top athletes at the University of Wisconsin-River Falls. She has been a valuable member of her team as well as encouraging friendly competition between both the male and female sports on campus. Her ability and willingness develop as an athlete, makes Hanna a valuable member of the UW-RF soccer team and lives up to the ideal of what it means to be a student-athlete. - Carmen Pata, CSCS*

## Merrimack College

### Jessica Peacock

**Sport:** Soccer

**Position:** Defense

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

**Vertical Jump:** 22.5 **Pro-Agility Run:** **Forty Yard Dash:**

**Bench Press Pounds:** 235 **Squat Pounds:** 235

*Jessica has easily been one of the most dedicated and committed athletes to ever come through the program here. With her emphasis on physical preparation and training, there is no wonder why she has become a All-American on the field and in the weight room. The program is forever in debt to her for all of her hard work and leadership. - Michael Kamal, MEd, CSCS*

## California Lutheran University

### Jessie Dingman

**Sport:** Soccer

**Position:** Defender

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

**Vertical Jump:** 23 **Pro-Agility Run:** 4.85 **Forty Yard Dash:**

**4.57 Bench Press Pounds:** 125 **Squat Pounds:** 235

*After tearing an ACL during her freshman campaign, Jessie has recovered to become a second-team All-West Region and first-team All-SCIAC selection (2010). Jessie, who is a member of the nationally ranked and defending SCIAC Champion California Lutheran University women's soccer team, is a tireless worker whose dedication to strength and conditioning has enabled her to achieve great individual success. Also a dedicated teammate, Jessie has repeatedly organized off-season conditioning sessions, worked with younger players to understand the value of strength training and, as a team captain, led the Regals to a national pre-season ranking this season.*

*- Patrick Holmberg, CSCS*

## St. John's University

### Jimmy Mulligan

**Sport:** Soccer

**Position:** Midfield

**Height:** 5' 7" **Weight:** 145

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

*Jimmy is a wonderful individual with qualities that make him a top student-athlete. His work ethic, intensity, and positive attitude have allowed him to make significant gains in fitness and strength. His dedication to training has directly impacted his soccer performance. During his sophomore season, Jimmy's playing time increased significantly as he started in 22 out of 23 games.*

*- Robert Basile, Jr, CSCS*

## West Texas A&M

### Kaleb Dale

**Sport:** Soccer

**Position:** Defender

**Height:** 6' **Weight:** 175

**Vertical Jump:** 25 **Pro-Agility Run:** 4.59 **Forty Yard Dash:**

**Bench Press Pounds:** 225 **Squat Pounds:** 355

*Kaleb possesses the work ethic and leadership skills that every coach looks for in an athlete. Whether it's in the weight room, on the soccer field, or in the classroom, Kaleb strives to improve himself and those around him every day. Kaleb is a great athlete, an outstanding student, and a terrific person. It has been a pleasure to have the opportunity to coach him during his athletic career. - Travis Vlantes, CSCS*

## South Dakota State University

### Kelli Herman

**Sport: Soccer**

**Position: Defender**

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

**Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: 130 Squat Poundage: 215**

*Kelli's career at South Dakota State University (SDSU) has been dedicated to self-improvement and overcoming obstacles. In 2007, Kelli arrived at SDSU still recovering from a torn ACL injury. As a result, Kelli was given a medical hardship by the NCAA and dedicated herself to improving her strength and stability. She went on to play in 14 games as a redshirt freshman in 2008 following a full recovery from her devastating injury. In 2009, Kelli had the opportunity to start in 19 games and logged 110 min against Missouri State on September 18. Unfortunately, in 2010 Kelli was limited to just seven games due to reoccurring glute and hip pain. Again, Kelli showed her perseverance and dedication to improving her strength and stability through the spring and summer of 2010 - 2011. As a result, Kelli was rewarded in 2011 by playing in 19 games, with 18 starts. In addition, she was named to the 2011 first-team All-Conference team as a defender. She was also nominated for the Summit League's Defensive Women's Soccer Player of the Week for the week of October 10. In addition to her individual accomplishments, Kelli was a key player on the Jackrabbit defense that posted 832 consecutive shutout minutes (12th best streak in NCAA history). Kelli's journey and story are tightly intertwined with our strength and conditioning staff. Kelli's accomplishments in the weight room are as numerous as her accomplishments on the field. She has been a two-time Iron Jack (weight standards based on specific sport testing criteria), set the SDSU Soccer All-Time Vertical Jump Record and recorded a 3RM on chin-ups with a 35-lb plate. Kelli's dedication to strength allowed her to return from devastating injuries and achieve success on the field. Kelli's dedication, work ethic, and passion will allow her to be successful in any future paths she decides to take. Again, Kelli showed her perseverance and dedication to improving her strength and stability through the spring. - Bradley Schmidt, Sr, CSCS*

## Northwood University

### Kyle Schoenmaker

**Sport: Soccer**

**Position: Defender**

**Height: 6' 4" Weight: 188**

**Vertical Jump: 31.8 Pro-Agility Run: 4.29 Forty Yard Dash: 4.6 Bench Press Poundage: 275 Squat Poundage: 335**

*Kyle is a real top-notch person and was one of the hardest working athletes around here over the past four years. Kyle has always been the motivating force behind getting his teammates ready for each workout. His leadership in the weight room will be missed. - Scott Fisher, CSCS, NSCA-CPT*

## Cumberland University

### Mackenzie Keele

**Sport: Soccer**

**Position: Center Back**

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

**Vertical Jump: 18 Pro-Agility Run: 4.3 Forty Yard Dash: 4.68 Bench Press Poundage: 125 Squat Poundage: 175**

*As a true freshman, Mackenzie displayed incredible leadership while starting every match. She is a committed, second-team TranSouth All-Conference player whom constantly seeks ways to improve her game with extra work on the field and in the weight room. Overcoming the adversity of adapting to collegiate athletics, McKenzie is dedicated to the classroom and currently has a 3.0 GPA. Mackenzie is of moral character, and makes an impact on her team and the university. I look forward to coaching this young lady and watching her develop and mature as a student and as an athlete in the classroom, weight room, on the field, and in life. - Brad Lokey, CSCS, NSCA-CPT, RSCC*

## University of California, Irvine

### Mady Solow

**Sport: Soccer**

**Position: Midfielder**

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

**Vertical Jump: 20 Pro-Agility Run: Forty Yard Dash: 4.5 Bench Press Poundage: Squat Poundage: 175**

*Mady is a tireless worker who comes in more than the required amount of training sessions. She seeks out ways to improve her weaknesses and puts in extra work to get better. She has an amazing work ethic and focus when it comes to training and is a positive influence on her teammates. Mady is one of the hardest working female athletes that I have ever had the pleasure of training. - Robert Harmston, CSCS*

## Saint Louis University

### Mark Pais

**Sport: Soccer**

**Position: Goalie**

**Height: 6' 4" Weight: 200**

**Vertical Jump: 34 Pro-Agility Run: 4.18 Forty Yard Dash: 4.61 Bench Press Poundage: 240 Squat Poundage: 335**

*Mark is a tremendously motivated athlete. During his career at SLU, he has constantly worked to improve his performance. He is a naturally talented athlete but has never been complacent with his training. Mark is one of the hardest working student-athletes I have ever coached. - Scott Charland, MS, CSCS*

## Keene State College

### Melissa Dempsey

**Sport: Soccer**

**Position: Back**

**Height: 5' 6" Weight: 140**

**Vertical Jump: 17.2 Pro-Agility Run: 4.5 Forty Yard Dash: Bench Press Poundage: 90 Squat Poundage: 160**

*Melissa consistently works hard all year long to get better. She is a coach's dream athlete because she will work hard at every practice, game, lifting and conditioning session. Her hard work has paid off as she was named to second-team All-Region her senior year. She is the athlete that coaches use as an example. Her leadership and work ethic in the weight room, classroom, and on the soccer field, is the example we hope all of our athletes look to follow. - Sarah Testo*

## High Point University

### Michael Chesler

**Sport: Soccer**

**Position:**

**Height: 6' 2" Weight: 190**

**Vertical Jump: 31.5 Pro-Agility Run: 4.47 Forty Yard Dash: 4.82 Bench Press Poundage: 275 Squat Poundage: 345**

*Michael epitomizes hard work, dedication, and sacrifice. Throughout his four years as a member of the High Point University men's soccer team, he is always the first to arrive to practice and always the last to leave. In the off-season, when others are enjoying their time off, Michael can be found in the weight room getting an extra lift in, or on the training field working on various aspects of his game. He is a leader by example in every sense of the word, and the work ethic and team-first mentality that he exemplifies serves as a tremendous model for future generations of High Point University men's soccer players, both on and off the field. - Michael Rhoades*

## Park University

### Nichole Hemmingsen

**Sport: Soccer**

**Position: Defensive Midfielder**

**Height: 5' 7" Weight: 144**

**Vertical Jump: 16 Pro-Agility Run: 5.37 Forty Yard Dash: 5.69 Bench Press Poundage: Squat Poundage: 170**

*Nichole bought into weight training early in her collegiate career as a way to better herself. She has been a regular starter in the lineup beginning in her freshman year and received numerous athletic and academic awards, but she always has had an internal drive to be better than the previous year. Nichole, and her twin sister Dana, are a constant in the weight room. The real benefits of having athletes like the Hemmingsen sisters are that not only do they work hard but they encourage their teammates to put in the same work by ensuring they are doing their part to become better for the team.*

*- Brian Ciolek, MS, CSCS, RSCC*

## Humboldt State University

### Sawyer Gordon

**Sport: Soccer**

**Position: Right Fullback**

**Height: 5' 9" Weight: 150**

**Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: 5.5 Bench Press Poundage: 120 Squat Poundage: 205**

*Sawyer is a great leader and motivator for our women's soccer team here at Humboldt State. She is a hard-working, physical, aggressive, tenacious, dedicated, and positive force in the weight room as well as on the field. It is no wonder she worked her way up from humble beginnings as a redshirt freshman, all the way to a reliable, defensive leader. She has put in countless extra hours of work to gain what she has today. She is a firm believer in earning everything as opposed to feeling a sense of entitlement. Just like a good teammate, she is very positive in her interactions with her them in order to help motivate and support them. This wonderful attitude and work ethic has helped her and her teammates fulfill more of their potential as athletes, as well as strong, young women. Living by the philosophy of 'never give up,' has truly rewarded her with this prestigious NSCA All-American award.*

*- Jessica Turner, CSCS*

## William Woods University

### Zack Hurst

**Sport: Soccer**

**Position: Defender**

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

**Vertical Jump: 21.5 Pro-Agility Run: 4.15 Forty Yard Dash: 4.58 Bench Press Poundage: 215 Squat Poundage: 335**

*Zack loves to work out and has developed into a very good leader for the soccer team in the weight room. He was someone I could count on to get the team organized and working hard. His level of effort and leadership is rare and I appreciate having him for four years.*

*- Robert Jones, CSCS*



# softball

## College of Charleston

### Amanda “Lonni” Lonergan

**Sport:** Softball

**Position:** Outfield/Designated Hitter

**Height:** 5' 7"    **Weight:** 170

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

*Amanda is senior softball outfielder/designated hitter. Amanda has had a challenging off-season. Coming off of shoulder surgery, Amanda was making tremendous strides in both the weight room and on the field. However, in the first practice of fall she dislocated her other shoulder in a throw from the outfield. In an unwavering and herculean effort, she kept working and has recently been cleared to take full swings, and in all likelihood will be the Cougars' pinch hitter this spring. She is a true leader by example. Her attitude is contagious and unchanging. She has shown a true desire to make her senior year count when most would have quit. - Steven Bamel, MS, CSCS*

## The Ohio State University

### Dee Dee Hillman

**Sport:** Softball

**Position:** Outfielder

**Height:** 5'    **Weight:** 132

**Vertical Jump:** 0    **Pro-Agility Run:** 4.59    **Forty Yard Dash:**    **Bench Press Poundage:** 145    **Squat Poundage:** 240

*Dee Dee is a leader. She is the student-athlete you want the entire team to model after. Her work ethic, discipline, and positive attitude are contagious. She was never out-worked in the weight room or on the field. Dee Dee was always willing to go above and beyond what was required since the day she stepped on campus. Her willingness to sacrifice to succeed earned her all the success and accolades she received. - Andy Britton, CSCS*

## University of Northern Colorado

### Erin Geddis

**Sport:** Softball

**Position:** Outfield

**Height:** 5' 4"    **Weight:** 132

**Vertical Jump:** 25    **Pro-Agility Run:**    **Forty Yard Dash:**    **Bench Press Poundage:** 143    **Squat Poundage:** 275

*Erin is natural leader. She always shows up for everything ready to go. Her energy and enthusiasm is very contagious, and spreads like wildfire. She never lets anyone get down or slack off in the weight room or practice field, and she does this in a way that makes it fun for her teammates. She encourages them to succeed while also making herself better. She takes coaching extremely well and is an astute student of the game. She has been a bright spot on the team in practice and in the weight room. - Josef Schaffer, MEd, CSCS*

## University of Michigan

### Jaclyn Crummey

**Sport:** Softball

**Position:** Outfielder

**Height:** 5' 5"    **Weight:** 155

**Vertical Jump:** 21.0    **Pro-Agility Run:**    **Forty Yard Dash:** 5.36    **Bench Press Poundage:** 160    **Squat Poundage:** 250

*Jaclyn is currently a junior outfielder for the University of Michigan softball team and is a member of two Big Ten Championship teams (2010 and 2011). Jaclyn's commitment to physical preparation and her coachable attitude throughout the off-season has allowed her to make gains that will help her excel this upcoming season. Along with making gains related to strength and conditioning, she has established a leadership role both on and off the field. As the Softball Student Athlete Advisory Committee (SAAC) representative, she is involved in community outreach programs such as Mock Rock, a student-athlete variety show which raises money for C.S. Mott Children's Hospital, as well as other charitable organizations. In addition to her role as a SAAC representative, Jaclyn, along with her teammates and coaches, participated in the 2011 Making Strides for Breast Cancer walk for which the softball program raised more than \$21,000. Jaclyn's dedication to her training, teammates, and community makes her a deserving candidate for this award. It is a pleasure to observe and contribute to her development, not only as a Wolverine student-athlete, but a young woman as well. - Lew Porchiazzo, III, CSCS*

## Charleston Southern University

### Jana Matthews

**Sport:** Softball

**Position:** Outfield

**Height:** 5' 8"    **Weight:** 149

**Vertical Jump:** 23.5    **Pro-Agility Run:**    **Forty Yard Dash:**    **Bench Press Poundage:** 125    **Squat Poundage:** 250

*Jana is a very hard worker both in the weight room and on the softball field as is made evident by the numbers she posts in both areas. In the weight room, Jana holds the team total weight for the 3-lift combination of bench press, back squat, and hang clean. She is also a very explosive athlete posting a 23.5" vertical jump and a 7'0" broad jump. On the field, Jana has earned All-Conference honors (Big South) two years in a row. Also, after just two seasons of play Jana is already 3rd all-time in home runs with 19. As a true freshman, Jana set the single-season home run record with 12. - Andrew McKay, CSCS*

## University of Redlands

### Kai Masutani

**Sport:** Softball

**Position:** Catcher

**Height:** 5' 4"    **Weight:** 138

**Vertical Jump:** 20    **Pro-Agility Run:**    **Forty Yard Dash:**    **Bench Press Poundage:** 130    **Squat Poundage:** 200

*Kai is one of our strongest female student-athletes. Her determination on the field and in the weight room brings a strong competitive culture to a softball program that has won seven straight SCIAAC Championships. During her rookie year in 2009, she struck out only once in 111 at-bats to tie for fifth in all of Division III in this category. Kai's work in the weight room sets the standard that, as a coach, you want all of your female athletes to train like. - Daniel Aipa, CSCS*

## Jacksonville State University

### Kaycee Crow

**Sport: Softball**

**Position: Catcher**

**Height: 6'      Weight: 160**

**Vertical Jump: 23.75 Pro-Agility Run: 4.79 Forty Yard Dash: 5.07 Bench Press Pounds: 150 Squat Pounds: 350**

*Kaycee is a strength coach's dream. Smart and athletic, she is the very best in a strong group of seniors across all sports here at Jacksonville State University. Possessing a tremendous work ethic, she has not missed a single workout in four years. She is also a leader in the weight room, and it carries over into her school work, where she carries a 3.9 GPA in nursing. - Brian Austin, CSCS*

## Tennessee Tech

### Kendall Hooper

**Sport: Softball**

**Position: Catcher**

**Height: 5' 5"      Weight: 150**

**Vertical Jump: 22 Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: 160 Squat Pounds: 300**

*Kendall has displayed strength numbers we have never seen at Tennessee Tech before. We look forward to continuing to see her hit high numbers both in the weight room and on the field. - Charles Pugh, CSCS*

## University of Texas at San Antonio

### Morgan Luksa

**Sport: Softball**

**Position: Pitcher**

**Height: 5' 7"      Weight:**

**Vertical Jump: 21.5 Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: 90 Squat Pounds: 120**

*In her four years pitching for UTSA, Morgan has been very conscious of herself physically. She has battled through injuries to get back to being able to lift and pitch at a top level. - Derrick Jenkins, MA, CSCS*

## Troy University

### Sarah Shields

**Sport: Softball**

**Position: 2nd Base**

**Height: 5' 4"      Weight: 145**

**Vertical Jump: 22 Pro-Agility Run: Forty Yard Dash: 5.4 Bench Press Pounds: Squat Pounds: 195**

*Sarah exemplifies perseverance. After undergoing an ACL repair, she pushed herself through her off-season strength and conditioning program. She is a leader on and off the field and in the weight room. Sarah is a positive light to her team; she can inspire a room. Most of all, she is a competitor that conducts herself the right way. - Richard Shaughnessy, III, CSCS, RSCC*



# swimming

## Texas Christian University

### Ashley Bolin

**Sport:** Swimming

**Position:** Free/Individual Medley

**Height:** 5' 7"    **Weight:**

**Vertical Jump:** 0    **Pro-Agility Run:**    **Forty Yard Dash:**    **Bench Press Poundage:**    **Squat Poundage:** 150

*Ashley came in as a very quiet introverted young woman. Within the last three years, Ashley has made vast improvements in the weight room setting; literally becoming an outspoken captain both in the water and in the weight room. Although she is not the most vocal leader, she simply leads by example. - Stephen Gephardt*

## University of Michigan

### Daniel Madwed

**Sport:** Swimming

**Position:** Butterfly/Freestyle

**Height:** 5' 11 1/2"    **Weight:** 170

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

*Dan is a significant contributor to the men's swim team, both in and out of the water. As a five-time All-American, 10-time Big Ten Champion and school and conference record-holder, Dan is a driving force behind the program's success. A team captain, Dan serves as a role model to his teammates through his dedication to training in the water and in the weight room. Dan's work ethic carries over into the classroom as well. He is a three-time University of Michigan Athletic Academic Achievement award recipient and two-time member of the Academic All-Big Ten team. - Katlyn Haycock*

## Texas Christian University

### Edgar Crespo

**Sport:** Swimming

**Position:** Freestyle/Breaststroke

**Height:** 5' 11"    **Weight:** 180

**Vertical Jump:**    **Pro-Agility Run:**    **Forty Yard Dash:**    **Bench Press Poundage:**    **Squat Poundage:** 310

*Edgar's in-the-pool accolades speak for themselves. In the weight room, Edgar is a diligent worker, putting in the extra hours that are needed to achieve peak performance. - Matt Parker*

## South Dakota State University

### Garret Schrock

**Sport:** Swimming

**Position:** Individual Medley

**Height:** 5' 8"    **Weight:** 170

**Vertical Jump:** 24.5    **Pro-Agility Run:**    **Forty Yard Dash:**    **Bench Press Poundage:** 209    **Squat Poundage:** 300

*Garret's passion for the weight room has led him to great improvements through strength and conditioning. His leadership in the weight room and in the pool has driven others to achieve similar success. Garret's hard work has brought him career bests of 2:00.56 in the 200 m backstroke, 2:00.80 in the 200 m butterfly, 2:03.12 in the 200 m individual medley, and 4:22.16 in the 400 m individual medley. Garret has consistently improved in the weight room throughout his career, achieving personal bests in his senior season. He has been great to work with, and will be carried by his hard working attitude into his future endeavors. - Andrew Stocks, CSCS, NSCA-CPT*

## New Mexico State University

### Gina Palombit

**Sport:** Swimming

**Position:** Sprint Freestyle Events

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

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

*Currently competing in her senior season, Gina leads the New Mexico State University sprint freestyle events. A fierce competitor in the weight room as well as the pool, Gina is in the Top 3 All-time Swimming and Diving Performance Training Record Board. She has a 20 in. vertical jump, 200-lb back squat, and has performed 20 pull-ups helping her to a 23.72 s time in the 50-yard freestyle and a 52.55 s time in the 100-yard freestyle. Her performances and leadership qualities have helped the NMSU swimming and diving program attain program bests each year. - Antony McClure, CSCS,\*D*

## Case Western Reserve University

### Jessica Nuhfer

**Sport:** Swimming

**Position:** Freestyle/Butterfly

**Height:** 5' 4"    **Weight:** 131

**Vertical Jump:** 19    **Pro-Agility Run:** 5.1    **Forty Yard Dash:**    **Bench Press Poundage:** 115    **Squat Poundage:** 205

*One of the most dedicated athletes during season, as well as the off-season for lifting. She has shown dramatic improvement in the weight room in comparison to previous lifting programs. - Stephen Rubin, CSCS*

## South Dakota State University

### Kaitlyn Hemmingson

**Sport:** Swimming

**Position:** Breaststroke

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

**Vertical Jump:** 22.5 **Pro-Agility Run:** **Forty Yard Dash:**

**Bench Press Pounds:** 120 **Squat Pounds:** 195

*Kaitlyn has set an excellent example for all South Dakota State student-athletes. Her work ethic and desire to improve has allowed her to excel in the pool, in the weight room, and in the classroom. Kaitlyn's effort in the weight room consistently exceeded expectations. She held the team pull-up record and was honored as an Iron Jack four times. Kaitlyn achieved career bests of 1:07.51 in the 100 m breaststroke and 2:28.87 in the 200 m breaststroke. Kaitlyn has been a joy to coach. The qualities she possesses as an athlete will carry her to great things after her swimming career is complete. - Andrew Stocks, CSCS, NSCA-CPT*

## University of Michigan

### Kristyne Cole

**Sport:** Swimming

**Position:** Freestyle

**Height:** 5' 9" **Weight:** 155

**Vertical Jump:** 14 **Pro-Agility Run:** **Forty Yard Dash:** **Bench**

**Press Pounds:** 75 **Squat Pounds:** 125

*Kristyne demonstrates great enthusiasm and dedication in and out of the pool. As a team tri-captain, Kristyne is an integral member of the Michigan women's swimming and diving team. Her commitment to strength and conditioning as an individual athlete, as well as a team leader, has made a significant impact on the unity of the team, especially the distance group. Kristyne's dedication continues in the classroom as well, she is a two-time UM Athletic Academic Achievement award recipient, two-time Academic All-Big Ten recipient, and the 2011 Phyllis Ocker award recipient, presented by the School of Kinesiology annually to an outstanding varsity student-athlete who excels academically in their program. I'm confident Kristyne's relentless passion will continue to make an impact on Michigan athletics, her peers, and the community. - Katlyn Haycock*

## Texas Christian University

### Laszlo Gyurko

**Sport:** Swimming

**Position:** Free/Back/Fly

**Height:** 5' 11" **Weight:** 173

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

**Press Pounds:** **Squat Pounds:** 280

*Laszlo's in-the-pool accomplishments speak for themselves. All-Conference three of the last four years and a TCU record holder in the 100-m backstroke. However, it is the accomplishments in the weight room that I am most proud of. - Todd Kensler, CSCS*

## College of Charleston

### Matt Sherrier

**Sport:** Swimming

**Position:** Free

**Height:** 5' 10" **Weight:** 165

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

**Press Pounds:** 205 **Squat Pounds:** 300

*Matt is a very accomplished swimmer with a conference record in the 1650 freestyle, four individual school records and four relay team school records. Matt understands the importance of intense training and the dedication it takes to be successful. In the weight room, Matt not only demands 100% from himself every day, but also his teammates. Matt's mental toughness and desire to get better every day has built a standard among his team. The respect of his teammates to uphold the standard of their leader, in the weight room and the pool, is what has put his team in a position to once again become CCSA Champions. - Amber Manor, CSCS*

## Drexel University

### Steph Uecker

**Sport:** Swimming

**Position:**

**Height:** 5' 2" **Weight:** 118

**Vertical Jump:** 14 **Pro-Agility Run:** **Forty Yard Dash:** **Bench**

**Press Pounds:** **Squat Pounds:**

*Steph is an extremely hard working and focused athlete. She consistently goes above and beyond what she has to do to get better. - Michael Rankin, CSCS, NSCA-CPT*

## Texas Christian University

### Zrinka Korac

**Sport:** Swimming

**Position:** Free/Fly

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

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

**Press Pounds:** **Squat Pounds:** 170

*Zrinka is the real deal. Always pushing herself to get better in the weight room to ensure she has no excuses come race day. I can always rely on her to do every rep and set as well as push those around her. She has the drive that all coaches wish for out of their athletes. - Todd Kensler, CSCS*

# tennis

## The University of Michigan

### Brooke Bolender

**Sport:** Tennis

**Position:** 2

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

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

**Press Poundage:** 105 **Squat Poundage:** 195

*Brooke made an immediate impact on our tennis team upon her arrival on campus last year. She had a great understanding of how strength training can have a positive impact on her game, and embraced it. Her hard work paid off helping Michigan repeat as Big Ten Champions and received the Big Ten Freshman of the Year award. It is with great pride that I nominate Brooke as an NSCA All-American and I look forward to working with her for the next two years. - Jason Cole, MS, CSCS*

## University of Missouri

### Jamie Mera

**Sport:** Tennis

**Position:**

**Height:** 5' 8" **Weight:** 138

**Vertical Jump:** 23 **Pro-Agility Run:** 4.80 **Forty Yard Dash:**

**Bench Press Poundage:** **Squat Poundage:**

*Jamie, without a doubt, should be the female recipient of the 2011 - 2012 NSCA All-American award. She has been a leader within the Mizzou tennis program for three seasons thus far, and has high expectations for her senior season. As the leader of the Mizzou tennis squad, Jamie brings not only experience to the team but a burning passion to rally the team to a promising spring season. She is currently tied for first place for the team's fastest 5-10-5 agility test, as well as leading the team in the 60-s sit-up challenge. Furthermore, she has been a true competitor in every facet of her student-athlete career while at Mizzou. She has maintained a rigorous class schedule within the school of journalism and is the Co-President of the Student-Athlete Advisory Council. We couldn't ask for better representation of this award; Jamie has earned it. - Ramy Mosbah*

## Old Dominion University

### Krzysztof Muzalewski

**Sport:** Tennis

**Position:**

**Height:** 5' 9" **Weight:** 150

**Vertical Jump:** 22 **Pro-Agility Run:** **Forty Yard Dash:** 4.72

**Bench Press Poundage:** 175 **Squat Poundage:**

*Krzysztof is a wonderful student-athlete that has committed himself to our strength program during his tenure here at ODU. His enhancement has been a true testament to why great players become elite in his sport of play. - Yaw Baidoo, MS, CSCS, RSCC*

## Old Dominion University

### Nika Khmolovska

**Sport:** Tennis

**Position:**

**Height:** 5' 2" **Weight:** 108

**Vertical Jump:** 12 **Pro-Agility Run:** **Forty Yard Dash:** 5

**Bench Press Poundage:** 100 **Squat Poundage:** 95

*Nika has made tremendous gains in her fitness this year, and it is a honor to nominate her for this award - Yaw Baidoo, MS, CSCS, RSCC*

# track and field

## The University of Michigan

### Alexandra Williams

**Sport:** Track & Field

**Position:** Hurdles

**Height:** 5' 8" **Weight:** 147

**Vertical Jump:** 25 **Pro-Agility Run:** **Forty Yard Dash:** 4.90  
**Bench Press Poundage:** 120 **Squat Poundage:** 250

*Alex has become a true competitor. She is dedicated to her training both on and off the track. In the weight room, Alex is an unbelievably hard worker and sets a great example for her younger counterparts. Because of her winning attitude and competitive drive to succeed, it is my pleasure to nominate her for NSCA All-American honors. - Bo Sandoval, MS, CSCS*

## Wake Forest University

### Ben Lincoln

**Sport:** Track & Field

**Position:** Javelin Thrower

**Height:** 5' 11" **Weight:** 180

**Vertical Jump:** 34.5 **Pro-Agility Run:** **Forty Yard Dash:**  
**Bench Press Poundage:** 352 **Squat Poundage:** 330

*Ben is one of the most accomplished athletes on the Wake Forest track and field team and is arguably just as impressive in the weight room. Ben improved in all of the lifts tested in our program this year with performances of 280 lb in the power clean and 200 lb in the power snatch. Ben is a two-time All-ACC performer and holds the school record in the javelin with a mark of 70.38/230-11. He qualified for the NCAA Division I National Championships as a sophomore and hopes to continue to improve on this success during the outdoor season. Ben is majoring in Finance under the umbrella of Wake Forest's highly ranked business school. His competitiveness will continue to help him be successful in his classes, the weight room, and the javelin. - Zebulon Sion, CSCS*

## Saint Louis University

### Brittney Cloudy

**Sport:** Track & Field

**Position:** Jumps

**Height:** 5' 9" **Weight:** 140

**Vertical Jump:** 28 **Pro-Agility Run:** 4.82 **Forty Yard Dash:**  
**4.91 Bench Press Poundage:** 135 **Squat Poundage:** 235

*Brittney is the best female student-athlete I have worked with in my 13-year career. She always has a positive attitude, and has outworked every other athlete in our department each of her four years. This work ethic has led her to multiple Conference Championships and school records. - Scott Charland, MS, CSCS*

## St. John's University

### Chanel King

**Sport:** Track & Field

**Position:** Thrower

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

**Vertical Jump:** **Pro-Agility Run:** **Forty Yard Dash:** **Bench**  
**Press Poundage:** 180 **Squat Poundage:** 325

*Chanel is a model student-athlete here at St. John's University. She has been a team captain on track and field for the past two years and is currently the President of the Student Athlete Advisory Committee. While in the weight room, Chanel continually motivates her teammates to strive for personal excellence. Chanel is one of the strongest female athletes that I have worked with in my 15 years as a strength and conditioning coach. Her work ethic, intensity, and enthusiastic attitude have allowed her to make significant gains in strength and power. In her senior year, Chanel established personal best scores for the squat, power clean and bench press. Her success in the weight room has directly impacted her success in the throwing circle. She is currently on the All-Star Big East team for the weight throw. - Robert Basile, Jr, CSCS*

## University of California, Irvine

### Chris Carson

**Sport:** Track & Field

**Position:** 100/200m Sprinter

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

**Vertical Jump:** 32 **Pro-Agility Run:** **Forty Yard Dash:** 4.5  
**Bench Press Poundage:** 240 **Squat Poundage:** 315

*Chris has an outstanding work ethic and always gives his best effort. He attacks the weight room and has consistently improved over the course of his career at UCI. He is an athlete of high character and work ethic. - Robert Harmston, CSCS*

## College of Charleston

### Christine Klinar

**Sport:** Track & Field

**Position:** Thrower (Javelin)

**Height:** 5' 9" **Weight:** 170

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

*Christine is a sophomore thrower, specializing in the javelin. Her work ethic and attitude toward training is perpetual. She is proficient in many aspects of training. She has progressed in all her weights and techniques, and accepts coaching in a positive and constructive way. Her Olympic lifting technique is sound, and her power lifts are strong. She has been a pleasure to work with, and we will be expecting tremendous results this outdoor season. - Amber Manor, CSCS*

## Virginia State University

### Dajhi Hollis

**Sport: Track & Field**

**Position: Shot Put**

**Height: 5' 9" Weight: 275**

**Vertical Jump: Pro-Agility Run: Forty Yard Dash: Bench Press Pounding: 325 Squat Pounding: 520**

*Dajhi has one of the best attitudes towards strength training in our program and in the 17 years that I have been strength and conditioning. He brings a high level of intensity to the weight room and it is contagious in a great way to the rest of the athletes and the coaching staff. - Rodney Gaines, PhD, CSCS, RSCC*

## University of Wisconsin-Whitewater

### Dave Kuczynski

**Sport: Track & Field**

**Position: Long Jump/Sprints**

**Height: 5' 11" Weight: 165**

**Vertical Jump: 30 Pro-Agility Run: Forty Yard Dash: Bench Press Pounding: 215 Squat Pounding: 335**

*Dave is very deserving of this award. He has tremendous character, leadership skills, work ethic, and talent. This is proven through his academic and athletic accomplishments which include 2011 team captain honors, being an United States Track and Field and Cross Country Coaches Association 2011 Division III All-Academic recipient, receiving WIAC All-Academic Honor Roll honors, participated in the 2011 NCAA Division III Outdoor National Championships (4x100 m relay), was a provisional qualifier for the 2011 NCAA Division III Indoor National Championship (long jump), and received All-WIAC honors three times. Dave has made significant improvements on the track and in the weight room from his freshman year to now. This is due to his tremendous work ethic throughout his entire career. - Josh Ireland*

## Case Western Reserve University

### Eben Via

**Sport: Track & Field**

**Position: Thrower**

**Height: 6' 2" Weight: 225**

**Vertical Jump: 27 Pro-Agility Run: 4.1 Forty Yard Dash: Bench Press Pounding: 330 Squat Pounding: 430**

*Eben has an incredible dedication, and passion for weight training. Has vastly increased his strength and power over his collegiate career. Eben was an All-Conference thrower last season. He has worked as a student strength assistant for three years as well. - Stephen Rubin, CSCS*

## Wake Forest University

### Erin Brooks

**Sport: Track & Field**

**Position: Jumper/Sprinter**

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

**Vertical Jump: 26.5 Pro-Agility Run: Forty Yard Dash: Bench Press Pounding: 137 Squat Pounding: 253**

*Erin improved significantly this fall with regard to her strength and explosive ability as can be seen by her impressive performances in the four major lifts tested in our program. In addition to her vertical jump, bench press, and back squat listed below, Erin did 181 lb on the power clean and 121 lb on the power snatch. She has not only continued to be a great leader on the track and field team but has also taken on a new role in the weight room and motivates her teammates by both performing at a high level and being a positive, vocal leader. She holds the school records in both the indoor and outdoor triple jump and also competes in the long jump and sprinting events. Erin is majoring in English and plans to attend medical school in the future. I have very much enjoyed working with Erin because of her great attitude and commitment to excellence. - Zebulon Sion, CSCS*

## The University of Michigan

### Ethan Dennis

**Sport: Track & Field**

**Position:**

**Height: 6' 4" Weight: 240**

**Vertical Jump: 31 Pro-Agility Run: Forty Yard Dash: 4.90 Bench Press Pounding: 320 Squat Pounding: 455**

*Ethan is a product of long-term quality training. Ethan has continued to make physical and technical improvements over the past three years which have dramatically enhanced his ability to throw the hammer. Ethan has a very focused, quiet, yet intense demeanor when he trains. His enthusiasm to want to get better and will to do whatever it takes is why Ethan is nominated as an NSCA All-American. - Bo Sandoval, MS, CSCS*

## William Jewell College

### Koko Guillaume

**Sport: Track & Field**

**Position: Sprints/Hurdles**

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

**Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: 5.06 Bench Press Pounding: 115 Squat Pounding: 203**

*On a daily basis Koko has continuously demonstrated an outstanding work ethic, motivation, and positive attitude to make the most of every training opportunity to maximize her student-athlete career. - Scott O'Dell, CSCS*



## **Grand View University Lauryn Camp**

**Sport: Track & Field**

**Position: Thrower**

**Height: 5' 6" Weight: 170**

**Vertical Jump: 18 Pro-Agility Run: Forty Yard Dash: 6.08**

**Bench Press Poundage: 120 Squat Poundage: 225**

*Lauryn has made a huge commitment to her development as an athlete this year. She has completely transformed her body and worked hard to develop her explosive abilities in the weight room. Because of this, she set personal records in every test category this year. Lauryn is a two-time NAIA All-American in the weight throw with massive goals for her senior year. She has had her best fall ever and is prepped for great things. Lauryn has aspirations of coaching and has been a great example to her teammates on how to develop before and after having success. - Seth Roberson, CSCS*

## **The Ohio State University Letecia Wright**

**Sport: Track & Field**

**Position: Sprinter/Hurdler**

**Height: 5' 4" Weight: 100**

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

**Bench Press Poundage: 140 Squat Poundage: 255**

*Tish is a great team leader and dedicated athlete to her sport. It has been a pleasure to train her and see her reach high levels of athletic success. She is a 2011 Indoor All-American (60 m hurdles), two-time Big 10 Champion (4 x 100), four-time Big Ten Athlete of the Week, and 2011 Big 10 Sportsmanship Award recipient. - Hannah Ross Sackett, CSCS*

## **University of Wisconsin-Whitewater Loryn Kressin**

**Sport: Track & Field**

**Position: Pole Vault**

**Height: 5' 9" Weight: 147**

**Vertical Jump: 19 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: 125 Squat Poundage: 200**

*Loryn is a prime example of where hard work gets you. She is a great student and has made vast improvements in the weight room and on the track. She came here as a freshman that was vaulting 9' and last year she surpassed our school record by vaulting 11'0.25" and her strength levels have improved in the same fashion. She was named team captain for this year's squad by the way she helps her teammates and how much of a hard worker she is. We are fortunate to have her on our team. - Josh Ireland*

## **University of Michigan Mathew Campbell**

**Sport: Track & Field**

**Position: 100/200**

**Height: 5' 9" Weight: 167**

**Vertical Jump: 33.8 Pro-Agility Run: Forty Yard Dash: 4.44**

**Bench Press Poundage: 315 Squat Poundage: 365**

*Matt is an exceptional athlete. Along with his physical talents, he is focused and self-driven with a relentless determination to get better. Matt is a leader for our sprint group and a leader in the weight room. It is my pleasure to nominate Matt Campbell for NSCA All-American. - Lew Porchiazzo, III, CSCS*

## **Charleston Southern University Patria Norman**

**Sport: Track & Field**

**Position: Multi'S**

**Height: 5' 4" Weight: 146**

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

**Press Poundage: 145 Squat Poundage: 315**

*Patria is a tremendously hard worker who has done a great job in the weight room which has led to success on the track. She was named the 2011 Big South Outdoor Performer of the Meet winning the long jump, placing second in the heptathlon, 5th in the 100-m hurdles, and was a member of the third-place 4x100 m team. She owns the program record for non-throwers in back squat and hang clean. - Tobias Jacobi, CSCS*

## **Charleston Southern University Rozzie Johnson**

**Sport: Track & Field**

**Position: Sprinter**

**Height: 5' 8" Weight: 188**

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

**Press Poundage: 295 Squat Poundage: 475**

*Rozzie has been great to work with for the past two years. His drive and determination is contagious in the weight room; his work ethic transfers to other athletes while he trains and he makes everyone work that much harder each time he walks into the weight room. In the weight room, Rozzie improved his squat by 70 lb, his bench press by 30 lb, and his power clean by 40 lb. He also completed 22 pull-ups and broad jumped 9'8" at a bodyweight of 188 lb. On the track, as a true freshman, Rozzie took 1st place in the 100 m at the Coastal Carolina Invite, he finished 2nd in the 100 m at the Big South Conference Invite with a time of 10.51 s, also at the same event Rozzie finished 3rd in the 200 m with a time of 21.61 s. - Andrew McKay, CSCS*

## **Boston University Shelby Walton**

**Sport: Track & Field**

**Position: Sprints**

**Height: 5' 1" Weight: 115**

**Vertical Jump: 30.3 Pro-Agility Run: Forty Yard Dash:**

**Bench Press Poundage: 145 Squat Poundage: 245**

*Shelby's effort and focus on her training has led to continuous improvements throughout her first three years. Currently able to squat over twice her bodyweight as well as hang clean over 1.6 times her bodyweight, Shelby continues to challenge herself to be better, not only in the weight room, but on the track as well. During the indoor season of her junior year, Shelby had multiple first-place finishes in the 60-m dash and also set the school record and took first place at the AE Championships in the 200-m dash. During the outdoor season, Shelby earned Most Outstanding Track Performer at the AE Championships with three first-place wins in the 100-m, 200-m, and 4x100-m relays. Asking nothing of her teammates that she would not ask of herself, Shelby continues to lead by example in the weight room, recently setting team records in both the vertical jump and chin-ups. - Glenn Harris, MS, CSCS*



## Indiana University

### Stephanie Chin

**Sport: Track & Field**

**Position: Pole Vault**

**Height: 5' 6" Weight: 140**

**Vertical Jump: 27 Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: 285 Squat Pounds: 285**

*Stephanie is a driven athlete who never said a word in her training. Due to her focus and intense training attitude, she is without a doubt a front-runner for this award in my book. Stephanie held a national ranking as a freshman collegiate athlete. Stephanie will now be competing in Olympic weightlifting as she is still very passionate about training. - Rick Danison, II, CSCS*

## Clemson University

### Stormy Kendrick

**Sport: Track & Field**

**Position: Sprints**

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

**Vertical Jump: 27.5 Pro-Agility Run: Forty Yard Dash: 4.5 Bench Press Pounds: 145 Squat Pounds: 330**

*Stormy, throughout her career at Clemson, has consistently used the weight room as a tool to enhance her athletic ability. She has dedicated herself year-round to her training, spending each summer on campus in order to prepare physically for the upcoming season. Her year-around efforts have led to a team-leading 330-lb squat and also a 180-lb power clean. These strength feats were achieved despite weighing only 120 lb, making Stormy's strength to bodyweight ratios among the best ever achieved at Clemson for a female athlete. Stormy's efforts on the track and in the weight room have helped propel her to two ACC Most Valuable Track Performer awards, three individual ACC titles in the sprint events, and a Junior World Championship in the 200 m. - Richard Franzblau, CSCS*

## Stillman College

### Terrance Swinson

**Sport: Track & Field**

**Position: Decathlon**

**Height: 6' 2 1/2" Weight: 195**

**Vertical Jump: 29 Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: 225 Squat Pounds: 405**

*Terrance is extremely motivated, bound, and determined to be the absolute best he can be in his upcoming senior track season. He has proven himself to be committed to the strength and conditioning program here at Stillman College by showing up to workouts on time, every time and ensuring his teammates do as well. He dissects himself to turn his weaknesses into strength. His behavior has become infectious and his teammates have caught the fever. Terrance has increased his bench 20 lb, squat 40 lb, and power clean 20 lb all in one month's time. His hard work and leadership helped lead the Stillman College men's cross country team to a division title this past fall. - Keith Swift, CSCS*

## Marquette University

### Tyler O'Brien

**Sport: Track & Field**

**Position: 100/200m**

**Height: 5' 9" Weight: 165**

**Vertical Jump: Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: Squat Pounds: 315**

*Tyler comes to the weight room every day wanting himself and his teammates to get better. He's a willing leader whose attitude is contagious. Tyler always has energy. His accomplishments on the track are numerous, highlighted by running the fastest outdoor 200 m time in the Big East in 2011 with 21.05 s, which is also a Marquette record. He also holds Marquette indoor records for 60 m, 200 m, and 300 m. - Marguerite Smith, CSCS*

## Grand View University

### Tyler Wells

**Sport: Track & Field**

**Position: Thrower & Football/Center**

**Height: 6' 5" Weight: 300**

**Vertical Jump: 28 Pro-Agility Run: Forty Yard Dash: 5.3 Bench Press Pounds: 340 Squat Pounds: 500**

*Tyler has been a special two-sport athlete since he stepped foot on Grand View's campus four years ago. He has received multiple All-American and All-Conference awards in football and has been MCC Field Athlete of the Year twice in track and field. His work ethic during practice and in lifting workouts has been instrumental in his development from a quality student-athlete into a dominant force in both track and field and football. Tyler continues to work hard toward lofty goals for his senior campaign in track and field. As good of an athlete as Tyler is, he is a better human being and a great role model for our younger athletes. - Seth Roberson, CSCS*

## Salisbury University

### Whitney Handy

**Sport: Track & Field**

**Position: Sprints**

**Height: 5' 4" Weight: 130**

**Vertical Jump: 23 Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: Squat Pounds: 170**

*Whitney is a true workhorse in the weight room. Not only does Whitney push herself but she also motivates her team members to strive to be better. She creates an atmosphere around her that breeds improvement. She is a wonderful student-athlete to work with each and every day. With her strong work ethic and commitment in the weight room, Whitney has already seen a positive impact on her performance this indoor season as she had a hand in setting a new school record in the 4x400 m relay. - Matthew Nein, MS, CSCS,\*D*

**Penn State University**

**Will Barr**

**Sport: Track & Field**

**Position: Weight/Discus**

**Height: 6' 2" Weight: 250**

**Vertical Jump: 34 Pro-Agility Run: Forty Yard Dash: 4.7**

**Bench Press Poundage: 440 Squat Poundage: 600**

*Will = Intensity. Every single session in the weight room, whether it is in-season, post-season, or off-season, you know Will is going to bring it. He is the type of individual that is going to motivate himself and others around him regardless of the situation. He knows that the weight room is an integral part of his success and his work ethic, attitude, and improvements in his events reflect that. Will is a junior this year, and his weight and discuss personal bests have improved by 14' and 30', respectively. I wish Will the best of luck in this year's NCAA tournament and I am very excited to have him back next year.*

*- Cameron Davidson, MS, CSCS*

# volleyball

## University of Southern California

### Alexis Olgard

**Sport: Volleyball**

**Position: Middle Blocker**

**Height: 6' 5" Weight: 195**

**Vertical Jump: 23.5 Pro-Agility Run: 4.86 Forty Yard Dash: Bench Press Poundage: 140 Squat Poundage: 242**

*Alexis came in as a freshman ready to push hard in the weight room. She significantly improved throughout her freshman year. Then at the end of the season, she had knee surgery so she lost all spring and half of the summer time for training. When she was cleared to lift again mid-summer she attacked the weights and agility drills to improve. Because of her effort during the end of summer, and during the season, she was able to regain or exceed her personal bests in every lift, jump, sprint, and agility drill. Due to her effort, our team pushed hard in workouts and practice and was able to make our second straight Final Four. As a freshman, she made the Pac-10 Freshman All-Conference team. - Brent Metz*

## MidAmerica Nazarene University

### Anna Nostrant

**Sport: Volleyball**

**Position: Middle Hitter**

**Height: 6' Weight: 175**

**Vertical Jump: 19 Pro-Agility Run: 4.81 Forty Yard Dash: 5.1 Bench Press Poundage: 120 Squat Poundage: 176**

*Anna has made huge improvements since arriving at MNU. She was already very athletic, but has improved her strength and her natural talent since she started training. She comes in to get extra work on her own and motivates her teammates to do the same. Some of her post-season accomplishments include HAAC 2010 second-team All-Conference, 2011 first-team All-Conference, and 2011 Champions of Character award for the NAIA. - Whitney Rodden, CSCS*

## Marquette University

### Ciara Jones

**Sport: Volleyball**

**Position: Outside Hitter**

**Height: 5' 10" Weight: 175**

**Vertical Jump: 26 Pro-Agility Run: 4.73 Forty Yard Dash: Bench Press Poundage: 185 Squat Poundage: 360**

*Ciara has dedicated her four years at Marquette to becoming the best she can be in her sport as both a team leader and an athlete. Ciara brings tenacity in her training that inspires athletes from all sports on campus. This tenacity, paired with the ability to apply her strength built in the weight room, brings out a new level of physicality in the sport of volleyball that can change the flow of a game with just one swing. - Nathan Heyrman, CSCS, RSCC*

## Columbus State Community College

### Dani Turner

**Sport: Volleyball**

**Position:**

**Height: 5' 4" Weight: 143**

**Vertical Jump: 16 Pro-Agility Run: Forty Yard Dash: Bench Press Poundage: Squat Poundage: 155**

*Dani has had to overcome some tough challenges mentally and physically. She was a three-sport athlete in high school but was unable to play volleyball for two years due to injuries and surgeries on her foot. She did not play volleyball her sophomore or junior years but was a team manager who went to every practice to help, traveled with the team, and kept stats. She played three years of basketball excluding her sophomore year because of her injury. She also ran track for two years and was a great hurdler. In high school, Dani worked as a lifeguard at the community West Jefferson pool. She was Prom Princess her junior year and was awarded both Homecoming Queen and Prom Queen honors as a senior. Her college GPA is above 3.5 as she has excelled greatly in her academics but has also worked really hard to do so. I think strength and conditioning has help discipline her in both academia and athletics. She is a leader on and off the floor, and with committing herself to the weight program since beginning of summer (at least) we have seen great strides in her strength. I think that between weights and volleyball Dani has demonstrated great character and leadership that will be extremely hard to replace. - Andrew Hargus*

## South Dakota State University

### Ellyce Youngren

**Sport: Volleyball**

**Position: Outside Hitter**

**Height: 6' 2" Weight: 160**

**Vertical Jump: 20 Pro-Agility Run: 4.57 Forty Yard Dash: Bench Press Poundage: 122 Squat Poundage: 210**

*Ellyce has worked very hard to improve her strength, power, speed, agility, and conditioning. She was able to complete her entire career with no major injuries do to her consistent dedication to the area of strength and conditioning. She put her heart and soul into each training session just like she did on the court and in the classroom. She was a two-year captain and the 14th member of the 1,000 kill club at SDSU. In addition, she earned second-team All-League honors two years and first-team one year. She always came to workouts with a smile and was ready to push herself to be her best. Her hard work, dedication, and mental toughness will serve her well in all of her future endeavors. - Nathan Moe, CSCS*

## Morehead State University

### Emma Keough

**Sport: Volleyball**

**Position: Middle Blocker**

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

**Vertical Jump: 24 Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: 160 Squat Pounds: 260**

*Emma approached all of her training with an intensity that encouraged everyone around her. She was a leader on the court and in the weight room, and helped lead her team to become the Ohio Valley Conference Champions. She ends her career as the overall strongest female athlete at Morehead State University. - Kevin Deweese, CSCS*

## Virginia State University

### Imani Wood

**Sport: Volleyball**

**Position:**

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

**Vertical Jump: Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: 135 Squat Pounds: 215**

*Although a freshman and a rookie in volleyball, her numbers in the weight room are excellent for a first year student. She has a serious attitude towards strength and conditioning and she has inspired her teammates to take it to another level when it comes to training. I am impressed with her quiet strength. She has a bright future in conditioning and in her sport. - Rodney Gaines, PhD, CSCS, RSCC*

## Juniata College

### John Almquist

**Sport: Volleyball**

**Position: Setter**

**Height: 6' 1" Weight: 190**

**Vertical Jump: 31.5 Pro-Agility Run: 4.3 Forty Yard Dash: 4.75 Bench Press Pounds: 275 Squat Pounds: 400**

*Although John's playing abilities have contributed to Juniata College's men's volleyball success in the past three years, his hard work and leadership in our off-season strength and conditioning program has been even greater. Hard work and leadership skills have contributed to him being selected as team captain or the 2011 - 2012 season. In 2010, John played 72 sets in all 22 matches and ranked 35th in Division I for assists per game with 5.61 and a season total of 404. He recorded 40 or more assists in six matches with a career-high of 74 assists coming at home against Princeton (4/09) where he also tallied four kills. He had career-high of three aces at home vs. Rutgers-Newark (2/12) and again at Rutgers-Newark (4/01). He logged 16 digs at home vs. Springfield College (3/27). The on-court successes of the 2010 volleyball season, along with John's hard work and commitment to develop him in the off-season, will certainly assure a successful and rewarding 2011 - 2012 senior season. - Douglas Smith, CSCS,\*D, NSCA-CPT*

## University of Texas at San Antonio

### Kelsey Jewasko

**Sport: Volleyball**

**Position: Libero**

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

**Vertical Jump: 21.75 Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: 115 Squat Pounds: 245**

*In addition to being a two-year team captain, Kelsey has been named conference Libero of the Year twice in three years. She was also Defensive Player of the Week for three consecutive weeks in the 2010 season where she led the team to a Conference Tournament Championship and to NCAA tournament play. - Travis Reust*

## West Texas A&M

### Laura Iwuchukwu

**Sport: Volleyball**

**Position: Middle**

**Height: 6' 1" Weight: 158**

**Vertical Jump: 28.5 Pro-Agility Run: Forty Yard Dash: Bench Press Pounds: 135 Squat Pounds: 205**

*Laura has committed herself to improvement each training cycle of the year. She continues to grow and improve all areas of her athletic performance. Laura's improvement on the volleyball court has been at the same rate, and her teammates respect her for the effort and time she has invested. - Sarah Ramey, CSCS*

## Juniata College

### Libby Morrison

**Sport: Volleyball**

**Position: Libero**

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

**Vertical Jump: 25 Pro-Agility Run: 4.5 Forty Yard Dash: 5.15 Bench Press Pounds: 135 Squat Pounds: 250**

*Libby's off-season work habits greatly contributed to her performance on the playing court and a notable injury-free career. She has earned the following accolades: AVCA second-team All-America (2011), Capital One/CoSIDA Academic All-District team (2011), Landmark Conference Player of the Year (2011), Landmark Conference Specialist of the Year (2011), first-team All-Conference (2011), AVCA third-team All-America (2010), Landmark Conference Co-Player of the Year (2010), Landmark Conference Specialist of the Year (2010), first-team All-Conference (2010). - Ronald Shrift*

## Penn State University

### Maggie Harding

**Sport: Volleyball**

**Position: Defensive Specialist**

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

**Vertical Jump: 21 Pro-Agility Run: 4.7 Forty Yard Dash: Bench Press Pounds: 130 Squat Pounds: 200**

*Maggie is an awesome athlete to have in the weight room. She is a great kid who is fully committed and does a lot extra for herself and for the team whenever she gets a chance. Maggie, in my opinion, embodies what this award is about. I am glad to have her back for the next two years. - Cameron Davidson, MS, CSCS*

## Lewis University

### Matt Gallik

**Sport: Volleyball**

**Position: Middle**

**Height: 6' 4" Weight: 205**

**Vertical Jump: 38 Pro-Agility Run: Forty Yard Dash: Bench Press Pounding: 250 Squat Pounding: 365**

*Matt works extremely hard not only in the weight room but in the classroom as well. He has established himself as one of the best middles in his conference which is touted with some of the best talent in the country. Lewis University has one of the toughest non-conference schedules in the country as well. He is continually top 5 in blocks in the conference and has received second-team All-Conference honors. His dedication to the weight room and jump training is second to none which has allowed him to compete at a high level on the court. While he might not be the tallest middle, he is definitely one of the most athletic and high jumping middles. Along with his work ethic he is a great young man who carries himself with class and demonstrates respect for his teammates and opponents. - Brad Leshinske, CSCS*

## Clemson University

### Natalie Patzin

**Sport: Volleyball**

**Position: Outside Hitter/Libero**

**Height: 5' 10" Weight: 128**

**Vertical Jump: 26 Pro-Agility Run: 4.51 Forty Yard Dash: Bench Press Pounding: 130 Squat Pounding: 275**

*Natalie is one of the most dedicated and hardest working athletes at Clemson University. Natalie's work ethic has definitely contributed to her earning starting positions on the team over much taller teammates. Her agility and quickness allowed her to make a smooth transition from outside hitter to libero when needed. She is a fierce competitor that continues to drive herself, as well as her teammates, whether on the court or in the weight room. Her work ethic doesn't stop on the court as she has been on the All-ACC Academic team each year. - Dennis Love*

## Humboldt State University

### Oceana Matsubu

**Sport: Volleyball**

**Position: Outside Hitter**

**Height: 6' Weight: 175**

**Vertical Jump: 27 Pro-Agility Run: 4.7 Forty Yard Dash: Bench Press Pounding: 150 Squat Pounding: 255**

*Some people talk about never being out-worked, but Oceana exemplifies this statement; she lives that life. Her commitment to our strength and conditioning program allowed her to become the first All-Conference volleyball selection for Humboldt State since 2008. She finished her senior season with 367 kills to top the leader board for the CCAA, averaging 4.03 kills per set, and ranked second in points with 421, just behind the CCAA's Most Valuable Player. Her 966 career kills places her ninth in Humboldt State's All-Time Record Book. - Brian Charity, CSCS*

## Park University

### Rob Cordero

**Sport: Volleyball**

**Position: Setter**

**Height: 6' 5" Weight: 219**

**Vertical Jump: 25 Pro-Agility Run: 4.84 Forty Yard Dash: 5.26 Bench Press Pounding: Squat Pounding: 245**

*Rob is a wonderful example how excellence is not enough. He was an AVCA Men's Volleyball All-American and the only freshman named to the AVCA All-American list. He was also Co-Setter of the Year in the MAMVIC Conference and was named NAIA Setter of the Week six times. This was not enough for Rob and so he stayed at Park University through the entire summer instead of returning to his home country of Venezuela to be able to train and prepare for the 2012 season. He will return to this season 20 lb lighter, faster, and more powerful through his dedication in the weight room. - Brian Ciolek, MS, CSCS, RSCC*

## University of Southern California

### Tony Ciarelli

**Sport: Volleyball**

**Position: Outside Hitter**

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

**Vertical Jump: 32 Pro-Agility Run: 4.21 Forty Yard Dash: Bench Press Pounding: 200 Squat Pounding: 374**

*Tony has been a focused lifter since his first day on campus as a freshman. He has an internal drive to succeed in the weight room and knows that his improvements will advance him on the court. Each off-season he has done the work to enter the next season at a higher level than the previous season. I commend Tony on his work ethic and am proud that I have been able to work with him for the last four years. As a result of his work, he was named National Freshman of the Year, was a two-time All-American, three-time All-Conference player, and an All-Academic team member. - Brent Metz*



# wrestling

## University of Michigan

### Kellen Russell

**Sport:** Wrestling

**Position:** 141 Weight Class

**Height:** 5' 7"    **Weight:** 141

**Vertical Jump:** 30.2   **Pro-Agility Run:**   **Forty Yard Dash:**

**Bench Press Poundage:** 235   **Squat Poundage:** 287

*Kellen, a two-time team captain and All-American, has continually demonstrated his leadership and commitment to the strength and conditioning program as well as with the wrestling program as a whole. His positive attitude and relentless effort to his physical preparation have been instrumental to the numerous personal records he established this past off-season, not to mention winning the 2011 141-lb National Championship and his third Big Ten Championship. Kellen's leadership 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 Kellen the respect of the coaching staff, his fellow teammates, and the athletic department resulting in his repeat selection as a team captain for the 2011 - 2012 wrestling season. - Michael Favre, MEd, CSCS,\*D, RSCC\*D*

## Indiana University

### Kurt Kinser

**Sport:** Wrestling

**Position:**

**Height:** 5' 8"    **Weight:** 149

**Vertical Jump:** 30   **Pro-Agility Run:**   **Forty Yard Dash:**   **Bench Press Poundage:** 300   **Squat Poundage:** 405

*Pound-for-pound, this athlete is one of the strongest athletes I have coached. Kurt has the highest pain tolerance I have ever seen, and one of the highest work thresholds I have ever seen; you simply can't get this young man to quit. Kurt was able to make it in the national stage and compete at a high level even with a knee injury.*

*- Rick Danison, II, CSCS*

## Drexel University

### Kyle Frey

**Sport:** Wrestling

**Position:**

**Height:** 6' 5 1/2"    **Weight:** 243

**Vertical Jump:** 16   **Pro-Agility Run:**   **Forty Yard Dash:**   **Bench Press Poundage:** 275   **Squat Poundage:** 295

*Kyle is a true competitor in the fullest sense. He demonstrates great leadership and dedication on the wrestling mat and in the varsity weight room. Kyle posses a strong passion and drive to continually get better each and every training session. He displays unyielding commitment and hard work ethic toward his physical preparation each season. Kyle truly understands the tremendous benefits of his strength and conditioning program and is always looking to gain a competitive edge through his training. - Stephen Maze, CSCS*

## South Dakota State University

### Nick Flynn

**Sport:** Wrestling

**Position:** 157 Weight Class

**Height:** 5' 9 1/2"    **Weight:** 177

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

**Bench Press Poundage:** 264   **Squat Poundage:** 297

*During Nick's career at South Dakota State University (SDSU) he has consistently demonstrated the desire to be coached and to apply those instructions to his achievements in the weight room and on the mat. In 2009 - 2010, Nick was fourth on the team in wins. In 2010 - 2011, Nick earned third-team All-WWC honors following a third-place finish in the 157-lb bracket at the NCAA West Regional. In the weight room, Nick has shown great pound-for-pound strength. This past fall, Nick demonstrated the ability to power clean 1.25 times his bodyweight, and bench press 1.5 times his bodyweight. In addition, he set a personal best with a 25.5-in. vertical jump. Along with his pound-for-pound strength, Nick has shown great leadership in the weight room and on the mat. His leadership has been invaluable to the young and upcoming team the Jackrabbits have formed. His desire to improve not only himself, but his teammates as well is what sets Nick apart from the majority of our student-athletes. Nick's work ethic, attitude, and leadership have forged a path of higher expectations for every current and future Jackrabbit grappler. As a coach, I feel privileged to know Nick and to have been a part in his development as an athlete and a person. - Bradley Schmidt, Sr, CSCS*

## Wilkes University

### Ryan Wilson

**Sport:** Wrestling

**Position:**

**Height:** 5' 5"    **Weight:** 141

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

**Bench Press Poundage:** 175   **Squat Poundage:** 275

*Ryan has done a phenomenal job since his freshman year developing not only physically in the weight room but as a wrestler, student, and leader. Ryan is the kind of athlete that coaches love. He pushes himself to his limits on the mat and during conditioning and strength workouts. Ryan is currently leading his teammates to 11th national team ranking. - Keith Klahold, CSCS, RSCC\*D*

# High School Athletes

# basketball

## Greater Atlanta Christian School

### Cii Cii Buford

**Sport:** Basketball

**Position:** Forward

**Height:** 5' 8"    **Weight:** 170

**Vertical Jump:** 25.5    **Pro-Agility Run:** 4.59    **Forty Yard Dash:** 5.26    **Bench Press Poundage:** 150    **Squat Poundage:** 285

*Cii Cii currently owns school records in back squat (285), Clean (175), and deadlift (330). She combines strength and speed with a 4.59 pro-agility time and a 25-in. vertical. As a junior, Cii Cii is on pace to set records that will stand for a long time in the girls strength and conditioning program at GACS. But those are just numbers. She is never satisfied with where she is at and is constantly striving to improve. However, as good of an athlete as Cii Cii is, she is an even better person. She can be counted on to help when needed and to support and encourage those around her. We are simply a better program with Cii Cii around. - Gary Schofield, Jr, ATC/L, CSCS*

# field hockey

## Charlotte Country Day School

### Esty Byrd

**Sport:** Field Hockey

**Position:** All Field Positions

**Height:** 5' 5"    **Weight:** 140

**Vertical Jump:** 20    **Pro-Agility Run:**    **Forty Yard Dash:** 5.2    **Bench Press Poundage:** 105    **Squat Poundage:** 195

*Esty is a driven young lady and has had the goal of playing college field hockey since she was in middle school. With this goal in mind, she has worked extremely hard in the weight room and on the track to help make her be the best field hockey player she can be. Her goal of playing college field hockey was met as she will be continuing her academic and athletic career at William and Mary College in Williamsburg, VA. I am extremely proud of what Esty has accomplished and it has been a pleasure to coach her. - Darnell Clark, CSCS*

# football

## Valor Christian High School

### Alex Kozan

**Sport:** Football

**Position:** Track & Field

**Height:** 6' 4 1/2"      **Weight:** 298

**Vertical Jump:** 26.5   **Pro-Agility Run:** 4.85   **Forty Yard Dash:**  
**Bench Press Pounding:** 285   **Squat Pounding:** 465

*Alex is a self-made athlete. Through lofty goals and a great work ethic, he has developed into one of the finest high school offensive linemen in the country. He wasn't satisfied with just being big and strong, he wanted to be the best athlete he could be. He leads on and off the field through great character and discipline, which shows in the classroom, carrying a 3.75 GPA. - TJ Ragan, CSCS*

## Harvard-Westlake School

### Alexander Cadiff

**Sport:** Football

**Position:** Linebacker

**Height:** 5' 8 1/2"      **Weight:** 172

**Vertical Jump:** 25   **Pro-Agility Run:** 4.63   **Forty Yard Dash:**  
**5.17   Bench Press Pounding:** 225   **Squat Pounding:** 320

*Alex has been an exemplary student-athlete for Harvard-Westlake football for the past two seasons. As a sophomore, he was selected to the second-team All-League defensive team. This year he was selected to the first-team All-League defensive team as a junior linebacker, leading the team with 98 tackles and two forced fumbles. He is a permanent fixture in the weight room, always displaying attention to detail and purposeful work ethic. Alex is a leader on the field and off, encouraging and inspiring his teammates to work harder. - Gregory Bishop, CSCS, NSCA-CPT, RSCC*

## Robert E. Lee High School

### Bradley Hann

**Sport:** Football

**Position:** Quarterback

**Height:** 6' 3"      **Weight:** 230

**Vertical Jump:** 25   **Pro-Agility Run:**   **Forty Yard Dash:**   **Bench**  
**Press Pounding:** 230   **Squat Pounding:** 390

*Bradley truly defines what it means to be a student-athlete. He has an amazing work ethic and desire, and strives to be the best he can each day. He has become a true leader in the weight room and in the classroom with a 3.6 GPA. He constantly goes above and beyond to make a difference and is one of the finest young men I've ever been around. - John Girton, Jr, CSCS*

## Marbury High School

### Charles Averhart

**Sport:** Football

**Position:** Running Back

**Height:** 5' 6"      **Weight:** 160

**Vertical Jump:** 36   **Pro-Agility Run:** 4.25   **Forty Yard Dash:** 4.5  
**Bench Press Pounding:** 365   **Squat Pounding:** 560

*Charles is the total package at running back. He has a good initial burst when he touches the ball, he runs behind his pads, he has vision you can't coach, and he has the speed to take it the distance from anywhere on the field. Charles can still add some more weight and strength to make him more effective running between the tackles. As he adds weight, he'll add power. - Bruce DeWalt, Jr*

## TopSpeed Strength & Conditioning

### DeSean Warren

**Sport:** Football

**Position:** Wide Receiver

**Height:** 5' 10 1/2"      **Weight:** 160

**Vertical Jump:** 36.5   **Pro-Agility Run:** 4.14   **Forty Yard Dash:**  
**4.66   Bench Press Pounding:** 185   **Squat Pounding:** 335

*DeSean started training with me in hopes of improving his athletic testing scores during the Nike SPARQ Combines. He more than met his goals by not only improving his scores across the board but also earning a spot on the 2011 Nike SPARQ All-Combine team. His newfound athletic prowess enabled him to earn scholarship offers from several Division I schools. Unfortunately, during a recruiting visit to Tulsa University over the summer DeSean suffered a torn ACL and missed his senior season. However, he attacked his rehabilitation with the same passion and he prepared over the summer and was cleared to run months ahead of schedule. DeSean's athletic and academic accomplishments include Rivals.com Kansas Top 10, 2011, Nike SPARQ All-Combine team, 2011 Stanford Nike Football Training Camp Invitee, 2011 National Underclassmen Combine Top 100 List, 2010 - 2011 All-SUN team for both football and basketball, Honorable Mention Eastern Kansas League Conference, U.S. Army National Combine Invitation, 2008 - 2011 Principal's Honor Roll, 2009 - 2011 Mid-State Sports All-Academic team, and 2008 - 2011 Eastern Kansas League Scholar Athlete. - Joseph Potts, CSCS*

## Castle High School

### Eilijah Stone

**Sport: Football**

**Position: Offensive Line**

**Height: 5' 8" Weight: 270**

**Vertical Jump: 21 Pro-Agility Run: 5.44 Forty Yard Dash: 5.5**

**Bench Press Pounding: 315 Squat Pounding: 515**

*Eilijah's strength gains are truly remarkable considering that he is an out-of-state transfer student who did not arrive at Castle High School and begin a consistent strength training program until his junior year. Ever since his arrival in Newburgh in the fall of 2010, Eilijah has been one of the hardest working and most dedicated athletes I have ever worked with. From his initial tests with the Castle strength and conditioning program, Eilijah has gained 40 lb on the bench press, 65 lb on the power clean, and 150 lb on the back squat in just one calendar year. In addition to his work ethic, Eilijah is great teammate and a great student. His character embodies what the coaching staff at Castle High School wants our football program to represent. - Josh Wildeman, CSCS*

## Charlotte Country Day School

### James Howe

**Sport: Football**

**Position: Defensive End**

**Height: 6' Weight: 240**

**Vertical Jump: 26.3 Pro-Agility Run: 4.65 Forty Yard Dash:**

**5.06 Bench Press Pounding: 275 Squat Pounding: 625**

*James is one of the most dedicated athletes I have worked with as a strength coach. His work ethic is legendary at Charlotte Country Day but more importantly is his ability to lead in our school community. James has been class president in three different grades, is in the jazz band, honor council, bow-tie service club, and is an Eagle Scout. James is an excellent student and has a 3.9 cumulative GPA. Next fall he will continue his academic and athletic career at Williams College in Williamstown, MA. James is one of those students whom I believe is destined for greatness in life, and I will be proud to say I knew him back when. - Darnell Clark, CSCS*

## Millennium High School

### James Dopson

**Sport: Football**

**Position: Linebacker**

**Height: 6' 2" Weight: 245**

**Vertical Jump: 35 Pro-Agility Run: 4.25 Forty Yard Dash: 4.7**

**Bench Press Pounding: 300 Squat Pounding: 475**

*James is a very dedicated young man. He has trained hard for four years and has done everything that he has been told to do when it comes to his training. He is a very intelligent young man with a very high GPA. James is a team captain and a leader on the field as well as in the weight room and the classroom. He will play Division I football somewhere next year; he is still deciding. - Derek Drumtra, CSCS*

## Marquette University High School

### Joe Greif

**Sport: Football**

**Position: Quarterback**

**Height: 6' Weight: 185**

**Vertical Jump: 28 Pro-Agility Run: 4.3 Forty Yard Dash: 4.68**

**Bench Press Pounding: 235 Squat Pounding: 380**

*Joe's other athletic accomplishments include participating on the State Championship team for football his sophomore year in 2009. He has been named second-team All-Conference and was a finalist for the Dave Krieg Quarterback of the Year award. Joe's athletic resume includes football, basketball, and track during his freshman year; football, basketball his sophomore year; and football, powerlifting, and Olympic weightlifting his junior and senior years. Joe has been a leader on and off the field. He was on the Jesuit Honor Society and named a World Leader of Tomorrow. As with all students that attend Marquette University High School, Joe has also been very active in giving back to the community through service projects all throughout his high school experience. He is a very coachable athlete and a great individual. - Andrew Dick, MS, CSCS*

## Greater Atlanta Christian School

### LaVondre Nelson

**Sport: Football**

**Position: Running Back**

**Height: 5' 6" Weight: 170**

**Vertical Jump: 34.5 Pro-Agility Run: 3.90 Forty Yard Dash:**

**4.47 Bench Press Pounding: 265 Squat Pounding: 500**

*No one works harder than Dre. Always the first in the weight room and the last to leave, Dre simply makes others around him better. He has never issued an excuse when things go wrong nor has he ever boasted when things go well. He simply strives every day to give his best in all he does. Dre is the inspiration behind the Spartan strength and conditioning motto, 'We Will. Never Quit. Never Surrender. Always Fight. Always Compete.' But what makes Dre so special is not his strength, speed, or work ethic; it is the man he has become. He displays the qualities any man would be proud to be defined by. He is the essence of a positive young man and he has made our program better and our teams stronger. He will not be forgotten. - Gary Schofield, Jr, ATC/L, CSCS*



## Marquette University High School

### Mark Spelman

**Sport:** Football

**Position:** Offensive Line

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

**Vertical Jump:** 29.5 **Pro-Agility Run:** 4.6 **Forty Yard Dash:** 4.89 **Bench Press Pounds:** 280 **Squat Pounds:** 465

Mark's other athletic accomplishments include participating on the State Champion team for football his sophomore year (2009). During his junior and senior years of football, he was named first-team All-Conference. During his senior year of football, Mark was named first-team All-Region, first-team All-State, Associated Press All-State, as well as Conference Lineman of the Year. He also has achieved a fourth-place finish in the 2009 - 2010 season. Mark's athletic resume includes participating in football, basketball, and track his freshman year; football, powerlifting, and track his sophomore year; and football and powerlifting his junior and senior years. Mark is a very hard-working and determined individual in seeking to achieve success in athletics and academics. He is consistently in the weight room and at training sessions seeking to improve his athletic performance. He is also a leader on and off the field and excels in academics in the classroom. He was also named first honors and Scholar Athlete of the Week. As with all students that attend MUHS, Mark has also been very active in giving back to the community through service projects all throughout his high school experience. He was a youth basketball coach for three years and went on a service project to South Dakota. He has been a great athlete to know and coach. - Michael Duehring, CSCS, \*D

## John H. Guyer High School

### Patrick Morris

**Sport:** Football

**Position:** Offensive Line

**Height:** 6' 2" **Weight:** 275

**Vertical Jump:** 31 **Pro-Agility Run:** 4.62 **Forty Yard Dash:** 5.24 **Bench Press Pounds:** 365 **Squat Pounds:** 565

Patrick is by far one of the most powerful athletes I have ever encountered during my time working in athletics. His ability to work and push through the hard workouts has put him in a leadership position from which he leads by example by never taking a day off or a lazy rep. Patrick not only leads in the weight room but he also leads in the classroom with a 4.2 GPA. It is his rare combination of strength, leadership abilities, and dedication to academics that I feel that this young man most certainly deserves the title of All-American Strength and Conditioning Athlete of the Year. - Bryan Kegans, CSCS

## soccer

## Robert E. Lee High School

### Meghan Cox

**Sport:** Soccer

**Position:** Defender

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

**Vertical Jump:** 21 **Pro-Agility Run:** **Forty Yard Dash:** **Bench Press Pounds:** 105 **Squat Pounds:** 175

Since getting in the weight room, Meghan has quickly become one of the best female athletes in the region and a member of a nationally ranked club soccer team. She continues to push herself to get better each day and has recently taken over the school record for vertical jump. In an effort to improve her athletic ability, Meghan has found great success as the kicker for the football team this year as well. Meghan embodies what the complete athlete is.

- John Girton, Jr, CSCS

## track and field

## Valor Christian High School

### Aimee Larrabee

**Sport:** Track & Field

**Position:** Basketball

**Height:** 5' 9 1/2" **Weight:** 168

**Vertical Jump:** 19 **Pro-Agility Run:** 5.21 **Forty Yard Dash:** **Bench Press Pounds:** 140 **Squat Pounds:** 195

Aimee is extremely gifted in the weight room, which translated into competing in the State meet last spring in the shot put in only her first year of throwing. Every day she leads through great attitude and effort and an infectious smile. When she is in the weight room, everyone has their eyes on her to see what she'll do next. It will be exciting to see her growth over the next year and a half. - TJ Ragan, CSCS

## Hamilton Heights High School

### Sydney Chapman

**Sport:** Track & Field

**Position:** Distance

**Height:** 5' 5" **Weight:** 109

**Vertical Jump:** 22 **Pro-Agility Run:** 8 **Forty Yard Dash:** 4.5 **Bench Press Pounds:** 65 **Squat Pounds:** 120

Sydney has overcome several serious medical conditions throughout her career, including a hip injury that had left her unable to regularly train throughout June to October in 2011 for cross country. She cross-trains like a crazed woman, always trying to find another way to maintain or increase her strength and conditioning without further aggravating her hip. She can perform five pull-ups and has personal records of 11:09 for 2 mi, 5:20 for 1600 m (where she placed in the top 10 in 2011 at the Indiana State Track and Field meet), and 18:46 for 5 km. Her strength index lifts may seem unimpressive at face value, but for an athlete struggling with body issues throughout her career, it is amazing that she has the bodyweight she currently has and the cumulative strength, which she is continually improving. - Janet Clifton, MS, LAT, ATC, CSCS

# volleyball

## TopSpeed Strength & Conditioning

### Aubrey Rumore

**Sport: Volleyball**

**Position: Defensive Specialist**

**Height: 5' 8"    Weight: 137**

**Vertical Jump: 22    Pro-Agility Run: 5.26    Forty Yard Dash:**

**Bench Press Poundage: 85    Squat Poundage: 155**

*Aubrey began training seriously as a sophomore after seeing playing time at the junior-varsity level during her freshman year. Her intensity and desire to become a better athlete are nearly unrivaled. In just six short weeks her squat max improved by nearly 70 lb and she added 8 in. onto her vertical jump test score. Her improved athletic ability allowed her to assist her club team in qualifying for the 2011 USA Volleyball Girls Junior National Championship Tournament. She was even more impressive during the fall as she helped her high school team to its fourth consecutive Kansas 5A State Championship. In addition to her success on the volleyball court, Aubrey is also a member of the National Honor Society and winner of the 2010 Brian Christian Memorial Scholarship which recognizes someone who exhibits a positive and caring attitude towards others.*

- Joseph Potts, CSCS

## Millennium High School

### Taylor Hamlet

**Sport: Volleyball**

**Position: Outside Hitter**

**Height: 6'    Weight: 155**

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

**Bench Press Poundage: 130    Squat Poundage: 225**

*Taylor is a hard working student in the classroom, on the court and in the weight room. She is an outstanding young lady who's work ethic is second to none when she is training.. once she saw the on-court benefits of her training, she became very passionate about it and because of this, her game continued to improve.*

- Derek Drumtra, CSCS

## Paradise Valley High School

### Taylor Yantis

**Sport: Volleyball**

**Position: Track**

**Height: 5' 7"    Weight: 135**

**Vertical Jump: 28    Pro-Agility Run: 4.57    Forty Yard Dash:**

**Bench Press Poundage: 85    Squat Poundage: 225**

*Taylor is a great athlete to work with. She is an even better student. Being the daughter of a high school football coach is not easy, but Taylor has the work ethic to keep working when most would quit. Taylor is one of the most explosive athletes I have seen. Her 10-yard dash time was better than most of the boys on the football team. As a sophomore, she qualified for State in the huddles. She is looking to better that this year by taking her training to another level. - Eric Reed, CSCS,\*D, RSCC*

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