



**2014 NSCA  
ALL-AMERICAN STRENGTH AND CONDITIONING  
ATHLETES OF THE YEAR**



# 2014 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.

\*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

## Clemson University Matthew Crownover

**Sport:** Baseball

**Position:** Pitcher

**Height:** 5'11"      **Weight:** 210

**Vertical Jump:** 30" **Squat Pounding:** 420

*Matthew has consistently dedicated himself to his physical preparation since arriving at Clemson University as a freshman last year. He attacks every workout and warm-up session with the same intensity and focus that he has on the mound every Saturday afternoon. Matthew's efforts in the weight room have helped bring him back from a serious elbow injury he suffered in high school. Most importantly, Matthew has set a tremendous example for all of our incoming freshmen as to what level of focus and commitment is needed to be a successful pitcher in the Atlantic Coast Conference (ACC). - Richard Franzblau, CSCS*

## Clemson University Daniel Gossett

**Sport:** Baseball

**Position:** Pitcher

**Height:** 6'1"      **Weight:** 185

**Vertical Jump:** 33" **Ten-Yard Dash:** 1.57 **Squat Pounding:** 435

*Daniel is one of the most competitive and dedicated athletes to have walked through our doors. He spends every offseason with our staff working to take his game to optimal levels. He also serves as a positive leader for all of our incoming freshmen each year. He is our Friday night (ace) starter and has been since his freshman year. His energy and work ethic that he brings to our whole Clemson University student-athlete community is second to none. Daniel was also voted by his teammates as the most dedicated in the weight room. - Dennis Love, MEd*

## Furman University Chris Ohmstede

**Sport:** Baseball

**Position:** Third Base

**Height:** 5'9"      **Weight:** 190

**Age:** 21

**Vertical Jump:** 32.5" **Squat Pounding:** 550 **Hang Clean Pounding:** 300

*Chris is a standout athlete on and off the field. He has put his efforts to work in the weight room and that has translated tremendously to the field. Chris is highly respected by his teammates and is a leader that leads by example. In 2012, he was named to the All-Freshman Southern Conference and was an honoree of the Southern Conference All-Tournament team. That year, he batted .286 with 6 HRs and 27 RBIs. In 2013, he was named to the second team All-Southern Conference as a third baseman. He led the team with 14 HRs, batted .291, and knocked in 49 RBIs. In 2014, he was named first team pre-season All-Southern Conference as a third baseman. Chris represents Furman University with a great work ethic, great effort, and great attitude. - Daniel Rochester, CTBS*

## Jacksonville State University

### Michael Mason

**Sport:** Baseball

**Position:** Pitcher

**Height:** 6'1"      **Weight:** 195

**Age:** 22

**Vertical Jump:** 26.75" **Forty-Yard Dash:** 4.89

**Bench Press Pounding:** 265 **Squat Pounding:** 415

**Hang Clean Pounding:** 225

*Michael possesses the work ethic and drive of a middle linebacker. His hard work in the weight room has allowed him to progress from mid-week starter to weekend reliever to weekend starter. Always willing to assist his teammates on the field and in the weight room, he is a fine example of work ethic and leadership.*

*- Brian Austin, CSCS*

## Keene State College

### Nick Vita

**Sport:** Baseball

**Position:** Infielder

**Height:** 6'0"      **Weight:** 198

**Age:** 21

**Vertical Jump:** 30.2" **Pro Agility Time:** 4.13 **Bench Press Pounding:** 245

**Squat Pounding:** 315

*Nick is a great role model; he works extremely hard and motivates his teammates to work hard. He has improved vastly since his freshman year and his hard work has paid off. - Sarah Testo, CSCS*

## Murray State University

### Brock Downey

**Sport:** Baseball

**Position:** Left Handed Pitcher

**Height:** 6'0"      **Weight:** 200

**Age:** 21

**Vertical Jump:** 31" **Squat Pounding:** 365

*Brock's drive and passion to be the best he physically can be, has taken him to new heights this off-season. He expects perfection out of himself in everything he sets out to accomplish. Brock's work ethic is unmatched and he raises the level of his teammates. After every workout he stays after to work on his weaknesses with the mindset of outworking his opponents. - Mike Rhoades, MS, CSCS, USAW*

## Oakland University

### Michael Brosseau

**Sport:** Baseball

**Position:** Shortstop

**Height:** 5'10"      **Weight:** 160

**Age:** 20

**Vertical Jump:** 33" **Bench Press Pounding:** 225 **Squat Pounding:** 405

**Hang Clean Pounding:** 185

*The work ethic and tenacity that Mike brings to the weight room stands out among all athletes. He is constantly looking for ways to improve and it shows in his success. As a freshman, he led the Summit League in batting average, fielding percentage, and on-base percentage among all shortstops. - Anonymous*

## South Dakota State University

### Aaron Machbitz

**Sport: Baseball**

**Position: First Base**

**Height: 6'2"      Weight: 220**

**Vertical Jump: 30" Pro Agility Time: 4.38 Bench Press Poundage: 332**

**Squat Poundage: 387 Hang Clean Poundage: 288**

Aaron has been a key figure in developing a higher standard for South Dakota State University (SDSU) Baseball. Known for his commitment to the weight room and training, Aaron holds the team records for both the power clean and bench press while leading the team in doubles (11), home runs (4), and slugging (.472) in 2012. He followed that up in the 2013 season by being second in doubles (12), tied for the team lead in RBIs (36), and committing only four errors to a tune of .991 fielding percentage. His contributions helped the SDSU Jackrabbits to their first ever National Collegiate Athletic Association (NCAA) tournament appearance. Since his arrival on campus, Aaron has helped set the tone for himself and his teammates on the commitment required to prepare for a grueling college baseball season as a northern team that typically spends the first month and a half on the road. Aaron's work ethic and leadership will certainly lead him to success moving forward.

- Eric Adolph, CSCS

## State University of New York at New Paltz

### Rich Guido

**Sport: Baseball**

**Position: Outfielder**

**Height: 5'11"      Weight: 185**

**Age: 21**

**Squat Poundage: 365 Hang Clean Poundage: 245**

Rich is one of the hardest workers I have ever coached. He provides great leadership and mentorship to other members of his team.

- Gary Gall, Jr., MS, USAW-1

## State University of New York at New Paltz

### Dave Lostaglio

**Sport: Baseball**

**Position: Catcher**

**Height: 5'11"      Weight: 195**

**Age: 21**

**Squat Poundage: 365 Hang Clean Poundage: 250**

Dave increased his hang clean by about 50 lb and was a gym rat here at State University of New York (SUNY) at New Paltz. - Gary Gall, Jr., MS, USAW-1

## Troy University

### Garrett Pitts

**Sport: Baseball**

**Position: Second Base**

**Bench Press Poundage: 350 Squat Poundage: 475**

**Hang Clean Poundage: 300**

Garrett is a psychology student with a 3.64 cumulative grade point average (GPA).

He is a gifted athlete with our best strength numbers in baseball pound-for-pound.

Furthermore, he comes to every training session with great energy and always gives 100%.

Even after workouts are over, he goes above and beyond what is expected by doing additional work. - Richard Shaughnessy, CSCS

## University of Michigan

### Ben Ballantine

**Sport: Baseball**

**Position: Pitcher**

**Height: 6'8"      Weight: 244**

**Age: 23**

**Vertical Jump: 26" Bench Press Poundage: 300 Squat Poundage: 385**

**Hang Clean Poundage: 245**

Ben has developed into a leader on our pitching staff and baseball team through hard work and perseverance. In 2013, he suffered a major ankle injury and attacked his rehab and training programs with energy and discipline in order to be ready to play for the 2014 baseball season. He embodies the core values of our baseball program and serves as a role model for the rookies as well as our veteran players. It is an honor for me to nominate Ben Ballantine as a National Strength and Conditioning Association (NSCA) All-American. - Jason Cole, CSCS, RSCC\*D

## University of Missouri - St. Louis

### Zach Standefer

**Sport: Baseball**

**Position: Pitcher**

**Height: 6'3"      Weight: 210**

**Age: 22**

**Bench Press Poundage: 235 Squat Poundage: 350**

Zach is someone who leads by doing. I can always count on Zach to come to the workout with a great attitude and give great effort. This past summer, Zach made the trip up to the weight room four days a week, commuting 40 minutes from home. He is always looking for ways to improve and is a role model to our younger athletes. - Joshua McMillian, CSCS, RSCC

# basketball

## Drexel University

### Fiona Flanagan

**Sport:** Basketball

**Position:** Guard/Forward

**Height:** 5'10"

**Age:** 22

**Vertical Jump:** 24.5" **Pro Agility Time:** 4.8 **Bench Press Pounds:** 135

**Squat Pounds:** 145 **Hang Clean Pounds:** 160

*Fiona, a senior captain, 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. Fiona'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. - Michael Rankin, CSCS*

## Drexel University

### Abby Redick

**Sport:** Basketball

**Position:** Guard/Forward

**Height:** 6'½"

**Age:** 22

**Vertical Jump:** 19.5" **Pro Agility Time:** 4.84 **Bench Press Pounds:** 155

**Front Squat Pounds:** 205 **Hang Clean Pounds:** 155

*Abby, a senior women's basketball player, 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. Abby'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.*

*- John Sheffield, CSCS, RSCC*

## Furman University

### Brittany Hodges

**Sport:** Basketball

**Position:** Forward

**Height:** 6'1"

**Age:** 20

**Vertical Jump:** 24.5" **Pro Agility Time:** 4.9 **Bench Press Pounds:** 170

**Squat Pounds:** 265 **Hang Clean Pounds:** 150

*Brittany exemplifies how hard work and dedication in the weight room can carry over to the court. She is one of the most intrinsically motivated athletes I have ever worked with. Brittany shows exceptional effort day in and day out and is the prime example of a role model for her teammates and fellow student-athletes to look up to. Brittany was named to the 2013 pre-season All-Southern Conference team and was a two-time Southern Conference Player of the Week. She was also Southern Conference Freshman of the Year and made the all-freshman Southern Conference team in 2012. During the 2011-2012 season, she led freshmen in the league in scoring (10.0 points per game) during the regular season and topped all freshman in rebounding (5.9 rebounds per game), field goal percentage (48.3%), and block shots. Brittany is a great representative of Furman University, both on and off the court. - Jenna Romanelli, CSCS*

## Juniata College

### Jeremy Hays

**Sport:** Basketball

**Position:** Guard

**Height:** 6'0"

**Weight:** 175

**Age:** 22

**Vertical Jump:** 36" **Pro Agility Time:** 4.5 **Forty-Yard Dash:** 4.8

**Bench Press Pounds:** 275 **Squat Pounds:** 400

**Hang Clean Pounds:** 225

*Jeremy is one of Juniata College's basketball team leaders on and off the court. His hard work ethic has earned him the respect of his fellow teammates and the position of team captain. His example of hard work and attention to detail in the weight room and on the court has been a positive influence on everyone associated with him. His work has also contributed in Jeremy holding Juniata's single-season record for steals, all-time school record for career steals, single-season record for assists, as well as scoring a career 1,000 plus points.*

*- Douglas Smith, CSCS, RSCC\*E*

## University of Michigan

### Glenn Robinson III

**Sport:** Basketball

**Position:** Forward

**Height:** 6'6"

**Weight:** 220

**Age:** 19

**Vertical Jump:** 44" **Bench Press Pounds:** 275 **Squat Pounds:** 415

**Power Clean Pounds:** 275

*Glenn is one of the best athletes in all of college basketball. Over the past two years, he has improved in every area of strength and conditioning. He is a high character young man and is diligent in every aspect of our program.*

*- Jon Sanderson, CSCS, RSCC, USAW-1, FMS, TPI*

## University of Michigan

### Valerie Driscoll

**Sport:** Basketball

**Position:** Center/Forward

**Height:** 6'4"

**Age:** 21

**Vertical Jump:** 20" **Bench Press Pounds:** 140 **Squat Pounds:** 185

**Hang Clean Pounds:** 160

*Val is a dedicated athlete and fierce competitor. Val has battled through tough injuries but due to her dedication to her strength and fitness, she has bounced back and had an extremely successful senior year. Val has gone from a "few-minutes-at-a-time-substitute" to a 35+ minutes per game starter. Val's gritty work ethic and persistence are unbreakable and it shows on the court. - Bo Sandoval, CSCS, RSCC*

## University of Missouri

### Bree Fowler

**Sport:** Basketball

**Position:** Guard

**Height:** 5'9"

**Weight:** 158

**Age:** 20

**Vertical Jump:** 24" **Pro Agility Time:** 4.61 **Ten-Yard Dash:** 1.73

**Bench Press Pounds:** 174 **Squat Pounds:** 332

**Hang Clean Pounds:** 172

*Bree has improved her lift totals by 145 lb while at the University of Missouri. She has improved her jumping ability by three inches and her agility by a full second while shaving a tenth of a second from her speed times. She is a great leader in the weight room and has fully bought into the training process. I routinely catch her teaching and assisting her teammates to help them achieve high levels of success just as she has. - Jacob Linn, CSCS, NSCA-CPT*

## Saint Louis University

### Dwayne Evans

**Sport:** Basketball

**Position:** Forward

**Height:** 6'5"      **Weight:** 230

**Vertical Jump:** 33.5" **Pro Agility Time:** 3.85 **Bench Press Pounds:** 290  
**Squat Pounds:** 385 **Hang Clean Pounds:** 250

*Over his four-year career, Dwayne has had the drive of a professional. He has gained over 25 lb of muscle mass while increasing his vertical jump three inches. Dwayne has continued his defensive dominance while developing his offensive prowess and becoming our team's leading scorer. Dwayne has helped the Saint Louis University Billikens reach back-to-back National Collegiate Athletic Association (NCAA) tournaments. - Erick Schork, CSCS, USAW*

## Saint Louis University

### Jamesia "Mesi" Price

**Sport:** Basketball

**Position:** Point Guard

**Height:** 5'7"

**Vertical Jump:** 25.5" **Pro Agility Time:** 4.25 **Bench Press Pounds:** 155  
**Squat Pounds:** 290 **Hang Clean Pounds:** 170

*Mesi has returned to the court after a year of rehabilitating an anterior cruciate ligament (ACL) injury. She has a love for the game that affords her the energy and enthusiasm to improve every day. Mesi's resilient nature and positive attitude has been a tremendous asset to the Saint Louis University Sports Performance program. - Erick Schork, CSCS, USAW*

## South Dakota State University

### Tara Heiser

**Sport:** Basketball

**Position:** Guard

**Height:** 5'9"      **Weight:** 160

**Age:** 22

**Vertical Jump:** 19.5" **Bench Press Pounds:** 121 **Squat Pounds:** 260  
**Hang Clean Pounds:** 165

*Tara's strong work ethic and leadership has been a catalyst in many areas of the South Dakota State University (SDSU) Jackrabbit Women's Basketball team. Her determination to improve each day has played a significant role in both her and her teammate's success. Tara's commitment to training has allowed her to tie the team squat record (260 lb), as well as being named an SDSU Strength and Conditioning Athlete of the Month. Perhaps even more important than her own individual accomplishments, she has been a real "lead by example" teammate to help set the tone for everyone to follow. Along with her success on the court, Tara has been a complete student-athlete by being named a Distinguished Scholar on the Summit League All-Academic Team as well as a member of the Commissioners List of Academic Excellence. These attributes will undoubtedly lead to much success in the future. - Adam Parsons, CSCS*

## South Dakota State University

### Steph Paluch

**Sport:** Basketball

**Position:** Guard

**Height:** 5'10"      **Weight:** 155

**Vertical Jump:** 24" **Bench Press Pounds:** 125 **Squat Pounds:** 245  
**Hang Clean Pounds:** 165

*A very influential student-athlete, Steph has embodied the ideas of teamwork, leadership, strength, and perseverance. Coming off a season-ending knee injury in the conference tournament of her junior season—in which she led the team in assists and steals—her unrelenting diligence to rehab and training set her up to play her senior season but she chose to redshirt and come back even stronger to ensure a memorable senior season. While this decision would have been a difficult obstacle for most, she seized the opportunity and committed to several extra strength and agility sessions each week in addition to practicing full-time. As a result, she has already been named a second team pre-season pick for the Summit League, two-time Summit League Women's Basketball Player of the Week, and College Sports Madness Mid-Major Player of the Week. A true student-athlete, Steph has excelled in the classroom as well being named a Distinguished Scholar on the Summit League All-Academic team as well as the Commissioner's List of Academic Excellence. Steph's incredible work ethic, passion, and personality will undoubtedly lead her to success in all her future endeavors. - Eric Adolph, CSCS*

## University of Texas at San Antonio

### McKenzie Adams

**Sport:** Basketball

**Position:** Center

**Height:** 6'3"

**Vertical Jump:** 22.5" **Pro Agility Time:** 5.15 **Bench Press Pounds:** 115  
**Hang Clean Pounds:** 175

*McKenzie has played volleyball for four years and is playing basketball now that her volleyball eligibility has ended. She has become a good contributor in basketball once she acclimated to the different sport. McKenzie received awards each of her four years in volleyball: Freshman of the Year in the Atlantic Coast Conference (ACC), Newcomer of the Year, first-team All-Southland, Western Athletic Conference (WAC) Player of the Year, Honorable Mention All-American from the American Volleyball Coaches Association (AVCA), and Conference-United States of America (C-USA) Player of the Year, third-team AVCA All-American, and National Collegiate Athletic Association (NCAA) statistical champion in kills. McKenzie helped lead the volleyball team to the regular season and tournament championships resulting in an NCAA Tournament berth. Her work in strength and conditioning has helped her accomplish some of these achievements along with keeping her healthy enough to achieve them. - Charles Dudley, Jr., CSCS*

## William Woods University

### Katie Scherder

**Sport:** Basketball

**Position:** Guard

**Height:** 5'11"

**Vertical Jump:** 21.9" **Pro Agility Time:** 4.3 **Bench Press Pounds:** 125  
**Squat Pounds:** 325 **Hang Clean Pounds:** 170

*Katie has been a great leader both on the court and in the weight room. She has been someone who sets high standards for herself and has worked diligently to achieve them. As a freshman, Katie quickly realized she needed to dedicate herself to improving her strength and overall conditioning. She lowered her body fat and has cut over three tenths of a second from her 20-yard dash and Pro Agility Test. She added 35 lb to her clean while increasing her squat by 50 lb. She also increased her vertical by 2.5 in. On the court, her teams have been some of the most successful in school history; making the National Association of Intercollegiate Athletics (NAIA) National Tournament each of her first three years. Katie has been a huge part of that by her play on the court and leadership in the team workouts. Katie Scherder's work ethic and enthusiasm will be truly missed. - Robert Jones, CSCS*

## William Woods University

### Seth Thomas

**Sport:** Basketball

**Position:** Guard

**Height:** 6'5"

**Weight:** 190

**Age:** 23

**Vertical Jump:** 28.7" **Pro Agility Time:** 3.93 **Bench Press Poundage:** 245

**Squat Poundage:** 360 **Hang Clean Poundage:** 280

*Seth came in as a 140-lb freshman. He intended to redshirt right away but after some injuries he was pressed into the rotation. Seth battled and worked as hard as he could but was frequently over matched. After gaining some weight going into his second year of college, Seth finally got his redshirt. This was one of the best things to happen to him and William Woods University basketball. His work ethic and enthusiasm was contagious for those that redshirted with him as well as throughout the other athletes in the athletics department. The improvement was stark and set the groundwork for the last three years of his career. He eventually added 50 lb to his frame due to his increased strength and improved power. This allowed him to be extremely versatile by playing both a guard and forward position his junior and senior years. Seth's accomplishments include having a body fat percentage of 9%, which is a tribute to his willingness to gain weight through proper nutrition and strength training. His other impressive gains include cutting his Pro Agility by 0.65 seconds, increasing his vertical jump by nearly 3 in., improving his bench and clean by 95 lb, and quadrupling his pull-ups from 8 to 36. Seth Thomas is a great example of hard work making you the player you want to be. - Robert Jones, CSCS*

## bobsled

## TopSpeed Strength and Conditioning

### Anna Nostrant

**Sport:** Bobsled

**Position:** Brakeman

**Height:** 6'1"

**Weight:** 160

**Age:** 23

**Vertical Jump:** 20" **Pro Agility Time:** 5.20 **Ten-Yard Dash:** 1.92

**Forty-Yard Dash:** 5.65 **Bench Press Poundage:** 115 **Squat Poundage:** 205

**Hang Clean Poundage:** 160

*Since completing her four years of volleyball eligibility, Anna has turned to training for the United States Bobsled Team while completing her degree. She is currently on the developmental squad with the 2018 Winter Olympics as her goal. Anna is currently training to improve on her numbers from the United States Soccer Federation (USSF) Combine in Park City, Utah from last year. Her hard work and dedication has even opened the eyes of team captain Elana Meyers, who contacted Anna personally to extend an invitation to the bobsled family. - Joseph Potts, CSCS*

## diving

## California Lutheran University

### Sheyenne Machida

**Sport:** Diving

**Position:** 1-Meter and 3-Meter

**Height:** 5'8"

**Weight:** 130

**Age:** 22

**Vertical Jump:** 28" **Bench Press Poundage:** 115 **Squat Poundage:** 250

**Hang Clean Poundage:** 155

*Sheyenne is an outstanding and dedicated athlete. This season, Sheyenne has broken the conference and school diving records for the 1-meter and 3-meter board. These marks qualify her for the National Collegiate Athletic Association (NCAA) Division III National Competition. Sheyenne is the first diver from California Lutheran University to qualify on the national level. Indeed, her tremendous work ethic has led her to sporting excellence. - Patrick Holmberg, CSCS*

## Florida State University

### Katrina Young

**Sport:** Diving

**Position:** Platform

**Height:** 5'3"

**Vertical Jump:** 19" **Squat Poundage:** 215 **Hang Clean Poundage:** 165

*Katrina has been able to balance her short and long-term goals over the course of a very busy year of collegiate, national, and international competition. She has displayed great focus and discipline in the weight room, on the diving board, and away from training. Katrina is very coachable and eager to learn despite already being very proficient in the weight room. - Howard Gray, MS, CSCS, RSCC*

## equestrian

## South Dakota State University

### Laura Dunlavy

**Sport:** Equestrian

**Position:** Western

**Age:** 22

*Laura's work ethic, motivation, and leadership have benefited her and her teammates greatly in the weight room and in the equestrian arena. She has been named the Strength and Conditioning Athlete of the Month along with several honorable mention nominations. She has been the "Iron Jack" all four years of her college career. Her hard work and success in the weight room also carries over to the equestrian arena. Laura received the Team Athlete of the Year Award in 2012/2013 as well as being nominated as team captain for the 2013/2014 season. She has several wins throughout her career as well as receiving numerous most valuable player (MVP) awards and being awarded the National Collegiate Athletic Association (NCAA) All-American honors in 2012/2013. Laura also excels in the classroom: she has received Academic All-American honors and has been on the Dean's List during her career at South Dakota State University. Laura's leadership and work ethic will ensure her success in the future. - Jesse Rodriguez, CSCS*



# field hockey

## Keene State College

### Leddy Gallagher

**Sport:** Field Hockey

**Position:** Midfield

**Height:** 5'6"      **Weight:** 130

**Age:** 21

**Vertical Jump:** 22.8" **Pro Agility Time:** 4.39 **Bench Press Pounding:** 100

**Squat Pounding:** 180 **Hang Clean Pounding:** 140

*Leddy is a hard worker and always prepared herself for field hockey with dedication to the weight room. She was a great role model to younger players because she did things really well and they wanted to do things as well as her.*

~ Sarah Testo, CSCS

# football

## California Lutheran University

### Andrew Pankow

**Sport:** Football

**Position:** Offensive Lineman

**Height:** 6'4"      **Weight:** 290

**Age:** 22

**Vertical Jump:** 24" **Pro Agility Time:** 4.51 **Ten-Yard Dash:** 3.40

**Bench Press Pounding:** 365 **Squat Pounding:** 505

**Hang Clean Pounding:** 295

*Andrew is a two-time All-Conference and All-West Region selection, as well as a three-time conference champion. For his outstanding leadership, work ethic, and attitude, he was named team captain on two separate occasions. Indeed, Andrew is one of the most committed, persistent, and diligent student-athletes that I have had the privilege to coach.* ~ Patrick Holmberg, CSCS

## Clemson University

### Brandon Thomas

**Sport:** Football

**Position:** Offensive Line

**Height:** 6'3.5"      **Weight:** 310

**Age:** 22

**Vertical Jump:** 29" **Pro Agility Time:** 4.81 **Ten-Yard Dash:** 1.71

**Forty-Yard Dash:** 4.67 **Bench Press Pounding:** 500

**Squat Pounding:** 525 **Hang Clean Pounding:** 365

*Voted as the captain of the team by his teammates in 2013, Brandon has been a great leader on the Clemson University Football team. His hard work and dedication to training has carried over to the football field and to his teammates. Brandon has been a great positive reinforcer. Brandon earned first team All-Atlantic Coast Conference honors in 2012 and 2013. He will go down in history as one of Clemson University's best offensive linemen.* ~ Larry Greenlee

## Coastal Carolina University

### Jeff Salley

**Sport:** Football

**Position:** Defensive Tackle

**Height:** 5'8"      **Weight:** 265

**Age:** 22

**Vertical Jump:** 31" **Pro Agility Time:** 4.48 **Forty-Yard Dash:** 4.94

**Bench Press Pounding:** 475 **Squat Pounding:** 675

**Hang Clean Pounding:** 415

*Jeff is not the average interior defensive lineman; at 5'8" he possesses the attitude, effort, intensity, and consistency to make up for that and be a difference maker. He understands and applies himself to the strength and conditioning program on a year-round basis. His discipline and preparation has contributed to starting every game both his senior and junior campaigns. Jeff has performed exceptionally in academics by earning Big South Presidential Honor Roll distinction four times, posting at least a 3.0 grade point average (GPA) for an academic year, earning President's List (4.0 GPA) once, and Dean's List four times.* ~ Sonya Woods

## Colby College

### Zachary Padula

**Sport:** Football

**Position:** Defensive Back

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

**Age:** 21

**Vertical Jump:** 36.3" **Pro Agility Time:** 4.09 **Ten-Yard Dash:** 1.67

**Forty-Yard Dash:** 4.95 **Bench Press Pounding:** 240

**Front Squat Pounding:** 325

*Zach's off-season training commitment and drive is an example for all athletes at Colby College to emulate. He constantly sets high standards and is always striving to become better with each training session. Other accolades include the following: second team All-New England Small College Athletic Conference (NESCAC), NESCAC All-Academic team, NESCAC Defensive Player of the Week, and Eastern Collegiate Athletic Conference (ECAC) Co-Defensive Player of the Week. Zach's coach, Jonathan Michaelis, added the following: "Zach is an incredible young man who demonstrates leadership in everything he does. There are few athletes who take as much pride in their performance on the field, in the weight room, on the track, or in the classroom as Zach does. He sets a high standard for himself and others to follow. The results speak for themselves."* ~ Dawn Strout, CSCS, RSCC\*D

## College of the Canyons

### Lance Poole

**Sport:** Football

**Position:** Defensive Back

**Height:** 6'0"      **Weight:** 175

**Age:** 19

**Vertical Jump:** 32" **Pro Agility Time:** 4.15 **Forty-Yard Dash:** 4.55

**Bench Press Pounding:** 205 **Squat Pounding:** 275

**Hang Clean Pounding:** 220

*Lance is a 100% team player. His work ethic and determination to be the best player on the field is what sets him apart from others. Lance showed up every single day for two years with a smile on his face and his teammates in his heart. He is a true "coach's dream" with great integrity and class especially under adversity. I am looking forward to seeing him shine as he leaves us to accept a four-year scholarship.* ~ Robert Dos Remedios

## Furman University

### Dakota Dozier

**Sport:** Football

**Position:** Left Tackle

**Height:** 6'4"      **Weight:** 315

**Age:** 23

**Vertical Jump:** 29.5" **Pro Agility Time:** 4.78 **Forty-Yard Dash:** 5.28

**Bench Press Pounds:** 405 **Squat Pounds:** 650

**Hang Clean Pounds:** 405

*Dakota Dozier is a great example of a player who can take his weight room strengths and apply them to the field. He was a team captain and very well respected by his teammates. Dakota was a 2013 first team Associated Press (AP) Football Championship Subdivision (FCS) All-American, a 2013 first team All-Southern Conference selection, and the Jacobs Blocking Award winner in the FCS. He was also a 2012 third team AP FCS All-American and first-team All-Southern Conference selection. In 2011 he earned second team All-Southern Conference. Dakota Dozier is a great representative of Furman University.*

- David Abernethy, MS, CTBS

## Humboldt State University

### David Kulp

**Sport:** Football

**Position:** Offensive Line

**Height:** 6'2"      **Weight:** 290

**Vertical Jump:** 30" **Pro Agility Time:** 4.59 **Bench Press Pounds:** 450

**Squat Pounds:** 550 **Hang Clean Pounds:** 385

*During his five years at Humboldt State University, David established himself as a leader through his total commitment to preparation. Nobody ever outworked David in the weight room or out-hustled him on the football field. The term "over-achiever" is often overused, but not in David's case. David overcame two knee injuries in high school, and followed up his rehab with an outstanding redshirt year in which he transformed his body into that of a college ready football player. David finished his college career as a four year starter, three year All-Conference center, team captain, and All-American. - Drew Petersen, CSCS, RSCC\*E*

## Juniata College

### Jared Shope

**Sport:** Football

**Position:** Defensive Lineman

**Height:** 6'3"      **Weight:** 245

**Vertical Jump:** 30" **Pro Agility Time:** 4.4 **Forty-Yard Dash:** 4.65

**Bench Press Pounds:** 400 **Squat Pounds:** 600

**Hang Clean Pounds:** 325

*Jared's role as football team's team leader at Juniata College, along with his tremendous work ethic, has translated into his recognition as one of the most physical defensive players in the league. This year alone, Jared has been recognized as a Campbell Award Semifinalist, first team All-Centennial, Conference Capital, Capital One Academic All-District, Centennial Conference Academic Honor Roll, and team captain. His work ethic and attention to detail in the strength and conditioning program will go far in assuring future success not only for Jared, but also for future associates. - John Haubrick, CSCS*

## McKendree University

### Alec Gerdes

**Sport:** Football

**Position:** Linebacker

**Height:** 6'3"      **Weight:** 235

**Age:** 21

**Vertical Jump:** 32" **Pro Agility Time:** 4.38 **Ten-Yard Dash:** 1.72

**Forty-Yard Dash:** 4.7 **Bench Press Pounds:** 385 **Squat Pounds:** 415

**Hang Clean Pounds:** 325

*Alec is a great leader within our program. He shows great discipline, as well as determination and heart. As a sophomore, Alec is one of our best all around performers in the weight room and is a tremendous asset for our entire athletic department. - Jordan Fark, MS, CSCS*

## Merrimack College

### Shane Ferguson

**Sport:** Football

**Position:** Wide Receiver

**Height:** 6'0"      **Weight:** 190

**Age:** 23

**Vertical Jump:** 30" **Pro Agility Time:** 4.25 **Ten-Yard Dash:** 1.40

**Forty-Yard Dash:** 4.70 **Bench Press Pounds:** 315

**Squat Pounds:** 420 **Hang Clean Pounds:** 300

*Shane showed great commitment to the off-season program throughout the winter and spring of 2013. He made great strength and power improvements, as well as rehabbing a knee injury and getting himself healthy. During the summer, he was the primary leader and organizer for the teams summer training. He coordinated schedules for 40 players, reserved fields, and secured equipment and coach supervision so that the majority of the team could train together. He is the unquestioned leader of the team, first from his work ethic and also through his vocal leadership. He also completed an internship in our strength and conditioning department this fall and shows great promise and future in the strength and conditioning profession. - Michael Kamal, CSCS*

## Northern Arizona University

### Drew Emanuel

**Sport:** Football

**Position:** Tight End

**Height:** 6'4"      **Weight:** 245

**Age:** 22

**Vertical Jump:** 28" **Bench Press Pounds:** 295 **Squat Pounds:** 405

**Hang Clean Pounds:** 264

*Drew came in and played as a true freshman. His hard hits, crisp routes, and soft hands made him a valuable asset as a tight end. His dedication to the off-season training has made his attendance for his entire career at Northern Arizona University (NAU) 100%, both mandatory and voluntary, making him the first athlete at NAU to have a 100% career attendance. Just as impressive as his attendance was the effort he put forth in his training. He has proven his worth in all areas of the game: a four-year starter, graduating with a cumulative 3.4 grade point average (GPA), and officially the most dedicated athlete in my five year history. His work ethic has optimized his athletic ability and given him success and durability on the field. His dedication transcends the sport of football, as he is one of the most respected athletes among all sports at NAU. - Daniel Darcy, CSCS*

## Northern Arizona University

### Kyle Walker

**Sport:** Football

**Position:** Offensive Line

**Height:** 6'4"      **Weight:** 295

**Age:** 22

**Vertical Jump:** 32" **Bench Press Pounds:** 325 **Squat Pounds:** 525

**Hang Clean Pounds:** 290

*Kyle Walker came to us as a walk-on and earned his way to a starting position and a full ride. He played guard, tackle, or whatever we needed him to do to win games. His intensity and passion overflowed off the field into his off-season training. He was never late and never missed a session in his last two years. He was a leader both in his actions and with his voice. He was one of the strongest men in the room, and ran his conditioning with the linebackers and fullbacks. He raised the bar for the offensive line and defensive line in all areas on and off the field. He was, and still is, respected as one of the leaders for the Northern Arizona University (NAU) Football Team. His awards as a football player are many, but his actions behind the scenes, his year-round dedication to success, his relentless pursuit of his goals, and his willingness to bring all those around him with him, makes him the honor and pride of what we get to do as strength coaches. - Cody Hodgeson, CSCS*

## Northwood University

### Jordan Jonker

**Sport: Football**

**Position: Running Back**

**Height: 5'10"      Weight: 180**

**Age: 22**

**Vertical Jump: 31.5" Pro Agility Time: 4.44 Ten-Yard Dash: 1.64**

**Forty-Yard Dash: 4.71 Bench Press Pounds: 275 Squat Pounds: 515**

**Hang Clean Pounds: 300**

*Jordan is one of the most humble, and explosive players I have had a chance to work with, he is a silent leader who is at his best when it matters the most. His hard work and dedication have truly earned the respect of the coaching staff and his teammates. - Scott Fisher, CSCS, NSCA-CPT, RSCC*

## South Dakota State University

### Brandon Hubert

**Sport: Football**

**Position: Wide Receiver**

**Height: 5'11"      Weight: 188**

**Vertical Jump: 34.5" Pro Agility Time: 4.03 Ten-Yard Dash: 1.57**

**Forty-Yard Dash: 4.9 Bench Press Pounds: 275 Squat Pounds: 365**

**Hang Clean Pounds: 264**

*Brandon joined the South Dakota State University (SDSU) Football Team as a recruited walk-on and has worked his way into a starting role and the title of team captain as a wide receiver. He is a consistent performer with sure hands and a toughness that cannot be compared. His work ethic, attention to detail and dedication have led to the creation of the phrase, "if you want it done right ask Hubert to do it." He is busier than any student-athlete I have seen and gets more out of his day than almost anyone. He is a pharmacy/American Chemical Society (ACS) chemistry major that has excelled in the classroom as well as on the field. He has been named to the Missouri Valley Football Conference (MVFC) Honor Roll four times and has received MVFC Commissioner's Academic Excellence Award each of the last three seasons. - Paul Lundgren*

## South Dakota State University

### Taylor Suess

**Sport: Football**

**Position: Offensive Lineman**

**Height: 6'3"      Weight: 297**

**Age: 22**

**Vertical Jump: 25.5" Pro Agility Time: 4.75 Ten-Yard Dash: 1.72**

**Forty-Yard Dash: 5.23 Bench Press Pounds: 343**

**Squat Pounds: 525 Hang Clean Pounds: 297**

*Taylor came to South Dakota State University (SDSU) as a 230-lb walk-on defensive lineman and through his efforts in the weight room and on the practice field he has become a 298-lb two-year starter on the offensive line for the SDSU Jackrabbits. Taylor is an intelligent, hardworking, and dedicated young man with an infectious personality. He always has a smile on his face and is ready to get to work. While adding nearly 70 lb to his frame, he was able to improve his vertical jump by 2.5 in. In addition, he has improved his squat from 395 lb to 525 lb and added over 90 lb to his bench press. As a junior, he started at guard and now as a senior has been the anchor of the offensive line at center. He has done all this while majoring in mechanical engineering. Taylor has been a member of the Missouri Valley Football Conference (MVFC) Honor Roll every year he has been here. Also, he has been honored with the MVFC Commissioner's Academic Excellence Award three times. As a junior, Taylor earned Capital One Academic All-District and first team Academic All-Conference. Taylor's hard work, dedication and drive to be successful have helped the SDSU Jackrabbits earn Football Championship Subdivision (FCS) playoff berths in each of the last two years. These qualities will also ensure that he will become a lifelong champion. - Nathan Moe, CSCS, RSCC\*D*

## South Dakota State University

### Vince Benedetto

**Sport: Football**

**Position: Tight End**

**Height: 6'3"      Weight: 260**

**Vertical Jump: 30.5" Pro Agility Time: 4.28 Ten-Yard Dash: 1.64**

**Forty-Yard Dash: 4.90 Bench Press Pounds: 353**

**Squat Pounds: 486 Power Clean Pounds: 347**

*Vince has worked very hard and has shown his determination to be successful. He has improved himself each and every year and that has paid off in the weight room and on the field. Vince has gained 35 lb of bodyweight while improving his vertical jump by 2.5 in. In addition, he increased his squat by 140 lb, earning the South Dakota State University (SDSU) tight end squat record at 486 lb. He also improved his bench press by almost 80 lb and holds the SDSU tight end clean record as well at 347 lb. He is a history major that has been named a member of the Missouri Valley Football Conference (MVFC) Honor Roll for academics. Vince's hard work, dedication, and drive to be successful have helped the SDSU Jackrabbits earn Football Championship Subdivision (FCS) playoff berths in each of the last two years. These qualities will also ensure that he will become a lifelong champion. - Seth Daughters, CSCS*

## South Dakota State University

### Winston Wright

**Sport: Football**

**Position: Defensive Back**

**Height: 5'11"      Weight: 188**

**Age: 22**

**Vertical Jump: 35.5" Pro Agility Time: 4.12 Ten-Yard Dash: 1.54**

**Forty-Yard Dash: 4.62 Bench Press Pounds: 360**

**Squat Pounds: 398 Hang Clean Pounds: 275**

*Winston has worked extremely hard in all areas since day one of stepping on the South Dakota State University (SDSU) campus. He is a very likeable and charismatic young man that attracts people with his infectious personality. He is very intense in his work ethic and feeds off of and fuels others with his energy. He is not afraid to speak up and step up for the team as a leader. His leadership has been acknowledged by his teammates and coaches as he has been a two-year captain. He coaches and motivates his fellow athletes in the weight room and on the field. He holds the defensive back bench press record at 359 lb and is close to several other position records. He is a model of the term student-athlete for his work on the field, in the classroom, in the off-season, and in the community. He is a member of the Missouri Valley Football Conference (MVFC) Honor Roll and a two-time recipient of the MVFC Commissioner's Academic Excellence Award. In addition, he was nominated for the Allstate AFCA Good Works Team in the off-season. He is currently in consideration for the John Wooden Citizen award. Winston's hard work, dedication, and drive to be successful have helped the SDSU Jackrabbits earn Football Championship Subdivision (FCS) playoff berths in each of the last two years. He is a very mature young man that will be extremely successful because of his dedication, determination, work ethic, and passion. - Jesse Rodriguez, CSCS*

## South Dakota State University

### Taylor Gibson

**Sport:** Football

**Position:** Tight End

**Height:** 6'0"      **Weight:** 230

**Age:** 22

**Vertical Jump:** 30" **Pro Agility Time:** 4.34 **Ten-Yard Dash:** 1.55

**Forty-Yard Dash:** 4.90 **Bench Press Pounds:** 370

**Squat Pounds:** 486 **Hang Clean Pounds:** 308

*Taylor transferred to South Dakota State University as a walk-on linebacker and spent four years working everyday to improve himself and his team. He worked very hard in the weight room and on the practice field. He always had a positive attitude and did whatever was asked of him. He changed positions to tight end but nothing changed his work ethic. He improved his power clean and bench by over 60 lb, and his squat by over 130 lb. He was always a joy to work with as he strove to get better. His work ethic and dedication will assure that Taylor is a lifelong champion. ~ Adam Parsons, CSCS*

## Stillman College

### Hudson Cain

**Sport:** Football

**Position:** Wide Receiver

**Height:** 6'1"      **Weight:** 190

**Age:** 19

**Vertical Jump:** 34" **Pro Agility Time:** 4.27 **Forty-Yard Dash:** 4.38

**Bench Press Pounds:** 285 **Squat Pounds:** 400

**Power Clean Pounds:** 280

*Hudson has quickly become one of the crown jewels in the Stillman College Athletics Department. His attitude and desire to constantly improve and relentlessly address his deficiencies are a coach's dream. He has dropped his 40-yard dash time from a 4.53 last April to a 4.38 this February. Hudson takes all instruction that is given to him and performs it at textbook quality. While he's only a sophomore, his progress will only continue to astonish.*

*~ Keith Swift, CSCS, RSCC, USAW*

## University of Missouri

### Henry Josey

**Sport:** Football

**Position:** Running Back

**Height:** 5'9"      **Weight:** 190

**Vertical Jump:** 36.9" **Pro Agility Time:** 4.09 **Forty-Yard Dash:** 4.42

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

*Henry overcame a devastating knee injury to come back and rush for over 1,000 yards this past season. He is only one of two players to have two 1,000-yard seasons. He missed the 2012 season after several knee surgeries and came back to be a team leader in 2013. Henry is the fourth all-time leading rusher for the University of Missouri. He was awarded the only game ball that Gary Pinkel has ever given out during his career as a head coach for his determination and dedication to returning to the field this season. Henry is a team leader on and off the field and his dedication to training was most certainly showed during his amazing comeback season this year. ~ Scott Bird, CSCS*

## University of Sioux Falls

### Michael Tolkamp

**Sport:** Football

**Position:** Defensive End

**Height:** 6'3"      **Weight:** 245

**Age:** 21

**Vertical Jump:** 37.5" **Pro Agility Time:** 4.18 **Ten-Yard Dash:** 1.62

**Forty-Yard Dash:** 4.66 **Bench Press Pounds:** 355

**Squat Pounds:** 455 **Hang Clean Pounds:** 340

*Michael came off of a devastating knee injury his senior year of high school and worked himself back into being a dominant player on the defensive line for us. He is one of the hardest workers I have ever worked with along with being extremely competitive. He leads by example with every single repetition and set of every single day and I look forward to what he will be able to do during his upcoming senior season. ~ Zach Mathers, CSCS*

## University of Tennessee

### Rajion Neal

**Sport:** Football

**Position:** Running Back

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

**Vertical Jump:** 39" **Bench Press Pounds:** 435 **Squat Pounds:** 605

*~ Dave Lawson, SCCC*

## University of Tennessee

### AJ Johnson

**Sport:** Football

**Position:** Linebacker

**Height:** 6'2"      **Weight:** 245

**Vertical Jump:** 38" **Bench Press Pounds:** 375 **Squat Pounds:** 600

*~ Michael Szerszen, CSCS, SCCC*

## University of Texas at San Antonio

### Jeremiah Moeller

**Sport:** Football

**Position:** Tight End

**Height:** 6'2"      **Weight:** 245

**Vertical Jump:** 31" **Pro Agility Time:** 4.13 **Twenty-Yard Dash:** 2.7

**Forty-Yard Dash:** 4.7 **Bench Press Pounds:** 385 **Squat Pounds:** 575

**Hang Clean Pounds:** 395

*Jeremiah played in all 34 football games in the University of Texas at San Antonio (UTSA) history, being a third year start-up entering Football Bowl Subdivision (FBS) and Conference United States of America (C-USA). Jeremiah has been a great leader on the field as a captain and an even better leader in the weight room with his work ethic and dedication to making himself a better football player by what he does in strength and conditioning. Jeremiah holds several of the performance records at UTSA. Jeremiah has aspirations of becoming a strength and conditioning coach. ~ Charles Dudley, Jr., CSCS*

## University of Wisconsin-River Falls

### Jordan Christianson

**Sport:** Football

**Position:** Wide Receiver

**Height:** 6'2"      **Weight:** 198

**Age:** 21

**Vertical Jump:** 36.4" **Pro Agility Time:** 3.92 **Ten-Yard Dash:** 1.6

**Bench Press Pounds:** 245 **Squat Pounds:** 395

**Hang Clean Pounds:** 275

*Even though Jordan is in his junior year of eligibility, his success in the weight room has paid off for him on the field. Between his responsibilities to the classroom, football team, work, and socially, he has made a dedicated effort to improve his physical attributes. This is the example that all coaches are looking for to show other athletes how to live up to the expectations of college sports.*

*~ Carmen Pata, CSCS, RSCC\*D*

# golf

## Coastal Carolina University

### Andrew Dorn

**Sport:** Golf

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

**Age:** 21

Andrew has elevated his game year by year and it all started with his work ethic in the weight room. He leads a very talented golf team in the weight room and on the golf course. ~ Sonya Woods

## Troy University

### Langley Vannoy

**Sport:** Golf

**Squat Pounding:** 200 **Hang Clean Pounding:** 115

Her coach says, "Langley is an outstanding individual and the ideal student-athlete. I believe that she makes those around her better. I am very pleased that I have had the opportunity to be her coach." Her strength coach says, "She is always in the weight room doing extra work to better herself. She has a good attitude toward working out and strives to be the best." Thus far she has earned a 3.8 cumulative grade point average (GPA) and has received the National Golf Coaches Association Academic All-Scholar Award twice. Along with an outstanding golf career, she has also served as an officer on our student-athlete advisory council.

~ Richard Shaughnessy, CSCS

# gymnastics

## University of Michigan

### Reema Zakharia

**Sport:** Gymnastics

**Position:** Vault, Balance Beam, Floor Exercise

**Height:** 5'1"

**Age:** 22

**Squat Pounding:** 175

Reema is currently a senior for the University of Michigan Women's Gymnastics team and a member of two Big Ten Championship teams (2011 and 2013). She was voted tri-captain this year by her teammates and has contributed on the vault, balance beam, and floor exercise. Reema has overcome significant injuries during her career as a University of Michigan student-athlete and has refused to let that impede her progress as a gymnast. She has learned from those challenges and committed herself to physical preparation. Her positive attitude and work ethic have impacted her growth as an individual while also serving as an excellent example to her teammates of how to approach academics, competition, and training. Reema has seen success outside of training and competition as well. She has previously received the University of Michigan Athletic Academic Achievement Award. Reema is also the team's Student-Athlete Advisory Committee (SAAC) representative while also serving on the SAAC Task Force. Additionally, she has been an active member of the Michigan Leadership Academy. Over the last four years, Reema's work ethic, leadership, and dedication to training make her an excellent nominee for this award. It is a pleasure contributing to her development and growth as a University of Michigan student-athlete.

~ Jason Cole, CSCS, RSCC\*D

# hockey

## Colorado College

### Josh Thorimbert

**Sport:** Hockey

**Position:** Goalie

**Height:** 5'11"      **Weight:** 202

**Age:** 21

**Vertical Jump:** 27.25" **Pro Agility Time:** 4.54 **Ten-Yard Dash:** 1.74

**Bench Press Pounding:** 245 **Squat Pounding:** 385

**Hang Clean Pounding:** 245

Josh has been extremely dedicated to improving his athleticism throughout his career. He leads by the example he sets in the weight room and on the ice. He has consistently improved his strength, speed, and explosive power over his four-years training in college and is very engaged in the training process. His commitment to physical training is evident from his ability to stay healthy and play through "bumps and bruises" that come up throughout the season. I like to say that we have the hardest working goalie in the country and Josh has lived up to this his entire career.

~ Scott Caulfield, CSCS,\*D, RSCC\*D

## University of Michigan

### Derek Deblois

**Sport:** Hockey

**Position:** Forward

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

**Age:** 22

**Vertical Jump:** 25" **Bench Press Pounding:** 235 **Squat Pounding:** 330

**Power Clean Pounding:** 260

Derek is a captain of the University of Michigan hockey team and has earned that through his training and dedication to developing as a hockey player and leader. He is the type of player that comes to the rink, weight room, classroom, etc. with an intention and purpose. He is constantly striving to improve not only on the ice, but in the weight room as well as the classroom. He is the epitome of a University of Michigan hockey player: tough, fit, competitive, enthusiastic, and passionate. It has been my pleasure to watch Derek not only earn and accomplish everything he has, but also to be recognized for those accomplishments.

~ Ashley Jackson, MEd, CSCS, USAW

## University of Michigan

### Mac Bennett

**Sport:** Hockey

**Position:** Defensemen

**Height:** 6'0"      **Weight:** 189

**Age:** 22

**Vertical Jump:** 36" **Bench Press Pounding:** 255 **Squat Pounding:** 375

**Hang Clean Pounding:** 265

Mac is our physical and emotional leader both on the ice and off. He is the captain of our team because of his work ethic, passion, and enthusiasm for the University of Michigan. His leadership not only raises the standards of our team, but motivates players to meet those standards. His relentless work ethic has led to many accomplishments, with many more to come. Mac is a musicology major, third round draft pick, and our captain. I have never seen him waiver in his dedication to our team as a player. He is a joy to work with and has earned the respect of our team, staff, and athletic department. ~ Joseph Maher, MEd, CSCS, RSCC

## University of New England

### Zethariah Zielinski

**Sport:** Hockey

**Position:** Forward

**Height:** 6'0"      **Weight:** 215

**Age:** 21

**Vertical Jump:** 27.9" **Pro Agility Time:** 4.56 **Forty-Yard Dash:** 4.85

**Bench Press POUNDAGE:** 225 **Squat POUNDAGE:** 450

*Zethariah is a dedicated, hardworking individual that takes pride in his work. During the time I have known Zethariah, he has distinguished himself as a determined individual who is committed to doing his best. I have great respect for his work ethic and commitment to excellence in the classroom, on the ice, and in the strength and conditioning center. Zethariah was an assistant captain of the men's ice hockey team this year as a junior and has a career tally of 75 games played, 19 goals, 32 assists, and 51 total points as a forward. In addition, he has successfully balanced the academic responsibilities of an applied exercise science major earning a cumulative grade point average (GPA) of 3.92, Dean's List all semesters, Applied Exercise Student of the Year for 2012, and selected to the Eastern College Athletic Conference (ECAC) East All-Academic Team in 2012 and 2013. Zethariah has taken ownership in the strength and conditioning program and has established a criterion for future student-athletes. He is the first one in the weight room and the last to leave; his work ethic is infectious. Zethariah's dedication and commitment is a rare trait. I believe that Zethariah exemplifies the qualities of the National Strength and Conditioning Association (NSCA) All-American Athlete Award. ~ Heath Pierce, CSCS,\*D, NSCA-CPT,\*D, RSCC*

## University of Wisconsin-River Falls

### Ashley Kuechley

**Sport:** Hockey

**Position:** Goalie

**Height:** 5'6"      **Weight:** 150

**Age:** 22

**Vertical Jump:** 29.1" **Pro Agility Time:** 4.73 **Ten-Yard Dash:** 1.96

**Bench Press POUNDAGE:** 150 **Squat POUNDAGE:** 260

**Hang Clean POUNDAGE:** 170

*Ashley has been one of the best female athletes to work with at the University of Wisconsin-River Falls (UWRF). Her dedication to the weight room has brought her success in her athletic career and will continue to in her young professional career. She currently has set the season shutout record for UWRF and while interning with the athletic performance staff, has worked with all sports in the weight room. I am confident that she will take what she has learned in the classroom and in application to her profession in the exercise science field.*

*~ Carmen Pata, CSCS, RSCC\*D*

# Lacrosse

## Green Mountain College

### Luke Carey

**Sport:** Lacrosse

**Position:** Goal Keeper

**Height:** 64"      **Weight:** 229

**Age:** 21

**Vertical Jump:** 18" **Pro Agility Time:** 5.29 **Ten-Yard Dash:** 2.18

**Bench Press POUNDAGE:** 217 **Squat POUNDAGE:** 213

*Luke, a senior lacrosse captain, has been the single most diligent and disciplined student-athlete on his entire team. He is not afraid to take the difficult road that is strength training and conditioning, even if he has to do it alone. Through this effort he has become what his lacrosse coach, Mark Lange, would call an "agent of change." As an incredibly well-rounded student-athlete, Luke maintains a grade point average (GPA) of 3.48, works nights at the local ski hill, and still arrives 20 minutes early to 7:00 am training sessions. Luke is everything a coach looks for in a National Collegiate Athletic Association (NCAA) Division III athlete; his attitude, effort, and attention to detail never waver. ~ Joshua Bullock, MA, CSCS, RSCC*

## Green Mountain College

### Johanna Douglas

**Sport:** Lacrosse

**Position:** Midfield

**Height:** 64.5"      **Weight:** 142

**Age:** 21

**Vertical Jump:** 18" **Pro Agility Time:** 5.25 **Ten-Yard Dash:** 2.0

**Bench Press POUNDAGE:** 79 **Squat POUNDAGE:** 129

*Johanna is the embodiment of a National Collegiate Athletic Association (NCAA) Division III student-athlete. She has been a top performer in the weight room, but that is only a small part of this driven student-athlete. Johanna continually shows great effort, has demonstrated a great deal of sport skill, maintains a grade point average (GPA) of 3.90, and is involved with numerous other campus activities, such as the Student Athlete Advisory Committee (SAAC). Johanna's greatest strengths are her attitude and effort. She is always positive and pushes herself and her teammates to improve. Her lacrosse coach, Seth Benjamin, and I both agree that Johanna is, without a doubt, the biggest reason the female population here at Green Mountain College has embraced strength training and conditioning.*

*~ Joshua Bullock, MA, CSCS, RSCC*

## Limestone College

### Jamar Peete

**Sport:** Lacrosse

**Position:** Defensive Midfield

**Height:** 6'0"      **Weight:** 193

**Age:** 23

**Pro Agility Time:** 4.34 **Ten-Yard Dash:** 1.4 **Bench Press POUNDAGE:** 340

**Squat POUNDAGE:** 450 **Hang Clean POUNDAGE:** 275

*Jamar is one of the most athletically gifted athletes that we have ever trained at Limestone College. His size, speed, and power have made him a very formidable part of our midfield line at Limestone College and he is one of the reasons for the continued success in an already historic program. ~ Curtis Lamb, CSCS*

## Limestone College

### Jessica Tessman

**Sport:** Lacrosse

**Position:** Defense

**Height:** 5'3"      **Weight:** 133

**Age:** 22

**Pro Agility Time:** 4.66 **Ten-Yard Dash:** 1.72 **Bench Press Pounding:** 110

**Squat Pounding:** 240 **Hang Clean Pounding:** 140

*Jessica has been an outstanding student-athlete to work with over her career. Her approach towards training has been outstanding day in and day out over the past four years. ~ Curtis Lamb, CSCS*

## University of Massachusetts Dartmouth

### Taylor Corsano

**Sport:** Lacrosse

**Position:** Midfield

**Height:** 5'6"      **Weight:** 150

**Vertical Jump:** 21" **Pro Agility Time:** 4.87 **Ten-Yard Dash:** 2.09

**Forty-Yard Dash:** 5.93 **Bench Press Pounding:** 95 **Squat Pounding:** 130

**Hang Clean Pounding:** 120

*Taylor has been working throughout her lacrosse career to become the strongest student-athlete she can. Her work in our strength and conditioning program has been a major influence on overall athleticism of the team. Taylor requests extra strength training and she tracks her progress, always competing with herself. She holds the school record for the pro agility time and she performs accordingly on the lacrosse field. Taylor has been named a Little East All-Conference player and is the team leader in goals and points. During her senior year, Taylor served as the team captain, led by example, and pushed the rest of the team on the field and in the weight room. ~ Sarah Booker, CSCS*

## University of Michigan

### Jeff Chu

**Sport:** Lacrosse

**Position:** Defensive Midfielder

**Height:** 5'9"      **Weight:** 160

**Age:** 22

**Vertical Jump:** 36" **Pro Agility Time:** 4.34 **Forty-Yard Dash:** 4.79

**Bench Press Pounding:** 255 **Squat Pounding:** 325

**Hang Clean Pounding:** 215

*As a senior captain, Jeff Chu is a leader in the weight room and on the field. Jeff's dedication to his physical preparation is relentless and his passion shows with every repetition. Jeff is a team-oriented guy whose "grind away mentality" is contagious. His daily mission is to outwork everyone around him and he challenges his teammates to deny him. It has been a true pleasure to coach Jeff these last few years. ~ Bo Sandoval, CSCS, RSCC*

# rowing

## The Ohio State University

### Allison Elber

**Sport:** Rowing

**Position:** Rower

**Height:** 5'10"      **Weight:** 145

**Age:** 22

**Bench Press Pounding:** 140 **Squat Pounding:** 200

*Allison is one of the hardest workers I have ever coached. She is a leader not only in the boat, but in the weight room as well. Demanding everything that each of her teammates had to give every time out and always leading by example. It was this tenacious attitude that helped her lead her team to their first National Championship ever. ~ Kim Dally-Badgeley, CSCS*

# SOCCER

## Clemson University

### Kailen Sheridan

**Sport:** Soccer

**Position:** Goalkeeper

**Height:** 5'8"

**Vertical Jump:** 25" **Forty-Yard Dash:** 5 **Bench Press Pounding:** 135

*Kailen Sheridan over the past year has demonstrated a relentless pursuit to become the best athlete she can possibly become. Kailen's work habits and prowess in the weight room have helped to put her in a leadership role on the women's soccer team despite being only a freshman. Her dedication to her training has translated to the field, where she was a key component of the women's soccer team, who had their best season in a number of years. Kailen is an elite level athlete that has competed internationally as a member of Canada's national team. ~ Richard Franzblau, CSCS*

## Coastal Carolina University

### Christina Stern

**Sport:** Soccer

**Position:** Forward

**Height:** 5'5"

**Vertical Jump:** 21" **Pro Agility Time:** 5.05 **Bench Press Pounding:** 150

**Squat Pounding:** 230 **Hang Clean Pounding:** 140

*Christina is very dedicated and motivated to her sport and strength and conditioning. Christina shows herself as a leader through her work ethic, intensity, and dedication. She has shown her commitment with full participation in voluntary summer workouts for the past two years. In any workout or sport activity there is never any question that she will bring 100% of herself to that session. She has always pushed herself and her teammates to achieve the goals that were set. ~ Sonya Woods, CSCS*

## McKendree University

### Kayla Morelan

**Sport:** Soccer

**Position:** Goalie

**Height:** 5'2"

**Age:** 22

**Vertical Jump:** 23" **Pro Agility Time:** 5.12 **Ten-Yard Dash:** 1.78

**Bench Press POUNDAGE:** 150 **Squat POUNDAGE:** 255

**Hang Clean POUNDAGE:** 125

*Kayla has done an exceptional job in the weight room. She has a gift in terms of strength and has shown other athletes what is capable in terms of our strength program. Her drive and determination are unmatched. ~ Jordan Fark, MS, CSCS*

## Merrimack College

### Danielle Dion

**Sport:** Soccer

**Position:** Forward

**Height:** 5'9"

**Age:** 21

**Vertical Jump:** 20.4" **Bench Press POUNDAGE:** 120 **Squat POUNDAGE:** 190

**Hang Clean POUNDAGE:** 125

*Danielle embodies everything that this award stands for. She has rehabilitated two injuries over the past two years that never slowed her down. Her dedication and work ethic allowed her to attain health and performance in the weight room and on the pitch. Her high level of commitment, energy, and enthusiasm is why she is so deserving of the National Strength and Conditioning Association (NSCA) All-American Award. ~ Michael Kamal, CSCS*

## Northern Arizona University

### Elinor Priest

**Sport:** Soccer

**Position:** Forward

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

**Age:** 22

**Vertical Jump:** 23" **Bench Press POUNDAGE:** 115 **Squat POUNDAGE:** 235

**Hang Clean POUNDAGE:** 135

*Elinor has been a strong candidate for this honor since she transferred here and stepped onto campus. Elinor has been determined and motivated to prove her worth in all aspects of her life, strength and conditioning was no different. Elinor spent the majority of her summer breaks training to prepare herself for the upcoming season, which showed through in her very healthy career. She also went from middle of the pack to front of the pack or leading in all measured categories and this only tells half of her story. Elinor is also an exceptional and considerate person who expects nothing less than her best from herself and her teammates. I have no doubt that Elinor will continue to achieve success in her future endeavors. ~ Daniel Darcy, CSCS*

## Oakland University

### Derek Nowak

**Sport:** Soccer

**Position:** Midfielder

**Height:** 5'11" **Weight:** 159

**Age:** 22

**Bench Press POUNDAGE:** 175 **Squat POUNDAGE:** 275

*Derek is an extremely hard worker and is very coachable. Derek has always performed well both in the weight room and on the field. This past season, Derek was part of a defense that recorded three consecutive shutouts and made a run in the Horizon League playoffs. Recently, Derek and the rest of his team started a new workout. He took to it immediately and began working with great intensity each and every day. He has seen great improvements in strength, mobility, and explosiveness in a relatively short period of time. This motivation has rubbed off on many of his teammates, who saw Derek working and then began trying to emulate that same intensity. Whenever there is a team competition, Derek assumes a leadership role and does an excellent job at motivating and pushing his team to their limits. Derek is also a leader outside of the weight room, where he was twice named to the Summit League All-Academic Team in 2011 and 2012. As he continues to progress in his workouts (Olympic-style lifting is included), Derek will continue to see great improvements because of his strong will and great work ethic. ~ Alison Tansel, USAW-1*

## University of Michigan

### Tori McCombs

**Sport:** Soccer

**Position:** Midfield

**Height:** 5'4" **Weight:** 126

**Age:** 22

**Vertical Jump:** 22" **Bench Press POUNDAGE:** 105 **Squat POUNDAGE:** 205

*Tori has played an integral role as a member of the University of Michigan Women's Soccer team during her four years, leading by example on the field, in the weight room, and in the classroom. Through her dedication to training and athletic ability on the field, Tori earned a place on the All-Big Ten Tournament Team (2013) and top 15 all-time rankings at the University of Michigan. She demonstrated her leadership qualities in the weight room as well, consistently placing among the top five strongest athletes on the team. She brought the same level of commitment to the classroom, earning the University of Michigan Athletic Academic Achievement Award. Tori's strong work ethic and commitment to training established her as a successful contributor to the team, both on and off the field. ~ Katlyn Haycock, CSCS*

## University of Tennessee

### Allie Sirna

**Sport:** Soccer

**Position:** Defender

**Height:** 5'3" **Weight:** 115

**Age:** 20

**Vertical Jump:** 24" **Pro Agility Time:** 4.7 **Ten-Yard Dash:** 1.58

**Forty-Yard Dash:** 5.35 **Bench Press POUNDAGE:** 80 **Squat POUNDAGE:** 135

**Hang Clean POUNDAGE:** 80

*Allie is one of the most intrinsically motivated and committed athletes I have had the privilege to coach. She is equally passionate in the classroom, weight room, and on the field of play. She is physically, mentally, and emotionally tough, and is as tough pound-for-pound as is any male or female athlete we coach on a day-to-day basis. Allie is a quiet leader who is always willing to help her teammates, coaches, and staff when needed. Her work ethic and coachability are second to none. She has made significant improvements in strength, power, and speed. She is deserving of every award she receives. ~ Greg Adamson, CSCS*



# softball

## Coastal Carolina University

### Jessica Winans

**Sport:** Softball

**Position:** Shortstop

**Height:** 5'2"

**Age:** 22

**Vertical Jump:** 20.5" **Ten-Yard Dash:** 1.7 **Squat Pounding:** 215

**Hang Clean Pounding:** 135

Since Jessica's freshman year at Coastal Carolina University, she has shown to be a standout student-athlete on the softball team. She has been voted captain all four years, and has been a leader inside and outside of the weight room. If there is someone I need to improve the intensity of the team, she is the one that will push the team. She always pushes herself and her teammates to always bring their best. Jessica comes everyday with a positive attitude and willingness to work. She is always looking for ways to get better in every way. Jessica has been an ambassador in all areas for her team. ~ Sonya Woods

## East Central University

### Lacey Williams

**Sport:** Softball

**Position:** Centerfield

**Height:** 5'4"

**Age:** 21

**Vertical Jump:** 26" **Pro Agility Time:** 4.79 **Forty-Yard Dash:** 4.83

**Bench Press Pounding:** 155 **Squat Pounding:** 230

**Hang Clean Pounding:** 155

On a daily basis and with a positive attitude, Lacey has shown great work ethic and dedication to excellence through the strength and conditioning program.

~ Tyson Staples, CSCS

## East Central University

### Kaile Marcum

**Sport:** Softball

**Position:** Infield

**Height:** 5'5"

**Age:** 21

**Vertical Jump:** 24" **Pro Agility Time:** 4.62 **Forty-Yard Dash:** 4.71

**Bench Press Pounding:** 115 **Squat Pounding:** 190

**Hang Clean Pounding:** 120

Kaile has done an outstanding job of working hard and paying attention to details with a positive attitude. ~ Scott O'Dell, CSCS

## Florida State University

### Victoria East

**Sport:** Softball

**Position:** First Base

**Height:** 5'9" **Weight:** 132

**Age:** 19

**Vertical Jump:** 23" **Pro Agility Time:** 4.63 **Ten-Yard Dash:** 1.7

**Squat Pounding:** 175 **Power Clean Pounding:** 145

Victoria is not only an impressive athlete in the weight room but she is a joy to coach. I can always count on her to give her all. She is the type of athlete any strength and conditioning coach would love to have: committed, dependable, and ecstatic over new personal records. It is my honor to nominate Victoria for this award. ~ Caitlin Quinn, CSCS, RSCC

## Humboldt State University

### Tonya Walker

**Sport:** Softball

**Position:** Outfield

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

**Vertical Jump:** 27" **Bench Press Pounding:** 155 **Squat Pounding:** 245

**Hang Clean Pounding:** 175

Tonya is an incredibly graceful and powerful athlete who is truly self-made through her dedication in the weight room and on the softball field. Tonya only knows one speed, and that is full speed. Whether it is on the platform, running conditioning sprints, or playing the game she loves, Tonya always gives 100%. Tonya's effort has been consistent from her arrival as an unproven freshman through her senior season as a team leader and All-American caliber player.

~ Drew Petersen, CSCS, RSCC\*E

## Jacksonville State University

### Tiffany Harbin

**Sport:** Softball

**Position:** Pitcher

**Height:** 5'10" **Weight:** 145

**Age:** 22

**Vertical Jump:** 21.75" **Forty-Yard Dash:** 5.09

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

**Hang Clean Pounding:** 125

Tiffany is a quiet young lady that leads by example both on and off the field. Tiffany has been an All-Conference selection since her freshman year. A stellar student in all the aspects of her life, she understood the value of the weight room very early in her career. This ensured she was capable of answering the bell when her team needed her the most. ~ Brian Austin, CSCS

## Juniata College

### Rachel Smith

**Sport:** Softball

**Position:** Pitcher/Infielder/Outfielder

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

**Age:** 22

**Vertical Jump:** 26" **Pro Agility Time:** 4.8 **Forty-Yard Dash:** 5.1

**Bench Press Pounding:** 150 **Squat Pounding:** 275

**Hang Clean Pounding:** 125

Rachel's hard work and leadership skills on the softball field and in our off-season developmental program have been instrumental in contributing to the Juniata College Women's Softball Programs' success. Rachel's work ethic, self-motivation, and leadership skills have been a key factor in helping herself and her teammates achieve a work standard that has translated into team success. This same work ethic and self-motivation has also contributed in Rachel's making second team All-Landmark Conference in 2012, with a batting average of .344. As the 2014 team captain, Rachel and the other members of the Juniata Softball team approach the upcoming season with much anticipation of success.

~ Douglas Smith, CSCS, RSCC\*E

## Limestone College

### Taylor Wigmore

**Sport:** Softball

**Position:** Pitcher

**Height:** 5'3"

**Weight:** 133

**Age:** 22

**Ten-Yard Dash:** 1.75 **Bench Press Pounding:** 135 **Squat Pounding:** 235

**Hang Clean Pounding:** 140

*Taylor has transitioned into one of the team leaders this year. She leads by example and by practicing what she preaches. She is also participating in a strength and conditioning internship here at Limestone College all while competing on the mound as a softball player, and setting collegiate national records as a competitive power lifter. - David Edwards, CSCS*

## Murray State University

### Alexa Becker

**Sport:** Softball

**Position:** Shortstop

**Height:** 5'9"

**Age:** 20

**Vertical Jump:** 25.5" **Bench Press Pounding:** 130 **Squat Pounding:** 230

*Alexa from day one started with a "will do" attitude. She is extremely powerful and explosive and has made strides to become better than she was last year. She does not shy away from challenging situations but rather embraces them. Alexa has the mentality of "I get to" work out and get stronger and faster on a daily basis instead of "I have to," which is contagious to her team. She is a true competitor in every sense of the word and her teammates look to her for guidance and consistency in the weight room and during competition. - Mike Rhoades, MS, CSCS, USAW*

## Northwood University

### Stacey Klonowski

**Sport:** Softball

**Position:** Shortstop

**Height:** 5'9"

**Age:** 22

**Vertical Jump:** 21.6" **Pro Agility Time:** 5.0 **Forty-Yard Dash:** 5.46

**Bench Press Pounding:** 120 **Squat Pounding:** 230

**Hang Clean Pounding:** 160

*Stacey is an exceptionally gifted softball player, three-time All-Great Lakes Intercollegiate Athletic Conference (GLIAC) team infielder, National Collegiate Athletics Association (NCAA) second team All-Region, and second team Academic All-American. Stacey has earned the respect of the coaching staff and her teammates with her tireless work ethic and dedication to the team.*

*- Scott Fisher, CSCS, NSCA-CPT, RSCC*

## Oakland University

### Morgan Muron

**Sport:** Softball

**Position:** Third Base

**Height:** 5'5"

**Weight:** 146

**Age:** 20

**Bench Press Pounding:** 135 **Squat Pounding:** 250

**Hang Clean Pounding:** 145

*Morgan's effort in the weight room and on the practice field has moved her into the starting lineup at third base this year. She brings a lot of power to the batting lineup having already hit a homerun with the season just starting. Morgan approaches each workout with high intensity and outstanding enthusiasm. Morgan set personal records in the weight room with her one repetition maximum (1RM) back squat at 250 lb occasions in the next year. - Alison Tansel, USAW-1*

## Oakland University

### Erika Polidori

**Sport:** Softball

**Position:** Catcher/Outfielder

**Height:** 5'4"

**Weight:** 140

**Squat Pounding:** 240 **Hang Clean Pounding:** 145

*Over the course of four years of collegiate softball at Oakland University, Erika has achieved academic and athletic success through her incredible determination, work ethic, and leadership abilities. Going into her senior year, Erika led the team in batting average, hits, runs, and RBIs and continued to achieve success as she joined the Canadian National Team for the summer of 2013. Erika has continued working to improve her abilities as she began her senior softball season resulting in a back squat max of 240 lb and a hang power clean max of 145 lb, both of which place her towards the top of her team in regards to strength. Her athletic gains became even more impressive considering her direct admission into the nursing program at Oakland University. The stress of competing at such high levels coupled with the academic demands of the nursing program showcase the extent of Erika's determination. Her continued drive towards improving herself academically and athletically has influenced her team to push themselves similarly. Additionally, Erika has recently been nominated for the National Collegiate Athletic Association (NCAA) Senior Class Award for 2014. Erika is truly a student-athlete in every sense of the phrase. - Gavin Stuart, CSCS*

## South Dakota State University

### Sammy Bingham

**Sport:** Softball

**Position:** Catcher

**Height:** 5'6"

**Weight:** 140

**Vertical Jump:** 26" **Pro Agility Time:** 4.59 **Bench Press Pounding:** 133.3

**Squat Pounding:** 243.5 **Hang Clean Pounding:** 264

*Sammy is a picture of what it means to be a dedicated student-athlete. Sammy has put forth a work ethic that is contagious to her teammates. She pushes herself in the weight room and on the field, leading by example in all areas of her life. Because of this determination to be the best athlete she can be, Sammy holds the softball vertical jump record and has met all standards to earn "Iron Jacks" recognition. Her efforts in the weight room have translated on the field and have made her the focal point of the team, playing in all 46 games in 2013. She has recorded team-highs in batting average, on-base percentage, and home runs, while making very few errors as a catcher. Her passion for softball has definitely fueled a work ethic as a student-athlete and will continue to drive Sammy in her future endeavors. - Paul Lundren*

## Stillman College

### Ashlee Handley

**Sport:** Softball

**Position:** Infield/Catcher

**Height:** 5'4"

**Age:** 21

**Pro Agility Time:** 5.0 **Ten-Yard Dash:** 1.97 **Twenty-Yard Dash:** 3.31

**Bench Press Pounding:** 125 **Squat Pounding:** 275

**Power Clean Pounding:** 135

*Ashlee has shown amazing perseverance after suffering a back injury that sidelined her from fully participating in most of the fall. She increased her squat max by 30 lb, her power clean max by 20 lb, and improved her previous times in the 20-yard dash and pro agility drill. Ashlee did not make excuses while injured but instead fought through sweat and tears to return to action alongside her teammates, all the while being a vocal and exemplary leader. - Keith Swift, CSCS, RSCC, USAW*

## State University of New York at New Paltz

### Chelsea Kull

**Sport: Softball**

**Position: First Base**

**Height: 5'8"**

**Weight: 130**

**Age: 21**

**Bench Press Poundage: 140 Squat Poundage: 195**

**Hang Clean Poundage: 135**

*Chelsea is a great leader and a hard worker during her softball training sessions here at the State University of New York at New Paltz. She was a person to look up to in the weight room by younger athletes on her team. ~ Gary Gall, Jr., MS, USAW-1*

## State University of New York at New Paltz

### Noelle Grande

**Sport: Softball**

**Position: Outfielder**

**Height: 5'5"**

**Weight: 135**

**Age: 21**

**Bench Press Poundage: 105 Squat Poundage: 205**

**Hang Clean Poundage: 135**

*Noelle worked very hard in the weight room over the past year. She improved her squat by almost 100 lb, and her clean by 80 lb. She is one of the hardest working athletes I have ever worked with. ~ Gary Gall, Jr., MS, USAW-1*

## The Ohio State University

### Caitlin Conrad

**Sport: Softball**

**Position: Outfielder**

**Height: 5'5"**

**Weight: 138**

**Age: 21**

**Pro Agility Time: 4.7 Bench Press Poundage: 135 Squat Poundage: 225**

**Hang Clean Poundage: 154**

*Caitlin is a perfect example of strong work ethic. She is a student-athlete that brings dedication and passion to the weight room. She is a focused individual who truly wants to get better each and every day. She always wants to know what she has to do to get to the next level. Her hard work and discipline forces others to keep up and improve. It has been an honor to coach Caitlin and she truly deserves all the rewards and accolades that she receives. ~ Andy Britton, CSCS*

## University of Michigan

### Nicole Sappingfield

**Sport: Softball**

**Position: Outfielder**

**Height: 5'9"**

**Age: 22**

**Vertical Jump: 24" Forty-Yard Dash: 5.08 Bench Press Poundage: 130**

**Squat Poundage: 185 Hang Clean Poundage: 145**

*Nicole is currently a senior outfielder for the University of Michigan (UM) Softball Team and a member of three Big Ten Championship teams (2011, 2012, and 2013). She has been voted captain by her teammates as both a junior and senior. Nicole has faced many physical and personal challenges over the course of her time as a UM student-athlete. In spite of these challenges, Nicole made significant gains throughout the off-season as she added 55 lb to her back squat, and 15 lb to her power clean and bench press. She was also able to add 2.2" to her vertical jump and improved her 20-yard and 40-yard sprint times by 0.19 and 0.30 s, respectively. In addition to her commitment to physical development, Nicole has also been nominated for the Senior Celebrating Loyalty and Achievement for Staying in School (CLASS) Award. To be eligible for this award, a National Collegiate Athletic Association (NCAA) Division I student-athlete must have notable achievements in four categories: community, classroom, character, and competition. Nicole is a two-time All-Big Ten performer and a two-time Academic All-Big Ten honoree. Additionally, her work as a clinician for the UM Softball Academy has also helped raise money for the American Cancer Society. In her four*

*years at UM, she has been a part of teams that have raised more than \$200,000 in the fight against breast cancer. Upon graduation, Nicole plans to attend law school. Nicole's work ethic, leadership, and dedication make her an excellent nominee for this award. It is a pleasure contributing to her development as a UM student-athlete. ~ Lew Porchiazzo, CSCS*

## University of Missouri

### Mackenzie Sykes

**Sport: Softball**

**Position: Outfield**

**Height: 5'9"**

**Age: 21**

**Vertical Jump: 27" Ten-Yard Dash: 1.59 Squat Poundage: 185**

*Mackenzie is a pleasure to work with. If you could create the perfect leader for a team, she would be it. She is a prime example of what work ethic can do for your career. She is extremely focused on her goals in and out of the weight room, finds a way to get it done, and brings others along for the journey. Her work ethic carries over to every other aspect of her life as she has not only been an All-Big 12 performer her sophomore year, but also has been honored by the Big 12, Southeastern Conference (SEC), and by the College Sports Information Directors of America (CoSIDA) All-District team for her academic achievements. She has been honored by the Mizzou Total Person Program as a Three Stripes Award winner for excellence in academics, athletics, and social responsibility. She will be completing her sports management degree with a business minor. She also continues to find time outside of her duties with the softball team to aid others in need. Some of Mackenzie's community efforts include serving as a member with the Student Athletic Advisory Committee, representing the Mizzou Moves team, and volunteering with the Adopt-a-Family program. ~ Rusty Burney, CSCS*

# swimming

## Drexel University

### Andrew Reimon

**Sport: Swimming**

**Position: Breaststroke**

**Height: 5'8"**

**Weight: 162.4**

**Age: 20**

**Vertical Jump: 22.5" Bench Press Poundage: 195 Squat Poundage: 225**

**Hang Clean Poundage: 175**

*Andrew has worked extremely hard in all areas of our strength and conditioning program to improve his overall athleticism and performance. Andrew'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. ~ Michael Rankin, CSCS*

## Florida State University

### Jared Pike

**Sport: Swimming**

**Position: Breaststroke**

**Height: 6'0"**

**Vertical Jump: 26" Squat Poundage: 315 Hang Clean Poundage: 210**

*Jared has shown exceptional commitment to his training and it has resulted in excellent progress as a senior both in the weight room and in the pool. His dedication has extended beyond training, as improvements in diet and lifestyle factors have aided his development as an athlete and served as an example for others to follow. While Jared's achievements have been outstanding, what has really set him aside from a number of accomplished teammates has been his consistent leadership during a period of transition in the swim program at Florida State University. ~ Howard Gray, MA, CSCS, RSCC*

## Iowa State University

### Hayley Krzeczowski

**Sport: Swimming**

**Position: Sprint**

**Age: 22**

**Vertical Jump: 23" Bench Press Poundage: 180 Squat Poundage: 300**

**Hang Clean Poundage: 165**

*Hayley has shown remarkable improvements in the sport of life over the course of her swimming career at Iowa State University. Her devotion to her athletic career and the strength and conditioning department has been second to none. She was the recipient of our staff award last year and has consistently approached her training with a great sense of urgency. She deserves this award due to her outstanding devotion to Iowa State Athletics and due to her lead-by-example approach to success both in and out of the competition arena.*

*~ Josh Beauregard, MBL, CSCS*

## New Mexico State University

### Terrin Seaver

**Sport: Swimming**

**Position: Sprint**

**Height: 6'0" Weight: 164**

**Age: 21**

**Squat Poundage: 150**

*This past weekend at the Western Athletic Conference (WAC) Swimming Conference Championship meet, Terrin culminated a terrific senior season by setting three lifetime bests which were also school records and two of the times were National Collegiate Athletic Association (NCAA) "B" cut times. Terrin is the WAC champion in the 100-meter backstroke, runner-up in both the 100-meter butterfly and 200-meter backstroke. Of the four relay teams that Terrin was on, two teams had third place finishes and two teams finished in fourth place. Terrin is a biology major with a dental emphasis. This four year Crimson Scholar athlete holds a cumulative 3.58 grade point average (GPA) and has been named to the WAC Academic All-Conference teams from 2010 - 2014. Other honors include being named team captain, Scholar All-American Honorable Mention, and three-year El Paso Electric Crimson and White member.*

*~ Antony McClure, CSCS, \*D, RSCC\*D*

## Oakland University

### Karin Tomeckova

**Sport: Swimming**

**Position: 100-m Back, 200-m Back, 200-m Individual Medley, Freestyle Relays**

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

**Age: 20**

**Vertical Jump: 22" Front Squat Poundage: 145**

**Hang Clean Poundage: 125**

*Karin's effort in the weight room has been outstanding over the past year. She approaches each workout session with amazing focus and intensity. She just recently started her Olympic lifts, and sits near the top of our charts for her bodyweight. Karin set personal records in early December 2013 in the 100-yard backstroke with a time of 53.66 (league, school, and pool record) and 200-yard backstroke with a time of 155.38 (league, school, and pool record). In early February 2014, she set a new Slovakian National Record in 100-meter backstroke with a time of 102.48. Karin's continued dedication in the pool and weight room is sure to see her setting records for years to come with her end goal to represent Slovakia in the 2016 Rio De Janeiro Olympics. ~ Todd Wohlfeil, PT, DPT, USAW-1*

## Oakland University

### Mitch Alters

**Sport: Swimming**

**Position: 500-m Freestyle, 400-m Individual Medley, 200-m Butterfly**

**Height: 5'6" Weight: 155**

**Age: 19**

**Vertical Jump: 30" Front Squat Poundage: 225**

**Hang Clean Poundage: 185**

*Mitch approaches his practice and workout sessions with confidence and determination. Mitch always focuses on what needs to get done and does the best to his ability to get that job done. Although Mitch is only a sophomore, he leads by example. He made the league conference team and is currently in Cleveland, OH competing. Mitch swam the 500-m freestyle on Thursday and went 4:30.53, 3:59.08 in the 400-m individual medley on Friday, and set a personal best of 1:49.65 in the 200-meter butterfly earlier this year. Mitch has a couple years left and is only going uphill from here. ~ Alison Tansel, USAW-1*

## Oakland University

### Mario Rusnak

**Sport: Swimming**

**Position: Butterfly/Individual Medley**

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

**Age: 21**

**Squat Poundage: 235 Hang Clean Poundage: 185**

*As a junior on the swimming and diving program at Oakland University, Mario has already demonstrated a commitment to athletic improvement both in and out of the pool, which is rarely seen in similar athletes. His desire to push himself not only in his swimming ability, but also in his strength training has resulted in a front squat max of 235 lb and hangs power clean max of 185 lb, both numbers placing him near the top of his team in training. Mario also posted the season best times for the 2012 - 2013 season in the 100-yard and 200-yard butterfly events and was a member of the 400-meter medley team which won the Summit League Championship. Mario has continued to push himself day in and day out in order to better not only himself, but his entire team. He stands as a role model for the younger athletes as they begin collegiate athletic careers which typically involve more intense training than they may be used to. Mario has consistently shown the drive and mental focus which are necessary for any college athlete to achieve success in their sport.*

*~ Gavin Stuart, CSCS*

## South Dakota State University

### Kaylin Caron

**Sport: Swimming**

**Position: Freestyle Sprints**

**Weight: 149.4**

**Vertical Jump: 19" Bench Press Poundage: 120 Squat Poundage: 180**

**Hang Clean Poundage: 121.3**

*Kaylin has worked incredibly hard throughout her career. She has pushed herself in the weight room as well as the pool. Kaylin's hard work in the weight room has helped her develop into an elite swimmer. She currently holds three individual school records and is a member of three relay records. Lettering each year, she has compiled 17 individual career wins. The hard work and dedication that Kaylin demonstrates in and out of the pool has earned her the honor of team captain. Her leadership, in all facets of her athletic and academic career, will guide her as a lifelong champion. ~ Seth Daughters, CSCS*

## State University of New York at New Paltz

### Chelsea Allocco

**Sport:** Swimming

**Position:** Distance Swimmer

**Height:** 5'9"      **Weight:** 125

**Age:** 21

**Bench Press Pounds:** 115 **Squat Pounds:** 165

**Hang Clean Pounds:** 110

*Chelsea was a great leader for the women's swim team at State University of New York (SUNY) at New Paltz. She was a role model for others to look up to. She led by example through dedication, hard work, and an overwhelming commitment to her team. - Gary Gall, Jr., MS, USAW-1*

## State University of New York at New Paltz

### Matt Distler

**Sport:** Swimming

**Position:** Sprint Swimmer

**Height:** 6'1"      **Weight:** 190

**Age:** 22

**Bench Press Pounds:** 195 **Squat Pounds:** 255

**Hang Clean Pounds:** 195

*Matt had personal records in the bench press, back squat, and clean this year. He was also a great leader on the swim team at State University of New York (SUNY) at New Paltz. - Gary Gall, Jr., MS, USAW-1*

## University of Louisville

### Breann McDowell

**Sport:** Swimming

**Position:** Freestyle

**Height:** 5'10"      **Weight:** 164

**Age:** 22

## University of Louisville

### Brooks Wilmoth

**Sport:** Swimming

**Position:** Freestyle

**Height:** 6'0"      **Weight:** 185

**Age:** 22

## University of Michigan

### John Wojciechowski

**Sport:** Swimming

**Position:** Backstroke/Butterfly

**Height:** 6'2"      **Weight:** 190

**Age:** 22

**Squat Pounds:** 250

*John has been a consistent contributor to the men's swimming and diving team over his four years at the University of Michigan. Serving as a co-captain, John has not only been a leader in the pool, but also in the weight room and the classroom. John's dedication to training has led to athletic achievements including National Collegiate Athletic Association (NCAA) Team Champion, NCAA All-American, Big Ten Team Champion, and Big Ten Individual Champion. This work ethic has contributed to several academic accomplishments as well, having been named a two-time Academic All-Big Ten, a College Swimming Coaches Association of America (CSCAA) Scholar All-American, and University of Michigan Athletic Academic Achievement Award winner. John has positively impacted his team, contributing to their success in the pool, classroom, and weight room. - Katlyn Haycock, CSCS*

# tennis

## Glendale Community College

### Dat Le

**Sport:** Tennis

**Position:** Singles and Doubles

**Height:** 5'7"      **Weight:** 169

**Age:** 21

**Vertical Jump:** 32" **Pro Agility Time:** 4.09 **Bench Press Pounds:** 210

**Squat Pounds:** 415

*Dat's work ethic is only rivaled by his commitment to conditioning and training. When Dat first started, his vertical jump was tested at 21 in. and he was only able to back squat 90 lb. In his first three months, he was able to gain more than 30 lb of muscle while losing 10 lb of fat. Dat followed nutrition plans diligently and continued to condition in the off-season and now can back squat 415 lb and his vertical jump is now at 32 in. over the course of a year and a half. Dat's leadership as co-captain has inspired fellow teammates to push themselves in the weight room and on the court. In his sophomore year, he only lost one match, winning 155 games and losing 39 games. His commitment to school and to his training has made him one of the best number four singles players that has ever played at Glendale Community College. - Chris Tissot, CSCS*

## Limestone College

### Benji Lascari

**Sport:** Tennis

**Height:** 5'7"      **Weight:** 161

**Age:** 20

**Pro Agility Time:** 4.81 **Ten-Yard Dash:** 1.62 **Bench Press Pounds:** 195

**Squat Pounds:** 325

*Benji is one of the hardest working athletes on campus. He is always looking for extra work to get better. - David Edwards, CSCS*

# track and field

## California Lutheran University

### Bjorn McMillan

**Sport:** Track and Field

**Position:** Thrower

**Height:** 6'3"      **Weight:** 220

**Age:** 22

**Vertical Jump:** 34" **Bench Press Pounding:** 365 **Squat Pounding:** 445

**Hang Clean Pounding:** 245

*As a junior, Bjorn earned All-Conference accolades in the javelin and hammer throw events. Over the past year, he has demonstrated a tremendous work ethic that is sure to afford him a place among the nations top performers this season. Indeed, he is a shining example of a California Lutheran University student-athlete.*

*- Patrick Holmberg, CSCS*

## Lipscomb University

### Tucker Peabody

**Sport:** Track and Field

**Position:** Sprinter

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

**Vertical Jump:** 29.5" **Bench Press Pounding:** 275 **Squat Pounding:** 325

**Hang Clean Pounding:** 264

*Tucker is one of the most impressive athletes to compete for the Lipscomb University Track and Field team. A highly motivated individual devoted to excellence in his sport, he not only possesses an elite level of athletic ability, but a strong work ethic coupled with a competitive nature. These qualities have set him apart as a top collegiate sprinter at the Division I level and have been foundational in his ability to set multiple school records, win All-Conference honors, and compete at regional and national levels. Recently, he was voted as Atlantic Sun Conference Athlete of the Week (an honor which he has received nine times) and has also won All-Academic and All-Conference honors in past seasons. He currently holds the 100-meter school record at 10.36 s as well as the 200-meter school record at 20.68 s. Tucker was also voted as the Men's Atlantic Sun Most Outstanding Outdoor Track Performer in 2013. He is one of the strongest and most powerful athletes in the weight room and on the track, and is one of the fastest and most explosive athletes to compete at his specialty events. We are proud to have him as a part of Lipscomb University's Strength and Conditioning Program and nominate him the 2014 All-American Strength and Conditioning Athlete of the Year.*

*- William Osburn, CSCS, RSCC, FMS*

## Oakland University

### Gino Vitella

**Sport:** Track and Field

**Position:** Thrower

**Height:** 6'1"      **Weight:** 280

**Age:** 19

**Vertical Jump:** 27" **Bench Press Pounding:** 400 **Squat Pounding:** 500

**Hang Clean Pounding:** 235

*Gino approaches his practice and workout sessions with fierce intensity and laser focus. Over the past year and a half he has added 40 lb to his bodyweight, 7 in. to his vertical jump, 125 lb to his bench press, 150 lb to his back squat, and 175 lb to his deadlift. These increases in body mass and strength have had a direct effect on his throwing ability and helped propel him to an eighth place finish in shot put at the United States of America Junior Outdoor Track and Field Championships on June 24, 2013. Gino went on to set the indoor school record in shot put on December 7, 2013 with a throw of 55 ft 5.75 in. which represents an increase of 4 ft, with a 4 lb heavier shot, over the course of a year and a half. Gino continues to strive for excellence as he is transitioning into the next phase of his development, which has him focusing on the Olympic lifts. - Todd Wohlfeil, PT, DPT, USAW-1*

## University of Michigan

### Codie Nolan

**Sport:** Track and Field

**Position:** Sprinter

**Height:** 5'9"      **Weight:** 174

**Vertical Jump:** 37" **Bench Press Pounding:** 320 **Squat Pounding:** 420

**Hang Clean Pounding:** 300

*Codie is the type of athlete that leads through his actions. A dedicated and enthusiastic athlete, Codie has been one of the hardest working athletes I have had the pleasure to work with. He pays attention to small details and does the extra work it takes to stay healthy. His attitude in the weight room is unparalleled and has put him in a position to reach his full potential. It is an honor to nominate Codie for the National Strength and Conditioning Association (NSCA) All-American Award. - Trevor Klump, CSCS, USAW-1*

## University of Michigan

### Kiley Tobel

**Sport:** Track and Field

**Position:** Pole Vault

**Height:** 5'6"      **Weight:** 140

**Age:** 22

**Vertical Jump:** 22.2" **Bench Press Pounding:** 120 **Squat Pounding:** 220

**Hang Clean Pounding:** 155

*Kiley is one of the most determined and hardworking athletes that I have ever met. She does a great job of balancing school and work with her training on and off the track, which sets a great example for her fellow teammates. This shows through her setting and holding both indoor and outdoor school records in pole vault, being a team captain for the past two years, and competing at the national level a number of times. Kiley is a true leader among her team in and out of the weight room and it is with pleasure that I nominate her for this award. - Matt Segura, CSCS*

## University of Michigan

### Patrick Cochran

**Sport:** Track and Field

**Position:** Long Jump/Triple Jump

**Height:** 6'2"      **Weight:** 185

**Age:** 21

**Vertical Jump:** 39.9" **Squat Pounding:** 335 **Hang Clean Pounding:** 250

*Pat has been one of the most consistent athletes over the last year. He gets the most out of his time in the weight room and continues to push himself to become a better athlete every day. He is a fierce competitor and it shows the very minute he steps into the weight room. Pat continues to improve on and off the track and pushes his teammates to work just as hard as he does. It is with great pleasure that I nominate Pat for the National Strength and Conditioning Association (NSCA) All-American Award. - Matt Segura, CSCS*

## University of Missouri

### Kearsten Peoples

**Sport:** Track and Field

**Position:** Thrower

**Age:** 22

**Vertical Jump: 22" Bench Press Poundage: 280 Squat Poundage: 445**

*Kearsten's physical presence and throwing talent are visible to everyone that sees her take her place in the ring. She is a true competitor: all business and tough minded. She prepares in the weight room with the same attitude and intensity. Kearsten's multiple school records not only apply to circle, as she is also the University of Missouri's record holder in the squat and bench press. The best part about her, however, is getting to know her away from training and competition. People are attracted to her like a magnet because of her smile and infectious attitude. It is only fitting that she loves working with toddlers and young children as a human development and family studies major. Overall, I cannot think of anyone better to represent the University of Missouri in competition or in the community.*  
~ Kayln Sticher, CSCS

# volleyball

## California Lutheran University

### Jackie Russell

**Sport:** Volleyball

**Position:** Setter

**Height:** 5'7"

**Weight:** 135

**Age:** 23

**Vertical Jump: 25" Pro Agility Time: 4.68 Ten-Yard Dash: 2.65**

**Squat Poundage: 235 Hang Clean Poundage: 135**

*Jackie is a four-time American Volleyball Coaches Association (AVCA) All-American, four-time All-West Region selection, four-time All-Southern California Intercollegiate Athletic Conference (SCIAC) selection, a former Conference Player of the Year, as well as a four-time conference champion. She is one of the hardest working, persistent, selfless, and well-respected student-athletes with whom I have had the privilege to work with. Indeed, she is the epitome of what a California Lutheran University student-athlete should represent.* ~ Patrick Holmberg, CSCS

## Clemson University

### Karis Watson

**Sport:** Volleyball

**Position:** Middle Hitter

**Height:** 6'2"

**Vertical Jump: 30.5" Pro Agility Time: 4.58 Bench Press Poundage: 165**

**Squat Poundage: 275 Hang Clean Poundage: 190**

*Karis is one the most explosive athletes that I have ever coached. She is among our female leaders in both squat and hang clean within our strength and conditioning program. Her tremendous work ethic has earned her several accolades on and off court. Karis' contagious energy and leadership skill sets the stage for her team to have an extremely positive, hard working atmosphere.* ~ Dennis Love, MEd

## College of the Canyons

### Jordan Carter

**Sport:** Volleyball

**Position:** Setter

**Height:** 5'8"

**Weight:** 125

**Age:** 19

**Vertical Jump: 24" Pro Agility Time: 4.51 Squat Poundage: 155**

**Hang Clean Poundage: 135**

*Jordan is a great example of a great volleyball player who improved her game via the weight room. The progress and gains that Jordan made from her freshman to her sophomore year was off the charts. She always attacked her workouts with determination and drive and often went above and beyond with extra training sessions when nobody else was around. Jordan put on about 20 lb of lean body mass, increased her strength in all lifts, improved her vertical jump, and got faster—all in a span of less than a year. This is a testament to her work ethic and dedication. I cannot wait to see her blossom even more as she leaves us to accept a four-year scholarship* ~ Robert Dos Remedios, CSCS

## Coastal Carolina University

### Lauren Alejo

**Sport:** Volleyball

**Position:** Setter

**Height:** 5'5"

**Age:** 22

**Vertical Jump: 21.5" Pro Agility Time: 5.23 Bench Press Poundage: 85**

**Squat Poundage: 200 Hang Clean Poundage: 135**

*Lauren is a four-year letter winner for the Coastal Carolina University Volleyball Program. Not only is Lauren a great athlete, but she is a phenomenal student. Lauren has been on the Big South Presidential Honor Roll three times and All-Academic team twice since 2010, while playing in almost every game. Lauren is also the unsung leader of the team, leading by example on and off the field. Lauren is a privilege to coach and she sets the standard for every student-athlete at Coastal Carolina University.* ~ Sonya Woods

## Juniata College

### Amy Miller

**Sport:** Volleyball

**Position:** Outside Hitter

**Height:** 5'9"

**Vertical Jump: 24.5" Pro Agility Time: 4.6 Forty-Yard Dash: 5.3**

**Squat Poundage: 300 Hang Clean Poundage: 150**

*Amy has worked extremely hard in all areas of our performance enhancement program to improve her individual athleticism as well as her skills as a volleyball player and team leader. Her work has allowed her to be successful in the weight room, on the volleyball court, and in the classroom. Amy's off-season work effort was a sure indicator for her success on the playing court, as well as her future success after graduation. Amy's selection as one of the team captains for this past volleyball season was a testament by her coaches and teammates of their respect for her hard work and dedication. This same work ethic and dedication has also translated into her being recognized as first team All-Mid-Atlantic Region 2013, first team Landmark All-Conference 2013, American Volleyball Coaches Association (AVCA), Eastern College Athletic Conference (ECAC), and second team Division III South Volleyball All-Star.* ~ John Haubrick, CSCS

## Lipscomb University

### Lauren Ford

**Sport: Volleyball**

**Position: Outside Hitter**

**Height: 5'11"**

**Age: 21**

**Vertical Jump: 28.25" Pro Agility Time: 4.78 Ten-Yard Dash: 1.84**

**Squat Poundage: 240 Hang Clean Poundage: 143**

Lauren represents Lipscomb University as a leader on the volleyball court, in the weight room, and in the classroom. Lauren has been a strong contributor since beginning her collegiate career, being named a member of the 2011 Atlantic Sun All-Freshman Team and Academic All-Conference Team. Since then, Lauren has earned several accolades including multiple appointments to the Atlantic Sun All-Conference Team, Academic All-Conference Team, All-Tournament Team, several tournament most valuable player (MVP) awards, and several Texas Sports Writer Association (TSWA) Player of the Week awards. Most recently, Lauren was awarded College Sports Information Directors of America (CoSIDA) Academic All-District, American Volleyball Coaches Association (AVCA) South Region Team, and AVCA All-American Honorable Mention. Lauren leads her team in the weight room with immense determination, work ethic, and an attitude that inspires greatness in others. She not only works hard, but also works very smart, investing in understanding strength and conditioning's value and application in her sport. Her intelligence in the field of exercise science coupled with her work ethic has given her a distinct advantage in maximizing her athletic success. Lipscomb University is proud to honor Lauren Ford as the 2013 All-American Strength and Conditioning Athlete of the Year. - William Osburn, CSCS

## Northern Arizona University

### Sydney Kemper

**Sport: Volleyball**

**Position: Outside Hitter**

**Height: 6'0" Weight: 159**

**Age: 22**

**Vertical Jump: 21" Bench Press Poundage: 105 Squat Poundage: 240**

**Hang Clean Poundage: 149**

Sydney has transformed herself from an average volleyball player to an all-conference level performer through her commitment to improving her all-around game including strength and conditioning. She has pushed herself beyond the limits that she once set for herself and has developed into a leader both vocally as well as through her actions. Her continued improvement never faltered even when she switched positions going into her junior season. Kemper took it on as another challenge and found success once again while leading her team back to the Conference tournament. Sydney possesses the type of consistent and hard-nosed attitude that makes working with her a pleasure each day. - Cody Hodgeson, CSCS

## Oakland University

### Amanda Baker

**Sport: Volleyball**

**Position: Middle Hitter**

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

**Age: 20**

**Vertical Jump: 22" Bench Press Poundage: 135 Squat Poundage: 225**

**Hang Clean Poundage: 145**

Amanda is one of the most dedicated and hard-working athletes I have ever worked with. It shows not only in her weight room performance but also in her performance on the court. She was second on the team in kills (216) and second on the team with blocks (102) her sophomore season while averaging 1.98 kills per set and a .235 hitting efficiency. She also added 51 digs and 17 service aces, as well as double digit kills on eight occasions. Not to mention, she did all of this while leading the team with a 3.97 cumulative grade point average (GPA).

- Jacob Siebert, CSCS

## Oakland University

### Taylor Humm

**Sport: Volleyball**

**Position: Outside Hitter**

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

**Age: 20**

**Bench Press Poundage: 155 Squat Poundage: 225**

**Hang Clean Poundage: 155**

Taylor approaches her workouts with great enthusiasm and intensity. This combination has led to exponential increases in her strength since she arrived at Oakland University. This added strength has helped her performance immensely, as she was named to the All-Tournament Team at Golden Grizzly Invite in 2012 and the Candlewood Suites Invitational in 2013. Taylor is also a great leader, leading with her words and by example. Her improved performance did not go unnoticed by her teammates and this has motivated them to work even harder. She is also constantly encouraging and motivating her teammates during workouts. This ability to lead has guided Taylor to being named team captain for both the 2012 - 2013 and 2013 - 2014 seasons. Taylor continues to work hard and pushes herself during workouts. With her passion and work ethic, it is not unreasonable to expect her strength, explosiveness, and performance to continue to improve at a high rate throughout the remainder of her career. - Dane Roach, CSCS

## South Dakota State University

### Lexi Fowler

**Sports: Volleyball**

**Position: Setter**

**Height: 5'9"**

**Weight: 176**

**Age: 22**

**Vertical Jump: 27" Pro Agility Time: 4.67 Ten-Yard Dash: 1.70**

**Bench Press Poundage: 171 Squat Poundage: 273**

**Hang Clean Poundage: 177**

Lexi has worked extremely hard ever since she stepped foot on South Dakota State University's (SDSU) campus. She has been focused and driven in her efforts and improved every single year. She has been a leader in the weight room and on the court. She owns every single setter performance testing record at SDSU. Lexi improved her vertical jump five inches over the course of her collegiate career. Additionally, she set personal and team records in every testing category going into her senior season. She did all of this while pursuing a nursing degree. She always has a smile on her face and helps push her fellow teammates. Lexi's hard work, dedication, and infectious personality will serve her well in her future endeavors. - Nathan Moe, CSCS, RSCC\*D

## State University of New York at New Paltz

### Brian Smith

**Sport: Volleyball**

**Position: Outside Hitter**

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

**Age: 22**

**Vertical Jump: 32" Bench Press Poundage: 285 Squat Poundage: 300**

**Hang Clean Poundage: 195**

Brian was the ultimate team leader. He was one of the best leaders I have had the privilege of working with. - Gary Gall, Jr., MS, USAW-1

## State University of New York at New Paltz

### Victor Tuminelli

**Sport: Volleyball**

**Position: Libero**

**Vertical Jump: 33" Bench Press Poundage: 275 Squat Poundage: 325**

**Hang Clean Poundage: 245**

Victor was a hard worker in the weight room here at State University of New York (SUNY) at New Paltz. He is one of the strongest athletes I have, here on campus. He also has a commitment to excellent with his form and he demonstrates near perfect execution with each exercise. - Gary Gall, Jr., MS, USAW-1



## University of Missouri

### Molly Kreklow

**Sport: Volleyball**

**Position: Setter**

**Height: 6'0"      Weight: 150**

**Age: 22**

**Vertical Jump: 23.5" Pro Agility Time: 4.5 Bench Press Pounds: 95**

**Squat Pounds: 190 Hang Clean Pounds: 140**

*Molly has exemplified leadership in and out of the weight room, as well as on and off the court. She sets the example in every way possible and has held herself and her teammates to an unbelievably high standard. She has been a truly great and genuine leader, athlete, and person. - Mackenzie Holznecht, CSCS*

## University of Missouri – St. Louis

### Chelsea Burkle

**Sport: Volleyball**

**Position: Outside Hitter**

**Height: 6'0"**

**Age: 22**

**Vertical Jump: 10.5" Bench Press Pounds: 135**

**Squat Pounds: 170**

*Chelsea is one of the best overall female athletes I have ever worked with. She holds our school record in the "quad" with a score of 234 (made up of overhead ball throw, broad jump, three hops, and 30 meters). Chelsea always comes to our workouts with a great attitude and tremendous effort. She makes everyone around her want to get better and reach the standards that she has set.*

*- Joshua McMillian, CSCS, RSCC*

## University of Sioux Falls

### Alexa Reed

**Sport: Volleyball**

**Position: Setter**

**Height: 5'9"      Weight: 170**

**Age: 21**

**Vertical Jump: 27" Pro Agility Time: 5.05 Ten-Yard Dash: 1.68**

**Bench Press Pounds: 145 Squat Pounds: 245**

**Hang Clean Pounds: 145**

*Alexa was an outstanding strength and conditioning performer for us the last two years and her success in her workouts has paid huge dividends for her on the court. She was an integral part of our volleyball team's transition into Division 2 and in reaching the conference tournament for the first time in program history. She was a great leader during workouts and on the court, bringing outstanding energy every single day and she will be greatly missed. - Zach Mathers, CSCS*

## University of Texas at San Antonio

### McKenzie Adams

**Sport: Volleyball**

**Position: Outside Hitter**

**Height: 6'3"**

**Vertical Jump: 22.5" Pro Agility Time: 5.15 Bench Press Pounds: 115**

**Hang Clean Pounds: 175**

*McKenzie has played volleyball for four years and is playing basketball now that her volleyball eligibility has ended. She has become a good contributor in basketball once she acclimated to the different sport. McKenzie received awards each of her four years in volleyball: Freshman of the Year in the Atlantic Coast Conference (ACC), Newcomer of the Year, first-team All-Southland, Western Athletic Conference (WAC) Player of the Year, Honorable Mention All-American from the American Volleyball Coaches Association (AVCA), and Conference-United States of America (C-USA) Player of the Year, third-team AVCA All-American, and National Collegiate Athletic Association (NCAA) statistical champion in kills. McKenzie helped lead the volleyball team to the regular season and tournament championships resulting in an NCAA Tournament berth. Her work in strength and conditioning has helped her accomplish some of these achievements along with keeping her healthy enough to achieve them. - Charles Dudley, Jr., CSCS*

# wrestling

## Virginia Military Institute

### Juan Adams

**Sport: Wrestling**

**Position: Heavyweight**

**Height: 6'5"      Weight: 285**

**Age: 21**

**Vertical Jump: 31" Bench Press Pounds: 300 Squat Pounds: 550**

**Power Clean Pounds: 300**

*Juan is a consistently hard worker in the weight room and on the mat. He is a team captain and is one of the most experienced wrestlers on the team heading into this season. - Jim Whitten, CSCS*

# High School Athletes

# baseball

## A.C. Flora High School Madison Strokes

**Sport:** Baseball

**Position:** Shortstop

**Height:** 6'1"      **Weight:** 190

**Age:** 18

**Vertical Jump:** 28" **Pro Agility Time:** 4.25 **Forty-Yard Dash:** 4.85

**Bench Press Poundage:** 235 **Squat Poundage:** 325

*Madison has been a three-year starter on A.C. Flora High School's baseball team. The baseball team has won the South Carolina State Championship the past two seasons and enters the 2014 season ranked fifth in the country. Madison is one of the hardest working athletes I have ever been around. During the summer, he consistently comes to the baseball field and works on his skills on his own. He is a weight room workhorse and his hard work has paid off. He was named first team All-State last year, as he led the team in batting average (.460), extra base hits, and slugging percentage (.699). Madison's work ethic has paid off as he is a Pre-Season Player of the Year nominee and has committed to playing baseball at the University of South Carolina. - Micah Kurtz, CSCS, USAW*

## Charlotte Country Day School Drew Loepprich

**Sport:** Baseball

**Position:** Pitcher

**Height:** 6'1"      **Weight:** 185

*Drew has served as a great example to his peers and fellow classmates on and off the baseball field since he stepped on campus his freshman year. He has taken every possible action to push himself and his teammates to reach their maximum potential and improve themselves both physically and mentally. Whether it is through leading by example with his work ethic in the weight room, organizing a pitcher's workout on the field the day after a start, or spearheading the creation of an off-season yoga for our program, he has truly exemplified every quality that embodies an All-American. Drew will continue his academic and baseball career at Wake Forest University. - Logan Smith*

## Laurel High School Raymond Scala

**Sport:** Baseball

**Position:** Shortstop

**Height:** 5'10"      **Weight:** 160

**Age:** 17

**Vertical Jump:** 28" **Pro Agility Time:** 4.67 **Bench Press Poundage:** 320

**Squat Poundage:** 400 **Hang Clean Poundage:** 300

## Palo Verde High School Zachary Ortale

**Sport:** Baseball

**Position:** Outfield/Second Base

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

**Age:** 17

**Vertical Jump:** 33.5" **Pro Agility Time:** 4.41 **Ten-Yard Dash:** 1.45

**Forty-Yard Dash:** 4.80 **Bench Press Poundage:** 230

**Squat Poundage:** 325 **Hang Clean Poundage:** 235

*Zachary has developed into an outstanding two-sport athlete over the past three years due to his work ethic and dedication to our strength and conditioning program. Despite the time demands of participating in both football and baseball, Zachary makes time each day for training to improve his strength and speed. On the field, Zachary plays quarterback and defensive back on the football team and outfield on our baseball team. He is one of only three athletes at our school to participate in both football and baseball. Zachary has a 3.6 grade point average (GPA) and was recognized as a Scholar Athlete for the fall semester. - William Keairnes*

## Seattle Preparatory School Stuart Fairchild

**Sport:** Baseball

**Position:** Outfield/Pitcher

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

**Vertical Jump:** 36" **Pro Agility Time:** 4.06 **Forty-Yard Dash:** 4.53

**Bench Press Poundage:** 250 **Squat Poundage:** 435

**Hang Clean Poundage:** 300

*Stuart is one of the most dedicated athletes I had an opportunity to work with during my career as a strength and conditioning coach. Stuart has dedicated himself during the past four years to improve in every area of his athletic ability for baseball. The commitment that Stuart has demonstrated during his high school career has allowed him to become a great leader on and off the field. Stuart has a true passion for the game of baseball. That passion carries over to his preparation to play the game as well. His relentless work ethic and countless hours of dedication to training have made Stuart a true "lead by example athlete." As I look to the future, I am confident that Stuart's continued growth will make all of us who have had the privilege of working with him proud and honored to have been a part of his development as a young man. I cannot think of anyone more deserving of the honor of All-American Athlete than Stuart Fairchild. - Mike Durand, CSCS*

# basketball

## Ironwood High School

### Jenna Sandbloom

**Sport:** Basketball

**Position:** Forward

**Height:** 5'9"      **Weight:** 135

**Age:** 16

**Vertical Jump:** 30" **Pro Agility Time:** 4.46 **Ten-Yard Dash:** 1.78

**Bench Press Pounds:** 125 **Squat Pounds:** 265

**Hang Clean Pounds:** 135

*Jenna is a hard worker in both the weight room and on the basketball court. Her hard work is paying off. - Eric Reed, CSCS,\*D, RSCC*

## Providence Day School

### Jordan Watkins

**Sport:** Basketball

**Position:** Guard

**Height:** 6'1"

**Age:** 18

**Vertical Jump:** 32" **Bench Press Pounds:** 185 **Squat Pounds:** 235

**Hang Clean Pounds:** 175

*Over the last four years, Jordan has been passionate about weight training and the role it plays in his success on the court. He has worked very hard to master the form needed to successfully perform the Olympic lifts. - Thomas Caruso, CSCS, RSCC*

# football

## A.C. Flora High School

### James Croffie

**Sport:** Football

**Position:** Outside Linebacker

**Height:** 5'11"      **Weight:** 190

**Age:** 17

**Vertical Jump:** 32" **Pro Agility Time:** 4.25 **Forty-Yard Dash:** 4.70

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

**Hang Clean Pounds:** 225

*James is one of the hardest working players at A.C. Flora High School. He is a standout member of the football team and also a member of the lacrosse team. He has a 3.5 grade point average (GPA) and is taking many advanced placement classes. The football team has a combined record of 28-9 in the three years he has been a member. The team has won two out of the last three regional championships. This past season, James moved from fullback to outside linebacker and he recorded 89 tackles, 15 tackles for loss, 5 sacks, and 4 forced fumbles. James is an outstanding person, student, athlete, and football player. - Micah Kurtz, CSCS, USAW*

## A&M Consolidated High School

### Riley Garner

**Sport:** Football

**Position:** Linebacker

**Height:** 6'2"      **Weight:** 215

**Age:** 16

**Vertical Jump:** 37.5" **Pro Agility Time:** 4.15 **Forty-Yard Dash:** 4.49

**Bench Press Pounds:** 280 **Squat Pounds:** 375

**Hang Clean Pounds:** 305

*Riley exemplifies everything you want in a student, person, and athlete. Here at A&M Consolidated High School, we do the full clean and he actually just missed 315 lb. - John Mitchell, CSCS*

## Battle Ground Academy

### Rieves Berry

**Sport:** Football

**Position:** Wide Receiver/Safety

**Height:** 6'2"      **Weight:** 180

**Age:** 17

**Vertical Jump:** 33" **Pro Agility Time:** 4.22 **Ten-Yard Dash:** 1.5

**Forty-Yard Dash:** 4.65 **Bench Press Pounds:** 225

**Squat Pounds:** 400 **Hang Clean Pounds:** 275

*Rieves is an exceptional young man who gives his very best on the field, in the classroom, and in life. He is a quiet leader who leads by example each day. He was an all district selection as a junior and led his team in receptions, receiving yards, and tackles. Rieves is one of the most coachable and hardest working kids that I have ever had the privilege to coach both in the weight room and on the athletic field. He gives his very best every day, and does not waste an opportunity to get better. - Fred Eaves, EdS, MEd, CSCS, USAW, USATF*

## Butler High School

### Richard Herbst

**Sport:** Football

**Position:** Defensive End

**Height:** 6'3"      **Weight:** 235

**Age:** 17

**Vertical Jump:** 31" **Forty-Yard Dash:** 4.8 **Bench Press Pounds:** 325

**Squat Pounds:** 500 **Hang Clean Pounds:** 265

## Jesuit College Preparatory School of Dallas

### Kellen McAlone

**Sport:** Football

**Position:** Wide Receiver

**Height:** 6'1"      **Weight:** 200

**Age:** 18

**Vertical Jump:** 32" **Pro Agility Time:** 4.28 **Ten-Yard Dash:** 1.7

**Forty-Yard Dash:** 4.7 **Bench Press Pounds:** 280 **Squat Pounds:** 430

**Hang Clean Pounds:** 270

*Kellen has been extremely committed to our performance program the last three years. He has not missed a single training session during his time with us. His consistency with the training process has allowed him to excel his senior year in football and has given him the tools needed to be successful at the collegiate level. - Jeremy Weeks, CSCS, RSCC*

## Lake Central High School

### Gelen Robinson

**Sport:** Football

**Position:** Linebacker

**Height:** 6'2"      **Weight:** 225

**Age:** 18

**Vertical Jump:** 34.9" **Pro Agility Time:** 4.25 **Ten-Yard Dash:** 1.65

**Forty-Yard Dash:** 4.52 **Bench Press Pounds:** 350

**Squat Pounds:** 485 **Hang Clean Pounds:** 350

Gelen is a three-sport standout at Lake Central High School and is a three-time All-State selection in football. He was also a three-time All-Area Defensive Player of the Year in football. His other sports include wrestling where he was the 220-lb State Champion in 2013 and 2014. Gelen also excels in track and field where he was runner-up in both the shot-put and discus events in 2013. Gelen is a humble athlete who comes from an athletic family. His father, Glenn, was a star in the National Basketball Association (NBA) and his older brother (Glen III) plays basketball for the University of Michigan. Gelen will be continuing his athletic career at Purdue University where he will play linebacker for the Boilermakers.

~ Tom Halterman, CSCS, RSCC

## Marquette University High School

### Harmeek Singh

**Sport:** Football

**Position:** Offensive Lineman

**Height:** 6'0"      **Weight:** 240

**Bench Press Pounds:** 340 **Squat Pounds:** 505

I am happy to write in support of Harmeek Singh for the 2014 All-American Strength and Conditioning Athlete award. Harmeek has been the hardest working athlete we have had in the weight room since he began at Marquette University High School (MUHS). Through his four years at MUHS, he has battled through some injuries which did not stop him. You can count on him coming in everyday to do whatever he can, even if that is to stretch and motivate others in the weight room. As a strength coach, if we could have more athletes like Harmeek, our jobs would be much easier. It has been an honor to work with him. Harmeek has been a four-year member of the football team and has been a starting member of the varsity team for the past two years. During his time on the football team, he was voted on by his peers as not only the hardest working lineman but also the hardest working player in the off-season. On top of that, Harmeek has also excelled at powerlifting. He is a two-time state and national qualifier and took fourth place at nationals back in 2012. In addition to Harmeek's athletic accomplishments, he has also been very active in volunteering and spends a lot of his time tutoring kids in multiple subjects at a local organization. He has also helped us with summer strength and conditioning camps. Harmeek does all of this while still maintaining a 3.15 grade point average (GPA). He plans to attend a four-year university in the fall and is still undecided in his major. Harmeek has been a true pleasure to coach and I know with his work ethic, his future will be bright. ~ Jacob Wyss, CSCS

## Marquette University High School

### Jacob Hughes

**Sport:** Football

**Position:** Tight End/Fullback/Linebacker

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

**Bench Press Pounds:** 225 **Squat Pounds:** 455

**Hang Clean Pounds:** 245

In my fifteen years as Director of Performance and Fitness, I have not had a more dedicated and consistent effort by any student to improve himself or those around him than Jacob. Jacob is the type of student and athlete that coaches desire and remember years down the road. "I can do it coach," is the response I have always heard from Jacob since I met him the summer prior to his freshmen year. Whatever the challenge, Jacob has never backed down. He always takes on the challenge with the belief that he will overcome any obstacle that stands between him and his goal. The weight room has provided a place where Jacob's consistent hard

work and determination has paid off. He was a two-time qualifier for the state powerlifting championship, placed 11th at the National Powerlifting Meet, and competed in both football and weightlifting. In addition to his own success, he has always provided motivation and support for his teammates, encouraging them to get involved in strength and conditioning programs. The enthusiasm that Jacob exhibits is outstanding and contagious. While earning a 3.17 grade point average (GPA), he has given additional time coaching summer youth camps, tutoring inner-city kids, and serving at a senior center. He is an exceptional young man and one that our strength staff will miss working with. ~ Michael Duehring, CSCS, \*D, RSCC\*D

## Rock Creek High School

### Alex Feldkamp

**Sport:** Football

**Position:** Quarterback

**Vertical Jump:** 25.5" **Pro Agility Time:** 3.91 **Twenty-Yard Dash:** 2.39

**Hang Clean Pounds:** 235

Alex's hard work and tremendous dedication to our strength and conditioning program has made him a standout in football, basketball, and baseball. Not only has he excelled in his athletics, but has developed into a great leader in our school as well as our community with his involvement in various activities. He exemplifies what our strength and conditioning program stands for in his moral and ethical values and represents our school and our community well. ~ Mark Oberkrom

## Tates Creek High School

### Ryan Betlach

**Sport:** Football

**Position:** Linebacker

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

**Age:** 17

**Vertical Jump:** 26" **Pro Agility Time:** 4.23 **Ten-Yard Dash:** 1.58

**Forty-Yard Dash:** 4.85 **Bench Press Pounds:** 235

**Squat Pounds:** 375 **Hang Clean Pounds:** 245

Ryan is an effort guy, he has always been accountable and willing to sacrifice himself for the good of the team—the ultimate team player. He was a leader in the classroom, weight room, on the field, and off the field. Ryan scored 29 on his American College Testing (ACT), has a grade point average (GPA) of 3.85, and is ranked in the top 10% of his senior class. It has been an honor to have been his coach. ~ Ed Towle, CSCS, RSCC\*E

## Tokay High School

### Travis Dart

**Sport:** Football

**Position:** Free Safety/Slotback

**Height:** 5'10"      **Weight:** 168

**Age:** 18

**Vertical Jump:** 27" **Pro Agility Time:** 4.41 **Forty-Yard Dash:** 4.7

**Bench Press Pounds:** 195 **Squat Pounds:** 380

**Hang Clean Pounds:** 225

Travis spent countless hours transforming himself from a skinny freshman to a strong upperclassman. Most of his time spent in the weight room was in the early hours of the morning before school and track practice in the spring. A three-year varsity starter and two-year team captain, Travis excelled and was named a first team All-Texas Christian Athletic League (TCAL) member for two years and also earned second team nods on the All-Area Team and the Black Hat Football Team while being chosen to play in the All-Star Game. His passion and mentality to strive for excellence helped us reach the playoffs for the second straight year, the first time that has happened at our school in over 15 years. ~ Michael Holst, CSCS

## TopSpeed Strength and Conditioning

### Clay Rhodes

**Sport:** Football

**Position:** Offensive Tackle

**Height:** 6'6"      **Weight:** 295

**Age:** 18

**Vertical Jump:** 27" **Pro Agility Time:** 4.56 **Ten-Yard Dash:** 1.77

**Forty-Yard Dash:** 4.97 **Bench Press Pounds:** 460

**Squat Pounds:** 590 **Hang Clean Pounds:** 365

Over the course of his training, Clay improved his ten-yard start dash time, which is viewed by the National Football League (NFL) personnel as being the most important exercise for an offensive lineman, from a 1.76 to a 1.59. His broad jump improved from 6'10" to 8'2" and his Pro Agility time from a 4.87 to 4.56. His commitment and dedication to improving as a player and an athlete has led to a four-star rating from scouting services such as Scout.com and to multiple scholarship offers from schools around the country. In all, he held over a dozen offers from Bowl Championship Series (BCS) schools. In addition to his tireless work in the weight-room, he was a peer mentor and class leader for his schoolmates. His work in the community was enough to earn him a nomination for the Dylan Meier Get Busy Livin' Player of the Year Award. The award, named after former Kansas State University quarterback Dylan Meier, goes to players who combine on-field excellence with moral integrity and community involvement. With those facts in mind, I cannot think of another athlete more deserving to be named as a National Strength and Conditioning Association (NSCA) All-American Athlete of the Year award. ~ Joseph Potts, CSCS

### Woodruff High School

#### Ray Butler

**Sport:** Football

**Position:** Defensive Lineman

**Height:** 5'9"      **Weight:** 215

**Age:** 17

**Pro Agility Time:** 4.42 **Forty-Yard Dash:** 4.95

**Bench Press Pounds:** 365 **Squat Pounds:** 500

**Hang Clean Pounds:** 325

Ray has been an outstanding student-athlete at Woodruff High School. His effort and dedication has made him one of the strongest football players to play at Woodruff High School. Regardless of the task, Ray gives nothing but his best. His dedication and motivation has been an inspiration to his teammates his senior year. He played both ways as an offensive and defensive lineman. He was named All-Region Defensive Lineman his senior year. He possesses a back squat of 500 lb, bench press of 365 lb, and power clean of 335 lb. He won our "Hard Hat" Award which recognizes weight room effort, commitment, discipline, toughness, and leadership. He is an outstanding athlete and an even better person  
~ Andrew Caldwell

### Yucaipa High School

#### Brandon Scott

**Sport:** Football

**Position:** Wide Receiver

**Height:** 6'3"      **Weight:** 210

**Age:** 17

**Vertical Jump:** 29" **Pro Agility Time:** 4.5 **Forty-Yard Dash:** 4.7

**Bench Press Pounds:** 225 **Squat Pounds:** 375

**Hang Clean Pounds:** 275

Brandon is a tremendous individual who deserves every honor he receives. He is a tireless worker who has started as a varsity receiver for three years. He has been a first team All-League selection and also received California Interscholastic Federation (CIF) honors. ~ Alfredo Ibarra, CSCS

# olympic weightlifting

### Ironwood High School

#### Daniel Pecherski

**Sport:** Olympic Weightlifting

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

**Age:** 17

**Vertical Jump:** 36" **Pro Agility Time:** 4.26 **Ten-Yard Dash:** 1.58

**Forty-Yard Dash:** 4.89 **Bench Press Pounds:** 330

**Squat Pounds:** 440 **Hang Clean Pounds:** 310

Daniel is one of the smartest kids in the school, but also works just as hard in the weight room. Daniel was only able to compete on our weight lifting team due to his commitment to academics. ~ Eric Reed, CSCS, \*D, RSCC

# SOCCER

### Battle Ground Academy

#### Miller Fahey

**Sport:** Soccer

**Position:** Forward

**Height:** 5'6"      **Weight:** 130

**Age:** 17

**Vertical Jump:** 25" **Pro Agility Time:** 4.5 **Ten-Yard Dash:** 1.82

**Forty-Yard Dash:** 4.97 **Bench Press Pounds:** 130

**Squat Pounds:** 205 **Hang Clean Pounds:** 155

Miller is an extremely motivated athlete who sets a great example in everything she does, both on and off the field. Miller is relentless in her work ethic and show impeccable character. She is an explosive athlete in the weight room, soccer field, and on the track. Miller placed fourth in the state in hurdles last year. Miller also maintains a 4.0 grade point average (GPA) while being a multisport athlete each year. ~ Fred Eaves, EdS, MEd, CSCS, USAW, USATF

# track and field

## Muhlenberg High School

### Nicole Shuman

**Sport:** Track and Field

**Position:** Javelin/Shot Put

**Height:** 5'9"      **Weight:** 150

**Age:** 16

**Vertical Jump:** 21.5" **Pro Agility Time:** 5.03 **Forty-Yard Dash:** 6.66

**Bench Press POUNDAGE:** 110 **Squat POUNDAGE:** 190

**Hang Clean POUNDAGE:** 120

*Nicole is an outstanding young athlete at our high school who excels in multiple sports. She plays both volleyball and throws javelin and shot put on our track team. Nicole is an extremely hard worker both in class and on the court/field. What sets her aside from others is her drive to be the best. Many times in a game situation, I have seen Nicole take over the game due to her conditioning levels. She understands what it takes to be the best she can be and does not let others influence her in a negative way. Nicole is only a junior, and once she understands just how much ability she really has, she is going to do some more great things for our school. Not only is she a great athlete, but also a wonderful student. Her grade point average (GPA) puts her at the top 10% in her class. ~ Todd Eisenhofer, CSCS*

## Providence Day School

### Anna Cockrell

**Sport:** Track and Field

**Position:** Hurdler

**Height:** 5'9"

**Vertical Jump:** 28" **Bench Press POUNDAGE:** 140 **Squat POUNDAGE:** 135

**Hang Clean POUNDAGE:** 155

*State Champion in 100-m hurdles, 300-m hurdles, 100-m dash, and 4 x 100-m relay and the Junior Olympics National Champion in 100-m hurdles. Over the last two years Anna has been passionate about weight training and the role it plays in her success on the track. She has worked very hard to master the form needed to successfully perform the Olympic lifts. ~ Tom Caruso, CSCS, RSCC*

## Rock Creek High School

### Hayden Schlochtermeier

**Sport:** Track and Field

**Position:** Multi-event

**Vertical Jump:** 23" **Pro Agility Time:** 4.67 **Twenty-Yard Dash:** 2.57

**Forty-Yard Dash:** 4.79 **Bench Press POUNDAGE:** 135

**Hang Clean POUNDAGE:** 160

*Hayden is a standout athlete at not only the state level, but also the national level in track and field, gymnastics, and cheerleading. Hayden's hard work and daily improvement in our strength and conditioning program has not only allowed her to excel athletically, but has carried over to her academics and community involvement. She demonstrates the three principles our program stands for on a daily basis: positive attitude, great effort, and daily improvement. ~ Mark Oberkrom*

## Yucaipa High School

### Tori Dutchover

**Sport:** Track and Field

**Position:** Distance

**Height:** 5'5"

**Age:** 17

**Vertical Jump:** 23" **Squat POUNDAGE:** 160

*Tori exemplifies every sense of the term student-athlete. She has had a great career as a cross-country and track and field athlete at Yucaipa High School, but most importantly has represented her school and team both on and off the field well. ~ Alfredo Ibarra, CSCS*

# volleyball

## Muhlenberg High School

### Nicole Shuman

**Sport:** Volleyball

**Position:** Outside Hitter

**Height:** 5'9"      **Weight:** 150

**Age:** 16

**Vertical Jump:** 21.5" **Pro Agility Time:** 5.03 **Forty-Yard Dash:** 6.66

**Bench Press POUNDAGE:** 110 **Squat POUNDAGE:** 190

**Hang Clean POUNDAGE:** 120

*Nicole is an outstanding young athlete at our high school who excels in multiple sports. She plays both volleyball and throws javelin and shot put on our track team. Nicole is an extremely hard worker both in class and on the court/field. What sets her aside from others is her drive to be the best. Many times in a game situation, I have seen Nicole take over the game due to her conditioning levels. She understands what it takes to be the best she can be and does not let others influence her in a negative way. Nicole is only a junior, and once she understands just how much ability she really has, she is going to do some more great things for our school. Not only is she a great athlete, but also a wonderful student. Her grade point average (GPA) puts her at the top 10% in her class. ~ Todd Eisenhofer, CSCS*

# wrestling

## Charlotte Country Day School

### Akanimo Eyo

**Sport:** Wrestling

**Height:** 5'8"      **Weight:** 170

**Age:** 18

**Vertical Jump:** 33" **Forty-Yard Dash:** 4.5 **Bench Press POUNDAGE:** 220

**Squat POUNDAGE:** 360 **Hang Clean POUNDAGE:** 215

*Akanimo is one of those athletes who makes everyone around him better. He is a quiet leader who will pick a corner in the weight room and train at a relentless level. He is a three-sport athlete and excels in football, wrestling, and track and field. Akanimo's hard work will allow him to participate at the collegiate level in all three sports if he chooses to. ~ Darnell Clark, CSCS*

## Florida Home School

### Nicole Stout

**Sport:** Wrestling

**Position:** Judo

**Height:** 5'5"      **Weight:** 126

**Age:** 16

**Vertical Jump:** 24" **Bench Press POUNDAGE:** 100 **Squat POUNDAGE:** 210

**Hang Clean POUNDAGE:** 120

*Nicole competes in the Olympic sport of judo. She is a two-time National Champion and United States of America Jr. World Cup Champion in two age divisions (under 17 and under 21). Nicole is ranked first in the USA and in the top ten in the world for Cadet Division (15 - 17 years-old) and ranked third in Jr. International Judo Federation (IJF) division (under 21). Nicole started Olympic lifting two years ago to match the strength and power of other athletes. She has worked really hard in the gym and it has paid off. ~ Jeffrey Stout, PhD, CSCS, FACSMS*

## **NSCA Mission Statement**

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

## **Editorial Note**

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