



2013 NSCA
ALL-AMERICAN STRENGTH AND CONDITIONING
ATHLETES OF THE YEAR

The background of the page is a grayscale photograph of several volleyball players in action on a court. They are wearing dark jerseys with light-colored collars and are reaching up towards a volleyball net. The image is slightly faded to allow the text to be the primary focus.

2013 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. Muscle Milk 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

Coastal Carolina University

Justin Creel

Sport: Baseball

Position: 2nd Base/Shortstop

Height: 5'10" **Weight:** 185

Vertical Jump: 33 **Pro-Agility Time:** 4.53 **Forty-Yard Dash:** 4.8

Bench Press Pounds: 325 **Squat Pounds:** 450

Hang Clean Pounds: 300

Justin is a student-athlete who displays great passion for his studies and his sport. He is determined to better himself by striving to learn new ideas, concepts and principles on a daily basis. He is a consistent leader on and off the field, leading by example and setting a standard that the rest of his teammates admire. Justin excels on the field, in the weight room, and in the classroom with a 4.0 GPA.

– Sonya Woods, CSCS

College of the Canyons

James Bonds

Sport: Baseball

Position: Outfielder

Height: 5'11" **Weight:** 185

Vertical Jump: 26 **Front Squat Pounds:** 260

Hang Clean Pounds: 216

James is one of the most dedicated baseball players I have ever had the pleasure of coaching. He is a 'buy-in' kid who thrived in our strength and conditioning sessions to see it pay off on the field. James is one of the best baseball athletes we have had here at College of the Canyons since I have been here (16 years) and has already committed to the University of San Diego where I expect him to be a great player and leader as he was with us. – Anonymous

Georgia State University

Scott Sarratt

Sport: Baseball

Position: Catcher

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

Vertical Jump: 28 **Pro-Agility Time:** 4.6 **Ten-Yard Dash:** 1.7

Bench Press Pounds: 265 **Squat Pounds:** 405

Hang Clean Pounds: 240

Over the past year, Scott has shown tremendous leadership in the weight room and on the field. With his hard work and dedication to baseball, he has influenced our young players to work hard and continue to improve. He doesn't limit himself to just the scheduled workouts, but comes in extra throughout the week to improve upon areas that he feels he needs to work on. – Benjamin Lampkin, CSCS

Lipscomb University

Josh Cotham

Sport: Baseball

Position: Pitcher

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

Vertical Jump: 31 **Pro-Agility Time:** 4.747 **Ten-Yard Dash:** 1.758

Bench Press Pounds: 240 **Squat Pounds:** 350

Hang Clean Pounds: 220

Josh has been a pleasure to work with during the last four years. He has always gone above what is expected. He truly is committed to being the best player he can be, and he uses the weight room to that end. He is a leader on our pitching staff, not only on the mound, but also for the entire team. He is not afraid of hard work and is always looking for the next challenge. Over the course of the last four years, he has pushed his body to its limits, and it has paid off in his performance on the mound. – William Osburn, CSCS, RSCC

Murray State University

Will Handlin

Sport: Baseball

Position: Pitcher

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

Squat Pounds: 385

Will has dedicated himself this year to be the best athlete that he can physically be. He has taken every opportunity to come in and get extra work in the weight room and on the field. He has dropped weight and increased lean body mass, while improving on all of his core lifts. The word that best describes Will is "competitor," because he will not let one day go by without outworking his competition.

– Michael Rhoades, CSCS

Murray State University

Noah Zipko

Sport: Baseball

Position: Infielder

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

Bench Press Pounds: 240 **Squat Pounds:** 330

Hang Clean Pounds: 250

In the weight room, Noah displays determination and perseverance day in and day out. As a senior, Noah leads by example and motivates his teammates through his actions. He has constantly worked to improve his performance in the weight room and on the field. Noah comes in every day ready for a new challenge. He has increased his strength and has improved his lean body mass. His hard-working demeanor and strong work ethic is an example to serve for our underclassmen.

– Alison Albritton, CSCS

Stillman College

Jake Barnett

Sport: Baseball

Position: Pitcher

Height: 6'0" **Weight:** 185

Sixty-Yard Dash: 7.16 **Bench Press Pounds:** 225 **Squat Pounds:** 280

Power Clean Pounds: 225

Jake Barnett has demonstrated an unrivaled dedication to developing himself for maximum performance. He has decreased his 60-yard time from a 7.35 to a 7.16. Jake aspires to be a strength and conditioning professional and intrinsically researches how exercise science can improve performance in baseball, specifically biomechanics of pitching performance. – Keith Swift, CSCS, USAW

Texas Christian University

Andrew Mitchell

Sport: Baseball

Position: Pitcher

Height: 6'1" **Weight:** 220

Vertical Jump: 32 **Ten-Yard Dash:** 1.75 **Forty-Yard Dash:** 4.75

Squat Pounds: 480

Andrew is possibly the hardest working athlete I have coached. His work ethic on and off the field is unmatched. On the performance enhancement side, he is the strongest pitcher we've had go through our program, setting a pitcher record with a 360 lb front squat. In his two and a half years at TCU, Andrew has added 15+ lb to his frame while maintaining the same body fat percentage. Where Andrew really shines is in his leadership and commitment to the team. He gets the best out of his teammates each and every day. – Zach Dechant, CSCS

University of Maryland

Jake Stinnett

Sport: Baseball

Position: Pitcher-Closer

Height: 6'4" **Weight:** 202

Front Squat Pounds: 335

Jake Stinnett is a true leader both on and off the field. He is one of the first players to show up to practice and lifts and is also one of the last to leave. He is someone that all the underclassmen look up to and respect. He does all the little things right and is truly deserving of this recognition. – Anonymous

University of Michigan

Zach Zott

Sport: Baseball

Position: Outfielder

Height: 6'3" **Weight:** 217

Vertical Jump: 36 **Pro-Agility Time:** 4.36 **Forty-Yard Dash:** 4.7

Bench Press Pounds: 270 **Squat Pounds:** 395

Hang Power Clean Pounds: 260

During his two years at Michigan, Zach has set the standard for his teammates, not only in the weight room but also in the classroom. He was an Athletic Academic Achievement Award recipient in 2011. The phrase "leaders and best" is a perfect description for Zach's approach to his college career. It is my honor to nominate Zach for this prestigious award. – Anonymous

University of North Carolina, Wilmington

Drew Farber

Sport: Baseball

Position: Catcher

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

Vertical Jump: 31 **Pro-Agility Time:** 4.08 **Forty-Yard Dash:** 4.81

Bench Press Pounds: 280 **Hang Clean Pounds:** 275

Drew demonstrates an unrivaled toughness, work ethic, and commitment to athletic improvement on a daily basis. After catching an incredible 53 of 55 games last season, Drew had surgery over the summer to repair a torn labrum in his hip. Through his dedication and hard work, he has made a full recovery and will be an integral part of defending a conference title this spring. – Anonymous

University of Tennessee

Zack Godley

Sport: Baseball

Position: Pitcher

Height: 6'3" **Weight:** 235

Vertical Jump: 34 **Pro-Agility Time:** 4.19 **Ten-Yard Dash:** 1.62

Squat Pounds: 455

After representing Team USA on the Collegiate National Baseball Team in the summer of 2012, Zack has returned for his senior year ready to lead the University of Tennessee Volunteers on and off the field. His desire to be the best athlete possible has driven him to spend countless hours in all areas of strength and conditioning. Even at 235 pounds he has run the 5K in 21:00 and completed 50 pull-ups in a single set. This year Zack won the Hoover challenge, which is a 5-day event designed to test strength, speed, endurance, and mental toughness. – Herman Demmink, MS, CSCS, USAW

Virginia Tech

Tyler Horan

Sport: Baseball

Position: Outfielder

Height: 6'2" **Weight:** 232

Vertical Jump: 31.5 **Forty-Yard Dash:** 7.01 **Bench Press Pounds:** 375

Squat Pounds: 500 **Power Clean Pounds:** 320

Tyler has the school bench record at 375 lb and power clean record at 320 lb. During the 2012 Cape Cod League season, Tyler tied the all-time home run record with 16, was second in RBI's with 40 and was 5th in hitting with a .342 average. Tyler was second in the college home run derby in Omaha in 2012. – Anonymous

Virginia Tech

Andrew Rash

Sport: Baseball

Position: Outfielder

Height: 5'11" **Weight:** 193

Vertical Jump: 33 **Sixty-Yard Dash:** 6.8 **Bench Press Pounds:** 355

Squat Pounds: 475 **Power Clean Pounds:** 250

In 2011, Andrew was named to the All-ACC Academic Team. He was only the second Virginia Tech player to be selected first team All-ACC. Andrew leads by holding teammates accountable during training. – Anonymous

Webster University

Cody Stevenson

Sport: Baseball

Position: Outfielder

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

Vertical Jump: 32 **Pro-Agility Time:** 4.34

Cody is an exceptional leader and serves as a great example for his fellow teammates. His dedication to our physical preparation program has led him to be regarded as one of NCAA Division III Baseball's prolific base runners, leading the nation in stolen bases for two consecutive years, while acting as a driving force in Webster University's first ever NCAA Division III College World Series appearance in 2012. Along with his impressive physical performance scores, Cody was able to achieve 30 consecutive pull-ups and ran a 6.4 60-yard dash. Cody's drive and diligence to perform at his maximum potential will continue to contribute to his future successes. – Anonymous

Winthrop University

Matt Pierpont

Sport: Baseball

Position: Pitcher

Height: 6'2" **Weight:** 218

Vertical Jump: 35.5 **Pro-Agility Time:** 4.51 **Forty-Yard Dash:** 4.91

Bench Press Pounds: 225 **Squat Pounds:** 540

Hang Clean Pounds: 240

Matt has made significant improvements in strength, power, explosiveness, durability, and speed. These performance gains are the direct result of his hard work, intensity, and positive attitude. Since his freshman year, Matt has matured tremendously and has taken on a leadership role in the weight room and on the field. The success that he has achieved in his training has carried over to the baseball field and has made a positive impact on his overall performance. Any organization that takes Matt at the next level is truly getting one of the hardest working players in all of college baseball. – Gregory Adamson, CSCS

basketball

Armstrong Atlantic State University

Morgan Mitchell

Sport: Soccer/Basketball

Position: Forward/Guard

Height: 5'9"

Vertical Jump: 22.5 **Bench Press Pounding:** 115 **Squat Pounding:** 230

Morgan was the 2012 Peach Belt Conference Player of the Year and Daktronics Southeast Region Player of the Year. She scored 19 goals and totaled 45 points in 2012, leading the Peach Belt Conference. This mark also placed her among the Top 10 nationally in both categories. She tallied five multi-goal games this season, six game-winning goals, and notched three hat tricks, including a four-goal performance. She is a four-time All-Region performer by Daktronics, this is Morgan's first time being placed on an NCAA All-America team as she was an honorable mention All-American by Daktronics her freshman year of 2009. She finishes her Armstrong career with 47 goals, second-most in school history and seventh in Peach Belt Conference history. Her 114 career points are also second-most in Armstrong history and she ranks sixth-most in league history. She helped her team make it to the NCAA Elite Eight in 2012 and the NCAA Final 4 in 2011. Morgan is equally successful in the classroom. She was named as a 2012 NCAA Academic All-American and made the Peach Belt Conference All-Academic team. A multisport athlete, Morgan is also a member on the Armstrong Atlantic basketball team. She is a remarkable athlete who has a huge heart and desire for athletics. She has a never-give-up attitude and is ultra-competitive, which was contagious and made those around her better. - Kayley Ralton

College of Charleston

Andrew Lawrence

Sport: Basketball

Position: Guard

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

Vertical Jump: 30.5 **Bench Press Pounding:** 295 **Squat Pounding:** 365

Andrew is an outstanding student-athlete who not only represented the College of Charleston for the last four years, but represented Great Britain in the 2012 Summer Olympic Games. He is a great leader and has a bright future ahead of him. - Anonymous

Drexel University

Renee Johnson-Allen

Sport: Basketball

Position: Guard

Height: 5'4"

Vertical Jump: 25.5 **Pro-Agility Time:** 4.97 **Bench Press Pounding:** 135

Squat Pounding: 180 **Hang Clean Pounding:** 155

Renee has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism as well as her skills as a basketball player. Renee's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. - Anonymous

Florida International University (FIU)

Jerica Coley

Sport: Basketball

Position: Point Guard

Height: 5'9" **Weight:** 137

Vertical Jump: 27 **Bench Press Pounding:** 140 **Squat Pounding:** 225

Hang Clean Pounding: 165

Jerica is an outstanding student-athlete. She works very hard and tries to do her best in everything she does. She is the best female student-athlete I have ever coached in my 32 years of experience. I have coached high school, college, and professional athletes during this time. She is the strongest, fastest, most powerful female athlete I have had the pleasure of coaching. But, most importantly, she is a fantastic person and a very good student. She has never complained about anything and is always willing to do whatever is asked of her and then stay and do extra. She is truly remarkable. I always ask myself this question: what is more extraordinary, a parallel squat of 225 lb for 10 repetitions weighing 137 lb with 14% body fat, a hang clean of 165 lb for 1 rep, or a maximum vertical jump (15 ft approach) of 10' 4" for 34" and being 5'9" with a vertical jump of 27"? These are incredible numbers. - Mick Smith, CSCS

Juniata College

Kate McDonald

Sport: Basketball

Position: Forward

Height: 5'10"

Vertical Jump: 25.51 **Bench Press Pounding:** 140 **Squat Pounding:** 275

Hang Clean Pounding: 150

Kate's hard work in our basketball strength and conditioning program has been a major influence on the positive attitudes and athletic successes of those teammates surrounding her. This work ethic has been instrumental in Kate being selected as this upcoming year's Team Captain along with past accomplishments such as her being named the Landmark Conference's Defensive Player of the Year as well as earning first team honors, and selected as a D3hoops.com All-Mid-Atlantic Region Second Team honoree. - Doug Smith

Keene State College

Ryan Martin

Sport: Basketball

Position: Point Guard

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

Vertical Jump: 32.8 **Pro-Agility Time:** 4.13 **Bench Press Pounding:** 215

Squat Pounding: 325

Ryan is receiving this award for the second year in a row. He works extremely hard to be the best he can. Every single rep, sprint, or play he is giving his all. He is the example that I immediately think of when speaking of an athlete that works hard. - Sarah Testo, CSCS

Marquette University

Chris Otule

Sport: Basketball

Position: Center

Height: 6'11" Weight: 272

Vertical Jump: 28 Pro-Agility Time: 4.17 Bench Press Poundage: 300

Squat Poundage: 420 Hang Clean Poundage: 300

Chris has been an exceptional worker the last four years. He had to work through the breaking of each of his feet his first two years and tearing his ACL last year. Still, he has never given in and has consistently improved his body and his mind. Chris came in as a freshman at 275 lb and 22% body fat. He improved his body composition to 10% fat at a bodyweight of 270 lb. Along with changing his body, he became more confident and was able to complete 33 consecutive chin-ups as well as lead the team with a 300 lb clean. It has been a privilege coaching Chris the last five years. – Todd Smith, CSCS

McNeese State University

Ashlyn Baggett

Sport: Basketball

Position: Guard

Height: 5'6" Weight: 125

Vertical Jump: 27 Bench Press Poundage: 125 Squat Poundage: 265

Hang Clean Poundage: 145

Ashlyn also runs a 6:10 mile, and I believe, for her size, pound for pound, she is one of the strongest athletes in our gym and our conference. Her hard work in the weight room and conditioning has carried over to the court. She is a 2-time All Southland Conference (SLC) first team member, a 2-time all SLC tournament player, as well as the 2011 SLC Tournament MVP. She is also 2-time All Louisiana, McNeese All-Time career 3-point leader, and in game 3 this year moved up to 2nd on the McNeese all-time scoring leader board. Last year, she joined our 1,000 career point club. Ashlyn is a model student as well, collecting two All-SLC Student Athlete of the Year awards, and two All-SLC All-Academic team honors. I believe wholeheartedly that Ashlyn exemplifies why strength and conditioning is vital to any sport and she is very deserving of this most prestigious award. – Alan Bryant

Northern Arizona University

Michael Dunn

Sport: Basketball

Position: Guard

Height: 6'0" Weight: 180

Vertical Jump: 38 Bench Press Poundage: 265 Squat Poundage: 405

Hang Clean Poundage: 280

Michael Dunn came to us as a walk-on, under a head coach that was not supportive to walk-ons or the weight room. He pushed himself and his teammates under the most adverse conditions and not only set himself apart as a leader in the weight room, but worked his way to a starting position with the recent coaching change. Michael's effort and attitude has shown through in all areas of his life and has crossed over to other athletes including other sports. He is motivating to all who come in contact with him, he improves the work quality in the room every time he comes, no matter who is working around him. – Cody Hodgeson, CSCS

Northern State University

Dustin Tetzlaff

Sport: Basketball

Position: Center

Height: 6'7" Weight: 205

Vertical Jump: 33.5 Bench Press Poundage: 285 Squat Poundage: 385

Hang Clean Poundage: 285

Dustin is an undersized center who made up for it with his quickness and power to lead the conference in offensive rebounds. Putting in countless hours in the weight room during the off-season, Dustin put in the work needed to be successful.

– James Jarvis, CSCS, RSCC

Northern State University

Emily Becken

Sport: Basketball

Position: Point Guard

Height: 5'8"

Bench Press Poundage: 115

As a leader on the field and in the weight room, Emily was always encouraging her teammates to get the best out of them. – James Jarvis, CSCS, RSCC

Saint Louis University

Mallory Eggert

Sport: Basketball

Position: Forward

Height: 6'0"

Vertical Jump: 25.5 Pro-Agility Time: 4.5 Bench Press Poundage: 160

Squat Poundage: 315 Hang Clean Poundage: 205

Mallory has earned the NSCA All-American nomination twice in her four year college career. She is the consummate student-athlete, balancing a demanding course load majoring in physical therapy and contributing as a team leader. Mallory has transferred her work in the off-season by improving her scoring average of 5.1 ppg to 10.7 ppg. Her rebounding average has also improved from 5.5 rpg to 7.1 rpg. Mallory has developed into a great leader and a great teammate.

– Erick Schork, CSCS, USAW

Saint Louis University

Cody Ellis

Sport: Basketball

Position: Forward

Height: 6'6.5" Weight: 245

Vertical Jump: 32.5 Pro-Agility Time: 4.25 Bench Press Poundage: 205

Squat Poundage: 315 Hang Clean Poundage: 240

Cody exemplifies the ideals of collegiate strength and conditioning. He has battled through a season ending injury by embracing the grind of the weight room. His game has evolved from a perimeter shooter to a lock down defender who consistently leads his team in taking charge. I am extremely proud of Cody's development in confidence, leadership ability, coachability and overall resiliency toward adversity. – Erick Schork, CSCS, USAW

South Dakota State University

Tony Fiegen

Sport: Basketball

Position: Forward

Height: 6'7" **Weight:** 223

Vertical Jump: 31.5 **Bench Press Pounding:** 260 **Squat Pounding:** 345

Hang Clean Pounding: 292

Tony has been very focused and dedicated in his efforts to improve himself and his teammates. Every day he has accepted the challenge and come ready to work and improve. He has increased his vertical jump 3.5 inches while increasing his bodyweight. He currently holds three weight room records for forwards at SDSU. He has been an integral part of the SDSU Basketball team's success at the Division I level. They have increased their win total each of Tony's years. Last season he was an important part of a Jackrabbit team that compiled 27 wins, won the Summit League tournament, and made its first ever Division I NCAA tournament appearance. Tony also works hard and is incredibly successful in the classroom which will translate into future success. – Anonymous

South Dakota State University

Leah Dietel

Sport: Basketball

Position: Forward

Height: 6'1" **Weight:** 165

Vertical Jump: 23 **Bench Press Pounding:** 121 **Squat Pounding:** 247.5

Hang Clean Pounding: 165

Leah embodies the "lead by example" expression. Her strong work ethic and leadership have been major factors in both her and her teammate's athletic and academic success. Her consistent effort and focus have allowed her to continually improve while providing an exceptional model of what it means to be a student-athlete. Partway through her senior season, she is currently leading the Jackrabbit Women's Basketball team in rebounds and field goal percentage. After her first three years, Leah has already been named Academic All-Summit League three times, Summit League Commissioner's List of Academic Excellence twice and Summit League Distinguished Scholar twice. Leah's hard work, dedication, and determination will no doubt lead her to success in all her future endeavors.

– Jesse Rodriguez, CSCS

South Dakota State University

Ashley Eide

Sport: Basketball

Position: Guard

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

Vertical Jump: 24 **Bench Press Pounding:** 160 **Squat Pounding:** 236.5

Hang Clean Pounding: 181.5

Ashley has worked extremely hard to develop all areas of athletic enhancement, including strength, power, speed, agility, and conditioning and has certainly reaped the benefits of her commitment to training. Ashley's hard work has allowed her to experience a high level of success not only on the court but in the classroom and has accumulated a number of athletic and academic awards because of her dedication. Being a multi-year starter, Ashley is currently leading her team in scoring, has been named All-Summit League second team, Capital One Academic All-District (twice), Capital One Academic All-America second team, a three time Academic All-Summit League member, a two time Summit League Commissioner's List of Academic Excellence and Summit League Distinguished Scholar. Ashley's passion and commitment to consistently work at a high level will certainly lead her to success moving forward. – Anonymous

Texas Christian University

Delisa Gross

Sport: Basketball

Position: Forward

Height: 6'0" **Weight:** 150

Vertical Jump: 24.6 **Bench Press Pounding:** 120

Front Squat Pounding: 143 **Hang Clean Pounding:** 127

Delisa Gross is a model of what a strength and conditioning All-American should be. She is a phenomenal leader by example both in character and in work ethic. She constantly seeks to improve herself both on and off the court, and it has been a privilege to be her Strength and Conditioning Coach for the past two years.

– Melissa Mitchell, MS, CSCS, USAW

Troy University

Sarah McAppoin

Sport: Basketball

Position: Forward

Height: 5'9" **Weight:** 159

Vertical Jump: 20 **Bench Press Pounding:** 95 **Squat Pounding:** 225

Hang Clean Pounding: 135

Sarah is self-driven, has great work ethic and is a great student. She is committed to excellence on the court and in the classroom. Sarah didn't let injuries prevent her from going to work every day and becoming the best player she could become. She used her injuries as motivation to excel and not be an excuse. – Anonymous

Troy University

Justin Wright

Sport: Basketball

Position: Forward

Height: 6'5" **Weight:** 238

Vertical Jump: 33.5 **Bench Press Pounding:** 185 **Squat Pounding:** 455

Justin is a good student, a highly motivated individual, and a team leader. He is respected by his teammates because of his dedication to work through injuries. He goes above and beyond to improve himself as a player and a person. – Anonymous

University of La Verne

Kayla Cribbs

Sport: Volleyball/Basketball

Position: Middle Blocker/Forward

Vertical Jump: 21 **Pro-Agility Time:** 4.89 **Squat Pounding:** 170

Hang Clean Pounding: 155

Kayla has come back from injuries to become a tremendous leader in our strength program. She leads by example and is not afraid to speak up when it calls for it. In her senior year, she was an All-Conference selection and honorable mention All-American. Her leadership and passion for training will be missed. – Anonymous

University of Michigan

Jenny Ryan

Sport: Basketball

Position: Point Guard

Height: 5'9"

Vertical Jump: 22 **Bench Press Pounding:** 115 **Squat Pounding:** 155

Hang Clean Pounding: 140

Quite simply, Jenny Ryan is the hardest working female I've ever been around. Jenny takes intensity and hard work to another level. Jenny is extremely diligent and consistent with her training. Her attitude towards training and preparing for the game of basketball has solidified her leadership role on the University of Michigan Women's Basketball Team. Every team and athlete in America works hard, but not this hard! – Bo Sandoval, MS, CSCS, RSCC

University of Michigan

Jon Horford

Sport: Basketball

Position: Center

Height: 6'9" Weight: 250

Vertical Jump: 34.5 Bench Press Pounds: 265 Squat Pounds: 350

Power Clean Pounds: 265

Jon Horford has a relentless drive to be the best in the weight room and on the court. He has made tremendous gains in his time at Michigan improving in every area that we test. His vertical jump has improved by 4 inches and his back squat has improved by 135 lb, among others. He is a high character kid and a joy to coach.

– Anonymous

University of Missouri

Bree Fowler

Sport: Basketball

Position: Guard

Height: 5'9" Weight: 155

Vertical Jump: 24 Bench Press Pounds: 159 Squat Pounds: 300

Bree is one of the strongest players on the team. She has used the weight room to become substantially stronger, faster, and more explosive. She always brings a positive attitude to workouts and continues to grow into a strong leader.

– Anonymous

University of Texas at San Antonio

Whitney York

Sport: Basketball

Position: Guard

Height: 5'5"

Vertical Jump: 20 Pro-Agility Time: 4.55 Bench Press Pounds: 160

Hang Clean Pounds: 170

Whitney has overcome three season-ending injuries to play her senior season this year. She has put in uncountable hours in the weight room and training room rehabbing after each injury to be able to play at a high level again.

– Anonymous

Virginia Military Institute

Stan Okoye

Sport: Basketball

Position: Forward

Height: 6'6" Weight: 215

Bench Press Pounds: 320

Stan is a leader in the weight room and on the court. He holds the team's all-time bench press record with a lift of 320 lb. Stan was chosen as the 2012-13 Big South Pre-Season Player of the Year. He currently holds the position of Vice-President on the VMI Honor Court, one of the most respected duties in the Corps and is a Big South Presidential Honor Roll recipient, majoring in Economics and Business.

– Jim Whitten, CSCS

Webster University

Kaliann Rikard

Sport: Basketball

Position: Guard

Height: 5'4" Weight: 135

Vertical Jump: 18 Pro-Agility Time: 4.9 Bench Press Pounds: 135

Squat Pounds: 195

Kaliann is by far one the hardest working athletes at Webster University. Her dedication and desire to compete at her greatest potential is evident every day as she physically prepares herself for competition on the court. Kaliann serves as an outstanding leader and exemplifies the highest levels of integrity towards her teammates, coaches, and opponents. Her determination and focus has catapulted her ability to be a confident and effective competitor, and will continue to contribute in her many successes in the future.

– Anonymous

Western Michigan University

Brandon Pokley

Sport: Basketball

Position: Guard

Height: 6'4" Weight: 193

Vertical Jump: 30 Bench Press Pounds: 260 Squat Pounds: 335

Hang Clean Pounds: 225

Brandon has been an exceptional athlete for four years. Each and every year I have worked with him he has become a better athlete in the weight room and on the basketball court. He is a tireless worker who strives to produce the best from himself, as well as his teammates. He is one of the most well-conditioned and strongest pound for pound athletes amongst all athletes at WMU. He is a great leader who has maximized his potential on the basketball court through his dedication and work ethic in the weight room.

– Timothy Herrmann, MA, CSCS

Winthrop University

Diana Choibekova

Sport: Basketball

Position: Guard/Forward

Height: 5'11" Weight: 151

Vertical Jump: 24 Pro-Agility Time: 4.61 Ten-Yard Dash: 1.63

Forty-Yard Dash: 5.23 Bench Press Pounds: 135 Squat Pounds: 155

Hang Clean Pounds: 132

Diana is one of our most intrinsically motivated and committed female athletes. She is equally competent (and polite) in the classroom, in the weight room, and on the field of play. She is physically, mentally, and emotionally tough, and is as tough pound for pound as any male or female athlete we coach on a day-to-day basis. Diana is a leader who is always willing to help her teammates, coaches, and staff when needed. Her work ethic and coachability are second to none. I have no doubt Diana will play basketball at the next level and any organization she represents will get a tough, intense, and competitive player on and off the court.

– Gregory Adamson, CSCS

diving

University of Michigan

Erin Bridgewater

Sport: Diving

Position: 1m, 3m, Platform

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

Vertical Jump: 24.9 **Bench Press Pounding:** 120 **Squat Pounding:** 235
Hang Clean Pounding: 145

Erin's work ethic and confidence in the weight room are infectious. She relentlessly strives to improve on an individual level, in addition to constantly motivating and encouraging her teammates. Erin is the type of student-athlete a coach wants a full team of. She is consistent, dedicated, passionate, and very enthusiastic. She is committed to Michigan Athletics and takes great pride in competing for Michigan. She is not only a leader in the weight room, but she is also a leader within her team and the community. Erin is an active member of the Leadership Academy, Athletes in Action, and Michigan from the Heart. It is with great pleasure that I nominate Erin Bridgewater for the NSCA All-American Strength and Conditioning Athlete of the Year award. – Anonymous

Virginia Tech

Logan Shinholser

Sport: Diving

Position: n/a

Height: 5'8" **Weight:** 159

Vertical Jump: 29.5 **Bench Press Pounding:** 225 **Squat Pounding:** 315
Hang Clean Pounding: 205

Logan is perhaps one of the top divers in the country and is off to a fantastic start to the 2012-2013 season. He swept all three diving events at the Georgia Fall Invitational and set a pool record of 449.15 on platform. As well as representing the USA in the 2012 Canada Cup FINA Grand Prix this past May. In the weight room he continues to be a leader among the Swimming and Diving program with his hard work and dedication. He consistently comes in to do extra work in the off-season as well as during the season to maintain his strength and power. He also gets it done in the classroom, maintaining a 3.14 GPA in Chemical Engineering. – Anonymous

equestrian

South Dakota State University

Megan Violand

Sport: Equestrian

Position: Hunt Seat

Megan's work ethic, motivation, and leadership have benefited herself and her teammates greatly in the weight room and in the equestrian arena. She has been named strength and conditioning athlete of the month along with several honorable mention nominations. She has been Iron Jack four times and holds the record for the 1.5-mile run at 10:12 min. Her hard work and success in the weight room also carries over to the equestrian arena. She has several wins both in flat and fences as well as received numerous MVP awards during her career. She was also a member of the team that boasted SDSU's first ever Top-10 ranking for equestrian. Megan excels in the classroom as well, as she has received Academic All-American honors during her career at SDSU. Megan's leadership and work ethic will ensure her success in the future. – Anonymous

field hockey

Ohio University

Cathryn Altdoerffer

Sport: Field Hockey

Position: Midfielder

Height: 5'8"

Vertical Jump: 26.5 **Forty-Yard Dash:** 4.94 **Bench Press Pounding:** 142
Squat Pounding: 240 **Hang Clean Pounding:** 140

Cathryn is a dedicated and exceptional athlete, who excels both on and off the field. She is an All-MAC and NFCA All-Region performer and also made the All-MAC Academic team. It has been a pleasure to coach her in the weight room. – Shigeru Sano, CSCS

Old Dominion University

Maartje van Rijswijk

Sport: Field Hockey

Position: Forward

Height: 5'6"

Weight: 144

Vertical Jump: 23 **Pro-Agility Time:** 4.61 **Ten-Yard Dash:** 1.72

Forty-Yard Dash: 4.94 **Bench Press Pounding:** 125

Squat Pounding: 270 **Hang Clean Pounding:** 145

Maartje has worked extremely hard to get to the level of strength, speed, and power that she currently has. She has come a long way from when she first walked into the weight room and embraced the fact that hard work would make her better on the field. – Joe Makovec, CSCS

Salisbury University

Katie McMahon

Sport: Field Hockey

Position: Forward

Katie has been an absolute joy to work with over the past four years. Prior to joining the field hockey team in 2012, Katie was a four-year member of the women's soccer program. Having not played since high school and competing for a spot on a nationally ranked team, she had a lot to prove. With her attitude and work ethic we knew she would not leave anything on the table. From being a leader in the weightroom during the spring semester to training at the facility in the summer, Katie's determination would shine. She is a true competitor in every sense. – Matthew Nein, MS, CSCS

football

Boston College

Andy Gallik

Sport: Football

Position: Center

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

Vertical Jump: 29 **Pro-Agility Time:** 4.4 **Ten-Yard Dash:** 1.78

Forty-Yard Dash: 5.1 **Bench Press Pounds:** 405 **Squat Pounds:** 515

Hang Clean Pounds: 395

Andy Gallik has been an athlete of mine since his sophomore year of high school. Andy has been a pleasure to work with and train. Watching him grow from a sophomore high school football player to an All-State senior to fulfilling his dream of playing at a Division 1 university is a testament to his hard work ethic. He not only possesses all the abilities on the field but also is a tremendous student as well. He is one of the hardest workers I have had the pleasure to train. He is deserving of this award for many reasons. The biggest reason is his dedication to always achieve his goals. He is very goal oriented and never loses sight of the big picture at hand. He is not only a great athlete and student but a better person. Humble in his accomplishments, he is a true pleasure to train. – Brad Leshinske, CSCS

California Lutheran University

Chris Cabrera

Sport: Football

Position: Linebacker

Height: 6'0" **Weight:** 210

Vertical Jump: 33 **Pro-Agility Time:** 4.48 **Ten-Yard Dash:** 1.72

Forty-Yard Dash: 4.69 **Bench Press Pounds:** 320

Squat Pounds: 465 **Hang Clean Pounds:** 275

Chris Cabrera earned All-Conference second team honors as a member of the 3-time conference championship California Lutheran University football team that finished the season ranked #8 in the nation. A tireless worker and relentless competitor, Chris helped to anchor a Kingsmen defense that ranked 1st in scoring defense, total defense, rushing defense, passing defense, pass defense efficiency, and sacks among conference teams last season. – Anonymous

Campbell University

Brandon Chandler

Sport: Football

Position: Defensive Back

Weight: 200

Vertical Jump: 39 **Pro-Agility Time:** 4.14 **Forty-Yard Dash:** 4.56

Bench Press Pounds: 405 **Squat Pounds:** 500

Hang Clean Pounds: 365

Brandon has been pound-for-pound our strongest athlete, since his redshirt sophomore season. He has the explosive qualities that all strength and conditioning coaches want their athletes to get to. He was a 3-time All-Conference award winner during his tenure. – Anonymous

Central Connecticut State University

Nate Pagan

Sport: Football

Position: Running Back

Height: 5'10" **Weight:** 185

Vertical Jump: 33.5 **Forty-Yard Dash:** 4.65 **Bench Press Pounds:** 390

Squat Pounds: 510 **Hang Clean Pounds:** 300

Nate is the hardest working athlete that we have at our school. He pushes himself to be the best he can be. His work ethic is unlike anyone I have trained and he will be missed. – Anonymous

Centre College

Kent Crick

Sport: Football

Position: Defensive Back

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

Vertical Jump: 34 **Pro-Agility Time:** 4.08 **Forty-Yard Dash:** 4.5

Bench Press Pounds: 345 **Squat Pounds:** 525

Hang Clean Pounds: 320

Kent is a team leader and has a great combination of talent and desire. He set the tone for the team regarding the standard of excellence and work ethic. He was named first team All-Conference, and Academic All-Region. – Anonymous

Clemson University

Dalton Freeman

Sport: Football

Position: Center

Height: 6'4.5" **Weight:** 285

Vertical Jump: 29.5 **Ten-Yard Dash:** 1.83 **Forty-Yard Dash:** 4.98

Bench Press Pounds: 445 **Squat Pounds:** 510

Power Clean Pounds: 350

Dalton has had an outstanding career at Clemson demonstrating a positive winning attitude, strong work ethic, leadership, and loyalty to the program. He was named American Football Coaches Association (AFCA) first team All-American, first team All-Atlantic Coast Conference (ACC) two years in a row, and Academic All-ACC selection with a career GPA of 3.52. Dalton has played more snaps than any player in Clemson football history with over 3,258. – Anonymous

College of the Canyons

Jake Woolley

Sport: Football

Position: Linebacker

Height: 6'3" **Weight:** 220

Vertical Jump: 30 **Pro-Agility Time:** 4.25 **Forty-Yard Dash:** 4.6

Front Squat Pounds: 315 **Hang Clean Pounds:** 260

Jake is a standout player for us and is a perfect example of success via hard work and determination. Jake is next in a long, long line of Division 1 football scholarship recipients and one of the best role models we have ever had here at College of the Canyons. We will miss Jake's 'lead by example' style. – Anonymous

The College of William and Mary

Brian Thompson

Sport: Football

Position: Defensive Back

Height: 5'11" Weight: 215

Vertical Jump: 35 Pro-Agility Time: 4.2 Ten-Yard Dash: 1.6

Forty-Yard Dash: 4.65 Bench Press Poundage: 360

Squat Poundage: 415 Hang Clean Poundage: 350

Brian Thompson has overcome a number of injuries in his career to develop into a 2-time All-Conference performer. Brian is an incredibly disciplined and focused individual. Because of these traits he has overcome a great deal. He has always given 100% in our strength and conditioning program, as well as on the field. It has been a pleasure working with this young man the last five years.

– John Sauer CSCS, *D

Colorado State University-Pueblo

Jonathon Jones

Sport: Football

Position: Center

Height: 5'8" Weight: 225

Pro-Agility Time: 4.39 Forty-Yard Dash: 5.04

Bench Press Poundage: 365 Squat Poundage: 465

Hang Clean Poundage: 325

Jonathon was called the best football player in America pound-for-pound by an opposing coach. JJ, as he is known to his teammates, made up for his lack of size with a relentless work ethic in the weight room and on the field. His "never quit" mentality led to him receiving All-Conference recognition following his senior season. His "lead-by-example" was a great asset in our strength and conditioning program and he will be missed. – Anonymous

Cumberland University

Reed Gurchiek

Sport: Football

Position: Quarterback

Height: 6'1" Weight: 200

Vertical Jump: 33 Pro-Agility Time: 3.46 Ten-Yard Dash: 1.2

Forty-Yard Dash: 4.65 Bench Press Poundage: 335

Squat Poundage: 385 Hang Clean Poundage: 310

Reed has been the epitome of work ethic. He has received numerous All-Conference and other athletic and academic honors and awards. Reed is an incredible leader on and off the field. His summer training and habitual dedication to the weight room are uncharacteristic of quarterback culture. It has been an honor and a privilege to coach such an elite and respectful athlete. – Anonymous

East Stroudsburg University

Jordan Hallman

Sport: Football

Position: Wide Receiver

Height: 6'1" Weight: 204

Vertical Jump: 31.4 Pro-Agility Time: 4.2 Forty-Yard Dash: 4.71

Bench Press Poundage: 245

Jordan, a three-sport high school athlete, focused on football during his career at ESU. Through his hard work, he became one of the leaders on this year's team. Participating in 44 games during his career, he finished with over 2,100 all purpose yards as a wide receiver and returner. He added 31 pounds of bodyweight, lowered his 40 time by 0.2 seconds as well as increased his bench press during his time at ESU. Jordan was a pleasure to coach and hopefully his work ethic will be followed by our younger athletes. – Robert Mikulski, CSCS

Fordham University

Pat McGee

Sport: Football

Position: Defensive Line

Height: 6'5" Weight: 280

Vertical Jump: 33.5 Pro-Agility Time: 4.41 Ten-Yard Dash: 1.66

Forty-Yard Dash: 4.84 Bench Press Poundage: 355

Squat Poundage: 550 Power Clean Poundage: 340

Pat was a team captain and the recipient of our "lifter of the year" award. He has grown into a great leader, great worker, and great lifter. Pat was a great example for the younger players on the team, especially since he was a little older, he was a father figure to the freshmen. Pat will be missed by the entire program.

– Edward Perlak

Furman University

Jerodis Williams

Sport: Football

Position: Running Back/Return Specialist

Height: 5'11" Weight: 208

Vertical Jump: 40 Pro-Agility Time: 3.98 Forty-Yard Dash: 4.42

Bench Press Poundage: 325 Squat Poundage: 540

Hang Clean Poundage: 350

Jerodis Williams is a great example of transferring weight room ability to the playing field. Jerodis, a two-time All-Southern Conference selection, recorded his second consecutive 1,000-yard season, rushing for 1,170 yards, and 11 touchdowns this fall to complete his career with 3,097 yards, good for fifth-best in Furman history. Included in his season's work was a career high 239-yard rushing performance in a 45-24 win over Western Carolina, against whom he also returned a kickoff 100 yards on the way to a school single-game record 370 all-purpose yards. The Prattville, Ala. product added a second 100-yard kickoff return versus Appalachian State and led all of FCS in kickoff returns, averaging 35.9 yards per attempt. Jerodis has also been named a first-team Sports Network Football Championship Subdivision (FCS) All-American as a kick returner. His hard work, dedication, and leadership makes him deserving of the NSCA All-American award. – Anonymous

Georgia Southern University

Brent Russell

Sport: Football

Position: Defensive Line

Height: 6'2" Weight: 300

Vertical Jump: 32 Forty-Yard Dash: 4.85 Bench Press Poundage: 480

Squat Poundage: 550 Hang Clean Poundage: 330

Brent Russell exemplifies what being an All-American is all about. It's hard to find another person that puts in the effort and work to become a stronger athlete as Brent. Everything he does is done at maximum intensity. Whether he is performing a set of bench press, running a shuttle drill, or chasing down a running back in the secondary, you know Brent is giving everything he's got. Beyond his physical strength and tremendous effort, he is one of the toughest athletes to ever compete at Georgia Southern University. He is determined to never fail and that determination echoes throughout the rest of his team. He is not only a leader among his team, but also in the community as he volunteers much of his time at a local boy's shelter. His nickname around town is ManBearPig, which suits him perfectly; he is as kindhearted as any man, as strong as a bear, and as tough as a pig! – Thomas Melton, CSCS

Georgia Southern University

Jerick McKinnon

Sport: Football

Position: Quarterback

Height: 5'10" Weight: 208

Vertical Jump: 40 Pro-Agility Time: 3.96 Forty-Yard Dash: 4.38

Bench Press Poundage: 405 Squat Poundage: 565

Hang Clean Poundage: 350

Jerick McKinnon is the epitome of an All-American strength and conditioning athlete. He is always the first one to the gym, often arriving twenty minutes before a workout, and the last one to leave. He pushes himself beyond the limits of a normal athlete. As it regards to physical strength, Jerick is abnormal. He is stronger than most everyone on the team including many linemen that outweigh him by 100 lb. His strong work ethic and leadership is noticed and appreciated by every one of his teammates. During workouts, guys will stop working to watch and admire Jerick perform a set. The saying "hard work pays off," has certainly been the case for Jerick. He has worked himself into starting roles at four different positions on both offense and defense. It is a special privilege to work with and coach such a rare athlete. – Anonymous

Humboldt State University

Sean MacDonald

Sport: Football

Position: Defensive Tackle

Weight: 310

Vertical Jump: 27 Pro-Agility Time: 4.62 Forty-Yard Dash: 5.3

Bench Press Poundage: 365 Squat Poundage: 615

Power Clean Poundage: 355

*Sean's consistent effort in the weight room allowed him to be the most dominant interior defensive lineman in the conference for the past two years. Hall of Fame offensive lineman Russ Grimm once said that the greatest feeling in the world was moving a man from point A to point B against his will. Nobody ever moved Sean against his will without a double team...and most of the time that wasn't successful either. Sean's body took a beating over the years, taking up two or three blockers on each play; not only did Sean's strength allow him to play at an amazingly high level, it was also a key to his survival! We will definitely miss Sean's presence in the weight room this off-season. – Andrew Petersen, RSCC*E*

Humboldt State University

Silas Sarvinski

Sport: Football

Position: Defensive End

Weight: 256

Vertical Jump: 27 Pro-Agility Time: 4.62 Forty-Yard Dash: 5.1

Bench Press Poundage: 415 Squat Poundage: 560

Power Clean Poundage: 340

Silas Sarvinski is a prime example of a blue-collar athlete. Growing up in a rural part of Humboldt county, Silas has had to work long hours out in the dairy fields every summer. Whether it was bailing hay or moving water pipes, he has learned what it means to work hard day in and day out. These life lessons have transferred into the weight room, where just as a redshirt sophomore, Silas has truly become a bigger, faster, and stronger athlete. On the field, Silas anchored the defensive line with 12 solo tackles, 6.5 tackles for losses, and 4.5 sacks in 11 games this past season. His work ethic, discipline, and attitude in the weight room epitomizes what the HSU strength and conditioning program is all about. Silas is the ideal athlete that any strength coach would want, and it has been a privilege to work with such an outstanding young man. – Angela Dendas, MS, CSCS

Humboldt State University

Victor Hugo Spencer II

Sport: Football

Position: Wide Receiver

Height: 5'11" Weight: 195

Vertical Jump: 37 Bench Press Poundage: 315 Squat Poundage: 370

Hang Clean Poundage: 325

Victor transferred to HSU in 2010 as a junior and redshirted his first year. Due to back and knee pain, he could not clean or squat. We began stretching and foam rolling to try to get Victor healthy. In the summer of 2011, Victor began regular workouts and his bodyweight increased from 158 to 170 lb. 2011 was a magical year with Victor earning first-team All-Conference honors and HSU winning the conference. In the off-season, Victor attacked the weights and increased his bodyweight to 195 lb. Victor is a quiet guy, but because of his rise as an impact player on the team, I asked him to be a leader. He agreed and was a positive force and mentor especially for the other receivers. Victor earned second-team honors his senior year. I am proud of Victor for leaving his comfort zone and pushing himself to build both his body and character. One of my fondest memories is Victor clean and jerking 285 lb and cleaning 325 lb. Victor has also snatched 225 lb. – Anonymous

Huntingdon College

Dakota Hooper

Sport: Football

Position: Defensive Back

Height: 5'11" Weight: 185

Vertical Jump: 38.5 Pro-Agility Time: 4.07 Forty-Yard Dash: 4.72

Bench Press Poundage: 355 Squat Poundage: 505

Hang Clean Poundage: 350

Dakota is a solid young man, whom I count on to set the tone in our training sessions on a daily basis. His work ethic is unrivaled, and he consistently provides the attitude, enthusiasm, and leadership we desire for our program. Dakota's dedication has absolutely impacted his physical development, and has in turn, allowed him to become an integral piece to the success of our football program. – Anonymous

Jacksonville State University

Marques Ivory

Sport: Football

Position: Quarterback

Height: 6'0" Weight: 235

Vertical Jump: 27.75 Pro-Agility Time: 4.71 Ten-Yard Dash: 1.5

Forty-Yard Dash: 4.75 Bench Press Poundage: 430

Squat Poundage: 585 Hang Clean Poundage: 305

Marques is the consummate student-athlete and leader on the field and in the weight room. He has been the heartbeat of the football team for the last five years, returning for his fifth year after suffering a season-ending injury in his first game as a senior. He is also a leader within the athletic department and on campus. – Brian Austin, CSCS

Juniata College

Brandon Felus

Sport: Football

Position: Defensive End

Height: 6'3"

Weight: 240

Vertical Jump: 26 **Pro-Agility Time:** 4.4 **Forty-Yard Dash:** 4.9

Bench Press Poundage: 400 **Squat Poundage:** 550

Hang Clean Poundage: 300

Brandon is both a leader on the football field and in the weight room, his hard work and intensity has been a great asset in setting a positive example for the athletes involved in all our sport programs at Juniata College. Brandon's attention to detail and focus on working all the needed components for increasing athletic performance has not only helped make himself a better athlete, but has been instrumental in reinforcing our program's philosophy of training each athlete to reach his highest potential. Brandon was selected as a first team Defensive Lineman on the 2012 Centennial All-Conference Football team along with establishing a new school record for most quarterback sacks in a season.

– Doug Smith

Juniata College

Nathan Bicher

Sport: Football

Position: Offensive Line

Height: 6'1" **Weight:** 250

Vertical Jump: 26 **Pro-Agility Time:** 4.5 **Bench Press Poundage:** 390

Squat Poundage: 525 **Hang Clean Poundage:** 275

Nathan has been a hard worker and role model all four years he has been a member of our football organization. His work ethic and dedication to maximize his athletic potential through commitment to our enhancement program has been a pleasure to deal with as a coach, as well as being a contributing factor to the success of his teammates. This same attention to detail and tenacity to succeed in our strength and conditioning program are the same attributes that have won him a starting position on the offensive line for the past two years. Nathan's example of hard work and dedication on and off the field will be a contributing factor for the future success of our football program and its members. – Anonymous

Lafayette College

Rick Lyster

Sport: Football

Position: Defensive Line

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

Vertical Jump: 28 **Pro-Agility Time:** 4.31 **Forty-Yard Dash:** 5.03

Bench Press Poundage: 430 **Squat Poundage:** 630

Hang Clean Poundage: 315

Simply put, he is the hardest working human being I have ever been around in 13 years of playing/coaching college athletics. – Brad Potts, MS, CSCS

McNeese State University

Terence Cahee

Sport: Football

Position: Safety

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

Vertical Jump: 39 **Pro-Agility Time:** 3.94 **Ten-Yard Dash:** 1.51

Forty-Yard Dash: 4.48 **Bench Press Poundage:** 315

Squat Poundage: 545 **Hang Clean Poundage:** 285

Terence has done an outstanding job transforming his body from his sophomore year to his junior year. He has become one of the most dependable and hardest working young men on this team. He works equally hard in the classroom and will graduate in 3 1/2 years. – Anonymous

McNeese State University

Ford Smesny

Sport: Football

Position: Safety

Height: 5'9" **Weight:** 195

Vertical Jump: 38 **Pro-Agility Time:** 3.99 **Ten-Yard Dash:** 1.52

Forty-Yard Dash: 4.5 **Bench Press Poundage:** 375 **Squat Poundage:** 560

Hang Clean Poundage: 315

Ford has been a great young man not only in the weight room but on the field and in the classroom. His never quit attitude has pushed himself and his teammates since he arrived at McNeese. – Anonymous

MidAmerica Nazarene University

Todd Misenhelter

Sport: Football

Position: Offensive Lineman

Height: 6'4" **Weight:** 250

Vertical Jump: 23 **Pro-Agility Time:** 4.62 **Ten-Yard Dash:** 1.7

Forty-Yard Dash: 5.35 **Bench Press Poundage:** 295

Squat Poundage: 405

Hang Clean Poundage: 250

Todd is an amazing athlete and works incredibly hard. Here are his stats: 2012-Started all games and 1st Team All-Conference, 1st Team All-American according to VSN.com, 2011-Started 13 games and was 2nd Team All-Conference, 2010-Appeared in all 13 games, starting 4 games, 2009-Appeared in 9 games, 2008-Redshirt. Todd also competed at the University Championships for Olympic-style weightlifting in 2011-4th place in the 105+ weight class and 2012-5th place in the 105+ weight class. Todd is going to make an incredible history teacher and coach!! – Anonymous

Northern Arizona University

Jarret Bilbrey

Sport: Football

Position: Defensive End

Height: 6'6" **Weight:** 265

Vertical Jump: 35 **Bench Press Poundage:** 355 **Squat Poundage:** 465

Hang Clean Poundage: 305

Jarret Bilbrey has been dedicated to the weight room for 4 years. He has made gains with his maxes, speed, and bodyweight every year. He has been an inspiration to his team and a leader both on and off the field. Jarret has had a clear vision from the beginning—get better at all times and never give up. He has battled through both intense and tragic injury to his body and losses in his family, and never wavered from his drive to be successful. All adversity that life brings to this man, he responds with hard work and dedication. He was a dominate force on the field, and will be in life, wherever he goes. – Anonymous

Northern State University

Mark Hanley

Sport: Football

Position: Wide Receiver

Height: 5'10" **Weight:** 185

Squat Poundage: 455

The hard work that Mark put in these past 4 years really paid off this past season as he lead the team in receptions, reception yards, and receiving touchdowns.

– James Jarvis, CSCS, RSCC

Northern State University

Mason Thorstad

Sport: Football

Position: Defensive End

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

Bench Press Poundage: 405

Being on the smaller end of the size spectrum, Mason worked twice as hard as most defensive ends to make up for it by always being in the weight room getting extra work in. – James Jarvis, CSCS, RSCC

Northern State University

Logan Fahnhorst

Sport: Football

Position: Middle Linebacker

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

Hang Clean Poundage: 365

Logan has put in a lot of hard work since stepping on the campus of Northern State, staying for every summer and never missing a workout.

– James Jarvis, CSCS, RSCC

Northwood University

Spencer Remtema

Sport: Football

Position: Linebacker

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

Vertical Jump: 33.8 **Pro-Agility Time:** 4.44 **Ten-Yard Dash:** 1.62

Forty-Yard Dash: 4.6 **Bench Press Poundage:** 365 **Squat Poundage:** 485

Hang Clean Poundage: 315

Spencer is one of the most committed athletes I have ever worked with. His constant intensity, drive, and focus have allowed him to achieve thus far, and will remain the tools for his future success. – Anonymous

Ohio University

Beau Blankenship

Sport: Football

Position: Running Back

Height: 5'9" **Weight:** 203

Vertical Jump: 32.5 **Pro-Agility Time:** 32.5 **Ten-Yard Dash:** 1.54

Forty-Yard Dash: 4.56 **Squat Poundage:** 546

Power Clean Poundage: 365

Though short in stature, Beau possesses a tremendous amount of strength and holds all the strength records for his position. Beau is a workhorse on and off the field and ran for 1,500 yards this season while breaking the school's single-season record. – Shigeru Sano, CSCS

Old Dominion University

Craig Wilkins

Sport: Football

Position: Linebacker

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

Vertical Jump: 40 **Pro-Agility Time:** 4.14 **Forty-Yard Dash:** 4.52

Bench Press Poundage: 425 **Squat Poundage:** 560

Hang Clean Poundage: 360

Craig is an extremely dedicated athlete who displays tremendous work ethic. He is a 4-year captain on the football team and his teammates gravitate towards him and follow his example. Wilkins has raised the expectations of all those after him because of what he has accomplished both on the field and in the weight room.

– Joe Makovec, CSCS

Old Dominion University

Chris Burnette

Sport: Football

Position: Defensive Tackle

Height: 6'3" **Weight:** 292

Vertical Jump: 30.5 **Pro-Agility Time:** 4.48 **Forty-Yard Dash:** 5.1

Bench Press Poundage: 380 **Squat Poundage:** 560

Hang Clean Poundage: 300

Chris has a strong desire to excel. He leads by example, both in the weight room and on the field. – Ryan Martin, CSCS

Salisbury University

Nick Aloï

Sport: Football

Position: Receiver

Nick's dedication toward improvements is amongst the best we have seen here at Salisbury. Day in and day out he commits to getting better. Over the course of his time within the football program, Nick does everything with great effort and enthusiasm. Although sustaining a season ending injury, Nick was back in the weight room preparing anyway possible for the 2013 season. You got to love that kind of attitude as a coach. – Matthew Nein, MS, CSCS

South Dakota State University

Seth Daughters

Sport: Football

Position: Tight End

Height: 6'4.75" **Weight:** 250.6

Vertical Jump: 35.5 **Pro-Agility Time:** 4.38 **Ten-Yard Dash:** 1.63

Forty-Yard Dash: 4.90 **Bench Press Poundage:** 319

Squat Poundage: 398 **Hang Clean Poundage:** 353

Seth has worked incredibly hard throughout his career. He has pushed his body to the limit in order to be successful. He has worked tirelessly in the classroom as well earning honorable mention All-Missouri Valley Football Conference (MVFC) Academic team in 2011 and second team in 2012. Unfortunately, Seth's junior year was cut short due to injury, but this simply drove him even harder to pursue his dream. Seth showed immense focus, drive, and dedication in rehab and training to get back for his senior year. His efforts were recognized by his fellow teammates as they elected him as a captain for the 2012 season. Seth did not disappoint as he earned honorable mention All-MVFC honors and was an integral piece of a team that went 9–4. Seth will be a lifelong champion because of his hard work and dedication. – Jesse Rodriguez, CSCS

South Dakota State University

Bo Helm

Sport: Football

Position: Defensive Back

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

Vertical Jump: 36.5 **Pro-Agility Time:** 4.03 **Ten-Yard Dash:** 1.57

Forty-Yard Dash: 4.5 **Bench Press Pounds:** 353 **Squat Pounds:** 425

Hang Clean Pounds: 319

*Bo is a young man that truly enjoys life and pursues all of his passions with all-out effort. He is someone who will always put the team first and ask "what do you need me to do?" in order to help the team be successful. He has trained incredibly hard and currently holds the SDSU bench press record for a defensive back. He is very close to several other weight room records but he has trained so hard, not to hold records, but because he knew it would help the team be successful. Bo has been honored four times on the Missouri Valley Football Conference Academic Honor Roll and twice received the Commissioner's Award for Academic Excellence. More importantly he is an outstanding citizen and this was recognized by his nomination for the Allstate Good Works Team. He was named team captain for the 2012 season and helped lead the Jackrabbits to the FCS playoffs and a record of 9-4. The future is bright for Bo as he pursues his dreams with the same passion and vigor that he has put into his football career. – Nathan Moe, CSCS, RSCC*D*

Syracuse University

Shamarko Thomas

Sport: Football

Position: Safety

Height: 5'8" **Weight:** 206

Vertical Jump: 40 **Pro-Agility Time:** 4.06 **Forty-Yard Dash:** 4.38

Bench Press Pounds: 475 **Squat Pounds:** 560

Hang Clean Pounds: 358

Shamarko is a great kid. He overcame losing both parents to become a team captain. He is a great lifter and leader. – Anonymous

Texas Christian University

Blaize Foltz

Sport: Football

Position: Offensive Line

Weight: 319

Vertical Jump: 29 **Pro-Agility Time:** 4.25 **Ten-Yard Dash:** 2.01

Forty-Yard Dash: 5.28 **Bench Press Pounds:** 580

Squat Pounds: 830 **Hang Clean Pounds:** 430

Blaize has been our bell cow in the weight room. He leads by example. He has been a joy to work with and the entire staff will miss his infectious personality and hardcore work ethic. – Don Sommer

University of Mary

Troy Guptill

Sport: Football

Position: Outside Linebacker

Height: 6' .75" **Weight:** 225

Vertical Jump: 36 **Bench Press Pounds:** 350 **Squat Pounds:** 475

Power Clean Pounds: 345

Troy is the definition of student-athlete. He has the ability to excel not only on the field and in the weight room but also in the classroom where he holds a 3.75 GPA. – Anonymous

University of Missouri

T.J. Moe

Sport: Football

Position: Wide Receiver

Height: 6'0" **Weight:** 200

Vertical Jump: 39 **Pro-Agility Time:** 3.72 **Forty-Yard Dash:** 4.44

Bench Press Pounds: 400 **Squat Pounds:** 550

Hang Clean Pounds: 268

2011 All Big 12 honorable mention, 2011 Big 12 Chik-Fil-A Community Champion, 2011 Academic All Big 12 first team, 2010 second team All Big 12 (Coaches), 2010 ESPN/COSIDA first team Academic All-District, 2010 All Big 12 first team, and 2012 team captain, T.J. has been a tremendous representative of the University of Missouri both on and off the field during his time here. His work ethic in the weight room has helped him to be able to compete at a very high level in both the Big 12 and the Southeastern Conference. T.J. always shows up ready to work and consistently leads in the weight room and in the off-season. His toughness and performance on the field is a reflection of the work he has put in throughout his time here at Mizzou. – Anonymous

University of Redlands

Sean Woods

Sport: Football

Position: Defensive End

Height: 6'1" **Weight:** 228

Vertical Jump: 36 **Pro-Agility Time:** 4.28 **Ten-Yard Dash:** 1.52

Bench Press Pounds: 395 **Squat Pounds:** 540

Sean Woods embodies the "3D" philosophy of the strength and conditioning program: Determination, Dedication, and Discipline. He's not the most vocal athlete but his presence is always known by his work ethic and attention to detail in training sessions. During the off-season, he gained 30 lb and went from being a linebacker to a defensive end. He is a natural leader by example and defines what it means to be a bigger, faster, and stronger athlete. It was fun to watch him succeed on and off the field, and a great privilege to work with such an awesome student-athlete. – Anonymous

University of Texas at San Antonio

Brandon Reeves

Sport: Football

Position: Linebacker

Height: 5'11" **Weight:** 220

Vertical Jump: 31.25 **Pro-Agility Time:** 4.62 **Forty-Yard Dash:** 4.8

Bench Press Pounds: 385 **Squat Pounds:** 465

Hang Clean Pounds: 360

Brandon played in all 22 of University of Texas at San Antonio's football games in the two year program history. He leads the program in tackles by a wide margin and has shown the same work ethic in the weight room that he does on the football field. – Anonymous

University of Wisconsin, La Crosse

Trevor Hutson

Sport: Football

Position: Tight End

Height: 6'3" **Weight:** 250

Vertical Jump: 31 **Pro-Agility Time:** 4.32 **Forty-Yard Dash:** 4.68

Bench Press Pounds: 350 **Squat Pounds:** 515

Hang Clean Pounds: 390

Trevor has been a leader both on and off the football field throughout his career at University of Wisconsin-La Crosse. Going into his senior year, Trevor was voted team captain by his peers and has risen to a similar capacity in the sports performance center. Trevor will be pursuing a career in sports performance following his graduation. – Kevin Schultz, MS, LMT, RSCC, CSCS

University of Wisconsin-River Falls

John Schimenz

Sport: Football

Position: Running Back

Height: 5'7"

Weight: 208

Pro-Agility Time: 3.98 **Vertical Jump:** 33.6 **Ten Yard Dash:** 1.61

Bench Press Pounds: 315 **Squat Pounds:** 500

Power Clean Pounds: 330

John has been an exemplary athlete and teammate for the University of Wisconsin-River Falls football program. He has demonstrated everything you would hope for as a student-athlete. A true competitor that leads by example, John has also achieved success in the classroom. He is an outstanding member of the UW-RF athletic program. – Carmen Pata, CSCS, RSCC

Virginia Military Institute

Shawn Chapman

Sport: Football

Position: Defensive Line

Height: 6'1" **Weight:** 275

Vertical Jump: 29 **Pro-Agility Time:** 4.32 **Forty-Yard Dash:** 4.79

Bench Press Pounds: 440 **Squat Pounds:** 630

Hang Clean Pounds: 330

Shawn has an unrivaled passion for training, which is shown in his numbers in strength and conditioning and on the playing field. As Virginia Military Institute's 2012 "Iron Keydet," Shawn has consistently been an elite athlete in our program and a strong leader by the example he has set for others. – Phil Sabatini

Virginia State University

Bryce Willoughby

Sport: Football

Position: Linebacker

Height: 6'0" **Weight:** 230

Bench Press Pounds: 335 **Squat Pounds:** 425

Hang Clean Pounds: 275

I have had the opportunity to serve as Bryce's strength coach, and I have visually watched him change his physique over the last 4 years. He is one of the strongest linebackers, and many times trained and maxed with weight that linemen work out with. His positive lifting attitude, of course, showed its correlation to the playing field as he was a team captain and leader on the field as well. Bryce epitomizes the All-American Award, and served as a great leader in the weight room and on the field. – Anonymous

Virginia Tech

Vinston Painter

Sport: Football

Position: Offensive Tackle

Height: 6'6" **Weight:** 309

Vertical Jump: 32 **Pro-Agility Time:** 4.43 **Ten-Yard Dash:** 1.77

Forty-Yard Dash: 4.74 **Bench Press Pounds:** 465

Front Squat Pounds: 500 **Power Clean Pounds:** 351

Vinston's hard work over his five years here at Virginia Tech allowed him to have an outstanding senior season as our starting right tackle. Vinston always gave great effort and led by example. I don't remember him ever having a bad day in the weight room. Vinston's front squat and forty time are all-time football position records at Virginia Tech. It was an honor to coach Vinston. – Mike Gentry, CSCS

Virginia Tech

Marcus Davis

Sport: Football

Position: Wide Receiver

Height: 6'4" **Weight:** 232

Vertical Jump: 44 **Pro-Agility Time:** 4.11 **Ten-Yard Dash:** 1.59

Forty-Yard Dash: 4.37 **Bench Press Pounds:** 350

Front Squat Pounds: 420 **Hang Clean Pounds:** 319

Marcus has displayed the hard work and positive attitude it took to develop into one of our strongest wide receivers here at Virginia Tech. He made a name for himself by displaying his explosive power. He currently holds a position record and overall record in the vertical jump, with a leap of 44 inches. Marcus is also a four year Super Iron Hokie award winner (our highest lifting honor) and an Excalibur award winner that includes strength, speed, power, and flexibility. – Jarrett Ferguson, MEd, USAW

West Texas A&M University

Torrence Allen

Sport: Football

Position: Wide Receiver

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

Vertical Jump: 40.5 **Pro-Agility Time:** 4.16 **Ten-Yard Dash:** 1.52

Forty-Yard Dash: 4.4 **Bench Press Pounds:** 330 **Squat Pounds:** 415

Hang Clean Pounds: 340

Torrence is a dynamic athlete both on the field and in the weight room. He leads by example by coming to work everyday, pushing himself to be the best. His explosiveness is evident and he uses it to his advantage to make big plays down the field. – Anonymous

William Jewel College

Jeff Cunningham

Sport: Football

Position: Safety

Height: 5'9" **Weight:** 210

Vertical Jump: 33.5 **Pro-Agility Time:** 4.06 **Forty-Yard Dash:** 4.43

Bench Press Pounds: 330 **Squat Pounds:** 467

Jeff has been a pillar of hard work, enthusiasm, and leadership on a daily basis in the strength and conditioning program. – Scott O'Dell

golf

Drexel University Vincent Anagnos

Sport: Golf

Position: n/a

Height: 6'1.5" **Weight:** 173

Very few athletes have put as much time and effort into their training as Vincent. He has shown an incredible amount of enthusiasm and dedication to all areas of strength and conditioning. His leadership in the weight room has also helped to excite and motivate everyone on his team. Vincent's work ethic, discipline, and attitude embody what Drexel Strength and Conditioning is all about. It has been our privilege to work with such an amazing young man. – Anonymous

gymnastics

University of Missouri Sandra Ostad

Sport: Gymnastics

Position: All-Around

Height: 5'1"

Vertical Jump: 25

Sandra Ostad is a tireless worker who exemplifies what it is to be an NSCA All-American. Sandra has an incredible dedication to her sport, her team, and to herself to get the most out of anything and everything that is presented to her. Sandra goes 100 percent and finishes everything she starts. It is no coincidence that Sandra has been a standout in the weight room and with conditioning since day one. She has fully utilized the weight room and conditioning to make herself the best athlete she can be. Pound for pound Sandra is a very strong athlete. However, Sandra's most impressive physical quality is her conditioning level and work capacity. Related to her supreme conditioning level, is her mental toughness and attitude. She consistently displays a positive attitude about everything. Sandra sustained an injury that could have been career-threatening but she never let that be an option. Sandra has a great ability to lead vocally as well as by example. Sandra's dedication to gymnastics transcends into her personal life where she excels academically and has an uncanny ability to make a positive impact on anyone she encounters. – Ryan Jackson, CSCS

lacrosse

Converse College Samantha Green

Sport: Lacrosse

Position: Midfielder

Height: 5'2"

Pro-Agility Time: 4.8 **Ten-Yard Dash:** 1.7 **Forty-Yard Dash:** 5.5

Bench Press Pounds: 115 **Squat Pounds:** 225

Hang Clean Pounds: 115

When I got to Converse College in the beginning of her junior year she proved to be a coach's dream with her relentless pursuit of becoming the best athlete she could become. Wanting more results in her play she turned to speed and strength training to help improve her game, oftentimes requesting additional training time in the weight room and organizing optional conditioning sessions for her team. Thanks to her hard work and dedication, she walked away with being named the Fall 2011 Strength Athlete, owning school records in the bench press, push press, deadlift, and squat, but most importantly she was named All-Conference for Conference Carolinas. Last season she led her team in scoring with 45 goals (top 5 in conference) and added 8 assists (only scored 15 goals and 2 assists combined in 1st two years) while also serving as team captain for the 2nd straight year. This past summer she continued to show her dedication to strength and conditioning by joining a college athlete strength and conditioning summer training program at a facility in her hometown. Now in her senior year, she is faster and stronger than she has ever been and continues to lead by example and push the rest of our lacrosse team by being a model student-athlete in the classroom, on the field, and in the weight room. – Anonymous

Drexel University Aaron Prosser

Sport: Lacrosse

Position: Midfielder

Height: 6'0" **Weight:** 192

Vertical Jump: 22 **Bench Press Pounds:** 255

Hang Clean Pounds: 205

Aaron, a senior captain, has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Aaron's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man. – Anonymous

Merrimack College Corey Lunney

Sport: Lacrosse

Position: Midfielder

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

Vertical Jump: 32.5 **Bench Press Pounds:** 330 **Squat Pounds:** 420

Hang Clean Pounds: 270

Corey Lunney has been a tremendous example of what a leader on and off the field should be. Not only is he one of the top midfielders in the nation, he has rewritten the record books in the weight room. His passion for developing himself and the responsibility he takes for his teammate's success and growth in the weight room puts Corey above and beyond the norm. – Anonymous

The Ohio State University

Mark Crawford

Sport: Lacrosse

Position: Defense

Height: 5'11" **Weight:** 200

Vertical Jump: 28.5 **Pro-Agility Time:** 4.4 **Forty-Yard Dash:** 4.7

Bench Press Poundage: 265 **Squat Poundage:** 450

Mark is a leader in the weight room and pushes his teammates to their limits while also testing his own. Mark can be counted on to do whatever needs to be done in order to get the team going. At times, Mark is a vocal leader but always leads by example. Mark is also an excellent student-athlete and [is an example of what any] competitor should be. – Anonymous

St. John's University

Dillon Ayers

Sport: Lacrosse

Position: Long Stick Midfielder

Height: 5'9" **Weight:** 186

Forty-Yard Dash: 4.78 **Bench Press Poundage:** 250

Squat Poundage: 525 **Hang Clean Poundage:** 260

Dillon is one of the strongest and most intense student-athletes that has come through our program. His intensity in the weight room has allowed him to make tremendous gains in strength and power. – Anonymous

University of Michigan

Sean Sutton

Sport: Lacrosse

Position: Defensive Midfielder

Height: 5'11" **Weight:** 178

Vertical Jump: 33 **Pro-Agility Time:** 4.41 **Forty-Yard Dash:** 4.78

Bench Press Poundage: 305 **Squat Poundage:** 335

Hang Clean Poundage: 250

Sean is our prime example of relentless commitment when it comes to physical preparation for lacrosse at the University of Michigan. I often describe Sean as the hardest working man in college lacrosse. Sean's performance in the Michigan strength and conditioning program is characterized by aggression and technical proficiency. I proudly nominate Sean Sutton to be recognized as an NSCA All-American. – Bo Sandoval, MS, CSCS, RSCC

University of Redlands

Katie Colasurdo

Sport: Lacrosse

Position: Midfielder

Weight: 120

Vertical Jump: 19 **Pro-Agility Time:** 5.02 **Ten-Yard Dash:** 1.79

Squat Poundage: 155

Katie is a very determined, dedicated, and hard working student-athlete. She always goes above and beyond in every training session by doing more work than what is given to her. Due to this work ethic, she has proven to be an excellent leader for her lacrosse team. She is someone others can look up to and strive to be like. In one semester she was able to improve in every speed, agility, and strength test she performed. Last year, she led her team to a near undefeated season and to the NCAA Championship for the first time in school history. With the work ethic she has demonstrated in the weight room this semester, she will likely lead her team to another NCAA Championship appearance. – Anonymous

rowing

Clemson University

Laura D'urso

Sport: Rowing

Position: 3rd Seat

Height: 5'6"

Bench Press Poundage: 135 **Squat Poundage:** 225

Hang Clean Poundage: 160

Laura, through her hard work in the boat and in the weight room, has become one of the top rowers in the Atlantic Coast Conference (ACC). Laura has a team best 320 lb trap bar deadlift and a team best 225 lb back squat. Laura has a tremendous attitude and approach to her training that rubs off on all of her teammates. She was All-ACC during the 2011 season; with the type of effort she has been giving this off-season we are very confident she will continue to build on these accolades.

SOCCER

Armstrong Atlantic State University Morgan Mitchell

Sport: Soccer/Basketball

Position: Forward/Guard

Height: 5'9"

Vertical Jump: 22.5 **Bench Press Pounding:** 115 **Squat Pounding:** 230

Morgan was the 2012 Peach Belt Conference Player of the Year and Daktronics Southeast Region Player of the Year. She scored 19 goals and totaled 45 points in 2012, leading the Peach Belt Conference. This mark also placed her among the Top 10 nationally in both categories. She tallied five multi-goal games this season, six game-winning goals, and notched three hat tricks, including a four-goal performance. She is a four-time All-Region performer by Daktronics, this is Morgan's first time being placed on an NCAA All-America team as she was an honorable mention All-American by Daktronics her freshman year of 2009. She finishes her Armstrong career with 47 goals, second-most in school history and seventh in Peach Belt Conference history. Her 114 career points are also second-most in Armstrong history and she ranks sixth-most in league history. She helped her team make it to the NCAA Elite Eight in 2012 and the NCAA Final 4 in 2011. Morgan is equally successful in the classroom. She was named as a 2012 NCAA Academic All-American and made the Peach Belt Conference All-Academic team. A multisport athlete, Morgan is also a member on the Armstrong Atlantic basketball team. She is a remarkable athlete who has a huge heart and desire for athletics. She has a never-give-up attitude and is ultra-competitive, which was contagious and made those around her better. – Kayley Ralton

Humboldt State University Carly Kolpin

Sport: Soccer

Position: Defender/Midfielder

Weight: 135

Vertical Jump: 19 **Pro-Agility Time:** 5.25 **Forty-Yard Dash:** 5.15

Bench Press Pounding: 110 **Squat Pounding:** 185

Power Clean Pounding: 145

Carly Kolpin has been a staple for the Humboldt State women's soccer team. A four-year starter as either a defender or midfielder, Carly has demonstrated that it takes hard work and dedication to compete at a high level every year, all the while earning All-Academic honors. In the weight room, Carly's work ethic, discipline, and attitude epitomizes what the HSU strength and conditioning program is all about. Respected by her teammates and coaching staff, Carly 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

Keene State College Brittany Croteau

Sport: Soccer

Position: Midfielder

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

Vertical Jump: 19.1 **Pro-Agility Time:** 4.8 **Bench Press Pounding:** 115

Squat Pounding: 170

Brittany worked hard during her four-year career. She did whatever was asked of her and always worked very hard. She was a great role model to younger players and pushed them to do their best. She made great gains from her freshman year on the field and in the weight room. – Sarah Testo, CSCS

Marquette University Emily Jacobson

Sport: Soccer

Position: Defense

Height: 5'9"

Vertical Jump: 16 **Pro-Agility Time:** 4.54

Emily has been the most consistent women's soccer student-athlete for the past three years. She leads by example and goes the extra mile to do the little things right. You will find her [in the weight room] doing extra on off days, during the soccer season, on weekends when it's open, and anytime we challenge her. This consistency has kept her injury-free and has boosted her performance on the field. I look for her to continue this contagious attitude and work ethic to make herself and her teammates better. – Todd Smith, CSCS

Mercer University Richie Edmondson

Sport: Soccer

Position: Midfielder

Height: 6'2" **Weight:** 187

Vertical Jump: 32 **Bench Press Pounding:** 275 **Squat Pounding:** 365

Richie is an extremely hard worker and great team motivator.

– Paul Bohr, MA, CSCS, USAW1

MidAmerica Nazarene University Rebecca Skillman

Sport: Soccer

Position: Goalie

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

Vertical Jump: 21 **Pro-Agility Time:** 5.06 **Bench Press Pounding:** 130

Squat Pounding: 215 **Hang Clean Pounding:** 160

Rebecca "Becca" is an outstanding athlete whom I've had the pleasure to coach for 10 years. Her passion for being the best is unmatched. Her technique on the lifts and strength are unrivaled. She has been the starting goalie for MNU for the last four years. She is not only a good leader on the field but in the weight room and all other areas as well. She has perfect grades with a 3.99 GPA and aspires to teach at the elementary school level and coach soccer as well as weightlifting. Her freshman year she received the Commissioner Award. Her sophomore year she was Second Team All-Conference. This past year she was twice the Conference Player of the Week and once the National Player of the Week!! She is going to make an incredible coach!! – Anonymous

Northern Arizona University Diane Buzzard

Sport: Soccer

Position: Defender

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

Vertical Jump: 26.5 **Ten-Yard Dash:** 1.65 **Bench Press Pounding:** 105

Squat Pounding: 225 **Hang Clean Pounding:** 143

Diane Buzzard has shown superior dedication to enhancing her on-field performance with 100% attendance throughout the entire 2012 off-season that includes summer and winter breaks. She has earned the respect of her teammates by training at her maximum ability level each and every day and was able to achieve personal career lifting goals in just one off-season. Her positive attitude and consistent work ethic are what sets her apart from others. Diane's enthusiasm for training is contagious and she leads by example both on and off the field. – Anonymous

Northern State University

Renee Gittings

Sport: Soccer

Position: Defender

Height: 5'8"

Squat Poundage: 205

Renee led the team on the field and in the weight room, and she pushed her teammates to always reach new levels of strength. – James Jarvis, CSCS, RSCC

University of California, Irvine

Cameron Iwasa

Sport: Soccer

Position: Forward

Height: 5'10" Weight: 175

Forty-Yard Dash: 4.9 Bench Press Poundage: 255 Squat Poundage: 308

Hang Clean Poundage: 230

Cameron Iwasa is a team captain and leader on both the field and in the weight room. He is one of our fittest players. He scored the highest on our Yo-Yo beep test in the spring, and is also our fastest and strongest player. He exemplifies the best in college athletics with his attitude and work ethic. – Anonymous

University of North Carolina Wilmington

Jen Ludemann

Sport: Soccer

Position: Defender

Height: 5'8" Weight: 150

Vertical Jump: 17.5 Pro-Agility Time: 4.81 Ten-Yard Dash: 1.73

Jen is the type of athlete that every strength coach across the country wants to work with. She leads by example both on and off the field and over 4 years, completely changed her game through her hard work and dedication in the weight room. A model of durability, Jen started a remarkable 80 of 81 matches over her career—a direct reflection of her commitment and toughness. – Anonymous

University of Wisconsin-River Falls

Hanna Danke

Sport: Soccer

Position: Forward

Height: 5'8"

Weight: 143

Pro-Agility: 4.22 Vertical Jump: 27.3 Ten Yard Dash: 1.78

Bench Press Poundage: 145 Squat Poundage: 255

Power Clean Poundage: 170

Hanna has been an extremely dedicated athlete during her time at the University of Wisconsin-River Falls. She has been a valuable leader on and off the soccer field for her team. She truly embodies what it means to be a student-athlete for UW-RF. – Carmen Pata, CSCS, RSCC

University of Wyoming

Olivia Mohtadi

Sport: Soccer

Position: Forward

Height: 5'10" Weight: 145.8

Bench Press Poundage: 115 Squat Poundage: 205

Hang Clean Poundage: 154

Olivia has worked extremely hard over the last year to come back from an injury and lead the team in goals during the 2012 season. Her hard work has continued to pay off as she was selected as a captain for the 2013 season. – John McGee, CSCS

West Texas A&M University

Colin Bjostad

Sport: Soccer

Position: Defender

Height: 6'2"

Weight: 195

Vertical Jump: 25.5 Pro-Agility Time: 4.54 Ten-Yard Dash: 1.72

Forty-Yard Dash: 4.93 Bench Press Poundage: 260

Squat Poundage: 300 Hang Clean Poundage: 210

Colin is a terrific example of what it means to persevere and flourish when returning from injury. Colin's work ethic and determination served as a model for his teammates both on and off the field. After sustaining multiple injuries during his career, Colin was able to return to top form his senior year receiving first team All-American honors. It has been a pleasure watching Colin develop over the past 3 years and I wish him continued success in the future. – Anonymous

softball

Colorado State University-Pueblo

Samantha Rios

Sport: Softball

Position: Shortstop

Height: 5'1" **Weight:** 100

Forty-Yard Dash: 5.1 **Bench Press Pounds:** 105 **Squat Pounds:** 160

Hang Clean Pounds: 115

Samantha has been a quiet but hard working athlete since her freshman year. At a bodyweight right at 100 lb she squatted 160 lb, cleaned 115 lb, and benched 105 lb while running a 5.1 40-yard dash during her most recent testing. Starting at shortstop for the Pack softball team since her freshman year, she was named to the All-Conference third team following her junior season. She continues to work hard as she prepares for her senior season. – Anonymous

Denison University

Rosie Glaser

Sport: Softball

Position: Catcher/Outfielder

Height: 5'8"

Vertical Jump: 21.5 **Bench Press Pounds:** 130 **Squat Pounds:** 235

Hang Clean Pounds: 145

Education major from Chicago, IL, Rosie is one of the most improved players because of her work ethic. She also exhibits tremendous leadership ability.

– Mark Watts, CSCS, RSCC

Humboldt State University

Chrissy Staf

Sport: Softball

Position: First Base

Weight: 165

Vertical Jump: 22 **Pro-Agility Time:** 5.3 **Bench Press Pounds:** 115

Squat Pounds: 145 **Hang Clean Pounds:** 150

*Chrissy has undergone an amazing physical transformation since her arrival on campus four years ago. As an awkward 6'2" freshman who could barely pick up the bar, Chrissy quickly mastered the teaching progressions for the lifts and drills, and began to experience tremendous improvements in her overall athleticism. As a sophomore, Chrissy broke the single-season home run record (18) and was named first-team All-Region and second-team All-American. Chrissy has continued to improve in the weight room and on the field, and was recently chosen as team captain going into her senior year. – Andrew Petersen, RSCC*E*

Murray State University

Sarah Anderson

Sport: Softball

Position: Catcher/Outfielder

Height: 5'5"

Vertical Jump: 18.5 **Pro-Agility Time:** 4.78 **Ten-Yard Dash:** 1.94

Bench Press Pounds: 125 **Squat Pounds:** 245

Hang Clean Pounds: 150

Sarah's determination and will to constantly strive for excellence as an athlete has allowed her to become a standout in the weight room. Her passion to succeed and challenge herself motivates those around her to become better. Whether it's coming in early to work on weaknesses or staying late to get an extra stretch in, Sarah's strong will exudes and shows through her increased strength since day one. – Alison Albritton, CSCS

New Mexico State University

Amber Olive

Sport: Softball

Position: Outfielder

Height: 5'4" **Weight:** 144

Vertical Jump: 19.5 **Bench Press Pounds:** 135 **Squat Pounds:** 225

Hang Clean Pounds: 145

Entering her senior season, Amber Olive has been a catalyst and leader to NMSU softball success. From her very first day as a freshman to the present, Amber has led by example, in all the physical test markers Amber ranks in the Top 5 All-Time, she helped NMSU capture the first NCAA tournament berth in 2011 in the program's 37 year history while winning the Western Athletic Conference. Amber has started 127 games, has a career batting average of .348, has stolen 16 bases, and has 110 career base hits. Her highlight game was a 4-for-4 day vs Seton Hall with 2 stolen bases and 2 runs scored. Academic honors for Amber include: membership in Golden Key International Honor Society and for the past 3 years Amber has received All-WAC and NFCA scholar-athlete honors. Majoring in Psychology and Communication Studies, Amber has a GPA of 3.9.

*– Antony McClure, CSCS,*D, RSCC*D*

Nicholls State University

Ashton Bennett

Sport: Softball

Position: Pitcher/DP

Height: 5'4" **Weight:** 148

Vertical Jump: 28.5 **Forty-Yard Dash:** 4.6 **Bench Press Pounds:** 160

Squat Pounds: 300 **Hang Clean Pounds:** 180

Ashton is one of the hardest working athletes at Nicholls State University. Overall, she is the strongest female out of all the athletic programs. She deserves to be nominated for NSCA All-American not just because of the weight she does in the weight room but because of her character, leadership, determination, and work ethic. – Ryan Dupre, USAW

Nicholls State University

Ashley Bertot

Sport: Softball

Position: Second Base

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

Vertical Jump: 30 **Forty-Yard Dash:** 4.4 **Bench Press Pounds:** 155

Squat Pounds: 295 **Hang Clean Pounds:** 120

Ashley Bertot, pound for pound, is the strongest female athlete on campus. Her ability to squat 295 pounds actually amazed some of our male athletes when they saw it firsthand. Ashley backs up her hard work in the weight room on the field as she was the newcomer of the year in the Southland Conference last year. Ashley deserves to be a NSCA All-American. – Ryan Dupre, USAW

Northern State University

Caitlin Moran

Sport: Softball

Position: Second Base/Shortstop

Height: 5'3"

Caitlin led the team with a 315-lb deadlift and then led the team and set a single-season and career record with 37 stolen bases. The softball team also made it to the conference tournament for the first time. – James Jarvis, CSCS, RSCC

Northwood University

Marisa Borkowski

Sport: Softball

Position: Outfielder

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

Vertical Jump: 23.6 **Pro-Agility Time:** 4.83 **Forty-Yard Dash:** 5.21

Bench Press Poundage: 120 **Squat Poundage:** 275

Hang Clean Poundage: 150

Marisa has used the weight room as a springboard to success and leadership. She is a constant in workouts when it comes to effort, and her improvements in strength and speed have helped her transition from catcher to outfield. Her dedication and leadership has made her an outstanding example for her teammates. – Anonymous

Ohio University

Alyssa Wolfe

Sport: Softball

Position: Outfielder

Weight: 170

Vertical Jump: 24 **Bench Press Poundage:** 154 **Squat Poundage:** 264

Alyssa Wolfe defines the term student-athlete. When she is not spending her time student teaching at the local elementary school she can be found working on her skills on the softball field or in the weight room working to improve her strength and quickness. Alyssa recently broke 3 all-time softball records in our fall testing week. She always has a smile on her face and a positive attitude no matter what the demands of the workout may be. Alyssa may not be categorized as a vocal leader, but her ability to lead by example sets the standard when it comes to the expectations of the team day in and day out. – Anonymous

Park University

Megan Walker

Sport: Softball

Position: Pitcher

Height: 5'9" **Weight:** 175

Vertical Jump: 19 **Pro-Agility Time:** 6.09 **Forty-Yard Dash:** 6.16

Squat Poundage: 135 **Hang Clean Poundage:** 120

Megan dedicated herself to her personal goals for her senior year by staying motivated and ensuring she followed her summer training program to almost perfection. Through this dedication, she has come into this season in the best state of preparedness she has shown in her career at Park. Over the past year she has demonstrated to her teammates a high level of commitment to her sport and the program. – Brian Ciolek, CSCS, RSCC

Stetson University

Allison Sutherlin

Sport: Softball

Position: Catcher/Second Base

Height: 5'6" **Weight:** 150

Vertical Jump: 26 **Pro-Agility Time:** 3.8 **Bench Press Poundage:** 100

Squat Poundage: 185 **Hang Clean Poundage:** 115

As a sophomore, Allison displays incredible quiet leadership while being utilized as a situation player. She is a committed A-Sun Academic All-American player who constantly seeks ways to improve her game with extra work on the field and in the weight room. Totally dedicated to her teammates and the team mission, Allison personifies commitment. Allison is also disciplined in the classroom and currently has a 3.34 GPA. Allison 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. – Anonymous

Stillman College

Danielle Hewett

Sport: Softball

Position: Catcher

Height: 5'7"

Ten-Yard Dash: 1.94 **Twenty-Yard Dash:** 3.5 **Bench Press Poundage:** 135

Squat Poundage: 295 **Power Clean Poundage:** 125

Danielle Hewett came into this off-season with a desire to improve her body composition, conditioning, body image, and confidence. The extra weight she carried caused her nagging knee pain. Medical professionals advised that she drop some weight to alleviate the pain. She set the goal to lose 10 lb and at the end of the off-season she'd lost 20 lb. Danielle has not only exceeded her goal, but improved her confidence and has been a great vocal and exemplary leader for her team. A role she previously avoided. – Keith Swift, CSCS, USAW

St. John's University

Ashley Beza

Sport: Softball

Position: Pitcher

Bench Press Poundage: 100 **Squat Poundage:** 225

Hang Clean Poundage: 120

Ashley is a very hard worker and continually strives to achieve her personal best each and every training session. She has made significant improvements in strength, power, and speed as well as in her mental toughness during training. Ashley has also demonstrated improvement on the mound. She has made outstanding gains in her pitch command and velocity. In addition, she has matured and gained a mental toughness that has significantly impacted her pitching performance. – Anonymous

University of Maryland

Amanda McCann

Sport: Softball

Position: Outfielder

Vertical Jump: 21 **Pro-Agility Time:** 4.56 **Bench Press Poundage:** 125

Squat Poundage: 275 **Hang Clean Poundage:** 155

Amanda McCann has worked hard in all aspects of her training to turn herself from a walk-on into a starter and leader on the softball team. She represents Maryland well and has earned the respect of her teammates through her tireless work ethic and positive attitude. – Anonymous

University of Maryland

Nikki Maier

Sport: Softball

Position: Infielder

Vertical Jump: 23 **Pro-Agility Time:** 4.55 **Bench Press Poundage:** 155

Squat Poundage: 250 **Hang Clean Poundage:** 170

Nikki Maier is a dedicated and hard working athlete who truly understands how her training in the weight room can improve her on-field performance. She is a pleasure to work with and exemplifies everything we look for in Maryland student-athletes. – Anonymous

University of Michigan

Lyndsay Doyle

Sport: Softball

Position: Outfielder

Height: 5'4" **Weight:** 137

Vertical Jump: 25.3 **Forty-Yard Dash:** 5.17 **Bench Press Pounds:** 120

Squat Pounds: 210 **Power Clean Pounds:** 140

Lyndsay is currently a junior outfielder for the University of Michigan softball team and is a member of two Big Ten Championship teams (2011 and 2012). Lyndsay's commitment to her physical development throughout the entire off-season has led to significant strength and speed gains. Despite improvements, such as +3" to her vertical jump, +20 lb to her back squat, and -0.14 seconds to her 20-yard sprint, she remains motivated and strives for continued improvement. As a member of the Michigan softball team, Lyndsay participated in the 2012 Making Strides for Breast Cancer walk in which the team raised more than \$20,000. Her focus and dedication serves as an excellent example to her teammates on how to approach training. I am fortunate to be able to work with Lyndsay and contribute to her success, and it is with great pleasure that I nominate her for this award. I look forward to helping her reach her goals in the next two seasons. – Anonymous

Virginia Tech

Dani Anderson

Sport: Softball

Position: Outfielder/Utility

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

Vertical Jump: 21.5 **Ten-Yard Dash:** 1.82 **Forty-Yard Dash:** 5.52

Bench Press Pounds: 155 **Squat Pounds:** 240

Through hard work and dedication, Dani has become one of the leaders in strength and conditioning here at Virginia Tech. She has earned our prestigious Elite Athlete Award multiple times as well as earning our Strength and Conditioning Athlete of the Year for 2011-2012 for the sport of softball. She is consistently trying to better herself in here as well as on the softball field. A 2-year starter for the softball program she has been a pivotal part of the program. This past season she had 10 multi-hit games and was a member of the 2012 All-ACC Academic Softball Team as well as Academic Honor Roll. She currently carries a 3.79 GPA in Human Nutrition Foods and Exercise. – Anonymous

William Jewell College

Rachel Potvin

Sport: Softball

Position: Outfielder

Height: 5'8"

Weight: 160

Vertical Jump: 21 **Pro-Agility Time:** 4.74 **Forty-Yard Dash:** 4.88

Bench Press Pounds: 170 **Squat Pounds:** 264

Hang Clean Pounds: 154

As her testing numbers show, Rachel consistently brings in a great work ethic and positive attitude as an influential leader for her team in the strength and conditioning program. – Anonymous

William Woods University

Ashley Depew

Sport: Softball

Position: Outfielder

Height: 5'5"

Vertical Jump: 21.9 **Pro-Agility Time:** 4.4 **Ten-Yard Dash:** 1.55

Bench Press Pounds: 130 **Squat Pounds:** 250

Hang Clean Pounds: 145

Ashley has been the ideal student-athlete. As a freshman, with a desire to be her best, she worked very hard to attain that goal. Every year, as she has improved, her role on the team has increased. She has transformed from a hitter with little power to one that can drive the ball with authority. As a team leader and mentor, she sets the bar high for the tempo and attitude of the softball training sessions.

– Anonymous

swimming

Northern State University

Christine Retzlaff

Sport: Swimming

Position: Fly/Breast/IM

Height: 5'5"

Christine's hard work in the weight room paid off in the pool as she currently holds or is part of 12 school records. – James Jarvis, CSCS, RSCC

Saint Louis University

Spencer Litzau

Sport: Swimming

Position: Distance

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

Bench Press Pounds: 215 **Squat Pounds:** 215

Spencer is the most consistent student-athlete I have ever trained. Whether it was summer break, winter break, or any other time of year when most student-athletes were looking to take time off, Spencer was training to get better. For this and his positive attitude, great effort, and team leadership, he has earned my greatest respect. – Anonymous

Virginia Tech

Heather Savage

Sport: Swimming

Position: n/a

Height: 5'3" **Weight:** 117

Vertical Jump: 22 **Bench Press Pounds:** 135 **Squat Pounds:** 195

Heather holds the school and conference record in the 100 butterfly with a time of 52.14. She also holds the 200 butterfly record at Virginia Tech with a time of 1:57.24. Heather has eleven top five and five top ten best school times. Heather's outstanding work ethic was an inspiration to her teammates. – Mike Gentry, CSCS

tennis

Merrimack College

Mollie Fitzgerald

Sport: Tennis

Position: Singles/Doubles

Height: 5'1"

Vertical Jump: 24.5 **Bench Press Pounding:** 115 **Squat Pounding:** 205

Hang Clean Pounding: 145

Mollie has been a great example of how dedication to personal strength and conditioning can develop an athlete into an all-conference performer. She is a tremendous young woman that has set a great example of the level her teammates must attain every time they are training and competing. – Anonymous

Virginia Tech

Trpimir Kujundzic

Sport: Tennis

Position: Singles

Height: 5'10" **Weight:** 157

Vertical Jump: 26.5 **Bench Press Pounding:** 200 **Squat Pounding:** 255

Hang Clean Pounding: 210

Trpimir is a great leader who has a great work ethic. – John Shuman, USAW

Wilkes University

Alexander Makos

Sport: Tennis

Position: #1 Doubles #1/2 Singles

Height: 6'0" **Weight:** 200

Vertical Jump: 31 **Pro-Agility Time:** 4.34 **Ten-Yard Dash:** 1.42

Forty-Yard Dash: 4.67 **Bench Press Pounding:** 225

Squat Pounding: 405 **Hang Clean Pounding:** 225

Alex has been a very influential leader on a conference championship caliber team since his freshman year. Alex leads by example in the weight room, on the court, in the community, and in the classroom. Through his hard work, Alex has been able to move from the #6 spot to the #1 spot on the tennis team in his sophomore season while maintaining a 3.4 GPA. Alex's work ethic, demeanor, and belief in strength and conditioning have made him a pleasure to work with.

*– Keith Klahold, CSCS, RSCC*D*

track and field

California Lutheran University

Lauren Rohach

Sport: Volleyball/Track and Field

Position: Middle Blocker/Long Jump/200 meters/400 meters

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

Vertical Jump: 28 **Pro-Agility Time:** 4.92 **Ten-Yard Dash:** 1.62

Forty-Yard Dash: 4.75 **Bench Press Pounding:** 125 **Squat Pounding:** 235

Hang Clean Pounding: 145

Lauren Rohach set personal bests in the 200 meters (26.09) and 400 meters (59.89) this past track and field season. Lauren's times ranked her 31st and 28th nationally, respectively. She is also an integral part of California Lutheran University's 4x400 meter relay team that broke a 14 year-old conference meet record (3:53.12). In addition, Rohach ranked 12th in the nation with a long jump mark of 17' 5.5". Rohach pulls double duty as a member of the 2-time Conference Championship volleyball team that reached the Elite Eight last season. Despite her dual-sport status, Rohach earned Scholar-Athlete Society honors following her freshman year, along with All-Academic Team accolades. – Anonymous

Clemson University

Cory Thalheimer

Sport: Track and Field

Position: Thrower

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

Vertical Jump: 30 **Bench Press Pounding:** 365 **Squat Pounding:** 585

Hang Clean Pounding: 350

Cory Thalheimer, through his dedication in the circle and the weight room, has become one of the top shot putters in the Atlantic Coast Conference (ACC). While Cory has tremendous numbers in the weight room, such as a 585 lb squat and 350 lb hang clean, his most impressive achievement has been his ability to motivate and inspire his teammates. Cory finished 6th at outdoor ACC's in the shot put last year and moved into the Clemson all-time Top Ten list for the shot put. With his level of dedication in the weight room, we are certain he will improve upon these marks in his senior season. – Anonymous

Clemson University

Spencer Adams

Sport: Track and Field

Position: 60m, 110m, and 400m hurdler

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

Vertical Jump: 38

Forty-Yard Dash: 4.43 **Bench Press Pounding:** 305

Squat Pounding: 425 **Hang Clean Pounding:** 300

Through his hard work and dedication Spencer has become one of the most respected and decorated track and field athletes in Clemson Track and Field history. Spencer is a 3-time All-Atlantic Coast Conference (ACC) member, ACC champion in the 60 meter hurdles, NCAA Qualifier for 60, and 110 hurdles 5-Time United States Track and Field and Cross Country Coaches Association (USTFCCCA) All-American, USA Championships, and Olympic Trials participant. Over the years, Spencer has challenged himself as well as his teammates to be the best that they can be in the weight room as he believes that the weight room is a major factor to his success at Clemson. – Dennis Love, MEd

Coastal Carolina University

Cameron Griggs

Sport: Track and Field

Position: Hammer and Javelin Thrower

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

Vertical Jump: 34 **Ten-Yard Dash:** 4.9 **Bench Press Pounds:** 330

Squat Pounds: 505 **Hang Clean Pounds:** 315

Cameron is a student-athlete who displays great passion for his studies and his sport. He is determined to better himself by striving to learn new ideas, concepts, and principles on a daily basis. He is a consistent leader on and off the field, leading by example and setting a standard that the rest of his teammates admire. Cameron excels on the field, in the weight room, and in the classroom with a 4.0 GPA – Sonya Woods, CSCS

Grand View University

Colleen Frank

Sport: Track and Field

Position: Thrower

Height: 5'7" **Weight:** 180

Vertical Jump: 15.5 **Forty-Yard Dash:** 6.06 **Bench Press Pounds:** 145

Squat Pounds: 270 **Hang Clean Pounds:** 175

Colleen has developed greatly over the past few years, both as an athlete and as a young adult. She had an outstanding sophomore season and looks to build on that during her junior year. This off-season she took a leadership role and has been great in mentoring the younger throwers and leading the entire group. The sky is the limit and I look forward for what this season and beyond will bring for Colleen! – Seth Roberson, CSCS

Grand View University

Cy Williams

Sport: Track and Field

Position: Thrower

Height: 6'8" **Weight:** 315

Vertical Jump: 21.5 **Forty-Yard Dash:** 5.71 **Bench Press Pounds:** 375

Squat Pounds: 500 **Hang Clean Pounds:** 300

Cy is an outstanding young man who has dedicated himself to being in the best shape of his life for his senior season. Over the summer, he worked tirelessly at increasing his overall fitness and has seen benefits in a big way. His running is the best of his career as are his Olympic lifts. He is prepped for a great senior season in the throws. – Seth Roberson, CSCS

Marquette University

Carlye Schuh

Sport: Track and Field

Position: Long and Triple Jumper

Height: 5'9" **Weight:** 135

Vertical Jump: 27.5 **Squat Pounds:** 215 **Hang Clean Pounds:** 154

Carlye leads by example every day in the weight room. She consistently comes in extra and has doubled her maximums in some lifts. She has continually improved in both her weight room and track performance. She currently holds the Marquette all-time record in the long jump. – Marguerite Smith, MS, CSCS

Marquette University

Cheldon Brown

Sport: Track and Field

Position: High Jumper

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

Vertical Jump: 31 **Squat Pounds:** 286 **Hang Clean Pounds:** 264

Cheldon is an exceptional weight room leader. His positive, coachable attitude and phenomenal character is a model for all student-athletes. His clean max has improved 77 pounds in 2 years, which has showed in his continually improving high jump performance. – Marguerite Smith, MS, CSCS

South Dakota State University

Luke Leichner

Sport: Track and Field

Position: Sprinter

Height: 6'0" **Weight:** 160

Vertical Jump: 36 **Bench Press Pounds:** 200 **Squat Pounds:** 295

Hang Clean Pounds: 253

Luke has categorized himself as a hard working, motivated, and enthusiastic student-athlete. He is very much a team player as he motivates his teammates to give their very best on the track and in the weight room. His enthusiasm and leadership is contagious and always seems to lift the performances of himself and his teammates. Luke brings a great attitude and desire to each and every lifting session and he has continually progressed his strength training performances over his career. His hard work in the weight room has directly impacted his performances on the track as Luke boasts 17 career wins in the 200m, 300m, 400m, 800m, and 4x400m relay. He also holds the school record in the 200m (21.82 s) and in the 400m (47.04 s). Luke was also a member of the indoor 4x400m relay team that owns the school record. These accomplishments have earned him a spot on the All-League Team 4 times. Luke is a tremendous student-athlete and because of his hard work and effort he has left a lasting impression on his coaches and teammates. – Logan Ogden, CSCS

University of Maryland

Moriah Young

Sport: Track and Field

Position: Thrower

Height: 5'8"

Bench Press Pounds: 205 **Squat Pounds:** 480

Hang Clean Pounds: 220

Moriah is the type of athlete that steps into the weight room and commands attention, not because she is loud and seeks out attention, but because of the way she carries herself and her consistent effort and dedication to her development. She is an extremely coachable athlete and a great leader. Through hard work and perseverance, Moriah has set school records in the squat, clean, and bench press in the past year. Moriah has shown consistent improvement in her respective events finishing 2nd in the ACC in the weight throw in 2012 and holds the record for second longest throw in the hammer in Maryland history. It is with great pride that I nominate her for NSCA All-American award. – Anonymous

University of Michigan

Joanna Fleming

Sport: Track and Field

Position: Thrower

Height: 5'7" **Weight:** 160

Bench Press Poundage: 160 **Squat Poundage:** 260

Hang Clean Poundage: 180

Joanna (Joe) has battled back from some injuries to become a real leader among all of the throwers. She has stayed committed to her training program all year and sets a great example for the freshman throwers. Joe is someone who can always be counted on to get everyone focused and it is my pleasure to nominate her for this award. – Anonymous

University of Michigan

Cody Riffle

Sport: Track and Field

Position: Thrower

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

Bench Press Poundage: 450 **Squat Poundage:** 515

Hang Clean Poundage: 285

Cody is an incredibly hard worker in and out of the gym. He likes to keep the mood loose but is extremely focused when he steps into the circle and weight room. His hard work and determination sets a great example for his fellow athletes. The drive he has for greatness and to excel everyday at practice is why he deserves this award. – Anonymous

University of Michigan

Sara Nitz

Sport: Track and Field

Position: High Jumper

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

Bench Press Poundage: 145 **Squat Poundage:** 220

Hang Clean Poundage: 160

Sara's persistence and dedication to the weight room has made it very easy for me to nominate her for this award. She is a leader and motivator on and off the track and is always looking to improve. Sara takes her dedication right into the classroom and has received the U-M Athletic Academic Achievement Award twice. She understands the importance of weight training and sets an example for other student-athletes to follow. It is with great pleasure that I nominate Sara for the NSCA All-American award. – Anonymous

University of Michigan

Austin DeWildt

Sport: Track and Field

Position: Pole Vaulter

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

Bench Press Poundage: 250 **Squat Poundage:** 275

Hang Clean Poundage: 240

Austin's dedication and consistency to training has made him an excellent candidate for this award. He is always pushing his teammates to the next level, making not only himself better but the rest of his team as well. It is an honor to nominate Austin for the NSCA All-American award. – Anonymous

Virginia State University

Cherish Richardson

Sport: Volleyball/Track and Field

Position: Forward/Sprinter

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

Bench Press Poundage: 115 **Squat Poundage:** 220

Hang Clean Poundage: 115

Cherish has been very dedicated to strength and conditioning, which has helped her stay injury-free through her 4 years of both playing college volleyball and running track. Cherish is a self-starter and motivator, and works with great focus and a competitive spirit in the weight room. She always pushed her teammates as well, and pound for pound is one of our top female strength lifters at Virginia State University. She is well deserving of this award. – Anonymous

Virginia Tech

Leigh Allin

Sport: Track and Field

Position: Pole Vaulter

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

Vertical Jump: 23 **Bench Press Poundage:** 145 **Squat Poundage:** 160

Hang Clean Poundage: 150

Leigh is an outstanding athlete that excels in her event (pole vault) and in the weight room. She is a great leader and worker and sets a great example for the younger athletes on the track team. Also, she is a great student that is currently working for a mechanical engineering degree. – John Shuman, USAW

William Woods University

Tyler Grier

Sport: Track and Field

Position: Thrower and Jumper

Height: 5'10"

Vertical Jump: 35.2 **Ten-Yard Dash:** 1.38 **Bench Press Poundage:** 315

Squat Poundage: 400 **Hang Clean Poundage:** 260

Tyler has undergone a tremendous transformation. As a freshman, he often had problems with being dedicated to the workout program. After a knee injury; he started to utilize the WWU program fully and now as a senior he is our most dedicated track and field student-athlete. Tyler came in as a sprinter and jumper and now does the hammer, long and triple jumps. It has been very rewarding watching Tyler develop in to a great young man. – Anonymous

volleyball

California Lutheran University

Lauren Rohach

Sport: Volleyball/Track and Field

Position: Middle Blocker/Long Jumper/200 meters/400 meters

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

Vertical Jump: 28 **Pro-Agility Time:** 4.92 **Ten-Yard Dash:** 1.62

Forty-Yard Dash: 4.75 **Bench Press Pounds:** 125 **Squat Pounds:** 235

Hang Clean Pounds: 145

Lauren Rohach set personal bests in the 200 meters (26.09) and 400 meters (59.89) this past track and field season. Lauren's times ranked her 31st and 28th nationally, respectively. She is also an integral part of California Lutheran University's 4x400 meter relay team that broke a 14 year-old conference meet record (3:53.12). In addition, Rohach ranked 12th in the nation with a long jump mark of 17' 5.5". Rohach pulls double duty as a member of the 2-time Conference Championship volleyball team that reached the Elite Eight last season. Despite her dual-sport status, Rohach earned Scholar-Athlete Society honors following her freshman year, along with All-Academic Team accolades. – Anonymous

Clemson University

Mo Simmons

Sport: Volleyball

Position: Outside Hitter

Height: 6'1" **Weight:** 163

Vertical Jump: 28.5 **Pro-Agility Time:** 4.41 **Bench Press Pounds:** 180

Squat Pounds: 300 **Hang Clean Pounds:** 160

Mo's enthusiasm and work ethic for training is second to none. She brings so much energy to the weight room, not only with her teammates but other teams as well. She is among the female leaders in both squat and hang clean within our strength and conditioning program. Mo's work ethic off-court has transferred on-court as she has recorded several double-doubles and other accolades over her 3-year career thus far. – Dennis Love, MEd

Coastal Carolina University

Meghan Laffin

Sport: Volleyball

Position: Outside Hitter/Right-Side Hitter

Height: 6'2"

Vertical Jump: 25 **Pro-Agility Time:** 5.35 **Ten-Yard Dash:** 2.15

Bench Press Pounds: 135 **Squat Pounds:** 200

Hang Clean Pounds: 185

Meghan displays outstanding work ethic and leadership qualities both on and off the court. On the court, she is a player who her teammates rally around, through her play and her vocal encouragement. Off the court, she is an outstanding student-athlete, and an extremely hard worker, pushing herself first and then her teammates to achieve their goals as a team. – Sonya Woods, CSCS

Georgia Southern University

Moriah Bellissimo

Sport: Volleyball

Position: Outside Hitter

Height: 5'9"

Vertical Jump: 29 **Pro-Agility Time:** 5.04 **Squat Pounds:** 230

Hang Clean Pounds: 180

Moriah is the type of athlete that loves to be in the weight room. She is one of the most dedicated, hard working individuals to ever play for the Georgia Southern Volleyball team. Their season and her career finished a little over a week ago however, Moriah has been in to work out every day since, preparing for a professional tryout. It's a special opportunity to work with an athlete with the type of work ethic that she possesses. She was a leader on her team and pushed everyone to another level. Her desire to continually push to get better is what defines her as an All-American. – Anonymous

Juniata College

Rachelle Wiegand

Sport: Volleyball

Position: Outside Hitter

Height: 5'6"

Vertical Jump: 24.5 **Bench Press Pounds:** 160 **Squat Pounds:** 325

Hang Clean Pounds: 160

Rachelle has been one of the major components for the success of Juniata College's women's volleyball team. Her hard work on and off the court has earned her a position of team captain on this year's Juniata team that was ranked 23rd in the nation along with winning their sixth consecutive conference title and participating in NCAA Regional Finals. Rachelle also had the honor of being selected to the Landmark Conference All-Conference team. Rachelle is planning on continuing to work with the various varsity teams at Juniata as an Assistant Intern Strength Coach during her spring semester. Her program of emphasis is Communications. – John Haubrick

Lipscomb University

Caitlin Dotson

Sport: Volleyball

Position: Setter

Height: 5'8"

Vertical Jump: 22.5 **Pro-Agility Time:** 5.01 **Ten-Yard Dash:** 1.92

Squat Pounds: 185

Caitlin "Dot" Dotson has made tremendous progress in the last year and a half. After coming off an injury, Dot has worked diligently in the weight room and is reaping the benefits of all the hard work. In addition to team workouts, it is common to find Dot in the weight room getting in extra work. Dot's consistency and effort have helped develop her leadership skills in the weight room and on the court. – William Osburn, CSCS, RSCC

Marquette University

Carol Henney

Sport: Volleyball

Position: Middle Hitter

Height: 6'2" Weight: 180

Vertical Jump: 22.5 Pro-Agility Time: 4.82 Ten-Yard Dash: 1.72

Forty-Yard Dash: 5.4 Bench Press Poundage: 125 Squat Poundage: 220

Hang Clean Poundage: 155

Carol Henney represents everything a coach would look for in a student-athlete. She always pushes herself to her limits without question, and creatively looks for new ways bring her volleyball game to a new level in the weight room not only for her, but for her teammates as well. She has taken to the weight room with great passion and may even someday become a great strength coach.

– Nathan Heyrman, CSCS

McNeese State University

Courtnei Bauer

Sport: Volleyball

Position: Middle Blocker

Weight: 200

Vertical Jump: 21.5 Bench Press Poundage: 155 Squat Poundage: 295

Hang Clean Poundage: 155

Courtnei has a 3 step approach vertical of 25.5", and a standing broad jump of 7'2.5". Courtnei transferred to us from Blinn Junior College where she was a member of the 2011 Junior College National Championship Team, and was the 2010 KXII Area A+ Athlete of the Year. In one season she earned Southland Conference Newcomer of the Year. In the weight room, she is a constant example of how to attack every rep of every set, and the other girls pick up on it. Courtnei is a great student as well. She is a major in Chemistry, and is an honor roll student. I enjoy coaching Courtnei every day and have learned there is nothing she can't do in our volleyball training regimen. Please consider Courtnei for this most prestigious award.

– Alan Bryant

Mercer University

Charlayna Braxton

Sport: Volleyball

Position: Middle Blocker

Height: 5'11"

Vertical Jump: 30 Pro-Agility Time: 4.41 Bench Press Poundage: 135

Squat Poundage: 235 Hang Clean Poundage: 145

Charlayna is a great natural athlete that always pushes herself and teammates to get better. – Paul Bohr, MA, CSCS, USAW1

Northern Arizona University

Kelli Dallmann

Sport: Volleyball

Position: Outside Hitter

Height: 5'10" Weight: 135

Vertical Jump: 29 Ten-Yard Dash: 1.57 Bench Press Poundage: 105

Squat Poundage: 220 Hang Clean Poundage: 148

Kelli Dallmann has excelled on and off the court over her 4-year career. By challenging herself on a daily basis she has been able to maximize her athletic abilities. Her focused and energetic approach to training has allowed her to successfully accomplish any task set forth. Dallmann's commitment to the strength and conditioning program led to an injury-free career and she has positively influenced those around her to be successful. Kelli is always looking for the next challenge and this will serve her well in her future endeavors.

– Cody Hodgeson, CSCS

Northern State University

Ella Campbell

Sport: Volleyball

Position: Libero

Height: 5'7"

Hang Clean Poundage: 155

Ella led the team with hard work, leaving Northern State with their first winning season in 6 years. – James Jarvis, CSCS, RSCC

The Ohio State University

John Tholen

Sport: Volleyball

Position: Middle Blocker

Height: 6'6" Weight: 205

Vertical Jump: 36.5 Pro-Agility Time: 4.11 Bench Press Poundage: 235

Squat Poundage: 355 Hang Clean Poundage: 225

John is a true example of a leader. He leads by example in the weight room and makes everybody better just by being present. His work ethic and dedication is what you want every athlete to possess. John truly deserves this award and I am privileged to have had the opportunity to train him for his entire athletic career.

– Anonymous

Park University

Zach Penolio

Sport: Volleyball

Position: Outside Hitter

Height: 6'3" Weight: 190

Vertical Jump: 37.5 Pro-Agility Time: 4.26 Forty-Yard Dash: 4.75

Squat Poundage: 335 Hang Clean Poundage: 225

Zach arrived at Park University gifted with athleticism. This did not diminish his drive to improve himself on the court and in the weight room. From his freshman year he has always bought into the process and always provided 100% effort towards his training goals. He has been a great example over his four years of the benefits of dedication and hard work. – Brian Ciolek, CSCS, RSCC

Saint Louis University

Carly Marcum

Sport: Volleyball

Position: Middle Hitter

Height: 6'2"

Pro-Agility Time: 4.61 Forty-Yard Dash: 5.43

Bench Press Poundage: 125 Squat Poundage: 190

Hang Clean Poundage: 150

Hard-working, consistent, positive, and determined are words that perfectly describe Carly. She experienced a lot of change during her volleyball career, but she always kept working to get better. She was a great leader by example and truly an enjoyable student-athlete to work with. – Anonymous

South Dakota State University

Kelli Fiegen

Sport: Volleyball

Position: Middle Blocker

Height: 6'3" Weight: 165

Vertical Jump: 26.5 Pro-Agility Time: 4.56 Ten-Yard Dash: 1.81

Bench Press Poundage: 130 Squat Poundage: 254.5

Hang Clean Poundage: 181.5

Kelli embraced strength training as a way to improve herself on the court and it has paid big dividends. She owns the entire strength training record board for middle blockers at SDSU. She is incredibly talented but she has worked very hard to enhance and improve. She earned Summit League honors three years and in 2010 was named Summit League Player of the Year. She will continue to be successful on the court and in life as she applies the same hard work and dedication she has over the last five years. – Andrew Stocks, CSCS

South Dakota State University

Kelly Herrmann

Sport: Volleyball

Position: Outside Hitter

Height: 6'0" Weight: 165

Vertical Jump: 23.5 Pro-Agility Time: 4.71 Ten-Yard Dash: 1.82

Bench Press Poundage: 120 Squat Poundage: 238

Hang Clean Poundage: 165

*Kelly has worked hard from day one. She quietly does what is necessary without looking for rewards or accolades. She improved her vertical jump by 3.5 inches through her hard work and dedication in training and nutrition. She leads by example and expects her teammates to follow. She has been a joy to coach and watch progress. She will be a lifelong champion because of her hard work, dedication, and positive attitude. – Nathan Moe, CSCS, RSCC*D*

University of La Verne

Kayla Cribbs

Sport: Volleyball/Basketball

Position: Middle Blocker/Forward

Vertical Jump: 21 Pro-Agility Time: 4.89 Squat Poundage: 170

Hang Clean Poundage: 155

Kayla has come back from injuries to become a tremendous leader in our strength program. She leads by example and is not afraid to speak up when it calls for it. In her senior year, she was an All-Conference selection and honorable mention All-American. Her leadership and passion for training will be missed. – Anonymous

University of Michigan

Lexi Erwin

Sport: Volleyball

Position: Outside Hitter

Height: 6'1"

Vertical Jump: 20.5 Bench Press Poundage: 115 Squat Poundage: 200

Hang Clean Poundage: 125

Lexi Erwin has continually demonstrated her leadership and dedication to the strength and conditioning program in addition to the volleyball program as a whole. Her positive attitude and strong work ethic contributed to the numerous personal records established by herself and the team this past off-season in all areas of strength and conditioning. Her unyielding commitment to her physical preparation has been instrumental to her becoming a major contributor to the team's success this season and during the NCAA National Tournament. Lexi earned first team All-Big Ten Conference, All-Region honorable mention, and NCAA Tournament Berkeley Regional MVP recognitions this season. These previously mentioned qualities and achievements have earned Lexi the respect of the coaching staff, her fellow teammates, and the entire athletic department. – Anonymous

University of Southern California

Erin Yoder

Sport: Volleyball

Position: Defensive Specialist

Height: 5'8"

Vertical Jump: 23 Pro-Agility Time: 4.78 Ten-Yard Dash: 1.8

Bench Press Poundage: 167 Squat Poundage: 187

Hang Clean Poundage: 125

Without a doubt, Erin is a young lady who you would want helping out any new person in the weight room. Her ability to understand exactly how to do any movement and then repeat that same performance day in and day out is amazing. She can feel when she is doing something a little wrong and then fixes it. I am so glad I have been able to work with her over her 4-year career. She has dramatically improved in every single lift, agility drill, jump, and sprint since her freshman year and her attention to detail is a thing of beauty. – Anonymous

University of Southern California

Robert Feathers

Sport: Volleyball

Position: Middle Blocker

Height: 6'8" Weight: 225

Vertical Jump: 27 Pro-Agility Time: 4.54 Ten-Yard Dash: 1.61

Bench Press Poundage: 220 Squat Poundage: 275

Hang Clean Poundage: 200

Robert is a young man who came in as a freshman with good strength but difficulty with control and full range of motion—specifically, with lower body movements. He is definitely an example of hard work paying off. By fully investing in what we do, he has gone from an above parallel squat to a full below parallel squat while also lifting a lot more weight. Robert spent every day this summer focusing on technique first and foremost. As a result he is able to not just lift more weight but he has made all his movements more fluid. – Anonymous

Virginia State University

Cherish Richardson

Sport: Volleyball/Track and Field

Position: Forward/Sprinter

Height: 5'6" Weight: 130

Bench Press Poundage: 115 Squat Poundage: 220

Hang Clean Poundage: 115

Cherish has been very dedicated to strength and conditioning, which has helped her stay injury-free through her 4 years of both playing college volleyball and running track. Cherish is a self-starter and motivator, and works with great focus and a competitive spirit in the weight room. She always pushed her teammates as well, and pound for pound is one of our top female strength lifters at Virginia State University. She is well deserving of this award. – Anonymous

Virginia State University

Aubree Parker

Sport: Volleyball

Position: Forward

Height: 5'11" **Weight:** 200

Bench Press Poundage: 160 **Squat Poundage:** 290

Hang Clean Poundage: 150

Aubree Parker is not just a fierce competitor on the court, but she is very competitive in the weight room. Aubree has lifted the standards for the women's volleyball team in the area of strength and conditioning, and she has incredible discipline and focus in the weight room. In my tenure in working with Aubree, she never takes a set off or a rep off. She's usually the first to conditioning and the last to leave. Her enthusiasm and spirit in the weight room have been positively contagious, and she has lifted her teammates to a new level of training. We can't wait to see the positive transfer of her off-season training along with her teammates over to winning volleyball matches. – Dr. Rodney Gaines, CSCS

West Texas A&M University

Halie Harton

Sport: Volleyball

Position: Outside Hitter

Height: 5'10" **Weight:** 150

Vertical Jump: 23 **Pro-Agility Time:** 4.72 **Ten-Yard Dash:** 1.65

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

Hang Clean Poundage: 180

Halie's determination and effort both on the court and in the weight room are undeniable. She brings great energy each day to push herself and encourage her teammates to improve. Her energy is infectious and she is a joy to coach on a daily basis. Each year she raises the bar higher for herself and others. – Anonymous

Wilkes University

Paige Trusty

Sport: Volleyball

Position: Outside Hitter

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

Vertical Jump: 26 **Pro-Agility Time:** 4.85 **Ten-Yard Dash:** 1.65

Forty-Yard Dash: 5.39 **Bench Press Poundage:** 100 **Squat Poundage:** 165

Hang Clean Poundage: 95

*Paige is a dedicated leader for the volleyball team. She leads by example and has made her training a year round priority. She has managed to maintain a 3.1 GPA while leading the Wilkes Volleyball team to their first conference playoff berth in three years. Her dedication to her team, training, and education have made her a pleasure to work with. – Keith Klahold, CSCS, RSCC*D*

wrestling

Drexel University

Kevin Matyas

Sport: Wrestling

Position: n/a

Height: 5'10" **Weight:** 174

Vertical Jump: 28 **Bench Press Poundage:** 290 **Squat Poundage:** 300

Hang Clean Poundage: 250

Kevin is the definition of hard work, whether it's on the mat or in the weight room. He consistently displays the drive and motivation to improve himself mentally and physically. Over the past year, Kevin has steadily displayed what it takes to be a true competitor and athlete at the collegiate level. Kevin's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man. – Steven Maze, CSCS

Northern State University

Donald Bowden

Sport: Wrestling

Position: n/a

Height: 6'1"

Donald had a passion for the weight room and was always in there. His hard work paid off on the wrestling mat and back in the weight room as he is currently an intern at Northern State. – James Jarvis, CSCS, RSCC

South Dakota State University

Dustin Walraven

Sport: Wrestling

Position: n/a

Height: 5'7" **Weight:** 160

Vertical Jump: 26.5 **Bench Press Poundage:** 242 **Squat Poundage:** 347

Hang Clean Poundage: 242

Dustin has set an extremely high standard for all SDSU student-athletes. Dustin leads vocally as well as by example. His unselfish nature leads not only himself, but his teammates to success in all aspects of wrestling. Dustin's tireless work ethic has earned him Strength and Conditioning Athlete of the Month in April 2010 as well as gaining honorable mention status on numerous occasions. Dustin has also earned the title of Iron Jack twice during his time at SDSU. He holds team weight room records in the power clean and pull-ups in his respective weight category. Dustin's relentless desire to improve will allow him to be successful in all aspects of life following his career at SDSU. – Andrew Stocks, CSCS

South Dakota State University

Joe Rasmussen

Sport: Wrestling

Position: n/a

Height: 6'0" **Weight:** 196

Vertical Jump: 29.5 **Bench Press Poundage:** 281 **Squat Poundage:** 396

Hang Clean Poundage: 275

Joe's work ethic and positive attitude have made him a pleasure to work with. Joe holds team weight room records in the back squat and pull-ups, both in separate weight categories. Joe has earned the title of Iron Jack three times as well as being recognized as Strength and Conditioning Athlete of the Month honorable mention on numerous occasions. Joe's love for wrestling and lifting has allowed him to undertake challenges such as moving up a weight class and overcoming injuries. His fun-loving attitude and love for training brings a positive atmosphere to the weight room. Joe's blue-collar work ethic has led him to success on the mat, in the weight room, and in the classroom and will continue to allow him to achieve great things after his time as a student-athlete. – Anonymous

University of Maryland

Jimmy Sheptock

Sport: Wrestling

Position: n/a

Weight: 184

Vertical Jump: 30 **Bench Press Poundage:** 380 **Squat Poundage:** 380

Hang Clean Poundage: 290

Jimmy Sheptock is a grinder. Jimmy has consistently proven to be a leader on our team and a role model for our younger athletes. He does things the right way. He is extremely dedicated to his physical development which has resulted in consistent gains in the weight room and increased performance on the mats. As a sophomore, Jimmy was an Atlantic Coast Conference (ACC) Champion at 174 lb and as a junior has been named as a team captain and is currently ranked #10 in the nation at 184 lb. It is my pleasure to nominate Jimmy Sheptock as a NSCA All-American. – Brent Kwiatkowski, MS, CSCS, USAW

High School Athletes

baseball

Charlotte Country Day

Patrick Brady

Sport: Baseball

Position: Shortstop

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

Vertical Jump: 31 **Pro-Agility Time:** 4.5 **Squat Pounds:** 343

Hang Clean Pounds: 215

Patrick is what I like to call a technician in the weight room. He is 100% focused on performing every single exercise with precision and completion. Not only is Patrick pound-for-pound one of the strongest individuals I have ever coached, he is also one of the most well-conditioned athletes I have ever coached. Patrick's disciplined approach to his academics, sports performance training, and baseball have earned him an opportunity to continue his baseball career at the United States Naval Academy. I am extremely proud to have coached Patrick for the last four years and will miss his dedication to excellence. – Darnell Clark, CSCS

Hamilton Heights High School

Spencer Dull

Sport: Football/Baseball

Position: Receiver, Defensive Back/Infielder

Height: 6'0" **Weight:** 185

Ten-Yard Dash: 1.01 **Forty-Yard Dash:** 4.79 **Bench Press Pounds:** 195

Squat Pounds: 335 **Hang Clean Pounds:** 215

Spencer is a man who leads quietly by his example of hard work on and off the field, but especially in the weight room and classroom. He excels with intense dedication to crafting his sports performance, but more importantly in the classroom by obtaining a 3.93 out of 4.0 thus far during his senior year. It is not uncommon for him to participate in one sport activity, help another student with homework questions, and then proceed to the batting cage to hit 300 or more baseballs. Spencer just completed a successful football season, leading his team to a 13-2 record as State Runner-up in Indiana. He recently signed his National Letter of Intent to participate in baseball at Miami University in Ohio.

– Janet Clifton, MS, LAT, ATC, CSCS

Loganville High School

Andy Clay

Sport: Baseball

Position: Middle Infielder

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

Vertical Jump: 26 **Pro-Agility Time:** 4.5 **Forty-Yard Dash:** 4.7

Bench Press Pounds: 245 **Squat Pounds:** 365

Hang Clean Pounds: 205

I have been working with Andy for five years and in that time he has made himself into a great player with hard work on the field and in the weight room. He is a leader on and off the field. Andy started as a junior at 2nd base and played a big part in leading the team to be the Georgia AAAA State Champions.

– Thomas Mills, CSCS

TopSpeed Strength and Conditioning

Bradley Bullock

Sport: Baseball

Position: Pitcher

Height: 5'11" **Weight:** 205

Vertical Jump: 27 **Pro-Agility Time:** 4.5 **Ten-Yard Dash:** 1.62

Forty-Yard Dash: 4.85 **Bench Press Pounds:** 245

Squat Pounds: 335

Bradley Bullock is a hard-working baseball athlete who has improved his body composition and level of athleticism over the 2 years he has been training, including improving his 60-yard dash time by over 8/10ths of a second. His hard work has been rewarded with him having been named 2011 All-Eastern Kansas League (EKL) Honorable Mention (3rd base) and 2012 All-EKL 2nd Team (pitcher) prior to his senior season. Bradley, who carries a 3.97 GPA, has accepted a baseball scholarship to continue his career at Neosho County Community College. Former MLB catcher, Mike Macfarlane had this to say about Bradley, "as an infielder, he has a strong and accurate arm as well as soft hands and good feet. Bradley ranges well to his left or right with equal skill. His athletic ability allows him to get to balls others might not get to because of a quick and strong first step from a solid base. At the plate, he is a gap to gap hitter that will show occasional power. Bradley has exceptional bat speed and will use the entire field of play because of very good plate discipline and the ability to stay inside the ball. Bradley is a fine young man with high character. He will be a team leader – mostly through his work ethic and actions on and off the field. He is an excellent student and will be a tremendous addition to any college program!" – Anonymous

basketball

Rock Creek High School

Jacob Miller

Sport: Football/Basketball

Position: Offensive and Defensive Line/Post

Vertical Jump: 25.5 **Pro-Agility Time:** 4.3 **Forty-Yard Dash:** 4.7

Bench Press Pounds: 280 **Power Clean Pounds:** 235

Jacob is a quiet leader. He is committed, disciplined, unselfish, and driven. Jacob has been successful at the state level and the national level in not only his academics and extracurricular activities, but in his athletics as well. He has made tremendous improvements in our strength and conditioning program and he has used that hard work and discipline in all aspects of his life. Jacob will take the life lessons he has learned and apply them to his life after high school. Jacob will be a success in not only his career path but also in life.

– Mark Oberkrom, MEd, CSCS, USAW

football

Capital High School Makena Simis

Sport: Football

Position: Quarterback

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

Vertical Jump: 29 **Pro-Agility Time:** 4.3 **Forty-Yard Dash:** 4.76

Bench Press POUNDAGE: 250 **Squat POUNDAGE:** 450

Hang Clean POUNDAGE: 245

Makena Simis is an outstanding individual both in the classroom and on the football field. In both areas, Makena has shown great leadership ability, work ethic, dedication, and commitment. In the classroom, Makena carries a 3.6 GPA and is ranked in the top 25% of his class. On the field, Makena is a two-year first team All-Conference quarterback, and this past season he was selected as the Conference Player of the Year. In his three years as a member of our football team we have gone 25-6, made it to the state playoffs each year, and won 2 conference titles. In the community, Makena has been active in Make-A-Wish, Canned Food Drive, and volunteering at elementary schools with various activities. This past August he verbally committed to play football at the University of Montana and will sign his Letter of Intent in February. I cannot think of a better candidate to represent our state, the sport of football, and young men and women everywhere. – Anonymous

Cathedral High School Gino Gillum

Sport: Football/Wrestling

Position: Running Back

Height: 5'7" **Weight:** 154

Bench Press POUNDAGE: 305 **Squat POUNDAGE:** 405

Hang Clean POUNDAGE: 250

Gino is a student-athlete that represents everything good about high school athletics. His academic and athletic achievements are outstanding, but pale in comparison to the type of person he is every day. Respectful, dedicated, and driven are commonly used to describe him. Regardless of the task, Gino gives nothing but his best. This makes Gino an unbelievable athlete on the field and in the weight room, leading by example in both arenas. His effort has motivated his teammates to match his intensity and focus. Gino leads with actions. He may be undersized, but that has only increased his drive. Notable achievements include being named "Mr. Football" as a senior running back, as well as being a Top 50 player in the state of Indiana. He was a 3-year starter gaining over 3,700 yards, while never missing a game or practice. He is the state record holder with 4 touchdowns in a state championship game on two occasions. Gino was also a state finalist in wrestling. Gino is the leader of the school's first weightlifting team, and our strongest athlete. He possesses a back squat of 2.5x bodyweight, a 1.5x bodyweight bench press, a clean and jerk of 250 lb, and a 300-lb front squat. Gino has been active in leadership and community service, while maintaining a 3.7 GPA. These statements do not do Gino justice, as he is a phenomenal individual, possessing the highest levels of integrity, while showing an unwavering commitment to strength training and conditioning. – Anonymous

Denton Guyer High School Jerrod Heard

Sport: Football

Position: Quarterback

Height: 6'3" **Weight:** 190

Vertical Jump: 32 **Pro-Agility Time:** 4.19 **Forty-Yard Dash:** 4.5

Bench Press POUNDAGE: 260 **Squat POUNDAGE:** 385

Hang Clean POUNDAGE: 285

Jerrod is an up and coming star in Texas high school football. He is one of the top ranked quarterback recruits in the class of 2014; He is orally committed to the University of Texas. Jerrod is a workhorse in the weight room, and he sets the standards for all skill players to follow in our weight room. – Kyle Keese, CSCS

Greater Atlanta Christian School Andrew Lewis

Sport: Football

Position: Tight End

Height: 6'5" **Weight:** 221

Vertical Jump: 35 **Ten-Yard Dash:** 1.74 **Forty-Yard Dash:** 4.66

Bench Press POUNDAGE: 240 **Squat POUNDAGE:** 375

Hang Clean POUNDAGE: 265

*Andrew Lewis always does his job. He is always on time, always in position, and always ready to compete. During his high school career, he has been a consistent performer both on the field and off of it. A high achiever in the classroom, during service projects, campus community and on the training floor. Andrew never gets satisfaction from his personal achievements but that of his teammates and classmates. His athleticism alone qualifies him for this great honor, but it is his amazing character that separates him from the others. Andrew is what GACS is all about. – Gary Schofield, ATC/L, CSCS,*D*

Hamilton Heights High School Spencer Dull

Sport: Football/Baseball

Position: Receiver, Defensive Back/Infielder

Height: 6'0" **Weight:** 185

Ten-Yard Dash: 1.01 **Forty-Yard Dash:** 4.79 **Bench Press POUNDAGE:** 195

Squat POUNDAGE: 335 **Hang Clean POUNDAGE:** 215

Spencer is a man who leads quietly by his example of hard work on and off the field, but especially in the weight room and classroom. He excels with intense dedication to crafting his sports performance, but more importantly in the classroom by obtaining a 3.93 out of 4.0 thus far during his senior year. It is not uncommon for him to participate in one sport activity, help another student with homework questions, and then proceed to the batting cage to hit 300 or more baseballs. Spencer just completed a successful football season, leading his team to a 13-2 record as State Runner-up in Indiana. He recently signed his National Letter of Intent to participate in baseball at Miami University in Ohio. – Janet Clifton, MS, LAT, ATC, CSCS

Jesuit College Preparatory School of Dallas

J.D. Waggoner

Sport: Football/Basketball

Position: Defensive End/Forward

Height: 6'2.5" **Weight:** 235

Vertical Jump: 31 **Pro-Agility Time:** 4.31 **Ten-Yard Dash:** 1.77

Forty-Yard Dash: 4.79 **Bench Press Pounds:** 340

Squat Pounds: 475 **Hang Clean Pounds:** 270

J.D. approaches every day with great enthusiasm. The energy and mindset he brings to each training session is contagious amongst his teammates and has allowed him the opportunity to be a multi-sport team captain at Jesuit. J.D. has accumulated more than 100 hours of community service during his time at Jesuit while maintaining excellent grades in the classroom. J.D. exemplifies what it means to be a NSCA All-American. His determination, energy, and efforts have earned him a full athletic scholarship to Iowa State University to play football next school year.

– Jeremy Weeks, MS, RSCC

Lincoln Southeast High School

Peter Read

Sport: Football

Position: Tight End/Defensive End

Height: 6'2" **Weight:** 210

Vertical Jump: 30.5 **Pro-Agility Time:** 4.47 **Ten-Yard Dash:** 1.56

Forty-Yard Dash: 4.86 **Bench Press Pounds:** 280

Squat Pounds: 485

Although a high school junior, Peter Read is a remarkably mature young man. His head football coach Ryan Gottula says of Peter, "the growth that Peter has shown in the past two years has been truly amazing to watch as a coach. He has an outstanding work ethic and a strong desire to make himself into the best athlete that he can be. On the football field he has progressed from a back-up role on the freshman team to a varsity starter at DE (defensive end) during his junior season." Much of Peter's development has been attributed to his hard work in the weight room. He currently holds all lifting records in his weight class as well as the top performances in chin-ups and the vertical jump. Peter not only spends a lot of time in the weight room, but all of the time he spends is purposeful. In addition to his work in the weight room, Peter is equally as successful in the classroom. Peter maintains a 4.175 weighted GPA while taking rigorous courses. Peter Read is a young man of high character and exemplifies the value of hard work to his classmates and teammates here at Lincoln Southeast. – Anonymous

Marquette University High School

Thomas Novotny

Sport: Football

Position: Tight End

Height: 6'5" **Weight:** 215

Vertical Jump: 27 **Pro-Agility Time:** 4.84 **Ten-Yard Dash:** 1.5

Forty-Yard Dash: 4.9 **Bench Press Pounds:** 225 **Squat Pounds:** 305

Hang Clean Pounds: 185

From day one, Thomas Novotny (T.J.) has been fully committed to the Marquette University High School strength and conditioning program. He stands out as a leader to others, showing everyone what is expected of our student-athletes. T.J. is a successful three-sport athlete lettering two years in varsity football and earning second team recognition as a tight end in the very competitive Greater Metro Conference. T.J. has also lettered two years in varsity basketball and has been a very committed member of the weightlifting team here at Marquette University High School. In addition to this, T.J. holds a 3.35 GPA and has participated in numerous volunteer opportunities including the Special Olympics and working with autistic children at a local elementary school. T.J. has plans of going on to play college football but has not yet committed anywhere yet. I am confident that T.J. has a great future ahead of him. It has been a pleasure to know T.J. and I feel he is very deserving of this recognition. – Anonymous

Marquette University High School

Quinn Floyd

Sport: Football

Position: Linebacker

Height: 6'0" **Weight:** 215

Vertical Jump: 27 **Pro-Agility Time:** 4.4 **Ten-Yard Dash:** 1.61

Forty-Yard Dash: 4.9 **Bench Press Pounds:** 270 **Squat Pounds:** 405

Hang Clean Pounds: 240

Throughout his high school career, Quinn has been extremely motivated, hard working, and coachable. From his freshman year, he has set goals and did not allow anything to stand in his way of achieving them. In addition, Quinn contributes to each program that he is involved with by being a leader and helping his teammates to realize their full potential. During the summer, he has sacrificed his time to volunteer as a coach in our strength and conditioning camps for incoming freshmen. His athletic resume includes football, track and field, powerlifting, and Olympic weightlifting. While playing inside linebacker senior year, Quinn was voted All-Purpose Player of the Year. Throughout his athletic career, he has maintained his priorities as a member of the Jesuit Honor Society and giving back to the community through numerous service projects. His character embodies what we desire to see in all our athletes at Marquette University High School. He has been a great individual to know and coach. – Anonymous

Marquette University High School

Jordan McClain

Sport: Football

Position: Running Back/Linebacker

Height: 6'1" **Weight:** 200

Vertical Jump: 29.5 **Pro-Agility Time:** 4.32 **Ten-Yard Dash:** 1.5

Forty-Yard Dash: 4.71 **Bench Press Pounds:** 245

Squat Pounds: 405 **Hang Clean Pounds:** 240

I am happy to write in support of Jordan McClain for the 2013 All-American Strength and Conditioning Athlete of the year award. From the first time I had the opportunity to work with Jordan at Marquette University High School he stood out as a hard worker. He consistently showed up ready to work and quietly went about doing anything that you asked him to do without complaining. It was apparent he was very goal-oriented and was willing to do what it took to be a standout athlete. We strive for our entire student-athlete body to have Jordan's work ethic. Jordan is a two year letter recipient at running back and linebacker in football and a state qualifying powerlifter in the 198 weight class. Jordan also participates in track and field and the weightlifting club here at Marquette University High School (MUHS). In addition to Jordan's athletic accomplishments, he also helps with the Special Olympics and numerous other service projects all while maintaining a 3.3 GPA. Jordan leads by example and is a role model to the younger athletes at MUHS by displaying superior work ethic and dedication that we encourage in our weight room. Jordan is a fine young man and it has been a pleasure to know and to coach him. – Jacob Wyss, CSCS

Niles High School

Kyle Mikel

Sport: Football

Position: Offensive Lineman

Height: 6'0" **Weight:** 225

Vertical Jump: 23 **Pro-Agility Time:** 5.2 **Ten-Yard Dash:** 2.1

Forty-Yard Dash: 5.2 **Bench Press Pounds:** 295 **Squat Pounds:** 405

Hang Clean Pounds: 205

Kyle is an Academic All-Conference honorable mention selection as an offensive lineman with his 4.0 GPA and his 31 American College Testing (ACT) score. He is enrolled in all advanced placement (AP) courses and will be attending Hope College to study Secondary Math Education. – Michael Michelakis, CSCS, RSCC

Palo Verde High School

Jacob Ortale

Sport: Football

Position: Tight End/Outside Linebacker

Height: 6'4" **Weight:** 215

Vertical Jump: 33 **Pro-Agility Time:** 4.1 **Forty-Yard Dash:** 4.55

Bench Press Poundage: 285 **Squat Poundage:** 380

Hang Clean Poundage: 255

The primary reason Jacob has developed into an outstanding student-athlete over the past three years is his dedication to our strength and conditioning program at Palo Verde High School. Jacob leaves his ego at the door and attacks each session with the goal of becoming a better athlete. As one of our captains, Jacob's leadership and work ethic during our training sessions inspires our team to raise their level of intensity. After each session, Jacob spends extra time working on his speed and agility. On the field, Jacob is a two way starter and was selected first team All-Northwest League as both a tight end and outside linebacker. In addition, Jacob was voted Outstanding Defensive Player by his team for the 2012 season. Jacob has a 3.5 GPA and was recognized as a Scholar Athlete in each of the past two seasons. – Anonymous

Rock Creek High School

Jacob Miller

Sport: Football/Basketball

Position: Offensive and Defensive Line/Post

Vertical Jump: 25.5 **Pro-Agility Time:** 4.3 **Forty-Yard Dash:** 4.7

Bench Press Poundage: 280 **Power Clean Poundage:** 235

Jacob is a quiet leader. He is committed, disciplined, unselfish, and driven. Jacob has been successful at the state level and the national level in not only his academics and extracurricular activities, but in his athletics as well. He has made tremendous improvements in our strength and conditioning program and he has used that hard work and discipline in all aspects of his life. Jacob will take the life lessons he has learned and apply them to his life after high school. Jacob will be a success in not only his career path but also in life.

– Mark Oberkrom, MEd, CSCS, USAW

Seattle Preparatory School

Andrew Carrosino

Sport: Football

Position: Offensive Line

Height: 6'2" **Weight:** 260

Vertical Jump: 23 **Pro-Agility Time:** 4.91 **Forty-Yard Dash:** 5.22

Bench Press Poundage: 265 **Squat Poundage:** 425

Hang Clean Poundage: 260

Andrew Carrosino has set the standard for all linemen to follow in leadership, work ethic, and defining what it means to be outstanding teammate. Andrew exemplifies all of the qualities that embody leadership in a young man. During the past four years Andrew has dedicated himself to his mental and physical preparation in a quest for improved performance personally, academically, and athletically. Andrew's commitment has always been based knowing that his growth in all areas would lead to better opportunity to help his team, community and school. Andrew has always displayed exceptional leadership qualities during his time at Seattle Prep. He embraces his role as a leader and takes great pride in leading by example, holding his teammates to the highest standards of excellence and embraces the teaching opportunities in working with our younger student-athletes. Andrew's teaching abilities have always demonstrated his passion to help his fellow team members for the betterment of the team as a whole for present and future all the while knowing the opportunity to turn our younger athletes into future leaders. In my twenty years of coaching at the high school, college, and professional levels, I cannot think of anyone more deserving of the honor of the NSCA All-American Athlete award than Andrew Carrosino. – Mike Durand, CSCS

Tokay High School

Vince Rivera

Sport: Football

Position: Linebacker

Height: 5'10" **Weight:** 189

Vertical Jump: 25 **Pro-Agility Time:** 4.64 **Forty-Yard Dash:** 4.94

Bench Press Poundage: 255 **Squat Poundage:** 365

Hang Clean Poundage: 225

Vince's commitment to the weight room transformed him over the course of last off-season. Rivera used the extra strength, agility, speed, and conditioning he worked so hard to create as a weapon on the field. He was named our team's Defensive MVP and a second team All-League linebacker on a team that made the playoffs for the first time in two years. More importantly, he set the tone for us on defense with his tremendous attitude and will to get to the football.

– Michael Holst, CSCS

West Branch High School

Garett Lynch

Sport: Football

Position: Linebacker

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

Vertical Jump: 27.5 **Pro-Agility Time:** 4.53 **Forty-Yard Dash:** 4.88

Bench Press Poundage: 260 **Squat Poundage:** 485

Hang Clean Poundage: 315

"For me, life is continuously being hungry. The meaning of life is not simply to exist, to survive, but to move ahead, to go up, to achieve, to conquer."

– Arnold Schwarzenegger

olympic lifting

Rock Creek High School

Anna Jilka

Sport: Olympic Lifting

Vertical Jump: 23 **Pro-Agility Time:** 4.85 **Bench Press Poundage:** 185

Power Clean Poundage: 190

Anna has been an extremely hard worker and has been tremendously committed to our strength and conditioning program. The hard work she has consistently demonstrated has transferred not only to her academic life but also her professional life after high school. There is no doubt that she will be successful in all aspects of her life because of the personal characteristics she has gained through her unchallenged hard work. – Mark Oberkrom, MEd, CSCS, USAW

rugby

Robert E. Lee High School

John Brody

Sport: Rugby

Position: Forward

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

Vertical Jump: 26 **Forty-Yard Dash:** 4.9 **Bench Press Pounds:** 285

Squat Pounds: 325 **Hang Clean Pounds:** 230

John has really dedicated himself to strength and conditioning this year. He sets the tone in the weight room, pushing everyone around him to get better and in the process he has lost 40 lb and has become one of the strongest athletes in the school. He is one of those athletes that you need to pull out of the weight room; he just wants to push himself as hard as he can each day to get better. His hard work has paid off helping his rugby team to state titles 3 of the last 4 years.

– Anonymous

soccer

Hamilton Heights High School

Allison Hatcher

Sport: Soccer/Track and Field

Position: Defense/Thrower

Height: 5'4" **Weight:** 128

Vertical Jump: 22 **Ten-Yard Dash:** 2.25 **Forty-Yard Dash:** 5.93

Bench Press Pounds: 120 **Squat Pounds:** 180

Hang Clean Pounds: 150

Allison Hatcher is a unique athlete, very undersized for her activities, but with an unmatched tenacity. She grinds out workouts for track as soon as the soccer season is complete. She regularly competes against women who outweigh her by 100 pounds in the shot put and discus, and more often than not, she either outdistances them or scores major points for the team.

– Janet Clifton, MS, LAT, ATC, CSCS

skiing

Killington Mountain School

Piper Jenne

Position: Alpine

Height: 5'4" **Weight:** 134

Vertical Jump: 18.75 **Pro-Agility Time:** 5.36 **Ten-Yard Dash:** 1.96

Bench Press Pounds: 110 **Squat Pounds:** 163

Piper is a student-athlete in the truest sense of the words. She is a leader amongst her peers, attending training sessions all summer long in the early morning hours. She lives the philosophy of bringing a positive attitude, great effort, and paying attention to detail. – Joshua Bullock, MA, CSCS,*D, RSCC

Killington Mountain School

Kyle Burcin

Sport: Skiing

Position: Alpine

Height: 5'8" **Weight:** 161

Vertical Jump: 21.75 **Pro-Agility Time:** 4.87 **Ten-Yard Dash:** 1.7

Bench Press Pounds: 175 **Squat Pounds:** 276

The first time I met Kyle I knew he would be one of the hardest working kids I would coach. He has a unique ability to balance all of the factors that make a true student-athlete. His hunger to succeed is insatiable and he continually applies that to his endeavors in the weight room. – Joshua Bullock, MA, CSCS,*D, RSCC

Merritt Island High School

Olivia Bergau

Sport: Soccer

Position: Sweeper

Height: 5'6" **Weight:** 120

Vertical Jump: 24 **Pro-Agility Time:** 4.5 **Ten-Yard Dash:** 1.75

Forty-Yard Dash: 5.1 **Bench Press Pounds:** 95 **Squat Pounds:** 190

Hang Clean Pounds: 125

Olivia is an unbelievably selfless player and will play any position for the betterment of her team. She is dedicated to training year round, starting at 6AM, three days per week including in-season. She maintains a 4.0 GPA and wants to go into sports medicine/pre-medical. Mentally, she is the toughest athlete we have had in a long time. – Anonymous

Robert E. Lee High School

Meghan Cox

Sport: Soccer

Position: Defender

Height: 5'8" **Weight:** 141

Vertical Jump: 21 **Bench Press Pounds:** 105 **Squat Pounds:** 155

Hang Clean Pounds: 115

Meghan is one of the hardest working athletes I've ever seen. Her work ethic and dedication paid off this past year as she was named to the All-District, All-Region, and All-State teams. This summer her national club team won the National Championship with Meghan winning the MVP of the tournament. Meghan has earned the respect of all other athletes in the school with her desire to get better and make everyone around her better. – Anonymous

track and field

Greater Atlanta Christian School Kayin Mujahid

Sport: Track and Field

Position: Discus Thrower and High Jumper

Vertical Jump: 26.5 **Ten-Yard Dash:** 1.89 **Forty-Yard Dash:** 5.00

Bench Press Poundage: 165 **Squat Poundage:** 245

Hang Clean Poundage: 180

*Kayin is one of those special student-athletes that come along every so often. She has an amazing combination of strength, speed and conditioning that allows her to stand out in track and field. More importantly, she is a standout on our campus because of her character. Kayin always has a smile and a positive word for teammates, teachers and coaches. Kayin never beats herself. Her competitive fire burns to give her best at every opportunity and she never shies from a challenge. When she trains, the room stops to watch. – Gary Schofield, ATC/L, CSCS, *D*

Hamilton Heights High School Allison Hatcher

Sport: Soccer/Track and Field

Position: Defense/Thrower

Height: 5'4" **Weight:** 128

Vertical Jump: 22 **Ten-Yard Dash:** 2.25 **Forty-Yard Dash:** 5.93

Bench Press Poundage: 120 **Squat Poundage:** 180

Hang Clean Poundage: 150

Allison Hatcher is a unique athlete, very undersized for her activities, but with an unmatched tenacity. She grinds out workouts for track as soon as the soccer season is complete. She regularly competes against women who outweigh her by 100 pounds in the shot put and discus, and more often than not, she either outdistances them or scores major points for the team.

– Janet Clifton, MS, LAT, ATC, CSCS

volleyball

Guyer High School Emily Gorr

Sport: Volleyball

Position: Libero

Height: 5'5"

Weight: 114

Vertical Jump: 22 **Pro-Agility Time:** 4.76 **10 Yard Dash:** 1.7 **Bench Press Poundage:** 95 **Squat Poundage:** 160 **Power Clean Poundage:** 135

Emily is one of the hardest working and driven athletes I have ever worked with. She was a team leader on the court and in the classroom with a 4.53 GPA. She took the training that was presented to her and turned herself into one of the best Liberos that Guyer High School has ever seen. It is because of all these traits that Emily deserves to be an All-American Strength and Conditioning Athlete. – Bryan Kegans, MS, CSCS, RSCC, USAW

TopSpeed Strength and Conditioning Maddie Swall

Sport: Volleyball

Position: Libero

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

Vertical Jump: 20.5 **Pro-Agility Time:** 5.2 **Ten-Yard Dash:** 1.76

Bench Press Poundage: 90 **Squat Poundage:** 135

Hang Clean Poundage: 65

Maddie Swall is a sophomore at Bishop Miege High School whose volleyball team has won four of the past State Championships. An exemplary student, her hard work and dedication to becoming a better athlete has allowed her to improve her vertical jump by nearly 3 inches, her change of direction ability by 2/10ths of a second, and her 10-yard burst by nearly 4/10ths. These improvements were rewarded with her being called up to play on the junior varsity squad throughout the year, a rare feat for underclassmen in a program such as Miege's. As she continues to train and develop, she can expect to see even better gains and improvements over time. – Anonymous

wrestling

Cathedral High School

Gino Gillum

Sport: Football/Wrestling

Position: Running Back

Height: 5'7" Weight: 154

Bench Press Poundage: 305 Squat Poundage: 405

Hang Clean Poundage: 250

Gino is a student-athlete that represents everything good about high school athletics. His academic and athletic achievements are outstanding, but pale in comparison to the type of person he is every day. Respectful, dedicated, and driven are commonly used to describe him. Regardless of the task, Gino gives nothing but his best. This makes Gino an unbelievable athlete on the field and in the weight room, leading by example in both arenas. His effort has motivated his teammates to match his intensity and focus. Gino leads with actions. He may be undersized, but that has only increased his drive. Notable achievements include being named "Mr. Football" as a senior running back, as well as being a Top 50 player in the state of Indiana. He was a 3-year starter gaining over 3,700 yards, while never missing a game or practice. He is the state record holder with 4 touchdowns in a state championship game on two occasions. Gino was also a state finalist in wrestling. Gino is the leader of the school's first weightlifting team, and our strongest athlete. He possesses a back squat of 2.5x bodyweight, a 1.5x bodyweight bench press, a clean and jerk of 250 lb, and a 300-lb front squat. Gino has been active in leadership and community service, while maintaining a 3.7 GPA. These statements do not do Gino justice, as he is a phenomenal individual, possessing the highest levels of integrity, while showing an unwavering commitment to strength training and conditioning. – Anonymous

Niles High School

Ryan Casey

Sport: Wrestling

Position: Middleweight

Height: 6'0" Weight: 185

Vertical Jump: 24 Pro-Agility Time: 5.0 Ten-Yard Dash: 2.0

Forty-Yard Dash: 5.0 Bench Press Poundage: 275 Squat Poundage: 305

Hang Clean Poundage: 205

Ryan is an Academic All-State wrestler who has a 3.7 GPA and was a state qualifier at 189 lb. He also earned All-Conference honors in both soccer, as a goalie, and in football, as a place kicker. He has served as the captain for both the varsity wrestling and soccer teams as well. Ryan will be attending Indiana Tech for Manufacturing Engineering. – Michael Michelakis, CSCS, RSCC

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

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