



**2015 NSCA ALL-AMERICAN STRENGTH AND
CONDITIONING ATHLETES OF THE YEAR**





2015 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.*

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.

The NSCA wishes to thank...



**Official Sponsor 2015 NSCA All-American Strength
and Conditioning Athletes of the Year**



**COLLEGE
ATHLETES**



BASEBALL

Bradley University

Male

Isaac Smith

Sport: Baseball

Position: Outfield

College Senior

Height: 6'0"

Weight: 175

Vertical Jump: 38.1"

Ten-Yard Dash: 1.64

Forty-Yard Dash: 4.69

Bench Press Poundage: 205

Bench Press Reps: 1

Front Squat Poundage: 345

Front Squat Reps: 1

Quote: Isaac came in as a freshman weighing 147 lb. He has dedicated himself and embraced the principles of training that we preach at Bradley University. He is a leader on the team, especially in the weight room. He is focused and diligent with each and every rep. It has been impressive to see his hard work and dedication pay off with his performances in the weight room and on the field. Very proud of him as an athlete and young man. ~ Cody Roberts, CSCS

Dallas Baptist University

Male

Nash Knight

Sport: Baseball

Position: Infielder

College Senior

Height: 6'0"

Weight: 200

Age: 22

Vertical Jump: 32"

Pro Agility Time: 4.3

Ten-Yard Dash: 1.7

Squat Poundage: 350

Squat Reps: 1

Quote: Nash has set the standard for dedication and commitment to the process. His unwavering energy, servant leadership, and accompanying work ethic have not only paid dividends in the transformation of his physical attributes, but also in helping create a culture of relentless pursuit of perfection within his team. Most importantly, Nash pursues success in order to bring all glory to God, his Creator and Savior. ~ Adam Ross, NSCA-CPT, CSCS, RSCC

Haverford College

Male

Casey Fox

Sport: Baseball

Position: Third Base/Pitcher

College Senior

Height: 6'0"

Weight: 210

Vertical Jump: 26"

Pro Agility Time: 4.19

Ten-Yard Dash: 1.67

Squat Poundage: 335

Squat Reps: 1

Hang Clean Poundage: 255

Hang Clean Reps: 1

Quote: Casey has diligently followed the program through four years, and in doing so, has developed his power and agility to elite levels. He came into college with a great training base and he has used that background to help educate and lead others in what has become a culture of hard work and winning for our baseball team. ~ Cory Walts, CSCS, RSCC

Heartland Community College

Male

Marcus Pingleton

Sport: Baseball

Position: Outfield

College Sophomore

Height: 5'10"

Weight: 195

Age: 20

Vertical Jump: 35.5"

Squat Poundage: 435

Squat Reps: 1

Quote: Marcus has demonstrated an incredible work ethic and drive to succeed in baseball and in life. He continues to blow through every obstacle that stands in his way. In addition to overcoming the loss of his mother at an early age, Marcus has overcome many more barriers. He came to Heartland Community College in the fall as a walk on...only to become our starting right fielder and 3-hole hitter by spring. Despite suffering a UCL injury that forced him into Tommy John surgery and gaining a medical red shirt, he didn't let that slow him down. He continued to add lean muscle and focused on his lower body while rehabbing his arm. Marcus boasts a 6.6 60-yd dash, 435-lb squat (> 2x his bodyweight), 95 mph arm from the outfield, and a bat exit velocity of 98 mph. He's our unquestionable leader both emotionally and physically. As we begin this The National Junior College Athletic Association (NJCAA) season nationally ranked yet again, we will rely heavily on Marcus to carry us through to the National Championship. ~ Josh Kauten, CSCS

Huntingdon College

Male

J. Gardiner

Sport: Baseball

Position: Outfield

College Senior

Height: 5'7"

Weight: 168

Squat Poundage: 365

Hang Clean Poundage: 215

Quote: J's work ethic, attitude, and leadership have been an irreplaceable part of our baseball team's development. His strong commitment to training, along with his desire to push the team forward, have been vital in continuing to cultivate an appropriate culture within our baseball program. ~ Charles Goodyear, MS

Huntingdon College

Male

Jordan Criswell

Sport: Baseball

Position: Outfield/Infield/Designated Hitter

College Junior

Height: 6'0"

Weight: 185

Squat Poundage: 425

Hang Clean Poundage: 205

Quote: Jordan's commitment to training has allowed him to develop into a very consistent player on our baseball team. He sets the bar high every day with his attitude and work ethic. ~ Charles Goodyear, MS

Iona College

Male

John Daddino

Sport: Baseball

Position: Pitcher

College Senior

Height: 6'0"

Weight: 225

Age: 21

Vertical Jump: 30"

Bench Press: 275

Bench Press Reps: 10

Front Squat Poundage: 405

Hang Clean Poundage: 300

Hang Clean Reps: 3

Quote: John Daddino is an outstanding athlete and young man on and off the field. Throughout his college career he has been a role model for his fellow athletes whether it be on the diamond or in the weight room. John is the type of athlete every coach dreams of. His "buy in" is 100%, all the time. He has undeniably the hardest work ethic at Iona College as he is the first to show up for lifts and the last to leave. John's desire

for increasing his performance in the weight room and on the field is evident in everything he does, from the intensity he brings to each lift, to the expectations he holds for himself and his teammates. Through the adversity he has faced in his recovery from Tommy John surgery and the loss of his father, his character as a student-athlete and the extremely impressive weights he is able to lift, there is no doubt that John Daddino is deserving of the NSCA All-American award. ~ Kelly Shaver, CSCS

MidAmerica Nazarene University

Male

Clayton Brandt

Sport: Baseball

Position: Shortstop

College Senior

Sixty-Yard Sprint: 6.5

Pro Agility Time: 4.56

Vertical Jump: 31"

Bench Press Poundage: 205

Squat Poundage: 240

Hang Clean Poundage: 190

Quote: Freshman year – summer Walter Johnson League (Wichita, KS – All-Star Game – shortstop of the league. Sophomore year – second team All-Conference shortstop (HAAC). Sophomore/Junior years – summer baseball at Great Lakes League (Xenia, OH – Athletes in Action). Junior year – first team All-Conference shortstop (HAAC), and Dean's List, second team All-Great Lakes League (summer baseball) shortstop, sports management with a business emphasis and a coaching minor. Clayton's aspirations are to play professional baseball and eventually work the family farm (crops/horses); he would also like to work with therapeutic horseback riding services. Clayton knows hard work because of his background of growing up on a farm. Clayton is an exceptional baseball player. He is a true team player who encourages and motivates his teammates. He doesn't back down from any challenge and when the pressure is on he rises to the occasion. ~ Whitney Rodden, MS, ATC, CSCS, USAW-2

Norfolk State University

Male

Ian Horne

Sport: Baseball

Height: 6'3"

Weight: 205

Vertical Jump: 28"

Bench Press Poundage: 270

Squat Poundage: 450

Hang Clean Poundage: 250

Quote: Ian Horne is in his senior year, and he has been a member of the Norfolk State University Spartan Baseball team for four years. He has a 3.78 GPA, and he is majoring in Exercise Science along with a minor in Psychology. Ian states, "I am preparing to take the NSCA CSCS exam shortly and

I am hoping to work in the strength and conditioning field or in cardiac rehabilitation.” His professor, Dr. Gaines says, “I enrolled in my Advanced Weight Training this spring 2015, and he has such a passion for the field of strength and conditioning. He has embraced the NSCA as his organization of choice, and as he graduates this spring. I see him as a future CSCS NSCA Member and a future scholar in the field of strength and conditioning.” ~ Rodney Gaines, PhD, CSCS

Radford University

Male

Josh Reavis

Sport: Baseball

Position: Catcher

College Senior

Height: 6'1"

Weight: 195

Vertical Jump: 30"

Bench Press Pounding: 315

Squat Pounding: 405

Hang Clean Pounding: 265

Quote: Josh has worked from the time he stepped on our campus to build himself into a competitive collegiate baseball player. He leads by words, but more by example. He is not only great in his work ethic in the room, but also in nutrition and recovery. ~ Scott Bennett, CSCS, RSCC*E

Saint Louis University

Male

Danny Murphy

Sport: Baseball

Position: Outfield

College Senior

Height: 6'2"

Weight: 200

Age: 22

Vertical Jump: 36"

Squat Pounding: 445

Quote: Danny has an infectious personality that is truly contagious. His teammates respect his work ethic and level of commitment. Danny has been able to transfer his work in the weight room to the field. He was among the team leaders in home runs and stolen bases while guiding the Billikens to an A-10 Conference regular season championship. He was the only member of the team to start every game of the season. Danny is a consummate ambassador for Saint Louis University and our athletics program. ~ Alison Albritton, CSCS

Southeastern Louisiana University

Male

Daniel Midyett

Sport: Baseball

Position: Utility Player/Designated Hitter

College Senior

Height: 6'0"

Weight: 185

Vertical Jump: 33.5"

Sixty-Yard Dash: 6.75

Bench Press Pounding: 285

Squat Pounding: 385

Power Clean Pounding: 285

Quote: Daniel is one of those kids that a coach loves to work with. He is a perfectionist in all aspects of training, he constantly wants to make sure things are done properly. He is always up for a challenge and constantly pushed others around him to do the same. He is a great role model for our younger players. ~ Brandon Howard, MS, CSCS

State University of New York (SUNY) at New Paltz

Male

Roy Missall

Sport: Baseball

Position: Pitcher

College Senior

Height: 6'2"

Weight: 215

Age: 21

Bench Press Pounding: 225

Squat Pounding: 385

Hang Clean Pounding: 205

Quote: Roy is someone you want on your team as a coach.

Great leader, great discipline, and works hard at his task each day. ~ Gary Gall, MS, USAW

University of Maryland

Male

Rob Galligan

Sport: Baseball

Position: Pitcher

College Junior

Height: 6'2"

Weight: 230

Age: 21

Vertical Jump: 32"

Squat Pounding: 405

Squat Reps: 1

Quote: Rob is one of the most consistent and hardworking individuals I have ever worked with. He gives all he has every day, not only with his individual work, but also to the team. He is one of the most dedicated teammates I have ever had the opportunity to work with. The team always comes first, and Rob will sacrifice for the greater good. He is very deserving of an award like the NSCA All-American award.

~ Christie Pollner, CSCS

University of Maryland

Male

Anthony Papio

Sport: Baseball

Position: Outfield

College Junior

Height: 6'1"

Weight: 195

Age: 21

Vertical Jump: 39"

Forty-Yard Dash: 6.8

Bench Press Poundage: 285

Squat Poundage: 505

Quote: Anthony Papio is one of the hardest working young men I have had the privilege to coach. Quiet confidence and dedication describes Anthony perfectly. He came here as a walk-on and has worked extremely hard to become one of our most consistent and reliable players. This young man deserves a recognition such as the NSCA All-American award. ~ Seth Diters, CSCS, USAW

University of Mary Washington

Male

Jono Haught

Sport: Baseball

Position: Catcher

College Senior

Height: 6'0"

Weight: 205

Age: 22

Bench Press Poundage: 300

Squat Poundage: 425

Quote: Jono, a senior leader and starting catcher for the baseball team, has become the first male NSCA All-American award winner at the University of Mary Washington. This award is a testament to Jono's hard work and dedication to reaching his utmost potential as a baseball player. Not only is Jono one of the strongest athletes on campus, holding several school records, he has tremendous drive and toughness that set him apart. ~ George Greene, CSCS

University of Michigan

Male

Dominic Jamett

Sport: Baseball

Position: Catcher

College Senior

Height: 6'3"

Weight: 215

Age: 21

Vertical Jump: 29.3"

Pro Agility Time: 4.37

Bench Press Poundage: 285

Bench Press Reps: 1

Squat Poundage: 410

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Dom has had to work hard for everything he has achieved at Michigan. The one thing Dom embodies is the blue collar mentality. He brings everything he has every day. He has grown into a leader on this team both on and off the field. It is an honor for me to nominate Dominic Jamett as an NSCA All-American. ~ Jason Cole, CSCS, RSCC*D

University of Missouri – St. Louis

Male

Chris True

Sport: Baseball

Position: Pitcher

College Senior

Height: 5'11"

Weight: 210

Age: 22

Bench Press Poundage: 335

Bench Press Reps: 1

Squat Poundage: 425

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Chris loves to train, in fact so much so that we need to rein him in sometimes. He has helped lead guys to massive strength gains. In three years working with Chris, he has not missed one workout. You can always count on Chris to give his best effort and have a great attitude. ~ Joshua McMillian, CSCS, RSCC

University of Tennessee

Male

Drake Owenby

Sport: Baseball

Position: Pitcher

College Junior

Height: 6'3"

Weight: 205

Age: 21

Vertical Jump: 34"

Squat Poundage: 435

Squat Reps: 2

Quote: Drake has established himself within our program as the leader in mental and physical preparation. Aside from compiling some astonishing strength and conditioning numbers, he is one of our top starting pitchers. Each and every day his energy and enthusiasm lifts our team to prepare like champions. Because of Drake's ability to do almost anything in the weight room, he challenges me as a coach to develop more effective and innovative programs. During his career here at Tennessee he has cut his body fat in half while adding strength and power to his athletic ability. I look

forward to watching Drake develop as a collegiate player and give himself an opportunity to play at the professional level. This year Drake won our Omaha Challenge which is a 5-day event designed to test strength, speed, endurance, and mental toughness. By the numbers: Deadlift: 455 lb, 5-k run: 18:36, 1-k row: 3:09, grip strength: 186 PSI. ~ Herman Demmink III, MS, CSCS, USAW

University of Wisconsin – Whitewater

Male

Mike Mierow

Sport: Baseball

Position: Catcher

College Senior

Height: 6'0"

Vertical Jump: 28"

Pro Agility Time: 4.12

Bench Press Poundage: 255

Squat Poundage: 405

Quote: Mike was our starting catcher every game last year and led UW-W to a 44 – 7 record and a conference, regional, and national championship. He batted .346 and was solid defensively behind the plate. His effort in the weight room and on the field will carry him into this season as he was nominated captain and will look to lead the team once again to a championship. ~ Lee Munger, CSCS

West Texas A&M University

Male

Kyle Olason

Sport: Baseball

Position: Pitcher

College Senior

Height: 6'0"

Weight: 200

Age: 23

Vertical Jump: 26.5"

Squat Poundage: 470

Squat Reps: 1

Quote: Kyle shows up ready to train each day with a focus and energy that is infectious. During his two years on the baseball team, he has helped to raise the bar of the expectations of how each member trains. Kyle devoted his summer to getting stronger, more powerful, and more durable. His leadership during fall workouts helped to elevate the team to another level collectively. He has started the season off well and looks to lead the team back the NCAA tournament. ~ Matt Segura, CSCS, RSCC, USAW-1, USATF-1

William Woods University

Male

Dylan Hastings

Sport: Baseball

Position: Pitcher

College Senior

Height: 6'0"

Weight: 190

Vertical Jump: 27.9"

Pro Agility Time: 4.14

Ten-Yard Dash: 1.45

Bench Press Poundage: 205

Squat Poundage: 445

Hang Clean Poundage: 235

Quote: Dylan came in as an out of shape freshman that did not like to work out. He was slightly better his sophomore year but did not see much playing time or have much success. After his sophomore season, he dedicated himself to the off-season program. This led to a major transformation in his body and performance. The changes range from his freshman year body fat percent high of 19 to this year's low of 9 percent. He also reached the low 90s with his fastball and became a great leader for our pitching staff and team. His flexibility and durability have improved significantly. Dylan has become a mentor for the newcomers to our team. I could not be happier with the development that Dylan has shown as a player but more importantly as a person. ~ Robert Jones, CSCS

Wilkes University

Male

Robert Schappel

Sport: Baseball

Position: Second Base

College Senior

Height: 5'10"

Weight: 175

Age: 21

Vertical Jump: 27"

Pro Agility Time: 4.37

Ten-Yard Dash: 1.62

Forty-Yard Dash: 4.87

Bench Press Poundage: 225

Bench Press Reps: 3

Squat Poundage: 405

Squat Reps: 1

Hang Clean Poundage: 205

Hang Clean Reps: 3

Quote: Bobby Schappell enters his senior season as the starting second baseman for the Wilkes University Colonels. Bobby's leadership on the field carries over to the weight room where he holds impressive numbers in the squat (405 lb 1RM) and hang clean (205 lb 3RM). Schappell does not only lead by example but also is a vocal leader. Schappell's hard work doesn't stop there, he is an outstanding student in the classroom, holding a 3.8 GPA while studying accounting. ~ Keith Klahold, CSCS, RSCC*D



BASKETBALL

Aurora University

Male

Gavin Walker

Sport: Basketball

Position: Point Guard

College Senior

California Institute of Technology (Caltech)

Female

Bridget Connor

Sport: Basketball

Position: Forward

College Senior

Quote: Bridget's dedication to cardiovascular conditioning and injury resistance proved critical in her senior season as she led the conference with a significant 37.3 min per game while starting all 25 contests on one of the smallest rosters in the country. Unanimously regarded as one of the hardest-working student-athletes on campus, Bridget displayed outstanding drive and competitive edge in leading the team, against all odds, to back-to-back conference victories in the final full week of the season. Her relentless effort and impassioned verbal inspiration reflected her elite leadership as she dedicated countless extra hours to refining her fitness, strength, and basketball skills. ~ Sarah Alway, MS, ATC, CSCS

California Institute of Technology (Caltech)

Male

Andrew Hogue

Sport: Basketball

Position: Guard/Forward

College Senior

Weight: 205

Vertical Jump: 30"

Pro Agility Time: 4.21

Bench Press Poundage: 245

Bench Press Reps: 1

Squat Poundage: 265

Squat Reps: 1

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Andrew's physical strength, body mass gains, and cardiovascular fitness drove his accomplishments on the court in leading the most successful Beavers team in the last 54 years. As a senior co-captain, Andrew demonstrated outstanding drive, competitive edge, and positive attitude every day, but most apparent was his excellent leadership as he mentored his teammates in both basketball and life skills. His commitment to strength- and fitness-building was a critical component in his on-court success, as evidenced by his increases in rebounds per game (3.7 to 7.9) and assists

per game (1.0 to 2.6) over his career, culminating in his ranking second in the conference in rebounding as a senior. His contributions helped the team record its most conference wins (three) since 1960 – 1961 and equal the team's total number of conference wins over the previous 44 years. ~ Sarah Alway, MS, ATC, CSCS

California Lutheran University

Male

Arik Smith

Sport: Basketball

Position: Guard

College Senior

Height: 6'1"

Weight: 185

Age: 22

Vertical Jump: 38"

Bench Press Poundage: 285

Squat Poundage: 425

Hang Clean Poundage: 305

Quote: Arik Smith is a tremendous athlete with many God-given abilities. Over the past four years, his work ethic, leadership qualities, and willingness to do that what is necessary to help his team succeed, have grown to match his genetic gifts. ~ Patrick Holmberg, CSCS

College of William and Mary

Female

Jazmen Boone

Sport: Basketball

Position: Guard/Forward

College Senior

Height: 5'8" | Weight: 160

Age: 22

Vertical Jump: 24.5"

Bench Press Poundage: 175

Bench Press Reps: 1

Squat Poundage: 285

Squat Reps: 1

Hang Clean Poundage: 181

Hang Clean Reps: 1

Quote: Jazmen Boone has been an absolute pleasure to coach. She has worked so hard to earn the respect of her teammates on and off the court. She puts forth a tremendous amount of effort in the weight room and leads by example every day. The team looks up to her and looks to her for leadership. So far this season, Jazmen has recorded 318 points, four double-doubles, six double digit rebounding efforts, and had six steal effort on January 15th, 2015. Jazmen has been such a positive influence on this team and will leave this team with higher standards. ~ Bradley Brookhart, CSCS

College of William and Mary

Male

Sean Sheldon

Sport: Basketball

Position: Forward

College Junior

Height: 6'9"

Weight: 255

Age: 21

Vertical Jump: 31"

Bench Press Poundage: 280

Bench Press Reps: 1

Squat Poundage: 265

Squat Reps: 1

Hang Clean Poundage: 284

Hang Clean Reps: 1

Quote: Sean Sheldon has been an enjoyable athlete to coach. His love for the weight room has led him to a starting role at the College of William and Mary. He is a natural leader in the weight room and his teammates look up to him. In the weight room, Sean has improved every day since he walked on campus. On the court this season so far Sean has recorded double digit scoring efforts in six games including a double-double with 11 points and 10 rebounds on February 11th, 2015. On January 10th, Sean recorded four blocks. Sean continues to challenge himself each and every day and is setting himself up for a great senior campaign. ~ Bradley Brookhart, CSCS

Colorado State University

Male

Daniel Bejarano

Sport: Basketball

Position: Guard

Height: 6'5"

Weight: 209

College Senior

Age: 21

Vertical Jump: 34"

Quote: Daniel changed not only his body, but his game over the span of his career at Colorado State University. He established himself as a leader on and off the court through his dedication to preparation. Daniel's commitment to training and his work ethic has helped establish a culture of toughness, effort, and persistence in our basketball program. Not only does he "embrace the grind," but he holds his teammates accountable and has raised the bar in terms of training and physical preparation for Colorado State University men's basketball. ~ Jason Phillips, MS, CSCS

Columbus State Community College

Female

Taylor Horn

Sport: Basketball

Position: Guard

College Sophomore

Height: 5'8"

Weight: 130

Age: 19

Vertical Jump: 18"

Bench Press Poundage: 120

Squat Poundage: 160

Hang Clean Poundage: 125

Quote: Taylor's perseverance and work ethic set her up for success in the weight room from day one. She quickly became one of the programs top performers in nearly every category in her sophomore year. Her never-quit attitude quickly set her apart from others and allowed her to lead her team in and out of the weight room. ~ Andrew Hargus, MS, CSCS, USAW

Emory and Henry College

Male

Myles Turner

Sport: Basketball

Position: Guard

College Sophomore

Height: 6'0"

Weight: 189

Age: 22

Vertical Jump: 27"

Pro Agility Time: 4.52

Ten-Yard Dash: 1.87

Bench Press Poundage: 255

Bench Press Reps: 1

Squat Poundage: 245

Squat Reps: 1

Quote: Myles, a sophomore basketball captain, has been the single most driven and disciplined student-athlete at Emory and Henry College. His attitude, effort, and attention to detail have forged the culture for the entire men's basketball team. Myles is a tireless worker in the weight room and if there is a ball bouncing in the King Center you can bet Myles is in the gym working hard on his skill set. According to head coach Dave Willson, "Myles is an outstanding leader not only for our basketball team but also for our entire athletics department and school. His work ethic and his commitment to his teammates, his coaches, and his college are second to none." ~ Joshua Bullock, MA, CSCS, RSCC

Glendale Community College

Female

Tori Wright

Sport: Basketball

Position: Guard

College Freshman

Height: 5'4"

Weight: 140

Age: 18

Vertical Jump: 30"

Pro Agility Time: 4.46

Ten-Yard Dash: 1.78

Bench Press Poundage: 185

Squat Poundage: 300

Hang Clean Poundage: 135

Quote: Tori has been one of the hardest working athletes I have worked with. Her determination is unmatched. I know one day she will become a great coach through the lessons she has learned in the weight room. ~ Eric Reed, CSCS,*D, RSCC

Haverford College

Female

Jacquelyne Pizzuto

Sport: Basketball

Position: Point Guard

College Senior

Height: 5'3"

Vertical Jump: 15.5"

Pro Agility Time: 4.99

Ten-Yard Dash: 1.89

Bench Press Poundage: 115

Bench Press Reps: 1

Squat Poundage: 160

Squat Reps: 1

Quote: Jacquie has been a tremendous leader for all four years of her career. She leads through example as her work ethic in the weight room and on the court has transformed her into one of the top athletes and point guards in Division III basketball. Despite her stature, she is an extremely strong and durable athlete, allowing her to log record minutes, and do so extremely effectively. This is largely due to her training efforts. ~ Cory Walts, CSCS, RSCC

Lewis and Clark College

Female

Casey Zinn

Sport: Basketball

Position: Small Forward/Power Forward

College Senior

Height: 6'0"

Weight: 158

Age: 22

Vertical Jump: 23"

Pro Agility Time: 4.9

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 185

Hang Clean Reps: 1

Quote: Casey Zinn has been a staple for the Lewis and Clark College women's basketball team. A four-year contributor, Casey has demonstrated that it takes hard work and dedication to compete at a high level every year, all the while meeting the high academic standards of the college. In the

weight room, Casey's work ethic, discipline, and attitude epitomizes what the Lewis and Clark College Strength and Conditioning Program is all about. Respected by her teammates and coaching staff, Casey is determined to make herself and those around her better every day. It has been a privilege to work with such an outstanding young woman. ~ Angela Dendas, MS, CSCS, USAW

Merrimack College

Female

Ashley Weissmann

Sport: Basketball

Position: Guard

College Junior

Height: 5'4"

Age: 20

Vertical Jump: 23.5"

Pro Agility Time: 4.97

Ten-Yard Dash: 1.62

Bench Press Poundage: 120

Bench Press Reps: 1

Front Squat Poundage: 155

Front Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Ashley has proven to be one of the hardest working, most dedicated, and committed athletes to have ever of come through the program here. She is relentless in her pursuit of excellence on the court and in the weight room. Her development has been enhanced greatly by her individual commitment to her physical preparation. She continues to set the standard of what it means to be a great teammate and team leader. ~ Michael Kamal, MEd, CSCS

Northwood University

Female

Aleigha Wylie

Sport: Basketball

Position: Center

College Senior

Height: 6'2"

Age: 21

Vertical Jump: 25.2"

Pro Agility Time: 4.87

Forty-Yard Dash: 5.37

Bench Press Poundage: 140

Squat Poundage: 255

Hang Clean Poundage: 185

Quote: Allie, has gone above and beyond what I have asked her to do. She is a leader both on the court and in the classroom. Allie has put in the work and time to get her body ready for the vigorous Great Lakes Intercollegiate Athletic Conference (GLIAC) basketball season. ~ Scott Fisher, CSCS, NSCA-CPT, RSCC

Saint Louis University

Female

Jamesia “Mesi” Price

Sport: Basketball

Position: Guard

College Junior

Height: 5’5”

Vertical Jump: 27”

Pro Agility Time: 4.19

Bench Press Poundage: 155

Squat Poundage: 290

Hang Clean Poundage: 185

Quote: Mesi is one of the hardest working athletes I have ever coached. She is among our female leaders in all strength and fitness categories within our sports performance program. Her tremendous work ethic has earned her the respect of her teammates and coaches. Mesi’s contagious energy and leadership sets the stage for her team to have an extremely positive, hardworking atmosphere in the weight room and on the court. ~ Erick Schork, CSCS, USAW

Saint Louis University

Male

Mike Crawford

Sport: Basketball

Position: Guard

College Sophomore

Height: 6’3”

Weight: 195

Vertical Jump: 32”

Pro Agility Time: 3.91

Bench Press Poundage: 270

Squat Poundage: 365

Hang Clean Poundage: 245

Quote: Mike’s strong work ethic will prove to be a catalyst for success in many areas of the Saint Louis University basketball program. Perhaps more important than his own accomplishments, he has been a real “lead-by-example” teammate. He sets the tone for everyone to follow. These attributes will undoubtedly lead to much success in the future. ~ Erick Schork, CSCS, USAW

Southeastern Louisiana

Female

Symone Miller

Sport: Basketball

Position: Guard

College Senior

Height: 5’4”

Vertical Jump: 22”

Bench Press Poundage: 150

Bench Press Reps: 1

Front Squat Poundage: 215

Front Squat Reps: 1

Hang Clean Poundage: 140

Hang Clean Reps: 1

Quote: Symone is a rare combination of being one of the best athletes and hardest workers on the women’s basketball team at Southeastern Louisiana. She comes to work every day to get better and has found a way to set a new personal mark every time we test. To further exemplify her heart and love for the game, she recently tore her anterior cruciate ligament (ACL) and will continue to finish out the year without surgery. She has is one of the key players to our basketball program and has an All-American work ethic with the numbers to prove it! ~ David Job, CSCS, USAW

State University of New York (SUNY) New Paltz

Female

Shannan Walker

Sport: Basketball

Position: Guard

College Senior

Height: 5’8”

Weight: 125

Age: 22

Bench Press Poundage: 135

Squat Poundage: 195

Quote: Shannan is on my top list for dedication among college athletes. She was not always the best, strongest, or fastest athlete, but she had a great mindset. That will take her a long way in life. ~ Gary Gall, MS, USAW

State University of New York (SUNY) New Paltz

Female

Ashley Riefenhauser

Sport: Women’s Basketball

College Senior

Squat Poundage: 185

Hang Clean Poundage: 125

Quote: She was team captain and a great leader for our basketball team this year. ~ Gary Gall, MS, USAW

United States Air Force Academy

Male

Justin Hammonds

Sport: Basketball

Position: Forward

College Senior

Height: 6’6”

Weight: 205

Vertical Jump: 32.5”

Pro Agility Time: 4.05

Bench Press Poundage: 260

Hang Clean Poundage: 230

Hang Clean Reps: 1

Quote: The past four years “J-Hamm” has exhibited the mental toughness, work capacity, and leadership necessary to become a highly successful cadet-athlete and future officer.

J-Hamm's unyielding approach to the weight room and basketball court has made him a distinguished member of our men's basketball team resulting in a long-term legacy at the United State Air Force Academy. ~ Edward Blackwood, CSCS, RSCC*D

University of Mary Washington

Female

Claire Haeuptle

Sport: Basketball

Position: Guard

College Senior

Height: 5'8"

Age: 22

Bench Press Pounding: 265

Squat Pounding: 125

Quote: Claire, a tremendous competitor both on the court and in the weight room, becomes the first female NSCA award winner at the University of Mary Washington. Pound-for-pound she is one of the strongest athletes I have ever worked with and is atop several of our school's strength and conditioning records. Her attention to detail and commitment to her sport are second to none. ~ George Greene, CSCS

University of Michigan

Female

Cyesha Goree

Sport: Basketball

Position: Forward

College Senior

Height: 6'3"

Weight: 170

Age: 21

Vertical Jump: 24"

Bench Press Pounding: 145

Squat Pounding: 175

Hang Clean Pounding: 155

Quote: Cyesha is a product of a multi-year development program. As a talented high school player, she knew she had to reach a new level of physical readiness in order to fulfill her Big Ten dreams. Cyesha's dedication to training off the court has paid off as she is one of the most dominant players in University of Michigan history, setting the single season rebound record at 317 and making the All-Big Ten second team in 2014. This gym rat is finally fulfilling her long-term goals with the help of a quality long-term strength and conditioning program. ~ Bo Sandoval, MS, CSCS, RSCC

University of Missouri

Female

Bree Fowler

Sport: Basketball

Position: Guard

College Senior

Height: 5'9"

Weight: 158

Age: 22

Vertical Jump: 24"

Pro Agility Time: 4.61

Ten-Yard Dash: 1.73

Bench Press Pounding: 185

Squat Pounding: 334

Hang Clean Pounding: 172

Quote: Bree has improved her lift totals by over 150 lb while at Mizzou. She has improved her jumping ability by 3" and her agility times have dropped by a full second and she has shaved a full tenth off of her sprint times. She has developed into a great weight room leader and I routinely catch her teaching her teammates how to get more out of the training process. ~ Jacob Linn, CSCS, NSCA-CPT

University of Missouri - St. Louis

Female

Alexis Lawrence

Sport: Basketball

Position: Guard

College Senior

Height: 5'5.6"

Age: 21

Vertical Jump: 22"

Bench Press Pounding: 135

Bench Press Reps: 1

Squat Pounding: 205

Squat Reps: 1

Quote: "Lex" is a great leader! In the three years working with her, she has given her best effort every day. She is a great example to all of her teammates by the way she approaches training. In each of the last three summers, she has stuck around St. Louis to train (at 6:00 am) to improve her physical abilities prior to working a full-time job. Her leadership will be missed next year both on and off the court. ~ Joshua McMillian, CSCS, RSCC

University of North Dakota

Female

Mia Loyd

Sport: Basketball

Position: Forward

Height: 5'10"

Weight: 160

Age: 21

Vertical Jump: 22.5"

Bench Press Pounding: 159

Squat Pounding: 253

Hang Clean Pounding: 185

Quote: I am very fortunate to have the opportunity to work with such a hard-working and self-motivated student-athlete. Mia is not only our best player, but she is our hardest worker. Mia's hard work and leadership skills have been recognized by her teammates as they have voted her team captain as

a junior. Mia's hard work in the off-season has also paid off as she was honored in 2014 as a second team Big Sky All-Conference performer as a sophomore. Mia was also named to the University of North Dakota Athletic Director's Honor Roll. Her focus and discipline will undoubtedly carry over into her professional career as a speech pathologist.

- Nate Baukol, MS, CSCS

University of Tennessee

Female

Andraya Carter

Sport: Basketball

Position: Shooting Guard

College: Sophomore

Height: 5'9"

Weight: 149

Age: 21

Vertical Jump: 30.5"

Bench Press Pounding: 150

Squat Pounding: 230

Hang Clean Pounding: 145

Quote: Andraya Carter exemplifies an NSCA All-American through her day-to-day hard work and dedication to being excellent on the court and in the classroom. In 2013 - 2014 she was named to the All-Southeastern Conference (SEC) freshmen team averaging 6.9 points, 2.7 rebounds, 2.3 assists, 1.6 steals, and 26.3 minutes of play per game. Here in 2015 she is averaging 7.5 points, 3.2 rebounds, 2.6 steals, 2.2 assists, and just under 30 minutes of play per game. Andraya does not just do it on the court, but in the classroom as well, receiving All-SEC Academic Honor Roll in 2014 and maintains a 3.86 grade point average. Her tireless hard work and dedication make her a worthy recipient for the NSCA All-American Award. - Lee Taylor, CSCS, USAW

University of Texas at San Antonio

Female

Niaga Mitchell-Cole

Sport: Basketball

Position: Guard/Forward

College: Senior

Vertical Jump: 21.75"

Pro Agility Time: 4.3

Quote: Niaga has been one of the most positive athletes I have had the chance to work with. Regardless of the day or situation, she always comes in ready to work and gives nothing less than 100% at every workout and she will always have a smile while doing so. - Travis Reust, CSCS, RSCC*D

University of Wisconsin - River Falls

Female

Hannah Pignato

Sport: Basketball

Position: Forward

College: Senior

Height: 5'7"

Weight: 150

Age: 20

Vertical Jump: 23.7"

Pro Agility Time: 4.52

Ten-Yard Dash: 1.89

Bench Press Pounding: 105

Squat Pounding: 175

Hang Clean Pounding: 125

Nominated by - Carme Pata, MS, CSCS, *D, RSCC*D

University of Wisconsin - Whitewater

Male

Quardell Young

Sport: Basketball

Position: Point Guard

College: Senior

Vertical Jump: 34"

Bench Press Pounding: 195

Quote: Quardell, or "Q" as he is called at UWW, is a pivotal part of the Warhawks men's basketball push for back-to-back National Championships. Q has elevated his play in the 2014 - 2015 campaign after a very impressive 2013 - 2014 season. Q's play has helped guide the Warhawks men's basketball team to its best season in school history with only three losses going into the Wisconsin Intercollegiate Athletic Conference (WIAC) conference championship game. In 2013 - 2014, Q was named to the first team All-WIAC and All-NCAA Division III Tournament team. He also tallied 352 points for an average of 10.7 per contest, led WIAC in assists with 132, committed just 43 turnovers to rank second in the league and ninth in the nation in assist-to-turnover ratio (3.07-to-1), and led the conference and ranked 27th in NCAA Division III with 63 steals. Q's go-ahead lay-up with under one second to play to help UWW defeat Williams (MA) 75 - 73 in the NCAA Tournament National Championship game on March 22 and was SportsCenter's number one play of the week. - Nicholas Spadafore, CSCS

Weber State University

Female

Zakiyyah "Z" Shahid-Martin

Sport: Basketball

Position: Center

College: Senior

Height: 6'2"

Age: 22

Bench Press Pounding: 125

Bench Press Reps: 1

Squat Pounding: 205

Squat Reps: 1

Hang Clean Pounding: 140

Hang Clean Reps: 1

Quote: Z has made an impactful impression on the strength and conditioning program as well as on the athletic

department here at Weber State University. With her outstanding work ethic and leadership skills, she has helped her team to many new and exciting successes. Exuding the qualities of hard work and focus, she is still able to keep her teammates light and loose as she embodies the mission and ideals that Weber State University prides itself on. ~ Andi Pigeon, MS, ATC, CSCS

Weber State University

Male

James Hajek

Sport: Basketball

Position: Center

College Senior

Height: 6'10"

Weight: 245

Age: 22

Vertical Jump: 28"

Bench Press Poundage: 280

Bench Press Reps: 1

Squat Poundage: 340

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: James Hajek is not only our general on the court, he is a leader in the weight room as well. James consistently brings great energy and a strong work ethic to all training sessions. James has consistently improved in every area of performance from his freshman year until his last workout. James utilized strength and conditioning to overcome a serious knee injury and have his most productive year ever. James is an inspiration to his teammates and coaches alike. ~ John Henderson, MS, ATC, CSCS

West Texas A&M University

Female

Chontiquah White

Sport: Basketball

Position: Forward/Center

College Senior

Height: 5'11"

Weight: 190

Age: 21

Vertical Jump: 24"

Bench Press Poundage: 160

Bench Press Reps: 1

Squat Poundage: 240

Squat Reps: 1

Hang Clean Poundage: 135

Quote: Even with a quiet day-to-day demeanor, Chon gives her best for the day. She has improved each year and has been a force in the paint. Chon's leadership has grown in all aspects of the game and she has set high expectations for herself and teammates. A national runner-up finish as a junior, she hopes to lead her team to the ultimate prize! ~ Sarah Ramey, CSCS

Western Michigan University

Female

Amanda Johnson

Sport: Basketball

Position: Guard

College Senior

Height: 5'7"

Weight: 142

Age: 22

Vertical Jump: 24.2"

Ten-Yard Dash: 1.62

Bench Press Poundage: 135

Bench Press Reps: 3

Squat Poundage: 200

Squat Reps: 5

Hang Clean Poundage: 145

Hang Clean Reps: 2

Quote: Amanda has been an exceptional athlete for four years. Each and every year I have worked with her, she has become a better athlete in the weight room and on the basketball court. She is a tireless worker with a competitive drive second to none. She is one of the most well-conditioned and strongest pound-for-pound female athletes among all athletes at WMU. She is a great "lead by example" teammate, who has maximized her potential on the basketball court through her dedication and work ethic in the weight room. ~ Timothy Herrmann, MA, CSCS

Wilkes University

Female

Cara Basile

Sport: Basketball

Position: Guard

College Junior

Height: 5'9"

Weight: 145

Age: 20

Vertical Jump: 18"

Pro Agility Time: 4.96

Ten-Yard Dash: 1.88

Forty-Yard Dash: 5.36

Bench Press Poundage: 100

Bench Press Reps: 3

Squat Poundage: 205

Squat Reps: 3

Hang Clean Poundage: 95

Hang Clean Reps: 3

Quote: Cara is the perfect example of student-athlete at the Division III level. She spent roughly the last year recovering and rehabilitating after an anterior cruciate ligament (ACL) reconstruction, while maintaining a 3.48 GPA in communication studies. She regained her starting position on the team and has helped guide the team to four more wins compared to the previous year. ~ Keith Klahold, CSCS, RSCC*D

William Woods University

Female

Blake French

Sport: Basketball

Position: Guard

College Senior

Height: 5'6"

Vertical Jump: 20.2

Pro Agility Time: 4.4

Ten-Yard Dash: 1.6

Bench Press Poundage: 130

Squat Poundage: 235

Hang Clean Poundage: 140

Quote: Blake came in as a good but very slight built student-athlete. She quickly adapted to the training and by the end of her first year had excellent progress. She has continued to gain strength speed and explosiveness each year. Blake became my lesson to the team and helped lead them to be one of the hardest working programs at Williams Woods University (WWU). Blake has worked hard to be in great shape. She has reduced body fat, gained quickness, and vertical through developing her strength and conditioning. In here time at WWU, she has lost 6% of body fat, cut over 0.2 from her pro agility time, added 2" to her vertical jump, increased her pull-ups by 15, and squatted almost twice her bodyweight. Work ethic, desire, and loyalty are the traits that best describe Blake. This year she has gone through much stress and distraction but she has been strong and worked to lead her team on and off the court. She will be missed here at WWU. - Robert Jones, CSCS



DIVING

Northern Arizona University

Female

Chelsea Jackson

Sport: Diving

College Junior

Age: 20

Height: 5'6"

Bench Press Poundage: 105

Squat Poundage: 170

Quote: Chelsea is a standout athlete in and out of the weight room. Her hard work ethic and perfectionistic attitude make her a very coachable athlete as well as a great team leader. Chelsea is always the first athlete in the weight room and the last one out. She is very determined to prove her worth in all aspects of her life. Surprisingly, Chelsea has only been diving for a total of three years. She may be the least experienced on the team, but it has never held her back. In two seasons, Chelsea has broken school records, received five All-Western Athletic Conference (WAC) honors, and recorded scores on every event that place in the top five scores in program history. ~ Ryan Cotter, MS, CSCS, USAW



FIELD HOCKEY

College of William and Mary

Female

Pippin Saunders

Sport: Field Hockey

Position: Forward/Midfield

College Senior

Height: 5'5"

Age: 22

Vertical Jump: 22"

Bench Press Poundage: 100

Squat Poundage: 240

Quote: Pippin's dedication in classroom, the field of play, and the weight room are what set her apart. ~ Josh Miller, MS, CSCS, USAW, FMS

Dartmouth College

Female

Ali Savage

Sport: Field Hockey

Position: Forward

College Senior

Height: 5'9"

Weight: 138

Age: 22

Vertical Jump: 26.5"

Pro Agility Time: 4.44

Ten-Yard Dash: 1.72

Forty-Yard Dash: 5.4

Bench Press Poundage: 102.5

Bench Press Poundage: 1

Squat Poundage: 285

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 1

Quote: As a senior captain with a 3.46 GPA in the neuroscience program, Ali Savage has proven herself in the class room, on the field, and in the weight room through her dedication and enthusiasm to improve every day. A three-time All Northeast Region first team and All-Ivy first team honoree, she has had an amazing career shown by her accolades on the field but also her pure grit in the weight room. She was able to increase her squat from 170 to 285 lb and her hang clean from 125 to 150 lb from her sophomore winter term to her junior spring term. Through her years at Dartmouth College, she realized how significant the weight room is to her sport and through her influence was able to bring that same mindset to her teammates. She is a prime example of how hard work in the class room, weight room, and on the field will pay off when you are fully invested in the task at hand. ~ Christina Rasnake, CSCS, USAW, FMS-2

The Ohio State University

Female

Kaitlyn Wagner

Sport: Field Hockey

Position: Midfield

College Senior

Height: 5'5.5"

Age: 22

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 170

Hang Clean Reps: 1

Quote: Kaitlyn is an outstanding student-athlete and a very hard worker. Her dedication in the weight room really shined on the field. ~ Jesse Padgett, CSCS



FIGURE SKATING

Michigan State University

Female

Bridget Race

Sport: Figure Skating

College Freshman

Height: 5'2"

Weight: 120

Age: 19

Vertical Jump: 18.5"

Pro Agility Time: 4.98

Quote: I have spent over 15 years coaching and training young athletes. Bridget is one of the hardest workers I have ever come across. She has the mental toughness to push through when times get tough, in competition and during training. What she lacks in natural athleticism, she makes up for in courage, dedication, and will. Bridget is deserving of success. ~ Ken Kashubara, CSCS



FOOTBALL

Avila University

Male

Robert Johnson

Sport: Football

Position: Wide Receiver

College Junior

Height: 5'10"

Weight: 185

Age: 20

Vertical Jump: 31.5"

Ten-Yard Dash: 1.77

Bench Press Poundage: 214

Reps: 2

Squat Poundage: 264

Squat Reps: 2

Hang Clean Poundage: 205

Hang Clean Reps: 2

Quote: Robert (R.J.) stands out from a nominated list of football players who all have great academic and strength and conditioning capabilities because of his energy. From my personal observations I have seen his efforts on the side lines to increase his team's morale and enthusiasm. He is always animated on the field and in the weight room and provides the added spirit a team needs to awaken before competition. I appreciate RJ's efforts in this capacity because it is an area that is always needed on a team but few are able to appropriately fill. ~ Brian Ciolek, CSCS,*D, TSAC-F,*D, RSCC

Bacone College

Male

Andre Clark

Sport: Football

Position: Middle Linebacker

College Senior

Height: 6'1"

Weight: 222

Age: 25

Vertical Jump: 32"

Forty-Yard Dash: 4.58

Bench Press Poundage: 365

Bench Press Reps: 19 x 225

Squat Poundage: 450

Quote: Andre exemplifies a true student-athlete with a passion for strength and conditioning. He was recently recognized as a Champion of Character for the Bacone Football Team. His rapport with coaches and teammates provide inspiration for student-athlete underclassmen. Andre lives and breathes the human body's capacity to thrive with training programs grounded in NSCA's science. When he is not training or studying, Andre volunteers his time tutoring

other student athletes in our Exercise Science program. His dedication and potential for leadership make him an excellent representative within our field of study and practice. ~ William Hale, CSCS

Catawba College

Male

Mike Sheehan

Sport: Football

Position: Quarterback

College Junior

Height: 6'

Weight: 214

Age: 20

Vertical Jump: 29.5"

Pro Agility Time: 4.25

Forty-Yard Dash: 4.63

Bench Press Poundage: 305

Bench Press Reps: 1

Squat Poundage: 455

Squat Reps: 1

Hang Clean Poundage: 330

Hang Clean Reps: 1

Quote: Mike is outstanding on and off of the field, as well as in the classroom. He dedicates himself to strength training to become the best player he can be. Mike led our conference in passing yardage, TDs and efficiency. He is the leader of our football team and sets the standard in the weight room being in the top 3 pound for pound strength-wise. A very humble and self-motivated young man. ~ Jadwin Bignon, MS, CSCS, USAW

Cheney University

Male

John Lancaster

Sport: Football

Position: Center

College Freshman

Height: 6'1"

Weight: 310

Age: 19

Forty-Yard Dash: 4.5

Bench Press Poundage: 500

Bench Press Reps: 315 x 15

Squat Poundage: 700

Squat Reps: 405 x 20

Quote: John is one of the most focused and self-motivated athletes I have had the pleasure to work with. His outstanding work ethics and athleticism allows him an immediate "wow" impression to his teammates and coaches. Although John

started his senior year in high school at a new school, after summer practice had already started, he was able to secure a starting position at center. John started every game at center and was instrumental in helping Suitland High School to a 13 – 1 record and a berth in the Maryland State Championship. John was named to the 2013 Prince George’s All-Star roster at center and defensive tackle. John is now a freshman at Cheney University where he continues to exhibit the great effort, gamesmanship, and attitude that made me feel he deserves this nomination. ~ Rodney Spinks

Clemson University

Male

Grady Jarrett

Sport: Football

Position: Defensive Lineman

College Senior

Height: 6’0.75”

Weight: 288

Age: 22

Vertical Jump: 31.5”

Pro Agility Time: 4.45

Ten-Yard Dash: 1.57

Forty-Yard Dash: 4.85

Bench Press Poundage: 475

Bench Press Reps: 34

Squat Poundage: 605

Hang Clean Poundage: 345

Quote: Grady has been one of the most dedicated athletes to come through Clemson. His work ethic, attitude, and commitment has earned him much respect from his coaches and teammates. Grady’s 2014 achievements include being voted team captain by his teammates, earned first team all-conference, third team All-American and first team All-Bowl selection. ~ Larry Greenlee

Colgate University

Male

Victor Steffen

Sport: Football

Position: Defensive Lineman

College Junior

Height: 6’3”

Weight: 260

Age: 21

Vertical Jump: 32”

Pro Agility Time: 4.35

Forty-Yard Dash: 4.82

Bench Press Poundage: 365

Bench Press Reps: 25

Squat Poundage: 515

Hang Clean Poundage: 365

Quote: It is my pleasure to nominate Victor Steffen for the NSCA All-American award. Victor came to Colgate University three years ago as a 215-lb defensive end, but through his

hard work and dedication to the Colgate Strength Program, will enter his senior year as a 260-lb All-Patriot League performer. Victor has already been designated as a team captain for the upcoming season by his teammates, and his “lead by example” leadership style has the utmost respect from both his teammates and coaching staff. ~ Paul Helsel, CSCS

College of William and Mary

Male

Mike Reilly

Sport: Football

Position: Defensive End

College Senior

Height: 6’3”

Weight: 260

Age: 22

Vertical Jump: 32”

Pro Agility Time: 4.03

Ten-Yard Dash: 1.46

Forty-Yard Dash: 4.75

Bench Press Poundage: 405

Bench Press Reps: 1

Squat Poundage: 535

Squat Reps: 1

Hang Clean Poundage: 375

Hang Clean Reps: 1

Quote: Through an incredible amount of hard work Mike has made himself into a dominating defensive end. He leaves the College of William and Mary ranked second in career sacks (27). In addition to a number of other accolades, first team AFCA, second team AP, third team the Sports Network, CAA Defensive Player of the Year, two time CAA first team, ECAC All-Star Team, Virginia SID All-State first team. Mike’s amazing discipline and work ethic have aided him in reaching such achievements. I am proud to have been his coach. ~ John Sauer, CSCS

Dixie State University

Male

Antonio Morton

Sport: Football

Position: Wide Receiver

Height: 6’1”

Weight: 195

Forty-Yard Dash: 4.84

Bench Press Poundage: 280

Front Squat Poundage: 320

Hang Clean Poundage: 295

Quote: Antonio is a constant reminder with his attitude and enthusiasm on why coaches get into coaching in the first place. One of the most consistent hard workers I’ve seen on the weight room, Tone is an asset for his team both on and off the field. His energy in the weight room is contagious. Here at Dixie State we preach technique, effort, attitude, and mental

toughness; Tone has bought in fully to these ideals and has shown it consistently over the last few years. I am proud to have gotten the chance to coach him, and look forward to his successes in life after college football. ~ Bryce Patterson, MS, CSCS, USAW

East Central University

Male

Daniel Holland

Sport: Football

Position: Defensive End

College Senior

Height: 6'3"

Weight: 247

Age: 22

Vertical Jump: 39"

Pro Agility Time: 4.12

Ten-Yard Dash: 1.5

Forty Yard Dash: 4.62

Bench Press Poundage: 275

Bench Press Reps: 1

Squat Poundage: 500

Squat Reps: 1

Hang Clean Poundage: 325

Hang Clean Reps: 1

Quote: Daniel has achieved great results with positive character and tireless work ethic. ~ Scott O'Dell, CSCS

Eastern Michigan University

Male

Pat O'Connor

Sport: Football

Position: Defensive End

College Senior

Height: 6'4"

Weight: 265

Vertical Jump: 33"

Pro Agility Time: 4.41

Forty-Yard Dash: 4.7

Bench Press Poundage: 335

Bench Press Reps: 18

Squat Poundage: 500

Hang Clean Poundage: 335

Quote: Pat is a two-time Team Captain, and the undisputed leader in the weight room and field. He has worked extremely hard the last two years to develop himself on and off the field. ~ Ronnie McKeefery, CSCS,*D, RSCC

Emporia State University

Male

Austin Willis

Sport: Football

Position: Wide Receiver

College Senior

Height: 5'9"

Weight: 185

Age: 23

Vertical Jump: 38.5"

Pro Agility Time: 3.96

Ten-Yard Dash: 1.46

Forty-Yard Dash: 4.38

Bench Press Poundage: 435

Bench Press Reps: 21

Squat Poundage: 640

Hang Clean Poundage: 315

Quote: Austin is one of the hardest working athletes that I have ever had the opportunity to work with. He started as a walk-on for our football team and worked his way up to becoming a football All-American. ~ Justin Wieser, CSCS

Fort Hays State University

Male

Jesse Trent

Sport: Football

Position: Defensive Lineman

College Senior

Height: 6'3"

Weight: 270

Age: 22

Vertical Jump: 26"

Pro Agility Time: 4.72

Forty-Yard Dash: 5.12

Bench Press Poundage: 425

Bench Press Reps: 1

Squat Poundage: 635

Squat Reps: 1

Hang Clean Poundage: 370

Hang Clean Reps: 1

Quote: Jesse Trent is a tremendous example of commitment, dedication and hard work. During his college career he has continually invested time and effort into becoming the best player he could be. His example of relentless work ethic in our strength and conditioning program not only made him better, but challenged those around him to better themselves. He is a three-time academic All-American with a 3.9 GPA. Jesse is a man of outstanding character. ~ Doug Boucher, CSCS

Furman University

Male

Andrew Phillips

Sport: Football

Position: Offensive Guard

College Senior

Height: 6'2"

Weight: 300

Age: 22

Vertical Jump: 4.44

Forty-Yard Dash: 5.3

Bench Press Poundage: 450

Bench Press Reps: 225 x 30

Squat Poundage: 650

Power Clean Poundage: 325

Quote: Andrew "Tank" Phillips was a tremendous leader on and off the field. He led his teammates by modeling servant leadership principles on an extremely consistent basis; consequently, he was elected to the leadership council his last two years. Tank was a walk on, who earned a full scholarship his sophomore year. He had a tenacious work ethic that transferred his ability to the grass. Tank was a three year starter on the offensive line. His junior year he broke his leg in the final road game of the teams SOCON Championship run. He fought back from injury and retook his starting spot a few games in to the 2014 season. He has a never-give-up attitude and it translated into a solid career starting on the offensive line for the Furman Paladins. ~ David Abernethy

Humboldt State University

Male

Mikkel Johnson

Sport: Football

Position: Guard

College Senior

Weight: 300

Age: 22

Vertical Jump: 22"

Pro Agility Time: 4.56

Forty-Yard Dash: 5.3

Bench Press Poundage: 445

Bench Press Reps: 31

Squat Poundage: 500

Hang Clean Poundage: 375

Quote: Mikkel is an example of an athlete who trusted and enjoyed the process. After a productive redshirt year in 2010, and two steady seasons of progress and development, Mikkel morphed into our most consistent and productive offensive linemen in 2013-14. His consistent and intense efforts in the weight room never wavered during his five year HSU career; Mikkel never missed a required workout during this time! That's over 200 spreadsheets completed and signed-off! Not to mention all of the unofficial training he conducted for he and his linemates. As we began the 2015 off-season regimen, Mikkel Johnson's presence was truly missed...his legacy though lives on, as his younger brother Tracy exhibits many off the same great traits. ~ Andrew Petersen, CSCS, RSCC*E

Humboldt State University

Male

Silas Sarvinski

Sport: Football

Position: Defensive Lineman

College Senior

Weight: 275

Age: 22

Vertical Jump: 32"

Forty-Yard Dash: 4.8

Bench Press Poundage: 445

Bench Press Reps: 1

Squat Poundage: 535

Squat Reps: 1

Hang Clean Poundage: 385

Hang Clean Reps: 1

Quote: Silas's blue collar work ethic can be traced back to his childhood growing up on a local Humboldt County Dairy Farm. Many times our strength and conditioning routine offered him a refuge from the daily grind of life on the farm. Silas was our strongest and most powerful player for each of the last two seasons; he parlayed these hard-earned attributes into back-to-back All-Conference selections on the football field. ~ Benjamin Servais, CSCS, USAW

Juniata College

Male

Ethan Wilt

Sport: Football

Position: Linebacker

College Senior

Height: 6'3"

Weight: 230

Age: 22

Vertical Jump: 34"

Pro Agility Time: 4.45

Forty-Yard Dash: 4.7

Bench Press Poundage: 325

Squat Poundage: 625

Hang Clean Poundage: 260

Quote: Ethan is a leader both on the football field and in the weight room. His work ethic and commitment to maximize his physical potential along with inspiring his teammates to do the same earned him the position as team co-captain and USA College Football Honorable All American. These same qualities will definitely serve him well in his future pursuit of practicing law. ~ Douglas Smith, CSCS, RSCC*E

Lake Forest College

Male

Joey Kropp

Sport: Football

Position: Safety/Punt Returner

College Senior

Lewis and Clark College

Male

Andrew Traver

Sport: Football

Position: Linebacker

College Senior

Height: 6'1"

Weight: 215

Age: 21

Vertical Jump: 30"

Pro Agility Time: 4.15
Forty-Yard Dash: 4.65
Bench Press Poundage: 315
Bench Press Reps: 1
Squat Poundage: 455
Squat Reps: 1
Hang Clean Poundage: 315
Hang Clean Reps: 1

Quote: Andrew Traver has been a staple for the Lewis and Clark Football Team, as well as the Baseball Team. A four-year, dual-sport athlete, Andrew has demonstrated that it takes hard work and dedication to compete at a high level year-round. In the weight room, Andrew's unmatched work ethic, discipline, and attitude epitomizes what the L&C Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Andrew is determined to make himself and those around him better every day, and in every way. It has been a privilege to work with such an outstanding young man. ~ Angela Dendas, MS, CSCS, USAW

McKendree University

Male
Reuben Bowlby

Sport: Football
Position: Tight End
College Senior
Height: 6'3"
Weight: 240
Age: 22
Vertical Jump: 33"
Pro Agility Time: 4.28
Bench Press Poundage: 365
Squat Poundage: 500
Hang Clean Poundage: 315

Quote: Reuben has a gift for being a true leader on and off the field. He has battled back from injury a couple different times, and through his drive and determination he has had a very successful career. ~ Jordan Fark, MS, CSCS

Newberry College

Male
Edmond Robinson

Sport: Football
Position: Outside Linebacker
College Senior
Height: 6'4"
Weight: 250
Age: 21
Forty-Yard Dash: 4.5
Bench Press Poundage: 350
Squat Poundage: 475
Hang Clean Poundage: 275

Quote: Ed came to Newberry College as a 6'2" 210-lb safety, in his four years here, he has grown two inches and put on

40 lb. He was moved to outside linebacker his sophomore year and continued to work hard in the weight room each year and has transformed himself into a very athletic outside linebacker. Ed is the first football athlete from Newberry College to be invited to the NFL Combine in 2015. ~ David Helms, MEd

North Carolina State University

Male
Kentavius Street

Sport: Football
Position: Defensive Tackle
College Sophomore
Height: 6'2"
Weight: 285
Age: 19
Vertical Jump: 39"
Pro Agility Time: 4.28
Ten-Yard Dash: 1.71
Bench Press Poundage: 430
Bench Press Reps: 1
Squat Poundage: 635
Squat Reps: 1
Hang Clean Poundage: 330
Hang Clean Reps: 1

Quote: Kentavius Street has physical attributes that most will never see in the collegiate environment. He was an impact player as a freshman at defensive end for us. He is a team-first guy and this off-season he demonstrated his selfless attitude by accepting a position change to defensive tackle. He loves to train; he is a gym rat and our staff loves him! ~ Jason Veltkamp, MS, CSCS

Northern Arizona University

Male
Austin Hasquet

Sport: Football
Position: Linebacker
College Senior
Height: 6'1"
Weight: 245
Age: 22
Vertical Jump: 28"
Bench Press Poundage: 395
Squat Poundage: 485
Hang Clean Poundage: 310

Quote: Hasquet is a strength coach's dream come true; if the weight room was open, he was in it. He is the living embodiment of hard working dedication. For 4 years he made every lift and every run. He improved his strength, size, explosiveness, and ability to move every year. His intensity was felt by everyone in the room, he motivated and held his team accountable to high standards. His ability to be an animal on field and in the weight room was only beaten by

his ability to perform in the classroom. He stood out as a true representative of how hard work and consistency pays off. In all areas of life Hasquet stands out as a leader, as a teammate, and as a man. ~ Eric Rhodes, CSCS

Northern Arizona University

Male

Chase Cartwright

Sport: Football

Position: Quarterback

Height: 6'3"

Weight: 215

Vertical Jump: 30.5"

Bench Press Poundage: 275

Squat Poundage: 410

Hang Clean Poundage: 265

Quote: We were fortunate enough to have Chase for 5 years. He is one of the most dedicated, persistent, and hard-working people I have ever come in contact with. Chase encountered a great deal of adversity, whether it was an injury, coaching changes, or starting position changes, he never broke character. He is a leader both through actions and words – he didn't miss a lift or conditioning session, mandatory or voluntary, for 4 years. His work ethic brought him from the bottom of his position group to the strongest, fastest, and best conditioned on our team. No matter his spot on the depth chart he brought energy, motivation, and education to his teammates in the weight room. When the team needed him to win, he was there, when they needed him to stay strong, he was there. He is more than just a great lifter, he is a great man and role model. Cartwright exemplifies everything this award stands for. ~ Ryan Cotter, MS, CSCS, USAW

Northern Arizona University

Male

Andy Bachelier

Sport: Football

Position: Long Snapper

Height: 5'9"

Weight: 185

Vertical Jump: 29"

Bench Press Poundage: 245

Squat Poundage: 485

Hang Clean Poundage: 300

Quote: Andy is a rare human being. His ability to be balanced in so many areas makes him incredibly unique. He can be intense and professional, strong and steady, a disciplinarian and an encourager all at the same time. He came to us as a walk on and earned a scholarship, a starting position, and a position as a leader on the team. He did not miss a single workout mandatory or voluntary for 3 years. He worked hard and mandated that all those around him do the same. Andy is an All-American in all areas of life, trustworthy, loyal, faithful, and responsible. Whether it is academics, athletics, friendships, work, or relationships, Andy demonstrates what it is to be a good man. ~ Cody Hodgeson, CSCS

Northwood University

Male

Patrick Kelly

Sport: Football

Position: Safety

College Senior

Height: 6'0" | Weight: 178

Age: 23"

Vertical Jump: 33.2"

Pro Agility Time: 4.05

Forty-Yard Dash: 4.74

Bench Press Poundage: 300

Squat Poundage: 405

Hang Clean Poundage: 265

Quote: Pat's work ethic, drive and intensity made him one of the most reliable defensive backs on the field his senior season. Pat got production from even ounce of his 178-pound frame and started all 11 games as a senior. ~ Scott Fisher, CSCS, NSCA-CPT, RSCC

South Dakota State University

Male

Jason Schneider

Sport: Football

Position: Wide Receiver

College Senior

Height: 6'4.5"

Weight: 227.2

Vertical Jump: 31.5"

Pro Agility Time: 4.24

Ten-Yard Dash: 1.53

Forty-Yard Dash: 4.83

Bench Press Poundage: 315

Squat Poundage: 431

Power Clean Poundage: 303

Quote: Jason's work ethic and dedication have been a blessing to South Dakota State University. He has pushed himself physically and mentally to prepare and perform at his best. He gained 20 lb of body weight while increasing his vertical jump 4 inches. Additionally he improved his Agility and speed by two tenths while adding that body weight. He increased his Power Clean 90 lb, his squat 140 lb and his bench 40 lb. He became a dominant receiver for the Jackrabbits compiling a single season school record of 78 catches as a junior. In that same year he became the first Jackrabbit receiver to eclipse the 1,000 yard mark in the Division I era. As a senior he climbed his way to second in career receptions (175) and third in career yards (2404). He compiled records and All-American honors on the field and in the class room all the while maintaining a 3.98 GPA as a pharmacy major. As a senior he had a catch on ESPN top plays and even more impressive returned to play five days after orthoscopic knee surgery. He is an incredible young man that will be successful in whatever he pursues because of his hard work, dedication and drive. ~ Seth Daughters, CSCS

South Dakota State University

Male

Zach Zenner

Sport: Football

Position: Running Back

College Senior

Height: 5'11.75" | Weight: 221.2

Age: 23

Vertical Jump: 36.5"

Pro Agility Time: 4.05

Ten-Yard Dash: 1.55

Forty-Yard Dash: 4.5

Bench Press Poundage: 359

Bench Press Reps: 1

Squat Poundage: 497

Squat Reps: 1

Hang Clean Poundage: 358

Hang Clean Reps: 1

Quote: Zach Zenner stepped on to the SDSU Campus four years ago and quickly demonstrated a focus, determination, dedication and drive that far exceeded most student-athletes. He is a gifted athlete, but conducts himself with humility and respect and certainly does not sit back and rely on his ability. He pushes himself to the limit each and every day to make himself better. Zach became the only running back in FCS history to rush for three consecutive 2,000 plus yard seasons. He ended his career with 6,548 rushing yards just 12 yards from the FCS record. He was a three year all American by multiple sources. Additionally he was a finalist for the Walter Payton and Campbell Award. Additionally he was a 4 year selection to the FCS ADA Academic All-Star Team after posting a 3.86 GPA in biology/pre-medicine. He also enjoys serving the SDSU and Brookings community in a variety of ways. His community service efforts were recognized when he was named to the All State Good Works Hands Team. Zach's work ethic and drive are legendary yet he is very humble, unassuming and simply wants to help his team be as successful as possible. His drive and dedication will make him a lifelong champion well beyond the gridiron. ~ Nathan Moe, CSCS, RSCC*D

Springfield College

Male

Michael Dublin

Sport: Football

Position: Linebacker

College Senior

Height: 6'0"

Weight: 205

Age: 21

Bench Press Poundage: 340

Hang Clean Poundage: 220

Quote: Michael epitomizes what it means to be an NSCA All-American. Last year Mike suffered a devastating injury that

required multiple surgeries to his knee. The work ethic and positive attitude he showed during the yearlong rehabilitation program he underwent before being able to return to football was an inspiration to his teammates and coaches. ~ Brian Thompson, PhD, ATC, CSCS,*D, RSCC*D

Stetson University

Male

Christopher Atkins

Sport: Football

College Junior

Height: 5'10"

Weight: 176

Age: 19

Vertical Jump: 25"

Forty-Yard Dash: 4.5

Bench Press Poundage: 285

Bench Press Reps: 1

Squat Poundage: 365

Squat Reps: 1

Hang Clean Poundage: 265

Squat Reps: 1

Quote: For one of the smallest guys on the team, veteran and leader Christopher Atkins makes up for size with passion, hard work, and determination. Chris is always motivated, coachable and respectful. As any athlete Chris has been through some adversity, as a leader and a great athlete sometimes he is outspoken and fueled to win at every endeavor. This young man challenges and pushes his teammates to perform at a higher level. ~ Brad Lokey, MBA, CSCS, RSCC

University of La Verne

Male

Nick Gutierrez

Sport: Football

Position: Defensive Lineman

College Senior

Height: 6'1"

Weight: 230

Age: 22

Vertical Jump: 28"

Pro Agility Time: 4.31

Forty-Yard Dash: 4.7

Bench Press Poundage: 355

Bench Press Reps: 2

Squat Poundage: 456

Squat Reps: 2

Hang Clean Poundage: 295

Hang Clean Reps: 2

Quote: Nick was a 2 year All-Conference performer for our football team. Nick was the student-athlete that embraced everything we did and wanted out of our athletes in the strength program. Even though Nick's last year was cut short due to an injury, he never stopped training instead tuned his energy to showing up at 6 am to lift with our freshman

developmental squad. No other athlete adopted the mantra of “Embrace the Suck” like Nick. The harder it got the more fun he had. Nick’s all out energy and attention to detail will be missed in our strength program. ~ Joseph Buckley

University of Mary

Male

Myron Baldoz-McArn

Sport: Football

Position: Wide Receiver

College Senior

Height: 5’8” | **Weight:** 180

Vertical Jump: 35.5”

Bench Press Poundage: 300

Squat Poundage: 500

Hang Clean Poundage: 315

Quote: Myron packs a big punch with a small frame. His combination of strength and power will put him at an elite level no matter what his size is. ~ Aaron Jung, CSCS, USAW, FMS

University of Mary

Male

Troy Guptill

Sport: Football

Position: Defensive End

College Senior

Height: 6’1”

Weight: 240

Vertical Jump: 34.25”

Bench Press Poundage: 390

Squat Poundage: 505

Power Clean Poundage: 355

Quote: Troy’s commitment and dedication in and out of the weight room are second to none. The transformation he has made from where he was to where he is now proves that point. The passion for improvement was clear as he led by example in all aspects of training. ~ Michael Silbernagel, CSCS, RSCC*D, USAW

University of Montana Western

Male

Phil Selin

Sport: Football

Position: Defensive End

College Senior

Height: 6’3”

Weight: 235

Age: 22

Vertical Jump: 29”

Pro Agility Time: 4.51

Ten-Yard Dash: 1.8

Forty-Yard Dash: 4.98

Bench Press Poundage: 345

Squat Poundage: 500

Hang Clean Poundage: 325

Quote: Phil Selin encompasses all that the NSCA All-American Athlete embodies. Phil anchored our Montana Western Bulldog defense in 2014, which led the Frontier Conference (NAIA) in rush defense. Phil also was second in the conference in sacks (10) this past season. Phil’s performance on-field led to a 1st Team All-Conference selection, and was a main reason for our first winning season (6-5) in a decade. Phil was a quiet, but effective leader on our defensive line. He was always the first in line for drills, and made sure that every rep counted. He held every player accountable, maintained an always positive attitude, and his teammates knew they could trust him. He didn’t speak much, but when he did, the players around him listened, which is a sign of a true leader. In film, Phil meticulously studied his individual matchup looking to gain the competitive edge. As evidenced by his nearly sack per game (0.9) average, Phil regularly succeeded in finding and taking advantage of that edge. As impressive as Phil was on the field, his drive inside the classroom is equally as impressive. During his senior season, Phil’s on-field accomplishments were matched in the classroom by obtaining a 4.0 GPA that same semester. Phil truly embodies the idea of the student-athlete. He has been a stalwart on the Dean’s List during his time at Montana Western. Phil will graduate in the spring 2015 with a degree in Health and Human Performance, and has the goal to become a Physical Therapist. ~ Gregory Ryan, PhD, CSCS

University of North Dakota

Male

Will Ratelle

Sport: Football

Position: Inside Linebacker

Height: 5’10”

Weight: 252

Age: 22

Vertical Jump: 32.5”

Pro Agility Time: 4.25

Bench Press Poundage: 395

Squat Poundage: 565

Hang Clean Poundage: 390

Quote: Will is the epitome of what great teams are built around and what every coach dreams of having the opportunity to work with. He is not only our best player, but he is our hardest, most dedicated worker and competitor. Over the last year he has been recognized for his hard work and leadership as he was voted by his teammates to be team Captain. I could not think of a more deserving individual for that honor. Over the course of his career Will has demonstrated tremendous improvements in his strength, speed, and power. In a little over 3 years Will has increased his bench press 1RM by 100 lb. His squat 1RM has increased by 110 lb, and his clean 1RM has increased by 105 lb. During that time his 40-yd dash has dropped .30 of a second, his vertical jump has increased 6.5” all with an increase in bodyweight of 25 lb. In addition to his efforts in perfecting his craft in the sport

of football, he is also an excellent student as he was honored during the fall 2014 semester by being named to the Athletics Director's Honor Roll at the University of North Dakota. Will has aspirations to become a strength and conditioning coach following his playing career and graduation.

~ Nate Baukol, MS, CSCS

University of Northern Iowa

Male

David Johnson

Sport: Football

Position: Running Back

College Senior

Height: 6'1"

Weight: 230

Age: 22

Vertical Jump: 40"

Pro Agility Time: 4.25

Forty-Yard Dash: 4.46

Bench Press Poundage: 390

Bench Press Reps: 30

Squat Poundage: 620

Squat Reps: 545 x 4

Hang Clean Poundage: 405

Hang Clean Reps: 385 x 3

Quote: David Johnson exemplifies everything we stand for in the University of Northern Iowa Strength Conditioning Department. Not only is he one of the greatest athletes to grace our program, he is also one of the best human beings. We feel very lucky to have had the opportunity to work with such a great individual. ~ Dominic Davis, MA, CSCS, USAW

University of Northern Iowa

Male

David Johnson

Sport: Football

Position: Running Back

College Senior

Height: 6'1"

Weight: 224

Vertical Jump: 39"

Forty-Yard Dash: 4.46

Squat Poundage: 600

Power Clean Poundage: 400

Quote: Terrific athlete and an even better person. ~ Jeffrey Rose, CSCS

University of Pittsburgh

Male

James Conner

Sport: Football

Position: Running Back

College Junior

Height: 6'2"

Weight: 250

Quote: He is a hard working athlete that puts the team before himself. ~ Jackie Cannon, DPT, PT, ATC, CSCS

University of Tennessee

Male

Kyler Kerbyson

Sport: Football

Position: Offensive

Height: 6'5"

Weight: 315

Pro Agility Time: 4.68

Vertical Jump: 28.5"

Ten-Yard Dash: 1.72

Bench Press Poundage: 345

Bench Press Reps: 8

Quote: Kyler has the ability to play multiple positions up front. He has played at some point all the offensive line positions. He is consistently one of our best work and effort guys on our team. He does a great job coaching up the younger players and is like an extension of our strength staff on how he coaches up others at his rack. He takes great pride in the overall performance of the offensive line and the tradition of success here at Tennessee. ~ Michael Szerszen, CSCS

University of Tennessee

Male

Justin Coleman

Sport: Football

Position: Defensive Back

Height: 5'11"

Weight: 191

Vertical Jump: 38"

Pro Agility Time: 3.95

Ten-Yard Dash: 1.42

Bench Press Poundage: 325

Bench Press Reps: 5

Squat Poundage: 465

Squat Reps: 3

Quote: Justin has been a consistent hard worker in our program. He gives an outstanding effort in all areas of his physical development as that has shown in his continual physical improvements. He is a confident and transitions his improvements from the weight room to the field.

~ Brandon Myles

University of Tennessee

Male

Cam Sutton

Sport: Football

Position: Defensive Back

Height: 6'1"

Weight: 190

Vertical Jump: 35.5"

Pro Agility Time: 4.00

Ten-Yard Dash: 1.45

Bench Press Pounding: 285

Bench Press Reps: 7

Squat Pounding: 495

Squat Reps: 5

Quote: Cam is a tough and hard-working competitive player. He is a standout performer on our defense and also a special team player. It is not unusual to see him making a great pass break up or interception and then a few series later making a big tackle on the kickoff team or returning a punt back for a touchdown. In workouts he will often train with linebackers or even defensive lineman so he has to push even harder. He sets the tone for our secondary by his effort and intensity.

~ David Lawson, MA

University of Tennessee

Male

Jordan Williams

Sport: Football

Position: Defensive Lineman

Height: 6'5"

Weight: 284

Ten-Yard Dash: 1.64

Pro Agility Time: 4.17

Bench Press Pounding: 305

Bench Press Reps: 4

Squat Pounding: 555

Squat Reps: 3

Quote: Jordan is a very hard worker that is a great team player. He was asked by our football staff to move from Defensive End to Defensive Tackle and gained 30 lb to accomplish the role. He worked extremely hard to add the weight through his consistent efforts in the weight room and through good nutrition. He is a very good leader for the other defensive players with his attention to detail on and off the field. ~ Greg Adamson, CSCS

University of Texas at San Antonio

Male

Jason Neill

Sport: Football

Position: Defensive Lineman

College Senior

Height: 6'2"

Weight: 260

Vertical Jump: 30.5"

Pro Agility Time: 4.3

Forty-Yard Dash: 4.8

Bench Press Pounding: 490

Squat Pounding: 630

Hang Clean Pounding: 410

Quote: In the weight room Jason has been one of biggest success and overcome injury stories. He leads by example. He has been a joy to work with and the entire staff will miss his infectious personality and hardcore work ethic. Jason made a successful return in 2014 from reconstructive knee surgery

the previous fall. Tied for the team lead with 3.5 sacks and recorded a total of 26 tackles, including 6.5 for loss, and a pair of forced fumbles in 12 games (four starts). ~ Travis Reust, CSCS, RSCC*D

University of Texas at San Antonio

Male

David Glasco

Sport: Football

Position: Running Back

College Senior

Height: 5'10"

Weight: 205

Vertical Jump: 37.52"

Pro Agility Time: 4.26

Forty-Yard Dash: 4.58

Bench Press Pounding: 370

Squat Pounding: 510

Hang Clean Pounding: 360

Quote: One of 18 seniors that was with the program from its inception in 2010. David's attendance for his strength and conditioning workouts was 99% for his entire career which is why he has seen some of the programs greatest gains to date. David finished his four-year career as the program's all-time leading rusher (1,759 yards) and touchdown scorer (22). An active member in the team's community service efforts on campus and in San Antonio. ~ Travis Reust, CSCS, RSCC*D

University of Wisconsin – River Falls

Male

Charles Dixon

Sport: Football

Position: Wide Receiver

College Senior

Height: 6'7"

Weight: 223

Age: 22

Vertical Jump: 39.2"

Pro Agility Time: 4.2

Ten-Yard Dash: 1.75

Bench Press Pounding: 255

Squat Pounding: 385

Hang Clean Pounding: 295

University of Wisconsin – Stout

Male

Jamie Rohrig

Sport: Football

Position: Defensive Lineman

College Senior

Height: 6'1"

Weight: 260

Age: 23

Vertical Jump: 31.5"

Pro Agility Time: 4.6
Bench Press Poundage: 405
Bench Press Reps: 1
Squat Poundage: 645
Squat Reps: 1

Quote: Jamie played 4 years of football at the University of Wisconsin Stout. After being grey shirted to remove pins and screws from a previously broken humerus, he worked his way into the main rotation of defensive lineman. His sophomore year, Jamie recorded 4.5 sacks. During his junior year, he recorded another 2.5 sacks and earned all-WIAC second team honors. Jamie was selected as a second team pre-season all-American his senior year. He finished second on the team with 5 sacks. Jamie earned second team all-WIAC honors and played in the Tazon de Estrellas division-3 all-star game. There is no one that can match his intensity and effort in the weight room. While volunteering 40 hr a week and doing a full class load, he still trained six days a week. He arrived to fall camp squatting and deadlifting 645 lb while benching 405. In the weight room he earned the "Big Dog" award, which is given to the strongest player, a record 3 straight years. Jamie also excels in the classroom with a GPA of 3.46 in Dietetics. Jamie is also minoring in mathematics. His future plans include completing a dietetic internship and working with people in a clinical setting for nutrition. Jamie enjoys helping and upholds high moral standards. Jamie spent 2 years in as a camp counselor to 8-18 year olds. He also worked with Habitat for Humanity and spent a spring break building a house for a family in need. He is more than willing to help people out at a moment's notice and is friendly and respectful. ~ Brandon Rohrig, CSCS

Virginia Tech
Male
Luther Maddy

Sport: Football
Position: Defensive Tackle
College Senior
Height: 6'1"
Weight: 295
Age: 23
Vertical Jump: 30"
Pro Agility Time: 4.45
Ten-Yard Dash: 1.67
Forty-Yard Dash: 4.92
Bench Press Poundage: 430
Squat Poundage: 555
Power Clean Poundage: 330

Quote: Luther Maddy has consistently improved throughout his career here at Virginia Tech. He was named 3rd team All-ACC Defensive tackle after the 2014 season despite missing half of the year with a torn ACL injury. Luther's rehab has been outstanding and he's poised for a great 2015

senior season. Luther is one of the most popular Virginia Tech football players because of his positive attitude and willingness to help others. ~ Mike Gentry, CSCS

Weber State University
Male

Connor Myers
Sport: Football
Position: Defensive Tackle
College Senior
Height: 6'0"
Weight: 285
Age: 20
Vertical Jump: 28"
Pro Agility Time: 4.75
Bench Press Poundage: 390
Bench Press Reps: 1
Squat Poundage: 605
Squat Reps: 1
Hang Clean Poundage: 355
Hang Clean Reps: 1

Quote: Connor Myers is the type of athlete that every strength coach would love to have in the weight-room. He has a strong intrinsic drive to improve and a work ethic to match. Connor is a technician of the Olympic and Power lifts. His attitude, effort, and motivation are always top notch. Connors efforts lead him to become a leader in training and on the field. ~ John Henderson, MS, ATC, CSCS



Troy University

Male

Phillip Brennan

Sport: Golf

College Senior

Height: 6'0"

Weight: 190

Age: 21

Squat Poundage: 335

Squat Reps: 1

Hang Clean Poundage: 245

Hang Clean Reps: 1

Quote: His coach says, "Phillip is an outstanding individual and the ideal student athlete always in the pursuit of perfection. I believe that he makes those around him better. I am very pleased that I have had the opportunity to be his coach." His strength coach says, "he works extremely hard and gives max effort in all he does and has become one of the weight rooms hardest workers." Brennan has also earned a 4.0 cumulative GPA and has been awarded the Navy Medical School Scholarship. ~ Richard Shaughnessy, MS, EdS, CSCS

Jacksonville State University

Male

Franco Grillo

Sport: Golf

College Senior

Height: 5'7"

Weight: 160

Vertical Jump: 21"

Bench Press Poundage: 165

Bench Press Reps: 1

Squat Poundage: 250

Squat Reps: 1

Power Clean Poundage: 195

Power Clean Reps: 1

Quote: For a golfer, Franco has the heart of a middle linebacker and the work ethic to match. A solid number two player on the men's team, his body of work over his time at JSU has been second to none. It has paid off in his team hoisting the conference championship trophy twice and his earning individual medalist honors in several tournaments during his matriculation. ~ Brian Austin, CSCS



GYMNASTICS

University of Alabama

Female

Lauren Beers

Sport: Gymnastics

Position: All-Around

College Junior



HOCKEY

Colorado College

Male

Aaron Harstad

Sport: Hockey

Position: Defense

College Senior

Height: 6'2"

Weight: 210

Age: 22

Vertical Jump: 36.75"

Pro Agility Time: 3.98

Ten-Yard Dash: 1.76

Squat Poundage: 440

Squat Reps: 1

Hang Clean Poundage: 305

Hang Clean Reps: 1

Quote: Aaron is one of those athletes that comes along once every four years, he is teachable and willing to work harder than anyone else to improve his athletic performance. He has improved his strength and performance tests each year building on the previous year. He has natural physical abilities mixed with the commitment and dedication to maximize his talent. Best of all, Aaron is a great person who leads by the example he sets, and brings a positive attitude to every training session. ~ Scott Caulfield, CSCS,*D, RSCC*D, USAW-2

Ferris State University

Male

Brandon Anselmini

Sport: Hockey

Position: Defense

College Junior

Height: 5'9" | Weight: 180

Age: 21

Vertical Jump: 31"

Pro Agility Time: 4.38

Bench Press Poundage: 305

Bench Press Reps: 1

Squat Poundage: 380

Squat Reps: 1

Hang Clean Poundage: 265

Hang Clean Reps: 1

Quote: Brandon is a physical leader for our team, both on and off the ice. His commitment and hard work in the weight room demand the respect of his teammates. He has done a great job transferring his strength to the ice, as he has led our team in hits two straight seasons. Brandon exemplifies the same work ethic in his studies as he does in the weight room, as he is a Dean's List student in Ferris State University's Construction Management program. ~ David Cencer, MS, CSCS

Merrimack College

Male

Justin Mansfield

Sport: Hockey

Position: Defense

College Senior

Height: 5'10"

Weight: 200

Age: 24

Vertical Jump: 29.5"

Pro Agility Time: 4.28

Ten-Yard Dash: 1.61

Bench Press Poundage: 270

Bench Press Reps: 1

Front Squat Poundage: 370

Hang Clean Poundage: 300

Hang Clean Reps: 1

Quote: Justin is the prototype for everything you look for in a leader: setting the standard of excellence on the ice and in the weight room. His commitment to physical preparation has evolved his capacity for performance throughout his collegiate career. He has reaped the benefits of strength and conditioning by way of a work ethic that is second to none.

~ Michael Kamal, MEd, CSCS

University of Michigan

Male

Zach Hyman

Sport: Hockey

Position: Forward

College Senior

Height: 6'1"

Weight: 205

Age: 23

Vertical Jump: 36"

Bench Press Poundage: 285

Bench Press Reps: 1

Squat Poundage: 405

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Zach is the epitome of a Michigan Hockey Player. He is a senior captain that has worked his way up in the lineup to become a Hobey Baker Candidate and one of the best players in the Big10 and College Hockey. Zach was drafted by the Florida Panthers in the fifth round of the 2010 NHL Entry Draft, and is a 4.0 student. His accomplishments are a direct result of his hard work and dedication to all aspects of a student-athlete. His work ethic, attention to detail and positive, team-first attitude is an example for all players and athletes to follow. He is well-respected within the Michigan athletic department and all of college hockey.

~ Lew Porchiazco III, CSCS, RSCC

University of Michigan

Male

Andrew Copp

Sport: Hockey

Position: Forward

College Junior

Height: 6'2"

Weight: 215

Age: 20

Vertical Jump: 32"

Bench Press Poundage: 260

Squat Poundage: 385

Hang Clean Poundage: 280

Quote: Andrew is our captain and leader both on and off the ice. He has set the standard of physical fitness, work ethic, pride, and culture of our team. He is a well-rounded athlete that is willing to push himself and his teammates as far as needed to uphold the standard and tradition of Michigan hockey and athletics. He is a true athlete as he does nothing for recognition and everything for the team and university. He is very deserving of this recognition because of his dedication to his teammates, team, and university. ~ Ashley Jackson, CSCS, USAW, RSCC

University of Michigan

Male

Justin Selman

Sport: Hockey

Position: Forward

College Junior

Height: 6'0"

Weight: 198

Age: 21

Vertical Jump: 28.5"

Bench Press Poundage: 240

Squat Poundage: 380

Hang Clean Poundage: 240

Quote: Justin is an athlete that has improved his game through his hard work and dedication to making improvements off the ice. He attacks every workout with enthusiasm, desire, tenacity and intensity. He is the type of athlete that motivates others through his work ethic and determination. He is a great teammate, athlete and member of the University of Michigan. ~ Joseph Maher, MEd, CSCS, RSCC*D

Western Michigan University

Male

Lukas Hafner

Sport: Hockey

Position: Goalie

College Junior

Height: 6'

Weight: 205

Age: 22
Vertical Jump: 27"
Ten-Yard Dash: 1.53
Bench Press Poundage: 300
Bench Press Reps: 2
Squat Poundage: 375
Squat Reps: 5
Hang Clean Poundage: 215
Hang Clean Reps: 2

Quote: Lukas has been a prime example of how investing into strength training, conditioning, and nutrition can have a direct impact on an athletic career. He came to the Western Michigan University Hockey team as a walk-on, back-up goalie. Through his dedication, work ethic, and relentless pursuit to become the best, he is now an every game starter and a leader on the team. He is a constant source of encouragement and is a positive influence on his teammates. He leads vocally and by example, and is constantly challenging others to become their best as well. ~ Timothy Herrmann, MA, CSCS



LACROSSE

Drexel University

Female

Jocelyn Quaille

Sport: Lacrosse

Position: Defender

College Senior

Height: 5'8"

Age: 22

Vertical Jump: 19"

Bench Press Poundage: 125

Bench Press Reps: 1

Hang Clean Poundage: 140

Hang Clean Reps: 1

Quote: Jocelyn, a senior captain majoring in design and merchandising, 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 lacrosse player. Jocelyn'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, NSCA-CPT, RSCC*D

Drexel University

Male

Mitch de Snoo

Sport: Lacrosse

Position: Midfield

College Senior

Height: 6'1"

Weight: 216

Age: 22

Vertical Jump: 20.5"

Ten-Yard Dash: 1.86

Forty-Yard Dash: 5.24

Bench Press Poundage: 235

Bench Press Reps: 1

Squat Poundage: 275

Squat Reps: 1

Hang Clean Poundage: 260

Hang Clean Reps: 1

Quote: Mitch, a senior midfielder and biomedical engineer major has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Mitch'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, NSCA-CPT, RSCC*D

Furman University

Male

Lincoln Liesemeyer

Sport: Lacrosse

Position: Defense/Long Stick Middle

College Senior

Height: 6'0"

Weight: 195

Bench Press Poundage: 335

Squat Poundage: 450

Hang Clean Poundage: 300

Quote: Lincoln is an outstanding young man who leads other athletes through his influence he has on them on and off the field. He has a tremendous work ethic and always exemplifies great effort and great attitude. ~ Daniel Rochester

Kennesaw State University

Female

Taylor McGhee

Sport: Lacrosse

Position: Midfield

College Sophomore

Height: 5'3"

Weight: 122

Front Squat Poundage: 140

Front Squat Reps: 3

Hang Clean Poundage: 130

Quote: Taylor has the mindset a coach dreams of having in their athletes. She has determination and focus to lead and succeed in the classroom, on the field, in the weight room, and in life. Taylor was a captain of the KSU lacrosse team her freshman year and is a captain again as a sophomore. Every day she comes to the weight room with the mentality that she will leave a better woman and lacrosse player. Taylor never questions what is required of her and strives for perfection in execution and effort. Her dedication to her own well being, teammates, school, and training is evident in every session. Every coach wishes they had a Taylor McGhee. ~ Jeremy Gough, CSCS, RSCC

The Ohio State University

Male

Rick Lewis

Sport: Lacrosse

Position: Midfield

College Senior

Height: 6'1"

Weight: 210

Age: 22

Vertical Jump: 29"

Pro Agility Time: 4.2

Forty-Yard Dash: 4.6

Bench Press Poundage: 335

Quote: Rick Lewis is an energy giver. He can be counted on to bring it every day, in the weight room, on the field, and in the

classroom. He is routinely breaking his own personal records in the weight room and inspiring his teammates to break theirs. Rick has been named a Captain by his teammates because of his ability to motivate and his presence on and off the field. ~ Dean Hansen, MS, CSCS

University of Maryland

Female

Megan Douty

Sport: Lacrosse

Position: Defense

College Senior

Height: 5'6"

Weight: 153

Age: 22

Vertical Jump: 19.5"

Pro Agility Time: 4.49

Forty -Yard Dash: 5.03

Bench Press Poundage: 185

Bench Press Reps: 6

Squat Poundage: 225

Squat Reps: 4

Hang Clean Poundage: 165

Hang Clean Reps: 1

Quote: Megan is one of the strongest and fastest athletes to ever come through the Maryland Women's Lacrosse program. Her commitment to training year round is evident by her incredible fitness both in-season and out of season. Megan currently holds 4 of the 7 all-time strength/speed records for Women's Lacrosse. Megan is an example to the rest of the team with her hard work and passion for training. ~ Michael Szemborski, CSCS

University of Michigan

Male

Thomas Orr

Sport: Lacrosse

Position: Defensive Midfielder

College Senior

Height: 6'

Weight: 190

Age: 21

Vertical Jump: 28.5"

Pro Agility Time: 4.19

Forty-Yard Dash: 4.9

Bench Press Poundage: 255

Squat Poundage: 400

Hang Clean Poundage: 260

Quote: D-mids are arguably the hardest working players on the lacrosse field. Tommy Orr entered his freshman year with that hard working mentality. Over the course of 4 years, Tommy has gained 20 lb while maintaining his lean physique and being amongst the fittest year in and year out. This is due to his year round dedication and focus towards his strength & conditioning program. ~ Bo Sandoval, MS, CSCS, RSCC

Virginia Military Institute

Male

Eric Groleau

Sport: Lacrosse

Position: Midfielder

College Senior

Height: 5'9"

Weight: 182

Age: 21

Vertical Jump: 27.9"

Bench Press Poundage: 335

Bench Press Reps: 1

Squat Poundage: 405

Squat Reps: 1

Hang Clean Poundage: 285

Hang Clean Reps: 1

Quote: Eric is a mentally and physically tough athlete who has overachieved because of his strong work ethic. His training numbers have continued to improve over his four years at VMI. He is a team captain for the 2015 season. Eric has an innate ability in making everyone around him better. He also a guy who is going to commission in to the Army as an officer with an Army Ranger contract. ~ Curtis Whaley, CSCS, USAW



OLYMPIC WEIGHTLIFTING

MidAmerica Nazarene University

Female

Janelle Shafer

Sport: Olympic Weightlifting

Position: 63 Kilo Weight Class

College Junior

Height: 5'3"

Weight: 138

Age: 21

Quote: Janelle is a Cheerleader, Cross-Fit athlete as well as an Olympic Weightlifter. She is an Exercise Physiology major. Janelle is one of the hardest working athletes I have met. She has to be told to take a day off because she goes all out all of the time. Janelle is a good student and teammate. She is very diligent about making sure she has her studies taken care of. She is a very talented young woman and deserves this award. As a cheerleader her junior year her team received 2nd place in the conference for their competitive season. As a weightlifter she has won two KS State championships in a row. As a Junior, she got 7th at Nationals. She also got 2nd at the University Nationals. Another success her Junior year was that she qualified & competed at the World University Championships in Thailand. As a CrossFit athlete she and her team took first in their region in the open & that same year her team got 11th at Nationals. Her team got 1st at the Heart of America competition, as well as Girls Gone Rx competition. ~ Whitney Rodden, MS, ATC, CSCS, USAW-2



ROWING

Humboldt State University

Female

Diana Hernandez

Sport: Rowing

Position: Crew

College Junior

Weight: 149

Age: 20

Vertical Jump: 22"

Bench Press Poundage: 175

Squat Poundage: 275

Hang Clean Poundage: 180

Quote: Diana is the strongest member of HSU's National Championship Crew team. Her dedication and work ethic is unparalleled in a sport that is defined by these traits. As an outstanding upper division Kinesiology student, and through her constant example in the weight room, Diana obtained a student-assistant position on the Strength and Conditioning Staff. She has proven to be a very valuable employee. Last spring, after completing the USAW Level One Certification course, she was invited to the USOC for an extensive training session. Upon her return, Diana promptly broke the HSU's squat and clean record for her weight class. I expect Diana to accomplish great things in the Strength and Conditioning and competitive weightlifting fields. ~ Andrew Petersen, CSCS, RSCC*E

University of Michigan

Female

Alex Spaulding

Sport: Rowing

Position: Port

College Senior

Height: 5'9"

Age: 22

Bench Press Poundage: 135

Squat Poundage: 200

Squat Reps: 185 x 3

Quote: Alex is an unbelievably motivated athlete that is very dedicated not only to the sport of rowing but also the University of Michigan. She is constantly striving to improve our Athletic Department, University, and Rowing Team. Alex has proven to be a great role model for her teammates and has become a fantastic leader. Alex's dedication and drive has allowed her and her teammates to compete at the highest level. Alex is great example of a great student-athlete.

~ Joseph Maher, MEd, CSCS, RSCC*D

University of Tennessee

Female

Kaitlan Aires

Sport: Rowing

Height: 5'5"

Vertical Jump: 20"

Bench Press Poundage: 185

Squat Poundage: 260

Quote: Kaitlan is a leader not only in the boat, but in the weight room as well. Kaitlan is a relentless when it comes to technique and effort in the weight room and demands that her teammates are focused on both every time they step foot in the weight room. Every day she competes with her teammates and herself to not only improve but be the best in the country. She embodies everything about this award. Her passion for strength and conditioning is truly unmatched and she is deserving of every award she receives.

~ David Lawson, MA



SKIING

United States Ski and Snowboard Association

Female

Jess Breda

Sport: Skiing

Position: Slopestyle

College Sophomore

Age: 19

Vertical Jump: 20"

Squat Poundage: 140

Hang Clean Poundage: 95

Quote: Jess Breda, a native of Massachusetts, is a member of the U.S. Freeskiing Rookie Team for slopestyle skiing. In 2013 Jess suffered a season-ending concussion that side-lined her hopes to make the first-ever Olympic slopestyle team. The injury began a long and grueling recovery process that has lasted more than a year and presented symptoms that many coaches still do not yet understand: concussion. Jess's rehab began with physical therapy and included numerous specialists to deal with her variety of symptoms, many of which persisted for months. Once cleared for more rigorous physical training, she spent more than a year improving her strength, aerobic fitness, and nutrition strategies. Along with traditional methods of heavy squats, cleans, and plyometrics, Jess has also enjoyed biking, hiking, and indoor climbing to improve her physical and mental strengths. Jess is a student at Westminster College where she is majoring in neuroscience. She has maintained a course load even with training, rehab, and an exclusive internship. Jess is intelligent and diligent with her training, which makes her a joy to work with and coach. She has shown great tenacity to handle a major injury that disrupted her skiing and her daily life. She is dedicated to pursue her academic endeavors, physical development, and competition at the highest level of slopestyle skiing. ~ Michael Naperalsky, MS, CSCS



SOCCER

Augustana College

Female

Ellie Westemeyer

Sport: Soccer

Position: Defender

Height: 5'9"

Age: 22

Vertical Jump: 18"

Bench Press Poundage: 105

Squat Poundage: 195

Hang Clean Poundage: 130

Quote: Ellie has displayed great passion for strength and conditioning during her soccer career at Augustana College. She has constantly been a tremendous leader and motivator in the weight room and on the soccer field, which has led to great successes in both categories. Ellie's attitude towards strength and conditioning has motivated her to be prepared physically and mentally each and every season. Continually pushing herself, as well as her teammates, has allowed her to peak not only her strength numbers but also display an impressive fitness level. Ellie holds personal records in Power Clean (130 lb), Back Squat (195 lb), Bench Press (105 lb), and Vertical Jump (18 in). She has also been able to complete extensive fitness testing before each season. On the field Ellie started every game her junior and senior year helping lead her team to a record setting 14 win season and a trip to the NCAA National Tournament in 2014. Ellie was also a team captain her senior year, Academic All-NSIC in 2013-14, and part of the team leadership council for 4 years. Off the field Ellie has volunteered her services to the JDRF Walk, local youth soccer camps, and the homeless shelter. Ellie's character and work ethic has led to her valuable contributions in the weight room, on the soccer field, and in the community, making her a perfect candidate for this award. ~ Logan Ogden, MS, CSCS

Clemson University

Male

Andrew Tarbell

Sport: Soccer

Position: Goalkeeper

College Sophomore

Height: 6'3"

Weight: 190

Age: 21

Pro Agility Time: 4.21

Forty-Yard Dash: 4.65

Bench Press Poundage: 290

Squat Poundage: 365

Power Clean Poundage: 260

Quote: Andrew Tarbell over the past year has demonstrated a

relentless pursuit to become the best athlete he can possibly become. Tarbell's dedication to his training has translated to the field, where he was an integral component of the 2014 men's soccer team's ACC Championship. For his play this past season he was named third team All-ACC. Tarbell is one of the strongest and most athletic guys on the team; he is ranked in the top 3 on the team in bench press, back squat, power clean and triple broad jump. Andrew has a team best 265 lb power clean. Andrew's attitude and effort epitomize what this award is all about. ~ Rick Franzblau, CSCS

Clemson University

Female

Allie Kington

Sport: Soccer

Position: Midfielder

College Junior

Height: 5'8"

Age: 21

Bench Press Poundage: 135

Squat Poundage: 200

Power Clean Poundage: 135

Quote: Allie's dedication and drive to become the best athlete she can possibly be, show through her capabilities on the field and in the weight room. Allie excels in the Women's Soccer team's fitness test, scoring the best 1-mile time on the team with a 5:38 and reaching top two on the Yo Yo Beep test. Allie has made tremendous strides over the past 3 years where she was named captain her junior year and has made a major impact in the soccer teams success in reaching the NCAA Tournament and finishing with a national ranking on #21 in the 2014 NSCAA polls. ~ Rick Franzblau, CSCS

Drexel University

Female

Melissa Chapman

Sport: Soccer

Position: Defense

Height: 5'8"

Age: 21

Vertical Jump: 15.5"

Bench Press Poundage: 115

Bench Press Reps: 1

Front Squat Poundage: 170

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Melissa "Chappy" Chapman, a senior women's Soccer 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 player. A standout in the weight room, Melissa's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. ~ John Sheffield, CSCS, RSCC

Furman University

Female

Claire Sullivan

Sport: Soccer

Position: Defender

College Junior

Height: 5'9"

Weight: 140

Age: 21

Vertical Jump: 21"

Bench Press Poundage: 135

Squat Poundage: 245

Hang Clean Poundage: 120

Quote: Claire Sullivan has done an outstanding job on and off the field at Furman University. She has been a big part of the women's soccer team's success at Furman and continues to grow during her time here. To go along with her success on the soccer field, she has also been a part of multiple Southern Conference Academic Honor Rolls. Claire brings a great attitude and work ethic to the weight room, which is evident in the progress she has made in her time so far at Furman University. ~ Kenneth Tuten, CSCS

Humboldt State University

Female

Amber Woolcock

Sport: Soccer

Position: Goalkeeper

College Senior

Weight: 145

Age: 21

Vertical Jump: 23"

Bench Press Poundage: 115

Bench Press Reps: 1

Squat Poundage: 190

Squat Reps: 1

Hang Clean Poundage: 155

Hang Clean Reps: 1

Quote: Amber's dedication to strength and conditioning and physical fitness has elevated her performance beyond what even she thought was possible. For the past four years, Amber has been a consistent presence in the HSU Weight Room, and in the net for the Lumberjack Soccer team. Her great example and leadership will be still present though as she begins her student assistantship in the strength and conditioning program. ~ Benjamin Servais, CSCS, USAW

Jacksonville State University

Female

Brianna Salverda

Sport: Soccer

Position: Defender

College Senior

Height: 5'8"

Weight: 160
Vertical Jump: 23.75"
Pro Agility Time: 4.99
Forty-Yard Dash: 4.96
Ten-Yard Dash: 2.32
Bench Press Poundage: 165
Bench Press Reps: 1
Squat Poundage: 290
Squat Reps: 1
Power Clean Poundage: 155
Power Clean Reps: 1

Quote: Brianna is a coach's dream to work with in the weight room and on the field. A captain her final season, she led her team to the conference tournament finals for the first time in school history after posting the first winning record in over 10 years. Ms. Salverda ranks in the top 5 all-time in minutes played during a career. Her exploits are not limited to the playing field. She is a tutor for students and is currently a 4.0 GPA in Biology with an eye on attending medical school in the fall. ~ Brian Austin, CSCS

Lawrence Tech University

Female

Amber Klavon

Sport: Soccer

Position: Defense

College Senior

Height: 5'6"

Weight: 140

Age: 22

Vertical Jump: 22.5"

Ten-Yard Dash: 1.78

Forty-Yard Dash: 5.28

Bench Press Poundage: 100

Squat Poundage: 160

Quote: Amber has played an integral role as a member of Lawrence Tech University Women's Soccer team since coming to us as a transfer two years ago. She quickly became a model student/athlete with her ability to lead by example on the field, in the weight room, and in the classroom. She has also made the All-American Academic and All-Conference Academic teams which requires a 3.5+ GPA. Amber is a coachable and driven player who is always ready to step up and assist her teammates and coaches. Our inaugural year was 2012 for women's soccer. Through her dedication to her team and to training she has lead this group of young women through the trials of building a solid program from infancy. Amber's work ethic and commitment to always bettering herself and helping her teammates do the same has created an atmosphere of unity, strength and family. She will be missed next year. ~ Cheryl Luther, DC, MS, CSCS

Lipscomb University

Male

Luke Gearin

Sport: Soccer

Position: Defense

College Senior

Height: 6'1"

Vertical Jump: 26"

Pro Agility Time: 4.4

Ten-Yard Dash: 1.5

Bench Press Poundage: 240

Bench Press Reps: 1

Squat Poundage: 275

Squat Reps: 1

Hang Clean Poundage: 187

Hang Clean Reps: 1

Quote: Luke Gearin represents Lipscomb University as a leader on the soccer field and in the weight room. Luke has been a strong contributor throughout his collegiate career, serving as team captain for three years. He led Lipscomb to their first regular season Atlantic Sun championship in 2014. In 2014, Luke was awarded First Team NSCAA All-Southeast Region, Atlantic Sun Defensive Player of the Year, several Player of the Week awards, and 2014 Atlantic Sun All-Conference Team. Luke leads his team in the weight room with great determination, work ethic, and a constant desire to improve. He challenges himself and others to progress and puts in extra work when necessary. Lipscomb University is proud to honor Luke Gearin as the 2014 All-American Strength and Conditioning Athlete of the Year. ~ William Osburn, CSCS, RSCC, FMS

The Ohio State University

Female

Ellynn Gruber

Sport: Soccer

Position: Midfield/Forward

College Senior

Quote: Ellyn is the hardest working athlete I have ever coached. She exudes leadership, enthusiasm, and passion in all aspects of training. Coming back from an ACL injury sustained in November, 2013, her work ethic and desire only grew greater throughout the 2014 off-season and season. Coming off of her ACL she led the team with the best fitness test score and was a leader in most strength tests. Every teammate and staff member looked to Ellyn as the point person for any questions regarding training and logistics of the training day. Her organization throughout non-mandatory summer workouts to get the entire team (including incoming freshman) to stay on campus was second to none. Each day her strength grew greater, she grew more passion for the field of strength and conditioning and is now considering a career within performance training. I nominate Ellyn for this award with extreme regard for her dedication and passion for

strength and conditioning as well as her ability to lead her teammates to believe in it too. ~ Tyler Carpenter

Springfield College

Female

Nicole Fowler

Sport: Soccer

Position: Forward

College Junior

Height: 5'5"

Age: 21

Vertical Jump: 24.9"

Squat Poundage: 230

Hang Clean Poundage: 154

Quote: Nicole is a leader both on and off the field and in the weight room. Her positive attitude and dedication is contagious to everyone around her. Her passion for soccer and strength and conditioning is evident through everything she does. She rises to any challenge and is always the first one to celebrate her teammate's successes. Her commitment and desire to continually push to get better is what defines her as an NSCA All-American. ~ Brian Thompson, PhD, ATC, CSCS,*D, RSCC*D

University of Mary

Female

Michelle McGeary

Sport: Soccer

Position: Midfield

College Sophomore

Height: 5'7"

Vertical Jump: 24.5"

Bench Press Poundage: 125

Squat Poundage: 225

Power Clean Poundage: 145

Quote: Michelle's mindset in the weight room matches her play on the field. An all-conference performer in soccer she has also lead in the weight room in strength levels and in elevating the performance level of her teammates. ~ Michael Silbernagel, CSCS, RSCC*D, USAW

University of Maryland

Female

Hope Gouterman

Sport: Soccer

Position: Midfield

College Sophomore

Height: 5'10"

Weight: 175

Age: 20

Vertical Jump: 25"

Pro Agility Time: 4.6

Forty-Yard Dash: 5.3

Squat Poundage: 185

Hang Clean Poundage: 145

Quote: Hope is a fantastic candidate to receive this award. She has dedicated herself to becoming better every day. She brings the same attitude and drive every time. Hope understands the importance of strength and conditioning in helping her become the best possible athlete. Hope's resilient attitude is the reason why she deserves the NSCA All-American recognition. ~ Seth Diters, CSCS, USAW

University of Missouri

Female

Taylor Grant

Sport: Soccer

Position: Midfield

College Senior

Age: 21

Vertical Jump: 23"

Bench Press Poundage: 120

Bench Press Reps: 1

Squat Poundage: 220

Squat Reps: 1

Quote: Taylor is a hard working athlete who used the weight room to improve her sports skill. She believed in what we did and helped to organize the group daily, assuming a player-coach like role. ~ Rusty Burney, CSCS

University of Missouri – Kansas City

Male

David Stoll

Sport: Soccer

Position: Midfielder

College Sophomore

Height: 5'5"

Weight: 140

Age: 20

Vertical Jump: 24.5"

Pro Agility Time: 4.37

Bench Press Poundage: 185

Squat Poundage: 300

Hang Clean Poundage: 185

Quote: David always comes to training sessions ready to go as hard as he can, I know he gives me everything he has every day. What David lacks in size he makes up for in his work ethic! ~ Paul Arndorfer, CSCS

University of Tennessee

Female

Emily Morrow

Sport: Soccer

Position: Defender/Forward

Year: Junior

Age: 20

Height: 5'4"

Weight: 121

Vertical Jump: 18.5"

Ten-Yard Dash: 1.72

Pro Agility Time: 4.89
Bench Press Poundage: 110
Squat Poundage: 185
Hang Clean Poundage: 105

Quote: Emily is one of the most intrinsically motivated and committed athletes I have had the privilege to coach. Emily shows herself as a leader through her work ethic, intensity, and dedication. Her work ethic and coachability are second to none. She is tough pound-for-pound as any male or female athlete we coach on a day-to-day basis. She has made significant improvements in strength, power, and speed. She is deserving of every award she receives. ~ Greg Adamson, CSCS



Avila University

Female

Monica Hudson

Sport: Softball

Position: Infield

College Sophomore

Height: 5'3"

Age: 19

Vertical Jump: 26.5"

Ten-Yard Dash: 1.86

Squat Poundage: 154

Squat Reps: 2

Hang Clean Poundage: 129

Hang Clean Reps: 2

Quote: Monica plays for a very young softball team. With only having two juniors on the team, she has actively taken on the role of demonstrating the benefits of hard work during strength and conditioning training to her teammates. She regularly finishes in the top three, if not first, of every sprint race because she is determined to be the fastest and never gives up. She leads by example in the weight room and challenges her lifting group partner through her own determination to become stronger. She is extremely coachable and I look forward to seeing her athleticism develop through her upperclassman years. ~ Brian Ciolek, CSCS,*D, TSAC-F,*D, RSCC

Bradley University

Female

Alyson Clemente

Sport: Softball

Position: Outfield

College Senior

Height: 5'7"

Weight: 160

Vertical Jump: 26.6"

Ten-Yard Dash: 1.87

Thirty-Yard Dash: 4.33

Bench Press Poundage: 125

Bench Press Reps: 1

Front Squat Poundage: 200

Front Squat Reps: 1

Power Clean Poundage: 165

Power Clean Reps: 1

Quote: Aly is an impressive young woman. The same focus, attention to detail, and complete passion she has for softball carries over into the weight room as well. Through her time at Bradley she has dedicated herself to becoming the best at anything she does. She refuses to back down from any challenge, and after an incredible off-season of training she

has been faced with her biggest challenge yet. She tore her ACL in November and has been working hard every day to come back stronger than ever before. I know she has what it takes, and I am proud of the athlete and young woman that she is. ~ Cody Roberts, CSCS

Coastal Carolina University

Female

Kiana Quolas

Sport: Softball

Position: Pitcher

College Senior

Height: 5'7"

Age: 22

Vertical Jump: 22"

Ten-Yard Dash: 1.86

Squat Poundage: 212

Hang Clean Poundage: 120

Quote: Kiana has been a leader for her team on the field and in the classroom. She exemplifies someone that has focus, consistency, dedication, leadership, and passion for her sport and team. She has dedicated herself to getting better year round through strength and conditioning. Her preparation has allowed her to be a success on the field. She has had top honors nationally as a pitcher by being ranked in the top 10 in ERA. She has been voted pitcher of the year for the past two years in the Big South Conference. Kiana has also been voted to the All-Academic team for three years, Big South Presidential Honor roll for two years, and NFCA scholar athlete. Kiana brings a positive energy to her team and to every workout. Due to her dedication she has been named team captain all four years. In this roll she grown not only as a visual leader but a vocal leader for the team. ~ Sonya Woods

Colorado State University

Female

Haley David

Sport: Softball

Position: Outfield

College Senior

Vertical Jump: 18.5

Bench Press Poundage: 120

Front Squat Poundage: 190

Power Clean Poundage: 130

Quote: If I asked Haley to dig a 6ft. x 6ft. x 6ft. hole in the ground with a spoon because it would make her quicker, faster, or stronger, she would do it—and, without thinking twice. She is the glue that holds a team together. She leads by example and always does what's right. She excels on the field, and in the classroom—not just in the weight room. In the year of 2014, she ranked third on the team for stolen bases—recording four in five attempts. She has earned Mountain West Scholar Athlete twice, and has been named an Academic All-Conference selection for the past three years. 'HD' is going to take her strong will and flawless work ethic

into the next phase of her life—and make a killing! She is truly one of a kind. I am a better coach because of student-athletes such as Haley. ~ Nicholas Longo, MS, CSCS

East Central University

Female

Lacey Wenholm

Sport: Softball

Position: Outfield

College Senior

Height: 5'5"

Age: 22

Vertical Jump: 25"

Pro Agility Time: 4.79

Forty-Yard Dash: 4.85

Bench Press Poundage: 170

Bench Press Reps: 1

Squat Poundage: 255

Squat Reps: 1

Hang Clean Poundage: 190

Hang Clean Reps: 1

Quote: Lacey has achieved outstanding strength and conditioning numbers with a positive attitude, desire to learn, and second to none motivation. ~ Scott O'Dell, CSCS

Emory and Henry College

Female

Taylor Banner

Sport: Softball

Position: Pitcher

College Junior

Height: 5'7"

Weight: 141

Age: 21

Vertical Jump: 20.7"

Pro Agility Time: 5.03

Ten-Yard Dash: 2.03

Bench Press Poundage: 117

Bench Press Reps: 1

Squat Poundage: 162

Squat Reps: 1

Quote: The first time I met Taylor I knew she was one of the hardest working student-athletes I would ever coach. Taylor is the embodiment of an NCAA Division III student-athlete as she excels in all facets of the collegiate experience. Her effort in the weight room has gotten her into the All-Time Top 10 in four performance categories at Emory and Henry; a testament to her consistent positive attitude, relentless effort, and meticulous attention to detail. Her softball coach, Tommy Forester and I agree that, "Taylor is an incredibly hard worker and has earned the right to be a great athlete and great softball player. She is the type of person that keeps her eye on the end result and will stop at nothing to achieve her goals". ~ Joshua Bullock, MA, CSCS, RSCC

Georgia State University

Female

Ashley Christy

Sport: Softball

Position: Center Field

College Senior

Height: 5'3"

Weight: 135

Age: 21

Bench Press Poundage: 165

Bench Press Reps: 4

Squat Poundage: 265

Squat Reps: 2

Hang Clean Poundage: 205

Hang Clean Reps: 1

Quote: Ashley Christy, nicknamed by her team as Animal, came in as a freshman weighing 117 pounds and could barely hang clean 130 pounds. As a senior going into her final season of softball, Ashley has put on 18 lb of pure muscle and has set many personal best records in the weight room. In January, over winter break this year, she broke her wrist trying to match her personal best hang clean at 205 lb. After 5 weeks in a cast she is clean high pulling 175 lb and back squatting 235 for 2 reps. Ashley diligently worked hard to become a starter on the softball field all four years, hang snatch 135 pounds for 2 reps and hang clean 205 pounds in the weight room, and hold a 3.82 GPA in the classroom. Words alone cannot explain the progress she has made. Her desire to be the best on an off the field is a constant example to those on her team; her strength and performance gains are a testament to her discipline. Her future desire is to become a strength and conditioning coach and I think she will do a phenomenal job. ~ Melissa Schmitz, CSCS

Lake Forest College

Female

Alex Hemmer

Sport: Softball

Position: Catcher

College Junior

Lipscomb University

Female

Brianne Welch

Sport: Softball

Position: Outfield/Infield

College Senior

Height: 5'5"

Vertical Jump: 23.75"

Pro Agility Time: 4.74

Ten-Yard Dash: 1.7

Bench Press Poundage: 170

Bench Press Reps: 1

Squat Poundage: 250

Squat Reps: 1

Hang Clean Poundage: 148.5

Hang Clean Reps: 1

Quote: Brianne Welch represents Lipscomb University as a leader on the softball field, in the weight room, and in the classroom. Brianne has been a strong contributor throughout her collegiate career. She was named a NFCA Division I Scholar-Athlete in 2013, as well as being a multiple year member of the Atlantic Sun All-Academic team. Brianne helped the Lipscomb Lady Bison softball team finish 33rd in the nation in the 2014 final NCAA RPI ratings, the highest ranking in the history of the program. Their .732 winning percentage was the 22nd best in NCAA Division I in 2014. Brianne 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 invests her own experiences into teaching her teammates. Lipscomb University is proud to honor Brianne Welch as the 2014 All-American Strength and Conditioning Athlete of the Year. ~ William Osburn, CSCS, RSCC, FMS

The Ohio State University

Female

Maddy McIntyre

Sport: Softball

Position: Shortstop

College Senior

Height: 5'9"

Weight: 160

Age: 22

Pro Agility Time: 4.51

Bench Press Poundage: 140

Bench Press Reps: 1

Quote: Maddy is a leader by example. She will not be outworked and will take on any challenge that is given to her. She has tremendous work ethic and expects that from her teammates as well. She is a student-athlete that brings dedication and passion to the weight room. She is a focused individual who finds ways to get better each and every day. She is hungry to learn and does what is necessary to succeed. Her hard work and discipline forces others to keep up and improve. It has been an honor to coach Maddy and she truly deserves all the rewards and accolades that she receives. ~ Andy Britton, CSCS

Saint Louis University

Female

Lindsay Friedman

Sport: Softball

Position: Outfield

College Senior

Height: 5'6"

Age: 22

Vertical Jump: 22.5"

Squat Pounding: 210

Hang Clean Pounding: 135

Quote: Lindsay Friedman exemplifies hard work and dedication. In 2014 Lindsay was selected to the Commissioner's honor roll majoring in Pre-Med. She was a first team all-conference selection and currently holds the school record for home runs. Her determination has allowed her to be a standout in all aspects of life. Lindsay is a privilege to coach. She sets the standard for every student-athlete at Saint Louis University. ~ Alison Albritton, CSCS

State University of New York (SUNY) New Paltz

Female

Meg Brewer

Sport: Softball

Position: Pitcher

College Senior

Height: 5'7"

Weight: 155

Age: 21

Bench Press Pounding: 135

Squat Pounding: 205

Hang Clean Pounding: 155

Quote: Meg was a great leader for our softball team. She led by example through hard work and dedication. ~ Gary Gall, MS, USAW

State University of New York (SUNY) New Paltz

Female

Shayna Burgess

Sport: Softball

Position: Catcher/Center Field

College Senior

Height: 5'8"

Weight: 135

Age: 21

Squat Pounding: 225

Hang Clean Pounding: 165

Quote: Shayna was a great athlete for us here at New Paltz. She was also one of my best athletes in the weight room overall. Her power and form on Olympic movements were fantastic. ~ Gary Gall, MS, USAW

University of Maryland

Female

Juli Strange

Sport: Softball

Position: Third Base

College Junior

Height: 5'2"

Weight: 150

Age: 21

Vertical Jump: 4.99

Forty-Yard Dash: 5.89

Bench Press Pounding: 150

Bench Press Reps: 1

Squat Pounding: 240

Squat Reps: 1

Quote: Juli is one of the most hardworking athletes I have had the pleasure of working with. She has persevered through great adversity and become a strong, dedicated athlete and teammate. She gives all she has every day, not only with her individual work, but also to the team. She is very deserving of an award like the NSCA All-American. ~ Christie Pollner, CSCS

University of Michigan

Female

Kelsey Susalla

Sport: Softball

Position: Outfield

College Junior

Height: 5'9"

Age: 20

Vertical Jump: 21.6"

Forty-Yard Dash: 5.45

Bench Press Pounding: 105

Bench Press Reps: 1

Squat Pounding: 205

Squat Reps: 1

Hang Clean Pounding: 145

Hang Clean Reps: 1

Quote: Kelsey is currently a junior outfielder for the University of Michigan softball team and a member of two Big Ten Championship teams (2013 and 2014). Kelsey's commitment to strength and conditioning over her career has helped her to achieve the physical goals we've created. In addition to significant gains in muscle mass, she has added 35 lb to her 1RM power clean and 65 lb to her 1RM back squat while decreasing her 20-yd sprint by .10 seconds. Kelsey's consistent and relentless pursuit of improvement goes far beyond strength and conditioning. She has played a variety of positions and filled different roles throughout her career at Michigan with the success of the team in mind. Her most recent position change, along with her commitment to physical development has allowed her to enter the lineup on a regular basis as an outfielder where she continues to strive for excellence. Outside of the competition field she has demonstrated success in the classroom as well, where she was named a 2014 U-M Athletic Academic Achievement. I am fortunate to be able to work with Kelsey and it is with great pleasure that I nominate her for this award. I anticipate an even greater commitment to growth and development as she completes her junior season and begins preparation for her senior year and I look forward to helping her reach her goals. ~ Lew Porchiazzo III, CSCS, RSCC

University of New Mexico

Female

Mariah Rimmer

Sport: Softball

Position: Center Field

College Junior

Height: 5'4"

Vertical Jump: 27.5"

Pro Agility Time: 4.74

Ten-Yard Dash: 1.64

Bench Press Poundage: 170

Squat Poundage: 315

Hang Clean Poundage: 186

Quote: I have been an Athletic Performance coach since 2002 and have never felt compelled to nominate an athlete for such a prestigious award. Mariah Rimmer, a softball athlete for the University of New Mexico, has made huge gains in her time here as a student athlete. Her commitment to becoming a better athlete is apparent with her continuous growth in the weight room individually while focusing on her teammates when she isn't "under" the bar by encouraging, spotting, setting up, and occasionally giving some coaching cues. This past fall as a junior she has made gains that most athletes don't make in five years let alone after 2.5 years of collegiate training. As a freshman, she benched 115 lb, squatted 130 lb, 5 pull-ups, 26.5 VJ, and her power clean was 152 lb. Her numbers as a junior have increased significantly, having benched 170 lb, squatted 315 lb, 8 pull-ups, 27.5 VJ, and her power clean 182 lbs Mariah's numbers alone should be considered as an NSCA All American but her character and work ethic have defined her either way. She has been and will be a key component to the success on and off the field to the UNM Softball team. ~ Molly McKinnon, MS, CSCS, RSCC*D

University of Tennessee at Martin

Female

Renate Meckl

Sport: Softball

Position: Catcher

College Sophomore

Height: 5'9"

Age: 19

Bench Press Poundage: 175

Squat Poundage: 245

Hang Clean Poundage: 200

Quote: Seeking to pursue a career in the medical field, Renate exemplifies what it means to be a successful student-athlete both off and on the field. As a freshman, she was a Medal of Honor recipient along with earning a spot on the OVC Commissioner's Honor Roll by achieving a 4.0 grade point average. On the field, Renate started 27 games of the 37 games she appeared in for the Skyhawks during her freshman campaign. A leader by example, Renate's work ethic in the weight room is contagious for her teammates during the early morning workouts throughout the year. It is a pleasure to have the opportunity to work with Renate in her development as a UT-Martin student-athlete. ~ Chris Gillies, MEd, CSCS, USAW

Virginia Tech

Female

Kylie McGoldrick

Sport: Softball

Position: Second Base

College Senior

Height: 5'5"

Weight: 140

Age: 21

Vertical Jump: 25"

Pro Agility Time: 4.53

Ten-Yard Dash: 1.63

Forty-Yard Dash: 5.06

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 260

Squat Reps: 1

Hang Clean Poundage: 145

Hang Clean Reps: 1

Quote: Kylie is one our hardest workers and overall well rounded athletes we have ever had here on the softball program. Through hard work and dedication to her sport she has been a leader for this program not just statistically but in character and actions. She holds several Strength and Conditioning records including vertical jump (25") and pro agility time of 4.53 as well as an impressive 260-lb back squat. Her speed and strength training numbers are only eclipsed by her even more impressive softball skills and scholarly achievements. Academically she carries as 3.4 GPA in Marketing Management with a concentration in Professional Sales. She is an active member in the Hokie Community with many outreach projects, one of which includes her own non-profit that she created with her younger brother called 17k Diamonds for All. An organization that takes in gently used baseball and softball equipment and helps to donate that equipment to local organizations that needs it. ~ Megan Evans, PhD, CSCS

Washburn University

Female

Marina Quimby

Sport: Softball

Position: Pitcher/Infield

College Junior

Age: 21

Vertical Jump: 25.75"

Pro Agility Time: 4.67

Ten-Yard Dash: 1.85

Squat Poundage: 265

Squat Reps: 7

Hang Clean Poundage: 150

Hang Clean Reps: 3

Quote: Marina has dedicated herself this off-season to improving her strength and power. She is a leader both

on the field and in the weight room, where she leads both in word, and by example. Her work ethic is only outdone by her motivation and competitive drive. She realizes the impact that strength and conditioning can have on her abilities on the field and dedicates herself to her training on a daily basis. I can think of nobody more deserving of this award at Washburn, or in the country. Off the field, Marina also maintains an unyielding drive for excellence both in her academics and other extracurricular activities. ~ Joshua Duggleby, MA, CSCS, RSCC

Weber State University

Female

Kylee Hogue

Sport: Softball

Position: Infielder

College Senior

Height: 5'9"

Weight: 175

Age: 22

Vertical Jump: 23.5"

Bench Press Poundage: 155

Bench Press Reps: 1

Squat Poundage: 275

Squat Reps: 1

Hang Clean Poundage: 185

Hang Clean Reps: 1

Quote: The work ethic and tenacity that Kylee Hogue brings to the table every day is second to none. She is a standout student athlete that is willing to put in the time and dedication her sport needs. Her lead by example mentality helps everyone exceed on the field and in the weight room. She exudes a great amount of leadership, passion, and determination as an athlete. ~ Andi Pigeon, MS, ATC, CSCS

SWIMMING

Northern Arizona University

Female

Alexis Juergens

Sport: Swimming

Position: Sprinter/Freestyle/Butterfly

Height: 5'4"

Bench Press Poundage: 125

Squat Poundage: 315

Hang Clean Poundage: 135

Quote: Alexis is pound for pound one of the strongest athletes we have. She is an incredibly hard worker, and has overcome many obstacles, including injury and severe illness, to be where is today. Her love of the weight room overflowed into her teammates, changing the way her entire team works. She is a great encourager, and an even greater leader by example. Actions speak louder than words, and her volume was so intense that she redirected a team of 50% freshmen on to a successful season. Her dedication is not limited, her hard work, determination, and passion is evident in all areas of her life. ~ Cody Hodgeson, CSCS

University of Georgia

Female

Hali Flickinger

Sport: Swimming

Position: Freestyle/Backstroke/Butterfly/Individual Medley

College Junior

Quote: Hali is one of the hardest working athletes that I have ever coached and she brings a positive attitude to weight room every single day. During her competitive season Hali trains at least three days a week in the weight room at 7:00 a.m. directly following her first swim practice of the day, which begins at 5:00 a.m. Her attitude is contagious and the results she gains from her dedication in the weight room are unmatched. She is one of the strongest pound-for-pound athletes on any one of the University of Georgia athletic teams. One of the best exercises that she performs are pronated-grip straight bar pull-ups where she completes repetitions with perfect technique with 35 pounds of weight attached to her waist as if it was a warm-up set. Her hard work in the weight room directly translates to her performance in the pool where she holds five top-10 times in the UGA's all-time record book and just recently as last week earned two first place and two second place finishes in her four events at the SEC Championships to help her woman's team finish in first place overall. Thus far in her career she has been named to the Second-Team All-SEC and SEC All-Freshman Teams. Hali sets the bar just as high in regards to her academic work where every year she has been named a First-Team Scholar All-American by the College Swimming

Coaches Association of America and to the Athletic Director's Honor Roll. Hali truly represents the ideal NSCA All-American Strength and Conditioning Athlete. ~ David LaPlaca, MBA, CSCS, USAW

University of Louisville

Female

Kelsi Worrell

Sport: Swimming

Position: Butterfly/Freestyle

College Junior

Height: 6'0"

Weight: 165

Vertical Jump: 23"

Bench Press Poundage: 135

Squat Poundage: 180

Quote: Kelsi is one of the most physically gifted and well-rounded athletes in the history of Louisville Swimming. She was the first female athlete to win the team's "Iron Cardinal" award as a freshman, a feat which she repeated both her sophomore and junior years. In addition to her physical abilities, she is one of those rare athletes whose work ethic, humility, and positive attitude match her athletic ability. I look for Kelsi to have a tremendous impact in the swimming world at both the national and international levels in the years to come. ~ Jason Dierking, CSCS

University of Louisville

Male

Rudy Edelen

Sport: Swimming

Position: Freestyle

College Senior

Height: 6'1"

Weight: 175

Vertical Jump: 31"

Bench Press Poundage: 220

Squat Poundage: 295

Quote: Rudy is one of those athletes who has maximized every ounce of his physical abilities through consistent hard work. There aren't many other athletes that I've enjoyed working with more than Rudy. In his four years at Louisville, he has made tremendous progress and has developed into one of the best leaders this program has ever seen. ~ Jason Dierking, CSCS

University of Michigan

Male

Justin Glanda

Sport: Swimming

Position: Freestyle

College Senior

Height: 6'5"

Weight: 210

Age: 22

Squat Poundage: 250

Quote: Justin has been an integral member of the Men's Swimming and Diving team throughout his four years at the University of Michigan. Serving as a current co-captain, Justin has been a leader in the pool, the weight room and the classroom. Justin's dedication to training has led to athletic achievements including an NCAA Team Championship, NCAA All-American, four-time Big Ten Team Champion and four-time Big Ten Relay Champion. Justin's work ethic has contributed to several academic accomplishments as well. He is in the top of his class, with a 4.044 GPA. Justin has been twice named Big Ten Distinguished Scholar, Academic All-Big Ten, and CSCAA Scholar-Athlete, while also being a three-time U-M Academic Achievement Award winner. Justin has been a motivating and inspiring member of the Swim and Dive team, greatly contributing to their success in the pool, in the classroom, and in the weight room. ~ Katlyn Haycock, CSCS

University of Missouri

Male

Sam Tierney

Sport: Swimming

Position: Breaststroke/Freestyle

College Senior

Height: 6'3"

Weight: 175

Age: 21

Vertical Jump: 27"

Bench Press Poundage: 235

Bench Press Reps: 1

Squat Poundage: 350

Squat Reps: 1

Hang Clean Poundage: 200

Hang Clean Reps: 1

Quote: Sam is the most decorated swimmer in Mizzou history. He uses strength and conditioning to take swimming to an elite level, day in and day out. Sam is a fantastic athlete and an even better person. ~ Rusty Burney, CSCS

University of Wisconsin – Whitewater

Female

Kelsey Kohlbeck

Sport: Swimming

Position: Butterfly/Backstroke/Sprint

College Senior

Quote: Kelsey is the calming and guiding presences on the women's swimming team. A WIAC Scholastic Honor Roll student each of 4 seasons, she has also improved each season in the water. In 2012-13 season she was WIAC second team for 400 yard medley relay, NCAA qualifier in the 200 yard freestyle relay, 200 yard medley relay and 400 yard medley relay, and All-America honorable mention in 400 yard medley relay. She improved on these accolades in the 2013-14 season by becoming a WIAC first team for 400 yard medley relay,

and again qualifying for NCAA in the 200 yard freestyle relay, 400 yard freestyle relay, 200 yard medley relay and 400 yard medley relay ... set school records in the 100 butterfly, 200 yard freestyle relay, 400 yard freestyle relay, 200 yard medley relay and 400 yard medley relay. Kelsey helped the 2014-15 Warhawk women's swimming team to the best finish in school history with an undefeated conference season; first ever win over WIAC powerhouse UW-LaCrosse, and the highest finish ever in the WIAC Championship with a 2nd place finish.
- Nicholas Spadafore, CSCS

Virginia Tech

Male

Morgan Latimer

Sport: Swimming

Position: Sprinter

College Senior

Height: 5'10"

Weight: 174

Age: 22

Vertical Jump: 32

Bench Press Pounds: 235

Squat Pounds: 405

Hang Clean Pounds: 235

Quote: Morgan holds Virginia Tech records in the 200 butterfly and the 800 freestyle relay. Morgan earned All-ACC Academic honors in 2013-2014. His leadership was valuable in helping the H2Ogies to the 2014 conference title. ~ Terry Mitchell, CSCS



Glendale Community College

Male

Rondie Latham

Sport: Tennis

Position: Singles

College Sophomore

Height: 5'7"

Weight: 137

Age: 22

Vertical Jump: 36"

Pro Agility Time: 4.41

Forty-Yard Dash: 4.72

Bench Press Pounds: 195

Squat Pounds: 400

Quote: Rondie Latham has been a shining example of leadership and character on this team. His commitment to both school and training has earned him the respect and admiration of the players on the team. Playing both 6 and 7 singles this year Rondie has continued to improve both on the court and off and has motivated other players in training as well. ~ Chris Tissot, CSCS

Norfolk State University

Female

Krystal Scott

Sport: Tennis

Height: 5'7"

Weight: 139

Age: 20

Vertical Jump: 18"

Bench Press Pounds: 115

Squat Pounds: 170

Quote: Krystal Scott is a successful tennis player at Norfolk State University in Norfolk, VA. She is from Australia, and she takes pride in being a scholarship athlete as a Division I Tennis player. Krystal states, "I have always been athletically involved in many sports through my life, including tennis, soccer, basketball, golf, competitive horse riding, and touch football. In addition I always competed in many of the track and field events throughout my schooling years and always did well. However, since graduating high school tennis became my focus and I have trained to become the best I can ever since. Although athletics and sports are my true passion, I am also very academically involved and driven and I have big goals for my future. I currently am studying Kinesiotherapy and am looking at opening my own sports clinic and working with athletes to help prevent and rehabilitate sports specific injuries." As her academic professor, Dr. Rodney Gaines, "Krystal holds over a 3.8 GPA in the major of Exercise Science/Kinesiotherapy. She is one of our top academic

students not only in the major of Exercise Science, but also in the entire school. Her work ethic is unmatched and she carries this same passion in conditioning and in tennis. She has expressed a strong interest in obtaining her NSCA-CPT and CSCS certifications.” ~ Rodney Gaines, PhD, CSCS

Stetson University

Female

Eveline Lepinay

Sport: Tennis

College Junior

Height: 5’2”

Weight: 115

Age: 19

Vertical Jump: 18.5”

Bench Press Poundage: 105

Bench Press Reps: 1

Squat Poundage: 190

Squat Reps: 1

Hang Clean Poundage: 120

Hang Clean Reps: 1

Quote: While receiving numerous accolades over her career at Stetson she constantly seeks ways to improve her game with extra work on the court and in the weight room.

Lepinay is totally dedicated to her teammates and the team mission, Eveline personifies commitment; especially in the weight room where she served as an intern strength coach to aid herself and teammates. 2014 (Sophomore): Second Team All-Atlantic Sun singles selection ... Second Team All-Atlantic Sun doubles selection ... Went 12-1 in singles play, primarily seeing time at the No. 5 slot ... Went 1-0 during the A-Sun Championship ... Won a dozen straight matches after dropping her first one of the season ... Earned a 15-4 record in doubles play, solely at the No. 3 position ... Was 1-0 at the A-Sun Championship ... Won six straight matches with partner Lindsey Cable. Eveline is of strong character, makes an impact on her team and the university. I have enjoyed coaching this young lady and watching her develop and mature as a student and as an athlete in the classroom, weight room, on the field and in life. ~ Brad Lokey, MBA, RSCC



TRACK & FIELD

California Lutheran University

Female

Amanda Hamilton

Sport: Track and Field

Position: Triple Jumps/Sprints

College Junior

Height: 5’6”

Weight: 130

Age: 20

Vertical Jump: 26”

Squat Poundage: 230

Hang Clean Poundage: 150

Quote: Amanda Hamilton is an outstanding all-around athlete. Her physical talents have enabled her to thrive on the track. Last year, she earned NCAA Division III All-American accolades in the Triple Jump and 4 x 100 meter relay. She also earned All-Conference honors in the 4 x 400 meter relay. Amanda is a tireless worker and relentless competitor.

~ Patrick Holmber, CSCS

Clemson University

Male

Tevin Hester

Sport: Track and Field

Position: 100 Meter Sprints/200 Meter Sprints

College Junior

Height: 5’8”

Weight: 150

Age: 21

Vertical Jump: 40”

Bench Press Poundage: 235

Squat Poundage: 400

Power Clean Poundage: 260

Quote: Tevin Hester has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman two years ago. He attacks every workout, warm-up and conditioning session with the same intensity and focus that he has on the track on meet day. Despite being only 150 lb, Tevin is one of the strongest guys on the track team with a 550 lb trap bar deadlift max and a 260 lb power clean. Tevin’s weight room prowess has translated to the track where he is a multiple time All-American in the short sprints. Most importantly, Tevin 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 sprinter in the ACC conference. Tevin was recently named ACC most valuable sprinter for the indoor season. ~ Rick Franzblau, CSCS

Clemson University

Female

Sabria Hadley

Sport: Track and Field

Position: 100 Meter Sprints/200 Meter Sprints

College Sophomore

Height: 5'3"

Age: 20

Bench Press Poundage: 130

Squat Poundage: 250

Power Clean Poundage: 145

Quote: Sabria encountered a difficult freshman year as she was forced to have a third operation on her knee. From the moment she began rehabilitation from surgery she was on a mission to get back to her old self and beyond. She has accomplished that and more. Despite being small in stature, she is one of the strongest girls on the team with a 325 lb trap bar deadlift and 250 lb squat. Sabria has also been a great inspiration for her teammates and has used this to help bring a stronger mindset to all of her younger teammates. Sabria was an integral part of the women's teams 2015 Indoor ACC Championship. ~ Rick Franzblau, CSCS

Coastal Carolina University

Female

Ruby Durham

Sport: Track and Field

Position: Sprints

College Senior

Height: 5'0"

Age: 22

Vertical Jump: 32"

Forty-Yard Dash: 4.7

Bench Press Poundage: 125

Squat Poundage: 315

Hang Clean Poundage: 165

Quote: Ruby has been an active student-athlete in strength/conditioning during her time at CCU. She actively strives to achieve her personal best through all aspects of strength and conditioning and recovery. Ruby possesses the attitude, effort, intensity, and consistency to be an exceptional leader and role model for her team. She has found the ability to manage time to train in the summer sessions, along with school work and practice. Ruby was a 2013 Big South Champion in the 4x100 relay and continues to excel in her academics at CCU. ~ Sonya Woods

Coastal Carolina University

Male

Reggie Nelson

Sport: Track and Field

Position: Jumps

College Senior

Height: 5'10"

Age: 22

Vertical Jump: 38"

Forty-Yard Dash: 4.5

Bench Press Poundage: 250

Squat Poundage: 400

Hang Clean Poundage: 275

Quote: Reggie has achieved great success both on and off the track and is full credit to his positive attitude and blue collar work ethic. Reggie has been named an Athletic All-American and named to the Big South Presidential Honor Roll in his time at Coastal Carolina University. Reggie is who you see on a day-to-day basis as a great person, phenomenal student-athlete, and an exceptional role model. ~ Sonya Woods

Colgate University

Male

Christopher Ju

Sport: Track and Field

Position: Thrower

Height: 6'1"

Weight: 217

Age: 21

Vertical Jump: 32"

Bench Press Poundage: 300

Front Squat Poundage: 390

Hang Clean Poundage: 305

Quote: Christopher Ju is one of the best athletes I have ever had the pleasure of working with in my career, across any sport. Originally, prior to their addition to our strength and conditioning responsibilities last year, track pretty much lifted on their own. However, with the new change in staff, track was given the opportunity to be added to our staff's strength and conditioning responsibilities. However, it was not the track coaches, who so much made a push to make us an essential part of their development, but the athletes themselves. One of those athletes was Christopher Ju. Chris, originally, started out at Colgate University as a 155 pound middle distance runner, but was converted to a thrower his sophomore year. Since this switch, Chris has full-heartedly gone above and beyond to not only improve himself but his thrower teammates as well, including teaching himself and others how to throw properly, driving or running to their dorms to endure they are up in time for our 7:45 am lifts, and convincing other athletes from other sports to convert to track. When I first met Chris, he could not bench more than 235 lb or front squat more than 250 lb. Now in his second year with me as his strength coach, he has eclipsed the 300 lb bench mark, front squats 390 lb, weighs 217 lb, and is one pace to destroy every school record in the hammer throw this outdoor season. It is my distinct pleasure to recommend Christopher Ju for this award. ~ Coach Li, MS, CSCS, USAW

College of William and Mary

Male

Brian Watterfield

Sport: Track and Field

Position: Throws

College Junior

Height: 6'2"

Weight: 245

Age: 22

Bench Press Poundage: 345

Squat Poundage: 615

Hang Clean Poundage: 335

Quote: Brian's dedication in classroom, the field of play, and the weight room are what set him apart. ~ Josh Miller, MS, CSCS, USAW, FMS

Colorado State University

Male

Jake Schneeberger

Sport: Track and Field

Position: Throws

College Senior

Weight: 270

Vertical Jump: 27"

Bench Press Poundage: 285

Squat Poundage: 545

Hang Clean Poundage: 315

Quote: Jake is the definition of "hard work." He is selfless and dedicated. He is willing to do whatever it takes to get the job done, and get it done right—the first time around. Jake has got it done in the classroom and on the field, not only in the weight room. He was a 2-time Mountain West Conference Athlete of the Week in the year of 2015. He was an All-Conference Award Winner in the year of 2014 for the Weight Throw. Jake has also been Academic All-Conference every year since 2012. His coach Brian Bedard says: "[Jake] has developed into a team leader, encouraging athletes to do their best and holding teammates accountable. He has also developed into a mentor and coach for some of the younger athletes. He is truly interested in their improvement and development in our program." Jake embodies what it is to be a CSU Ram. ~ Nicholas Longo, MS, CSCS

Eastern Michigan University

Male

Anthony Jones

Sport: Track and Field

Position: Throws

College Junior

Height: 5'11"

Weight: 210

Age: 21

Vertical Jump: 34"

Bench Press Poundage: 320

Squat Poundage: 500

Hang Clean Poundage: 335

Quote: Anthony Jones deserves to be considered as a NSCA All-American for the 2014-2015 school year. Anthony has dedicated himself to improving physically, and mentally to prepare for his sport of Track and Field. He has dedicated himself to the weight room this year adding 10-15lb of lean muscles in 9 months. He has PR'd in a number of weight room lifts as well as PR and school records in field events, breaking the school record in the weight throw by 4.5'. Not only is he pound for pound one of the strongest athletes I have ever worked with, but the power, conditioning level and technical understanding of the weight throw sets him apart from his competitors. Anthony has put him in position to be ranked nationally (14th in the nation, with a throw of 70' 2.25"). He is currently a captain of the track and field team. Not only does Anthony excel in the weight room and on the field, but also in the classroom and community, currently holding a GPA of 3.11 and volunteering a number of hours to read to local elementary students. Anthony demonstrates the dedication, leadership and heart to be successful once graduating. ~ Aaron Short, CSCS

Kennesaw State University

Male

Rasmus Rooks

Sport: Track and Field

Position: Sprints/Jumps

College Senior

Height: 5'8"

Weight: 147

Age: 23

Front Squat Poundage: 235

Hang Clean Poundage: 235

Quote: Rasmus is one of the most responsible athletes I have ever had the privilege of coaching. He takes his career as a student-athlete seriously maintaining focus in the classroom, on the track, and making gains in the weight room. Rasmus goes above and beyond what is required of him. His success on the track (Long jump PR 24'7", 60m PR 6.90, 100m PR 10.68, 200m PR 21.79) are indicative of his drive and execution in both the weight room and in practice. ~ Jeremy Gough, CSCS, RSCC

Lindenwood University

Female

Clare Buckman

Sport: Track and Field

Position: Pole Vault

College Senior

Height: 5'6"

Age: 22

Hang Clean Poundage: 155

Hang Clean Reps: 1

Quote: Clare Buckman is a remarkable young woman who

we will see in the NSCA for years to come. During her four years at Lindenwood University, her accomplishments have been remarkable: Vice President-Student Athletic Advisory Committee, four years on the Dean's List, National Athletic Directors Academic Achievement Award, Women's Rugby Strength and Conditioning Coach, NCAA Scholar Athlete, NCAA All-Academic, Student Assistant Strength & Conditioning Coach, Track & Field Team Captain, Indoor & Outdoor School Record Holder (Pole Vault), Track & Field All Region (Pole Vault), four time National Championship Qualifier (Pole Vault), 2014 Summer Internship-Sparta Performance Science. ~ Russ Braudrick, MS, CSCS, RSCC*E

Northern Arizona

Male

Caleb Hoover

Sport: Track and Field

Position: Cross Country/Distance

College Senior

Age: 22

Quote: Caleb Hoover's maturity and consistent effort to improve makes him a great leader by example. His resistance to injury and steady progression of reduced times over his career are a testament to his efforts. His feedback has helped to shape the Cross Country/Distance lifting protocol over the past 4 years. His pursuit of greatness is contagious to his teammates leading to a career of success in which his team has never lost a team title (Cross Country/Indoor/Outdoor).

~ Daniel Darcy, CSCS

Northern Arizona

Male

Gus Margiotta

Sport: Track and Field

Position: Thrower

College Senior

Age: 23

Bench Press Pounds: 365

Squat Pounds: 590

Hang Clean Pounds: 355

Quote: Gus is a well-rounded athlete, his presence is always known on and off the field. He is the vocal and physical leader in the weight room. The time and dedication Gus puts into everything he does reflects his exceptional work in the weight room. Throughout his years at Northern Arizona University (NAU), Gus has dealt with considerable adversity and competes with a chip on his shoulder. Margiotta's character is representative of what every athlete at NAU should strive to become. I am privileged to have had the opportunity to coach him for his final season. ~ Macauley Radcliffe, CSCS

Northern Arizona University

Female

Shayla Freeman

Sport: Track and Field

Position: Cross Country/Distance

College Senior

Weight: 109

Age: 22

Vertical Jump: 20.5"

Bench Press Pounds: 75

Squat Pounds: 165

Hang Clean Pounds: 105

Quote: Shayla spent her past summer in town to train on a voluntary basis and has been reaping the benefits with her first injury free year of her collegiate career in addition to setting lifetime bests this season. She is a perfectionist when it comes to her training and is always asking educated questions and applying the advice to strive for her genetic potential. ~ Macauley Radcliffe, CSCS

Northern Arizona University

Female

Kayla Freeman

Sport: Track and Field

Position: Middle-Distance Runner

College Senior

Weight: 101

Age: 22

Vertical Jump: 18"

Bench Press Pounds: 70

Squat Pounds: 145

Hang Clean Pounds: 100

Quote: Kayla has helped to set a high standard for future Cross Country/Distance student-athletes with her commitment to Strength & Conditioning. She has been healthy for an entire year for the first time in her collegiate career due to the high attention to detail of her lifting technique along with the request and completion of additional exercises to improve her weaknesses. ~ Eric Rhodes, CSCS

South Dakota State University

Female

Gina Fritz

Sport: Track and Field

Position: Sprints

College Senior

Height: 5'7"

Weight: 157

Age: 22

Vertical Jump: 26"

Bench Press Pounds: 170

Bench Press Reps: 1

Squat Pounds: 270

Squat Reps: 1

Hang Clean Pounds: 198

Hang Clean Reps: 1

Quote: Gina is a very passionate and driven athlete. She already had considerable strength training experience coming into her collegiate career but continued to work hard and has

been the strongest athlete among our female sprinters and jumpers. Gina currently holds the all-time SDSU Women's Track and Field records in the Squat (270 lb) and the Bench Press (170 lb). The hard work has paid off as she has earned multiple All Conference honors as a sprinter and has been an integral member of several SDSU relay teams. She is also an excellent student who does a great job of balancing her demands as an athlete while studying in a very demanding Athletic Training program. Her work ethic, passion, and experience as a student-athlete will no doubt make her an outstanding athletic trainer when she graduates. ~ Nathan Moe, CSCS, RSCC*D

South Dakota State University

Female

Mary Wirth

Sport: Track and Field

Position: High Jump

College Senior

Height: 5'9"

Weight: 132

Age: 23

Vertical Jump: 23"

Bench Press Poundage: 105

Bench Press Reps: 1

Squat Poundage: 200

Squat Reps: 1

Hang Clean Poundage: 155

Hang Clean Reps: 1

Quote: Mary came to South Dakota State already a talented and gifted athlete having won three high school state titles in the High Jump; however, throughout her career she has continued to work hard both on the track and in the weight room and is now one of the best collegiate high jumpers in the nation. Mary comes into the weight room for every session with a great attitude, is always ready to give her best effort, and has made tremendous progress in her strength and power over the course of her career. Mary is also an excellent role model and leader amongst her teammates and has made a lasting impact on our Track & Field program. Recently, Mary was rewarded for her efforts by finally clearing the six foot mark in the high jump, which was the fourth best jump in the nation at the time. In addition to her success on the track and in the weight room, Mary is an outstanding student and has received several academic awards from The Summit League and the USATFCCCA. ~ Adam Parsons, CSCS

South Dakota State University

Male

Ryan Schaefer

Sport: Track and Field

Position: Pole Vault/Multi-Events

College Senior

Height: 5'9"

Weight: 163

Age: 23

Vertical Jump: 34"

Bench Press Poundage: 250

Bench Press Reps: 1

Squat Poundage: 360

Squat Reps: 1

Hang Clean Poundage: 260

Hang Clean Reps: 1

Quote: Over the course of his career Ryan has consistently been one of the hardest workers on the SDSU Track & Field Program both on the Track and in the Weight Room. From his Freshmen to his Senior year, he has added 80 lb to both his Power Clean and his Squat, 50 lb to his Bench Press, 6 inches to his Vertical Jump while improving his mark in the Pole Vault by 2 Feet 5.75 Inches (from 13 Feet to 15 Feet 5.75 Inches). This year Ryan has taken on a new challenge and will compete in both the Heptathlon and Decathlon and is expected to place at the Summit League Indoor and Outdoor Conference Championships. In addition to his success in athletics, Ryan also excels in the classroom and has been named to The Summit League Academic Honor Roll and The Summit League's Distinguished Scholars List multiple times over the course of this career. Ryan's passion, work ethic and drive to succeed will no doubt carry him on to great things beyond his time as a Student-Athlete. ~ Adam Parsons, CSCS

Southeastern Louisiana

Male

Brett Olson

Sport: Track and Field

Position: Throws

College Senior

Height: 6'5"

Weight: 260

Age: 22

Vertical Jump: 36"

Bench Press Poundage: 340

Bench Press Reps: 1

Squat Poundage: 550

Squat Reps: 1

Hang Clean Poundage: 375

Hang Clean Reps: 1

Quote: Brett is one of our hardest workers in the weight room and most accomplished members of the track and field team. He has been on Southland Conference Academic teams as well as U.S. Track and Field Academic teams. Brett has also been named Indoor All-Conference in the shot put and weight throw. ~ David Job, CSCS, USAW

United States Air Force Academy

Male

Tyler Koss

Sport: Track and Field

Position: 200 m/400 m

College Freshman

Height: 6'2"
Weight: 185
Age: 19
Vertical Jump: 32"
Pro Agility Time: 4.15
Forty-Yard Dash: 4.62
Bench Press Poundage: 240
Bench Press Reps: 1
Squat Poundage: 350
Squat Reps: 1
Hang Clean Poundage: 225
Hang Clean Reps: 1

Quote: As Tyler's High School strength & conditioning coach (football) and track coach, I have not worked with a more focused and goal-oriented student-athlete. After narrowly missing out on the California State 400 meters qualification his junior year, Tyler set his goal of making it to the state meet in that event his senior year, as well as keeping his lifelong ambition of attending the U.S. Air Force Academy to hopefully serve his country as an officer and pilot. His hard work in the weight room, on the track, in the classroom, and serving his community paid off. Tyler not only qualified for the California State meet with a personal best of 47.41s in the 400m, but placed 6th in the state and received an appointment to the Air Force Academy and a chance to continue running track as an AF Falcon. At his first indoor track meet held at Air Force, he broke the school record in the men's 500m and was named the team's "Athlete of the Week." During his first semester at the Academy, Tyler made the Superintendent's List for outstanding achievement in academics, military performance, and athletics. He was also a standout Linebacker in high school earning All-League and All-Area honors while leading the league with 114 tackles during the 10- game regular season, including a league-leading 71 solo tackles and 6 sacks. He graduated with a 4.33 GPA. ~ Thomas Koss, CSCS, RSCC

United States Air Force Academy

Male

William Blue Kearney

Sport: Track and Field

Event: Long/Triple Jump

Height: 5'11"

Weight: 163

Bench Press Poundage: 270

Squat Poundage: 325

Hang Clean Poundage: 265

Quote: Blue's work ethic and dedication to excellence has paid dividends on the runway and in the weight room over the last four years. Blue is one of those athletes that is never satisfied, never makes excuses, but works his weaknesses every day. His determination and will to win cultivated these last four years as a D-I athlete will no doubt carry over in his Air Force career. ~Dana Lyon, CSCS

University of Buffalo

Male

John Jones

Sport: Track and Field

Position: Shot Put

College Senior

Height: 6'0"

Weight: 302

Age: 23

Vertical Jump: 33"

Bench Press Poundage: 545

Squat Poundage: 815

Quote: John is the type of student athlete strength coaches love to have in the weight room. He not only puts up incredible numbers, he motivates other athletes to be better. John's hard work and discipline is evident as he continually breaks school and conference records. ~ Phillip Ryan, MS, CSCS

University of Georgia

Male

Nick Vena

Sport: Track and Field

Position: Thrower

College Senior

Height: 6'4"

Vertical Jump: 32.5"

Bench Press Poundage: 375

Squat Poundage: 500

Hang Clean Poundage: 355

Quote: Nick is one of the most dedicated and hardest working athletes that I have had the pleasure to coach. There is not a day that goes by that Nick is not looking for some way to better himself as a thrower, whether it is practicing his technique or going into the weight room to front squat over 400 pounds and perform sport-specific exercises to help his throwing performance. During this past season, Nick was named to the First-Team Outdoor All-American team and the Second-Team Indoor All-American team. During his career he has also earned Second-Team Outdoor All-American honors as well as two other Second-Team Indoor All-American honors. His level of dedication towards his throwing is matched by the effort he puts forth in the classroom as has posted a perfect 4.0 cumulative grade point average during his sophomore year as a student in the University of Georgia's Department of Kinesiology specializing in Physical Education. Nick aspires to be an elite track and field coach and physical education instructor upon graduation. One of the many ways he prepares himself for this, in addition to his coursework and his own training, is he makes time during the summer to help teach children with physical disabilities how to perform specific physical activities. Nick's dedication towards all aspects of his life is extremely admirable and is one of the

many reasons why he exemplifies what it means to be an NSCA All-American Strength and Conditioning Athlete.

~ David LaPlaca, MBA, CSCS, USAW

University of Louisville

Male

Brad Vivace

Sport: Track and Field

Position: Thrower

College Senior

Height: 6'1"

Weight: 250

Age: 23

Vertical Jump: 35"

Bench Press Poundage: 440

Squat Poundage: 670

Hang Clean Poundage: 385

Quote: Brad is a prime example of what this award is all about. His dedication and focus are only a few of the many reasons for his success as a student athlete. Brad's training, regeneration, and nutrition habits are exemplary. He maintains these habits while excelling in the classroom and applying for medical school. It is my pleasure to nominate Brad Vivace for the All-American Athlete Award. ~ Dan Gorman, CSCS, FMS

University of Mary

Female

Crystal Hovland

Sport: Track and Field

Position: Middle Distance

College Senior

Vertical Jump: 22.5"

Squat Poundage: 185

Hang Clean Poundage: 145

Quote: Normally you do not see this kind of a commitment level out of a Middle Distance runner at the college level. However, her commitment to strength and conditioning and nutrition is a value that she holds deep to herself. ~ Aaron Jung, CSCS, USAW, FMS

University of Memphis

Female

Chardae Greenlee

Sport: Track and Field

Position: Triple Jump

College Sophomore

Height: 5'4"

Age: 127

Age: 19

Bench Press Poundage: 125

Bench Press Reps: 1

Squat Poundage: 215

Squat Reps: 1

Hang Clean Poundage: 145

Hang Clean Reps: 1

Quote: Chardae Greenlee's extraordinary work ethic in the weight room has propelled her to one the Nation's best triple jumpers. As her numbers continued to climb on her squat and hang clean, her marks on the track have exploded into the National spotlight. In one year's time, her triple jump has improved 45 cm, while her squat and hang clean have gone up 30 lb and 25 lb, respectively. Her passion and intensity to get better on the track has bled into the weight room where she is one of the team leaders for both men and women. Chardae Greenlee gets my highest recommendation and exemplifies what the NSCA represents. ~ David Queck, MS, CSCS

University of Missouri

Female

Jill Rushin

Sport: Track and Field

Position: Thrower

College Senior

Age: 21

Vertical Jump: 23"

Bench Press Poundage: 215

Bench Press Reps: 1

Squat Poundage: 400

Squat Reps: 1

Hang Clean Poundage: 220

Hang Clean Reps: 1

Quote: Jill Rushin epitomizes the essence of what student-athlete means at the University of Missouri. Her focus, determination, and leadership are evident in and out of the throwing ring. Academically, she has shown her dedication by becoming an All-Conference, All-Region and 2014 SEC Scholar-Athlete of the Year. Inside the ring, her hard work paid off by becoming Mizzou's second leading thrower in three events: indoor and outdoor shot put and the discus throw. She earned the title of SEC Champion in the outdoor shot put in 2014 and became an All-American in both the indoor and outdoor seasons. Jill's accomplishments have been fueled by a fierce intensity to continually get better. She has fought to consistently add lean muscle to her body by working with Mizzou's sports nutrition department and supplemented this with her tenacity in the weight room. In addition to her ability to mentally travel to a higher level when it comes time to set a personal record, Jill has sought to understand the training process and its effect on the body. This has helped her maintain the balance between strength, power and technique to throw at the highest level. ~ Rusty Burney, CSCS, FMS

University of Missouri – Kansas City

Female

Briana Carter

Sport: Track and Field

Position: Jumps/Sprints

College Senior

Height: 4'11"

Weight: 100

Age: 22

Bench Press Poundage: 90

Bench Press Reps: 1

Squat Poundage: 250

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Briana's dedication to strength and conditioning can be seen by her excellent weight room numbers while weighing only 100 lb. She has also had great success in track and field. She was twice named WAC female track and field athlete of the week during the 2014 indoor season as well as twice during the 2015 indoor season. She was the 2014 WAC indoor champion in the triple jump and sits 2nd all-time on the school indoor records list. She is also an excellent student and is studying to be a pharmacist. ~ Clint Dominick, CSCS

University of Missouri – Kansas City

Male

Blake Hocking

Sport: Track and Field

Position: Thrower

College Junior

Height: 6'3"

Weight: 265

Age: 21

Bench Press Poundage: 385

Bench Press Reps: 1

Squat Poundage: 500

Squat Reps: 1

Hang Clean Poundage: 300

Hang Clean Reps: 1

Quote: Blake's commitment to strength and conditioning has helped fuel his success in track and field. He is the school record holder in the shot put for both indoor and outdoor and the 2015 WAC Indoor Shot Put Champion. He is the president of UMKC's Student Athlete Advisory Committee. He speaks 4 languages and is active on campus and in the community. ~ Clint Dominick, CSCS

University of Wisconsin – Whitewater

Female

Shelby Mahr

Sport: Track and Field

Position: Throws

College Senior

Height: 5'6"

Age: 21

Bench Press Poundage: 165

Bench Press Reps: 3

Squat Poundage: 340

Squat Reps: 3

Hang Clean Poundage: 190

Quote: Shelby is very deserving of this prestigious award. She has tremendous character, leadership skills, work ethic, and talent. This is evident through her academic and athletic accomplishments. Shelby has made significant improvements in the throws and in the weight room from her freshman year to now. This is due to her tremendous work ethic and drive to become the best in what she does. Shelby has attained the following accomplishments throughout her collegiate career: Mahr is a member of Kappa Delta Pi, an international honor society, and has been on the Dean's List seven semesters. Mahr attended and presented at the national Collegiate Honors Conference (2012 and 2013). She is a 5-time NCAA Division III All-American (2014: 2nd indoor weight throw, 6th indoor shot put, 6th outdoor discus, 5th outdoor hammer throw, 2nd outdoor shot put). She was the 2014 WIAC Indoor Conference Champion in the weight throw and is the school record holder in the weight throw, indoor shot put, and outdoor shot put. Mahr also was voted team MVP (2013 and 2014), Team Captain (2014-2015 season), Indoor and Outdoor High Point Athlete Award (2014), Sportsmanship Award (2014), Most Improved Athlete Award (2014) and Junior of the Year Award (2014). ~ Josh Ireland, MSE, CSCS, USAW-2, USATF-2

Weber State University

Female

Amanda Alston

Sport: Track and Field

Position: Sprints

College Senior

Height: 5'3"

Weight: 115

Bench Press Poundage: 130

Bench Press Reps: 1

Squat Poundage: 220

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Amanda has embraced everything about strength and conditioning in her senior year. Every day she has come in with the mentality of getting better. She leads by example and provides endless support of her teammates. Watching the changes and accomplishments this year has been a privilege. ~ Christopher Fritz, CSCS, NSCA-CPT



VOLLEYBALL

College of the Canyons

Female

Serena LeDuff

Sport: Volleyball

Position: Outside Hitter

College Sophomore

Height: 5'9"

Vertical Jump: 25"

Pro Agility Time: 4.61

Hang Clean Poundage: 175

Quote: Serena finishes her career here at COC as one of the best volleyball athletes we have ever had and the pleasure of coaching. Serena was an All-Southern California selection and the WSC Conference player of the year. Affectionately known around here as "the hammer," Serena is a great example of an athlete who worked on her sport skills and melded them with her strength and conditioning training to create an explosive machine that excelled on the court. Serena was arguably our strongest player on one of the strongest teams on the country. We will truly miss her around here as she continues her athletic career at Southern Arkansas University. ~ Robert dos Remedios, MA, CSCS

College of the Canyons

Female

Keirstyn Anderson

Sport: Volleyball

Position: Libero

College Sophomore

Vertical Jump: 23"

Pro Agility Time: 4.50

Hang Clean Poundage: 160

Quote: Drive, determination, and willpower – these are just a few words that describe this young lady. Keirstyn has been a leader for us for 3 years after overcoming a broken foot at the beginning of her sophomore year here at COC. A true leader in every sense of the word and one of the best athletes I have ever coached. Keirstyn's personality and drive carried our team to one of the most successful seasons in the history of the program. We will miss her and her leadership. ~ David Padilla, MS, CSCS

Dallas Baptist University

Female

Hannah Ballew

Sport: Volleyball

Position: Libero

College Junior

Height: 5'4"

Weight: 125

Age: 20

Vertical Jump: 27.1"

Squat Poundage: 200

Squat Reps: 1

Quote: Hannah is an unquestioned leader both on and off the court. As President of the Student Athlete Advisory Committee, she has shown that her desire to be a servant leader extends far beyond her athletic endeavors. In the weight room, Hannah is relentless in her pursuit of athletic performance improvement. She leads her teammates by being a constant motivator both by word and by deed. Most importantly, Hannah pursues success in order to bring all glory to God, her Creator, and Savior. ~ Adam Ross, CSCS, NSCA-CPT, RSCC

Denison University

Female

Emily Marguerite

Sport: Volleyball

Position: Libero

College Senior

Age: 21

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 185

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 1

Quote: This young woman was a statistical leader her entire career breaking multiple records her senior year. She was Captain of the volleyball team and a Strength and Conditioning Intern here at Denison for multiple years helping oversee workouts for her fellow classmates. ~ Albert Bathiany, MS, CSCS

Eastern Kentucky University

Female

Ciera Koons

Sport: Volleyball

Position: Middle Blocker

College Freshman

Height: 6'1"

Age: 18

Vertical Jump: 22"

Bench Press Poundage: 95

Bench Press Reps: 6

Squat Poundage: 175

Squat Reps: 6

Hang Clean Poundage: 95

Hang Clean Reps: 6

Quote: Ciera is totally committed and dedicated to her strength training and conditioning as a way to improve her athletic performance (she recently changed her major to exercise science). She never misses a session. She is self-motivated and driven to be the best she can be—on the court and in the classroom (honor roll). As a freshman starter, she led her team, and was one of the conference leaders, in blocks. She leads by example, always exhibiting a positive attitude and serving as a role model for everyone in our facility. ~ Brian Lebo, CSCS

Huntingdon College

Female

Kalen Morgan

Sport: Volleyball

Position: Middle Hitter

College Sophomore

Height: 5'10"

Vertical Jump: 21"

Squat Poundage: 185

Hang Clean Poundage: 145

Quote: Kalen has worked extremely hard at improving her game through training. She has displayed an extremely solid work ethic, and leads by example in the areas of attitude and effort. ~ Charles Goodyear, MS

Huntingdon College

Female

Lauren Condon

Sport: Volleyball

Position: Defensive Specialist/Libero

College Sophomore

Height: 5'5"

Vertical Jump: 26"

Squat Poundage: 200

Hang Clean Poundage: 115

Quote: Lauren's commitment to training has been vital to both her success, as well as the continued development of a training culture within our volleyball program. She has truly pushed her limits, and in doing so set a great example for her teammates. ~ Charles Goodyear, MS

Juniata College

Female

Taylor Miles

Sport: Volleyball

Position: Outside Hitter

College Junior

Height: 6'2"

Age: 20

Vertical Jump: 22"

Pro Agility Time: 4.9

Bench Press Poundage: 190

Squat Poundage: 400

Hang Clean Poundage: 175

Quote: Taylor serves as an example of hard work and dedication for not only her teammates on the women's volleyball team but also all the student athletes at Juniata. Taylor's perseverance and positive attitude helped her come back from a serious injury she sustained at the beginning of her college career and has been a valuable asset to the team. Her encouragement and work ethic has helped her teammates reach their full potential in the weight room. ~ Sarah Simeone, CSCS

Juniata College

Female

Brittani Young

Sport: Volleyball

Position: Libero

College Senior

Height: 5'3"

Weight: 125

Age: 22

Vertical Jump: 25"

Pro Agility Time: 4.6

Bench Press Poundage: 140

Squat Poundage: 325

Hang Clean Poundage: 150

Quote: Brittani's commitment to hard work and team success earned her the position of team co-captain on the Landmark Conference and NCAA Tournament Women's Volleyball team. This same work ethic also contributed to Brittani receiving post season ECAC Division 3 South Women's Volleyball second team honors along with the Landmarks Conference Specialist of the year award. ~ Douglas Smith, CSCS, RSCC*E

McKendree University

Female

Kelsey Johnson

Sport: Volleyball

Position: Outside Hitter

College Senior

Height: 6'0"

Age: 22

Vertical Jump: 21"

Bench Press Poundage: 125

Squat Poundage: 205

Hang Clean Poundage: 155

Quote: Kelsey did a tremendous job being a leader on the court and in the weight room. She has a natural ability to stay disciplined and focused in any high stress situation. Her drive, determination, and "never quit" attitude led her team to a very successful 2014 season. ~ Jordan Fark, MS, CSCS

Northern Arizona

Female

Taylor Stephens

Sport: Volleyball

Position: Middle Blocker

College Senior
Height: 6'0"
Age: 22
Ten-Yard Dash: 1.70
Bench Press Poundage: 135
Bench Press Reps: 1
Squat Poundage: 240
Squat Reps: 1
Hang Clean Poundage: 176
Hang Clean Reps: 1

Quote: Taylor's commitment to training over the past two summers has led to her rise as a reliable force on the court. Her underclassmen teammates have looked up to her as someone who has set the standard of what dedication truly encompasses – getting the job done and not making excuses.
~ Daniel Darcy, CSCS

Radford University

Female

Savannah Cantrell

Sport: Volleyball
Position: Middle Blocker
College Senior
Height: 5'10"
Vertical Jump: 38"
Bench Press Poundage: 165
Squat Poundage: 300
Hang Clean Poundage: 175

Quote: Savannah is very competitive in our facility. She is very explosive in her lifts. At 5'10" she can jump and touch 10' at any time. She was a leader in our facility and maintained a high level of expectation for those around her. ~ Scott Bennett, CSCS, RSCC*E

State University of New York (SUNY) New Paltz

Female

Alex Bizub

Sport: Volleyball
Position: Outside Hitter
College Senior
Height: 5'9"
Weight: 155
Age: 22
Bench Press Poundage: 155
Squat Poundage: 285
Hang Clean Poundage: 145

Quote: Alex helped lead our women's volleyball team to their first conference championship since 2009 this past fall. She demanded hard work during training, and was one of the strongest women in our athletic program. ~ Gary Gall, MS, USAW

State University of New York (SUNY) New Paltz

Female

Alli Coleman

Sport: Volleyball
College Senior
Bench Press Poundage: 135
Squat Poundage: 255
Hang Clean Poundage: 165

Quote: She was a team captain and helped to lead our women's volleyball team to a conference championship this year. ~ Gary Gall, MS, USAW

State University of New York (SUNY) New Paltz

Male

Gus Gregory

Sport: Volleyball
Position: Outside Hitter
College Senior
Height: 6'2"
Weight: 175
Age: 21

Quote: Gus doesn't have any off the chart numbers, but there is one characteristic he has that can't be measure. That is willpower. Gus is always training, and does more than what is required to perfect his skill and help his team. The true characteristics of a competitor. ~ Gary Gall, MS, USAW

The University of Missouri – Kansas City

Female

Sidney Crimmins

Sport: Volleyball
Position: Outside Hitter
College Junior
Height: 5'10"
Weight: 164
Age: 21
Vertical Jump: 30"

Pro Agility Time: 4.37
Bench Press Poundage: 145
Squat Poundage: 320
Hang Clean Poundage: 190

Quote: Sidney is a tremendous athlete. She is one of the hardest workers I have ever been around. Along with her athletic ability, Sidney also is a tremendous leader both on and off of the volleyball court, not only with her teammates but with everyone on campus! ~ Paul Arndorfer, CSCS

Troy University

Female

Blair Winston

Sport: Volleyball
Position: Outside Hitter
College Senior
Height: 5'9"
Weight: 178
Age: 21
Vertical Jump: 30"

Ten-Yard Dash: 4.7

Bench Press Pounding: 155

Bench Press Reps: 115 x 20

Squat Pounding: 275

Squat Reps: 185 x 20

Hang Clean Pounding: 200

Hang Clean Reps: 1

Quote: Her coach says, "Blair 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 works extremely hard and is very strong and powerful and is always trying to better herself. She has a good attitude toward working out and strives to be the best." She has become one of our overall strongest female athletes. Blair has also earned a 3.0 cumulative GPA. ~ Richard Shaughnessy, MS, EdS, CSCS

University of La Verne

Female

Anna Suarez

Sport: Volleyball

Position: Defensive Specialist

College Senior

Height: 5'3"

Weight: 120

Age: 22

Pro Agility Time: 4.59

Squat Pounding: 145

Squat Reps: 2

Hang Clean Pounding: 140

Hang Clean Reps: 2

Quote: Anna Suarez has been our CEO, Chief Energy Officer for the La Verne Women's Volleyball team for the past 3 years. Anna has been a leader not only with her play but also in the weight room. As a female who can clean and squat more than her bodyweight Anna leads not only with her words but by her example as well. Anna is also top 4 in our schools history in digs. When Anna first came to ULV she could barely hold the bar in her hands and now she is the athlete that gets excited for the hard stuff. Her energy and effort will be missed. ~ Matt Durant, MS, USAW

University of Texas at San Antonio

Female

Lauren Muenchow

Sport: Volleyball

Position: Middle Hitter

College Senior

Height: 5'10"

Vertical Jump: 24.25"

Pro Agility Time: 5.07

Squat Pounding: 155

Quote: Lauren played all four years of her college career, sustaining a season ending injury halfway through her senior year. Lauren's effort is never in question on lifting and running

and she made significant gains throughout her college career. Lauren has been on All-Conference Honor Rolls, including the Southland Conference and the WAC. Lauren is a Psychology major with a 3.76 cumulative GPA that has taken the MCAT in hopes of becoming a medical doctor. ~ Travis Reust, CSCS, RSCC*D

University of Wisconsin – Whitewater

Female

Jessica Sabey

Sport: Volleyball

Position: Outside Hitter

College Senior

Height: 5'10"

Vertical Jump: 24"

Pro Agility Time: 4.76

Squat Pounding: 275

Quote: Jessica's hard work in the wt. room and court has paid off as she has helped lead the Warhawks to a Conference Championship and Regional tournament berth this past year. Her biggest asset is her leadership and desire to win. She is a member of the Dean's List and 2-time WIAC Scholar Athlete. ~ Lee Munger, CSCS

Weber State University

Female

McKay Tarbox

Sport: Volleyball

Position: Libero

College Senior

Height: 5'6"

Weight: 143

Age: 22

Bench Press Pounding: 150

Bench Press Reps: 3

Squat Pounding: 200

Squat Reps: 3

Hang Clean Pounding: 175

Hang Clean Reps: 3

Quote: McKay is one of the hardest working athletes I have ever been around. She works tirelessly on the process of getting better each day in the weight room and on the court. Her constant effort and mastery of technique allowed her to play all four years of her career injury free. ~ Christopher Fritz, CSCS, NSCA-CPT

West Texas A&M University

Female

Kameryn Hayes

Sport: Volleyball

Position: Setter/Outside Hitter

College Senior

Height: 5'11"

Age: 23

Vertical Jump: 24"

Pro Agility Time: 4.6
Bench Press Pounding: 150
Bench Press Reps: 1
Squat Pounding: 250
Squat Reps: 1
Hang Clean Pounding: 175
Hang Clean Reps: 1

Quote: Kam arrived as a quiet freshman and finished her senior season as a vocal, strong leader. Each year she devoted more of herself to improving in the weight room and her overall fitness. The payoff was being more durable, and able to withstand a very long season into a post-season run each year. Her versatility as both a setter and outside was invaluable to the Lady Buff Volleyball team. She set high expectations for teammates and held them accountable to improving each year. ~ Matt Segura, CSCS, RSCC, USAW-1, USATF-1



WATER POLO

University of Michigan

Female

Elizabeth Williams

Sport: Water Polo

Position: Defense

College Senior

Height: 6'0"

Weight: 155

Age: 22

Vertical Jump: 20.5"

Squat Pounding: 175

Squat Reps: 1

Hang Clean Pounding: 145

Hang Clean Reps: 1

Quote: Elizabeth is a two-time captain of the University of Michigan Water Polo team. As a movement science major, she is a three-time AWPCA All-Academic and CWPA Scholar Athlete selection. Elizabeth's drive and enthusiasm to succeed in the pool, weight room, classroom and in life are contagious. She pushes herself and her team mates on a daily basis to get the most out of each opportunity. I have enjoyed watching Elizabeth grow into the athlete and leader that she is today.

~ Ashley Jackson, CSCS, RSCC, USAW

Eastern Michigan University**Male****Anthony Abro****Sport: Wrestling****Position: Combat****College Junior****Height: 5'10"****Weight: 197****Age: 22****Vertical Jump: 32"****Bench Press Poundage: 405****Squat Poundage: 535****Hang Clean Poundage: 275**

Quote: Anthony Abro deserves to be considered as a NSCA All-American for the 2014-2015 school year. Anthony has dedicated himself to improving physically, and mentally to prepare for his sport of wrestling. He has dedicated himself to the weight room in preparation for this season and has motivated others to buy into the same mentality. Not only is he pound for pound the strongest athlete I have ever worked with but the power and conditioning level which he works at is unmatched. He is currently a captain of the wrestling team. Anthony is currently ranked in the top 25 in his weight class of 197 lb and has beaten a number of wrestlers ranked ahead of him this season from schools such as Duke, Purdue, NC State, Princeton, Old Dominion, and MSU. Not only does Anthony excel in the weight room and on the mat, but also in the classroom. Anthony plans to make a career in law and currently holds a cumulative GPA of 3.57. Anthony demonstrates the dedication, leadership and heart to be successful once graduating. ~ Aaron Short, CSCS

Simpson College**Male****Brett Roberts****Sport: Wrestling****Weight: 190****Bench Press Poundage: 305****Squat Poundage: 315****Hang Clean Poundage: 231**

Quote: Brett is a standout athlete on and off the mat. He has put his efforts to work in the weight room which have translated tremendously to the mat. Brett is highly respected by his teammates and is a leader that is an excellent example for his team. This past season, Brett led the team in overall wins, dual meet wins, technical falls, major decisions and is the current career wins leader with 55. Brett represents Simpson College with a great work ethic, phenomenal effort, and outstanding attitude. He has brought in to our philosophy and is on the rise. ~ Nate Hansen, MS, CSCS

University of Michigan**Male****Max Huntley****Sport: Wrestling****Position: 197 lb Weight Class****College Senior****Height: 5'11"****Weight: 197****Age: 23****Vertical Jump: 30"****Bench Press Poundage: 290****Bench Press Reps: 1****Squat Poundage: 400****Squat Reps: 1****Hang Clean Poundage: 250****Hang Clean Reps: 1**

Quote: Max Huntley has continually progressed and demonstrated his leadership and commitment to the strength and conditioning program along with the wrestling program as a whole. His positive attitude and relentless effort to his physical preparation have been instrumental to the numerous personal records he established this past off-season. Max's leadership by example has been paramount in inspiring his teammates to achieve personal bests within the strength and conditioning program and reach new levels of physical preparedness. These previously mentioned qualities and achievements have earned Max the respect of the coaching staff, his fellow teammates and the athletic department resulting in his selection as a team captain for the 2014-15 wrestling season. ~ Michael Favre, CSCS,*D, RSCC*D



**HIGH SCHOOL
ATHLETES**



BASEBALL

Atlantic County Institute of Technology

Male

Dylan Witmer

Sport: Baseball

Position: Outfield

High School Junior

Height: 6'2"

Weight: 200

Age: 17

Vertical Jump: 27"

Bench Press Poundage: 215

Bench Press Reps: 1

Squat Poundage: 315

Squat Reps: 1

Hang Clean Poundage: 195

Hang Clean Reps: 1

Quote: After suffering a broken collarbone during the basketball season last year, Dylan made use of the weight room, as part of his rehab, to return to baseball in the last half of the season during the spring of 2014. Since that time he has never looked back, he regained his starting position in left field, batted .370 and had an on base percentage of .500. He also became a steady fixture in the Redhawk weight room during the summer and into the fall and winter months. He has made steady gains and continues to push his abilities not only in strength training but by working on his speed and agility as well. Dylan is a role model for the younger baseball players and demonstrates the values of the athletic program through his tenacity and accountability. His performance and his leadership in the weight room make him a qualified candidate for this year's NSCA All-American award. ~ Robert Wagner, CSCS

La Jolla High School

Male

Tim Holdgrafer

Sport: Baseball

Position: Pitcher

High School Senior

Height: 6'0"

Weight: 155

Age: 18

Vertical Jump: 32.8"

Pro Agility Time: 4.24

Ten-Yard Dash: 1.78

Forty-Yard Dash: 4.69

Bench Press Poundage: 195

Squat Poundage: 325

Quote: Tim Holdgrafer personifies what an elite level high school athlete should look like. Tim is a senior in High school

at La Jolla High and has a full ride to St. Mary's college to play baseball. As a junior, he was one of the top pitchers in southern California, leading his team in ERA and batting average (.380). Tim was on the All-Academic team, he was runner up in league MVP, and he was selected as La Jolla High's MVP. Tim played on the CBA Marucci club team (ranked 6th in the nation) this past summer where he was named the "perfect game" pitcher in back-to-back tournaments. With all of Tim's accolades, he is still one of the humblest, most hard working athletes I know. As an athlete, he has found a love for training and knows that each day in the gym is another chance to improve his performance on the field. He runs a 6.78 second 60 yard sprint, he broad jumps 9'4", he squats and deadlifts 2.2x his body weight, and he can single arm snatch 100 lb dumbbells. He has completed a 62" box jump, but isn't satisfied with that (pretty good for a guy who's not quite 6'0" tall). He recognizes the importance of training and has since seen improvements in his mental game, confidence, throwing velocity, speed and overall athletic abilities. He shows up to every workout early, has a big smile on his face, and doesn't leave until there is nothing left to do. I am extremely proud of where we have come together and where we still have to go. ~ Robert Congalton, MS, CSCS

Notre Dame Preparatory

Male

Jake DePillo

Sport: Baseball

Position: Third Base

High School Senior

Height: 6'3" | Weight: 214.7

Age: 17

Vertical Jump: 25"

Pro Agility Time: 1.6

Squat Poundage: 295

Squat Reps: 1

Hang Clean Poundage: 195

Hang Clean Reps: 1

Quote: Jake's commitment and dedication to strength and conditioning is clear in his achievements in both baseball and football. In baseball, he was 2nd team All-State, All-District, and All-Catholic League as a 3rd Baseman. His batting average was .473, and he is committed to Hillsdale College (NCAA Division II). In football, he earned All-Catholic League and NDP Irishman Award (All-Around MVP on and off the field). Not only is he a hard-working athlete, more importantly he is a good, respectful person. I am honored to have had the privilege to work with him and help him improve his athletic abilities. He is definitely deserving of the NSCA All-American Athlete Award. ~ Jacob Siebert, MS, CSCS

Providence Day School

Male

IJ Ferrette

Sport: Baseball

Position: Center Field

Height: 5'7"

Weight: 146

Bench Press: 170

Squat Poundage: 255

Hang Clean Poundage: 205

Quote: IJ is one of the hardest working young men I've had the pleasure of working with in the 28 years I've been at PDS. He leads by example, is the first to show up at practice and the last to leave. He demonstrates great character and is the kind of student athlete you build a program around, he is captain material. ~ Tom Caruso, CSCS, RSCC

Quote: Luke is a dedicated two sport athlete who excels in the weight room and on the field. He holds multiple school records for strength, and I believe that his dedication to this aspect of performance enhancement has paid dividends during competition. Luke is a participant on the varsity football and baseball teams, and will no doubt have an excellent college career after graduating from St. Mark's. Not only is he a strong and skilled athlete, he is also a leader in all aspects of sport. As a two sport varsity captain he motivates his teammates to achieve the same level of excellence he strives for himself. As a lineman on the gridiron he has helped build a team that struggled his freshman year into a force that is considered a challenge to anyone in the league. He recently decided to continue his baseball career at Virginia Wesleyan and I know he will be a major contributor to their program.

~ Richard Cox, CSCS

Robert E. Lee High School

Male

Ben Aland

Sport: Baseball

Position: Infield/Pitcher

High School Senior

Height: 5'11"

Weight: 150

Age: 18

Vertical Jump: 22"

Pro Agility Time: 4.8

Ten-Yard Dash: 1.83

Bench Press Poundage: 160

Squat Poundage: 320

Hang Clean Poundage: 155

Quote: Ben is one of the most dedicated athletes I had an opportunity to work with during my career as a strength and conditioning coach. He has dedicated himself to improve in every area of his athletic ability for baseball. The commitment that Ben has demonstrated is not usually seen in high school athletes and has allowed him to become a great leader on and off the field. His relentless work ethic, countless hours of training, and positive leadership have made Ben an athlete that others want to emulate. I am truly honored to have had the opportunity to have had a part in his development. I cannot think of anyone more deserving of this honor. ~ John Girton, MS, ATC, CSCS, RSCC

St. Mark's School

Male

Luke Chiasson

Sport: Baseball

Position: Pitcher/Catcher

High School Senior

Age: 18

Bench Press Poundage: 210

Squat Poundage: 365

Hang Clean Poundage: 250



BASKETBALL

A.C. Flora High School

Female

Taylor Smith

Sport: Basketball

Position: Guard

High School Senior

Height: 5'10"

Weight: 130

Age: 18

Vertical Jump: 25"

Pro Agility Time: 4.5

Forty-Yard Dash: 5.33

Bench Press POUNDAGE: 160

Squat POUNDAGE: 300

Hang Clean POUNDAGE: 165

Quote: Taylor has been the model for hard work and effort. She makes up for her lack of size with her work ethic. She is a 3 sport varsity athlete in basketball, volleyball and softball. She holds the school record for squat and the second highest bench press mark. She went from being a little overweight her freshman and sophomore year to being the most athletic female in the school. She plans on pursuing a career in athletic training or strength and conditioning. Taylor is a great athlete but an even better person! ~ Micah Kurtz, CSCS, USAW, FMS

Campbell County High School

Female

Jessie Geer

Sport: Basketball

Position: Guard

High School Junior

Height: 5'8"

Age: 17

Vertical Jump: 23"

Bench Press POUNDAGE: 130

Squat POUNDAGE: 265

Hang Clean POUNDAGE: 200

Quote: Jessie puts in the time year round in the weight room and honing her skills in her sports. She is a perfectionist in the weight room and has developed into the most technically sound female athlete I have had the pleasure to work with. Her attitude is great and is contagious to everyone in the room, bringing up the level of all. Her hard work has been rewarded with many achievements in both track and basketball. She is just as proficient in the classroom boasting a 4.0 GPA. She has been a great role model for all athletes in our school and represents our community well. ~ Micah Christensen, CSCS

Harrisburg High School

Female

Danni Honner

Sport: Basketball

Position: Guard

High School Senior

Height: 5'7"

Weight: 145

Age: 17

Vertical Jump: 23.5"

Bench Press POUNDAGE: 125

Squat POUNDAGE: 195

Hang Clean POUNDAGE: 115

Quote: Danni's work ethic in the weight room stands out among athletes. The effort that Danni has put into improving her athleticism in high school has created a foundation for future success in college basketball. Danni's work ethic will make her successful both in athletics and life. It is an honor for me to nominate Danni as a National Strength and Conditioning Association All-American. ~ Paul Keizer, MS, CSCS, RSCC, USAW

Hawaii Baptist Academy

Male

BJ Hosaka

Sport: Basketball

Position: Guard

High School Senior

Height: 5'7"

Weight: 165

Age: 18

Quote: BJ Hosaka - Honor Roll/National Honor Society member, Two Advanced Placement classes student, 4 year varsity basketball/volleyball starter, conference player of the year, school ambassador, volunteer to the homeless, Hawaii H.S. Heisman Award winner, team captain, Fellowship of Christian Athletes member - "In All Things, Trust God." ~ Samuel Lee, ATC, CSCS

Lapel High School

Female

Kirsten Rich

Sport: Basketball

Position: Point Guard

High School Senior

Height: 5'5"

Weight: 145

Age: 17

20"

Pro Agility Time: 4.7

Ten-Yard Dash: 1.75

Forty-Yard Dash: 5.4

Bench Press Poundage: 115

Bench Press Reps: 1

Quote: Softball is her “sport,” but statistically Kirsten Rich is the #1 point guard in the state of Indiana according to MaxPreps. She lead the state in assists, ranked in top 10 in steals, and had the highest assist to turnover percent and steals to fouls at some point throughout the 2014-15 season. These categories highlight her athleticism, strength, quickness, and power. Remarkable in a rabid basketball state, but amazing when her ability to “lift weights” is limited due to injuries sustained by always putting the team and game above personal safety during her career. Her leadership and self-sacrifice motivate all around her to be better athletes and people. She continues to excel in power activities by sheer conviction and dedication to physical conditioning within her limitations. Kirsten plans to continue participating in softball at the next level; she has been a state leader in hitting the past 2 seasons with her senior campaign beginning as this nomination is submitted. ~ Janet Clifton, MS, LAT, ATC, CSCS

Providence Day School

Female

Erin Whalen

Sport: Basketball

Position: Forward

Height: 6’1”

Weight: 160

Bench Press Poundage: 65

Bench Press Reps: 3

Squat Poundage: 95

Squat Reps: 3

Hang Clean Poundage: 85

Hang Clean Reps: 3

Quote: I would like to nominate Erin Whalen for the NSCA award. Erin is currently a junior at Providence Day and has an insatiable work-ethic on and off the basketball court! Erin is extremely self-motivated and driven to be successful in all areas. She can often be seen getting an extra strength work-out or an extra 1,000 shots up by herself. Statistically, she is currently averaging 17 ppg and 7 rpg for our 22-3 team. Erin has a 3.75 GPA and is very involved in our Lil’ Dribblers program at PDS. Erin has scholarship offers from several BCS schools and has been an excellent role model for Providence Day Girls Basketball. ~ Tom Caruso, CSCS, RSCC

Providence Day School

Male

Grant Williams

Sport: Basketball

Position: Forward

High School Senior

Height: 6’7”

Weight: 245

Age: 16

Vertical Jump: 29”

Bench Press Poundage: 225

Bench Press Reps: 1

Squat Poundage: 275

Squat Reps: 1

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Grant has been named to the CISAA All-Conference team in both his sophomore and junior seasons. He was also named to the NCISAA 3A All-State team as a junior. He has already been offered basketball scholarships to over 10 Division I colleges and is ranked as a top 5 player in North Carolina in the class of 2016. ~ Tom Caruso, CSCS, RSCC

Providence Day School

Female

Janelle Bailey

Sport: Basketball

Position: Forward

Height: 6’3”

Weight: 206

Bench Press Poundage: 85

Squat Poundage: 95

Hang Clean Poundage: 85

Quote: I would like to nominate Janelle Bailey for the NSCA award. Janelle is currently a sophomore at Providence Day and has worked tirelessly in our strength and conditioning center over the last two years. At 6’3”, she has one of the strongest frames of any student-athlete in my 8 years at PDS. Statistically, Janelle is currently averaging 18 ppg and 8 rpg for our 22-3 team. Janelle has over a 3.0 GPA and is very involved in our Lil’ Dribblers program here at PD. Janelle has scholarship offers from several BCS schools and has been an excellent role model for Providence Day Girls Basketball. ~ Tom Caruso, CSCS, RSCC

Providence Day School

Male

Matthew Lee

Sport: Basketball

Position: Forward

Age: 18

Height: 6’5”

Weight: 165

Vertical Jump: 29”

Bench Press Poundage: 175

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 205

Hang Clean Reps: 1

Quote: Matthew is one of the hardest working kids that I have ever coached. He is willing to put in the time and effort necessary to improve himself. Matthew started every game

for us as a senior on a team that finished the season with a record of 25-5. He is being recruited by several colleges to play for them next season. ~ Tom Caruso, CSCS, RSCC

Saint Andrew's High School

Male

Zach Sherman

Sport: Basketball

Position: Power Forward – Junior Varsity

High School Sophomore

Height: 6'1"

Weight: 152

Age: 16

Vertical Jump: 21"

Bench Press Poundage: 160

Bench Press Reps: 8

Squat Poundage: 115

Squat Reps: 8

Quote: I am the Fitness Director at Broken Sound Club in Boca Raton. I have been watching Zach train for basketball and fitness for the last two years at our club. Although he just barely made the JV basketball team, he is one of the most dedicated student athletes I have ever seen. He is in the gym almost 7 days a week trying to get stronger and build his body. He trains with a personal trainer 2x's a week and constantly plays basketball to improve his overall game. He was the last person to make the practice squad for JV this year and was able to compete in the final game of the year. It is impressive to see such dedication from an athlete that won't see much playing time and I feel these positions are often overlooked by the stars on our athletic teams. Zach is tenacious at everything he does and extremely competitive. If more men & women had the competitive drive that Zach has, our athletic programs would improve dramatically. He is a kind, mature and well-mannered young man with a "never give up mentality" and deserves to be this year's 2015 NSCA All American Athlete Award. ~ Douglas Rotondi, NSCA-CPT, TPI-2

Turtle Mountain Community High School

Male

Connor LaFountain

Sport: Basketball

Position: Forward

High School Senior

Height: 6'4"

Weight: 205

Age: 17

Vertical Jump: 33"

Pro Agility Time: 4.3

Ten-Yard Dash: 1.9

Forty-Yard Dash: 4.8

Bench Press Poundage: 225

Bench Press Reps: 5

Squat Poundage: 225

Squat Reps: 10

Hang Clean Poundage: 175

Hang Clean Reps: 8

Quote: Connor is an excellent student. His overall improvement in 14-15 was most attributed to his work in the weight room during his off-season workouts. Connor is experiencing a lot of success this year, probably more than he has ever seen due to his growth in the weight room. He is a very successful young man and is very coach-able, is a captain of his team and a very caring young man. He would be a good candidate for this award because of his hard work and his ability to lead. His willingness to sacrifice and be in the weight room sets him apart from others. He is true All-American in my book. ~ Shane Martin, CSCS



FIELD HOCKEY

St. Mark's School

Female

Kara Finnerty

Sport: Field Hockey

Position: Defender

High School Junior

Height: 5'2"

Age: 16

Bench Press Poundage: 90

Squat Poundage: 165

Hang Clean Poundage: 85

Quote: Kara is an athlete that combines dedication and determination with her skills on the field. She is a three sport varsity athlete who has embraced the weight room since the beginning of her career and it has paid dividends during competition. She is a starter and major contributor on a field hockey team that has won six titles in the three years that Kara has participated. Her freshman year she won Most Improved Player and as a junior she was named as an honorable mention to the All-League team. She's not afraid to joke and have fun, but she also knows when to motivate and inspire her teammates, and this has no doubt helped the team in its success. In addition to field hockey Kara also starts for the ice hockey and lacrosse teams at St. Mark's, all the while continuing to spend time in the weight room. She will only continue to get better and she will no doubt have a successful college career. ~ Richard Cox, CSCS



FOOTBALL

A.C. Flora High School

Male

Tyrell Goodwin

Sport: Football

Position: Defensive Line

High School Senior

Height: 5'11"

Weight: 275

Age: 18

Vertical Jump: 29"

Pro Agility Time: 4.5

Forty-Yard Dash: 4.99

Bench Press Poundage: 425

Bench Press Reps: 225x23

Squat Poundage: 585

Hang Clean Poundage: 300

Hang Clean Reps: 265 x 5

Quote: 2 time All-Region Player 2014 Region 4 AAA Defensive Player of the Year 98 tackles, 31 tackles for loss, 14 sacks, 2 forced fumbles Played in North South All Star game- had 1.5 sacks & 3 tackles for loss in the game 2.8 GPA Has fielded football offers from: Charleston Southern, NC A & T, SC State, NewBerry Only thing holding him back from higher offers is his height: He is 5'10" One of the best athletes we've had here, he started at Point Guard on the JV basketball team his sophomore year weighing 270 lb. He was a pivotal member of the football team winning 3 region championships and 39 games in his 4 years at AC Flora. Has been one of our hardest workers and best leaders we've had here. He not only leads by example but also leads by positive motivation. He is a great athlete but an even better person! ~ Micah Kurtz, CSCS, USAW, FMS

Archbishop Bergan High School

Male

Luke Kerkaert

Sport: Football

Position: Quarterback/Linebacker

High School Junior

Height: 5'11"

Weight: 215

Age: 17

Vertical Jump: 32"

Pro Agility Time: 4.39

Ten-Yard Dash: 1.59

Forty-Yard Dash: 4.87

Bench Press Poundage: 225

Bench Press Reps: 3

Squat Poundage: 390

Squat Reps: 4

Hang Clean Pounds: 250

Hang Clean Reps: 5

Quote: Luke is one of the hardest working kids I know. He is a model student athlete with a 3.4 GPA, and was elected captain as a junior by his fellow teammates. He has continued to show improvement year after year, even injury. He enjoys the process of getting better, and is constantly trying to improve himself and his team. I am honored to nominate Luke for the NSCA All-American Award. ~ Robert Brokaw, CSCS, USAW

Battle Ground Academy

Male

Cole Grosvenor

Sport: Football

Position: Outside Linebacker

High School Senior

Height: 6'1"

Weight: 185

Age: 17

Vertical Jump: 31"

Pro Agility Time: 4.18

Ten-Yard Dash: 1.53

Forty-Yard Dash: 4.69

Bench Press Pounds: 225

Squat Pounds: 400

Hang Clean Pounds: 250

Quote: Cole is a warrior on the athletic field and a young man of extremely high character. He trains with the same intensity he shows on the field in the weight room. Cole also sets a tremendous example in the classroom and in our community. He represents what the Battle Ground Academy student-athlete is all about. ~ Fred Eaves, EdS, MEd, CSCS, USAW, USATF

Christopher Columbus High School

Male

Tucker Beirne

Sport: Football

Position: Quarterback

High School Senior

Height: 6'3"

Weight: 215

Age: 17

Pro Agility Time: 4.3

Forty-Yard Dash: 4.79

Bench Press Pounds: 345

Bench Press Reps: 2

Squat Pounds: 405

Squat Reps: 1

Hang Clean Pounds: 275

Hang Clean Reps: 1

Quote: Tucker has been one of my best and hardest working high school athletes to date. He followed my program to

its last detail, and his results showed: from 245 lb to 220 lb and 20%+ body fat to 7%. Numerous athletic achievements including: School Records for Single season passing yards: 2,800 Career passing yards: 7,900 Total Career Touchdowns: 62 Longest Touchdown Pass: 99 yards Tucker was also Team Captain for Team USA on 4 occasions. He has recently signed a full scholarship to attend Bryant University. In conclusion, Tucker brought us within 7 points of our school's first State Championship! I love this kid. He represents everything a student athlete should strive to emulate. ~ Jason Goodrich, MS

Clinton Graceville Beardsley High School

Male

Paul Ragan

Sport: Football

Position: Lineman

High School Senior

Height: 5'11"

Weight: 200

Age: 18

Vertical Jump: 22"

Pro Agility Time: 4.49

Ten-Yard Dash: 1.62

Forty-Yard Dash: 5.16

Bench Press Pounds: 290

Bench Press Reps: 225 x 4

Squat Pounds: 375

Power Clean Pounds: 250

Quote: Paul is an outstanding young man who possesses a ton of desirable characteristics for a high school student. He is very active within our extracurricular activities, taking part in Football, Track and Field, Weight Lifting Club, Student Council, Band, Choir, National Honor Society, and Speech. He is an All-Conference performer in his sports as well as an Academic All State Football Team member and our school's Triple A Award recipient. He has been religious with his commitment to our Strength and Conditioning Program and his hard work has paid off. Paul is a member of our 900 lb club with his three lift total in the Squat, Bench, and Clean. ~ Jeremy Christensen

College Station High School

Male

Desmond Payton

Sport: Football

Position: Linebacker

High School Senior

Height: 5'11" | Weight: 196

Age: 18

Vertical Jump: 38"

Pro Agility Time: 4.15

Forty-Yard Dash: 4.5

Bench Press Pounds: 275

Squat Pounds: 545

Hang Clean Pounds: 300

Quote: Desmond was the captain of our football team for the last three years. He is also the leader of our boys powerlifting team. He is the current state record holder in the squat for the 198 pound class with a lift of 700 pounds. Desmond was the 2014 state champion for his weight class and is currently ranked #1 in the state for 2015. He was the 2014 Defensive MVP for district 18-5A. Desmond was also a second team all-state selection at linebacker. Most importantly Desmond is a fine young man and an outstanding citizen. He is a great example to all of our younger athletes and is a leader in our community. ~ Greg Frashure, CSCS

Collinsville High School

Male

Dakota Tredway

Sport: Football

Position: Offensive Tackle

Height: 6'1"

Weight: 200

Age: 18

Vertical Jump: 28"

Pro Agility Time: 4.00

Forty-Yard Dash: 4.7

Bench Press Poundage: 290

Bench Press Reps: 1

Squat Poundage: 400

Squat Reps: 1

Hang Clean Poundage: 200

Hang Clean Reps: 1

Quote: Started out his high school athletic career as a receiver, on a team with a plethora of depth at that position. He wanted to play, so he spent a year in the weight room getting bigger and stronger and reinvented himself as an O-lineman. He worked hard and completely bought in to the strength and conditioning program. It paid off for him. He became the starting left tackle, overcoming the depth in front of him, for a quarter-final football team in Oklahoma's 5a class. His team also finished with the District title. Dakota was selected as an All-District Offensive Lineman his senior year. ~ Adam Hass

Dallas High School

Male

Jesse Wilcoxon

Sport: Football

Position: Running Back

High School Senior

Height: 6'0" | Weight: 190

Age: 17

Vertical Jump: 32"

Pro Agility Time: 4.17

Forty-Yard Dash: 4.61

Bench Press Poundage: 225

Squat Poundage: 365

Hang Clean Poundage: 265

Quote: Jesse has done an exceptional job for us on the field as a Football and Track athlete as well as in the weight room. His dedication to lifting class and doing additional training before and after school has not only improved himself, but serves as inspiration to others. He is a model at our school for hard work, determination and effort. ~ Bill Masei

Denton Guyer High School

Male

Cameron Wax

Sport: Football

Position: Defensive Line

High School Junior

Height: 6'1"

Weight: 230

Age: 17

Vertical Jump: 30"

Bench Press Poundage: 315

Bench Press Reps: 1

Squat Poundage: 460

Squat Reps: 1

Hang Clean Poundage: 305

Hang Clean Reps: 1

Quote: Cameron is the definition of what "hard work pays off." After a tough sophomore year, he dedicated himself to the weight room and in the classroom. He went from occasionally seeing the playing field to 1st team all-district defensive line his junior year. He has increased his squat max by nearly 100 pounds since last off season, and he has increased his clean max by 40 pounds in that same amount of time. Cameron is a work horse in the weight room, and he sets the standards for all players to follow in the weight room and on the field.

~ Kyle Keese, CSCS, RSCC, USAW-1

Denton Guyer High School

Male

Mike Carrillo

Sport: Football

Position: Linebacker

High School Junior

Height: 5'10"

Weight: 180

Age: 17

Vertical Jump: 34"

Bench Press Poundage: 270

Bench Press Reps: 1

Squat Poundage: 430

Squat Reps: 1

Hang Clean Poundage: 290

Hang Clean Reps: 1

Quote: Mike is an up-and-coming football star in the state of Texas. He was named the all-district defensive MVP in 2014. He has dedicated himself to the weight room this off-season. He has increased his squat max by nearly 60 pounds in the last 8 weeks, and he has increased his clean max by 30

pounds in that same amount of time. Mike is a great leader in the weight room, and he sets the standards for all players to follow. ~ Kyle Keese, CSCS, RSCC, USAW-1

Denton Guyer High School

Male

Dharius Timmons

Sport: Football

Position: Linebacker

High School Junior

Height: 5'10"

Weight: 195

Age: 17

Vertical Jump: 30"

Bench Press Poundage: 305

Bench Press Reps: 1

Squat Poundage: 455

Squat Reps: 1

Hang Clean Poundage: 290

Hang Clean Reps: 1

Quote: Dharius is an outstanding leader who leads by example. He demands the most out of all his teammates on a daily basis. He was named 1st team all-district linebacker in 2014. He has dedicated himself to the weight room this off-season. He has increased his squat max by nearly 50 pounds, bench by 40 pounds, and 50 pound increase in clean in the last 8 weeks. Dharius is a great leader in the weight room, on the field, and in the class room. ~ Kyle Keese, CSCS, RSCC, USAW-1

Goshen High School

Male

Eugene Iozzino

Sport: Football

Position: Quarterback

High School Senior

Height: 5'11"

Weight: 160

Age: 18

Vertical Jump: 26.5"

Pro Agility Time: 4.95

Ten-Yard Dash: 1.79

Forty-Yard Dash: 4.93

Bench Press Poundage: 190

Squat Poundage: 245

Hang Clean Poundage: 200

Quote: Gene is one of our hardest workers in the weight room and on the field. His relentless pursuit of perfecting his technique has made him a leader in the weight room. His great attitude and no nonsense approach to life has resulted in some great results. ~ Robert McIntee, MS, CSCS, USAW, USATF

Greater Atlanta Christian School

Male

Paul Carothers

Sport: Football

Position: Linebacker/Fullback

Height: 6'1"

Weight: 225

Age: 18

Vertical Jump: 30"

Pro Agility Time: 4.20

Ten-Yard Dash: 1.58

Forty-Yard Dash: 4.70

Bench Press Poundage: 300

Squat Poundage: 525

Hang Clean Poundage: 295

Quote: Greater Atlanta Christian School football coach, Tim Hardy says, "Paul is passion personified. From the way he competed in practice every day to his unrelenting effort on Friday nights to his passionate (and sometimes lengthy) pre-game speeches, Paul set the tone for our team in many ways. Every day, he brought energy and enthusiasm to everything that he did. He just never stopped moving. His internal motivation and desire to be his best is absolutely incredible as he calls everyone around him to a higher standard." Paul is one of Greater Atlanta Christian's top athletes of all-time. However, what is even more impressive is the quality of his character. Paul is what fathers want their young men to become. He has been a leader in the weight room and will be greatly missed. The United States Naval Academy will be the perfect fit for Paul and he will honor our country as he did our program. ~ Gary Schofield, Jr., ATC/L, CSCS,*D, RSCC*D

Hamilton Heights High School

Male

Issac Ray

Sports: Football

Position: Linebacker

High School Senior

Height: 6'1"

Weight: 190

Age: 18

Vertical Jump: 22"

Pro Agility Time: 4.22

Ten-Yard Dash: 1.75

Forty-Yard Dash: 4.9

Bench Press Poundage: 235

Bench Press Reps: 2

Squat Poundage: 375

Squat Reps: 2

Hang Clean Poundage: 205

Hang Clean Reps: 2

Quote: Issac Ray is a throw-back athlete in a high tech world. Have a problem on the field or mat getting overpowered, go to work daily in the off-season in the weight room and

conditioning on the track. Trouble closing the gap in the line to stop the running back—work on running technique to improve acceleration. Motivation issues with substandard strength and class work by teammates, led by example in the weight room and in the classroom. In the words of Hamilton Heights High School Head Football Coach/Dean of Students Mitch Street, “The first characteristic that demonstrates the person Isaac is and who he will be is hard working. He is one of the hardest working individuals I have had the opportunity to coach, always juggling his academics, athletics and his social life with family and friends. His is a man who leads by example on and off the field in positive ways.” ~ Janet Clifton, MS, LAT, ATC, CSCS

Hawley High School

Male

Lane Pickett

Sport: Football

Position: Defensive End/Offensive Tackle

High School Senior

Height: 6’2”

Weight: 240

Age: 18

Vertical Jump: 30

Forty-Yard Dash: 4.87

Bench Press Poundage: 315

Bench Press Reps: 3

Squat Poundage: 500

Hang Clean Poundage: 240

Hang Clean Reps: 3

Quote: Lane Pickett plays a major part of a changing program. He is one of the first of our athletes to fully embrace the definition of “training for sport.” From his freshman year to his senior, he has come so incredibly far as an athlete that his peers are noticing the difference, and seeing the benefit. From earning the “Best Lineman” award at last spring’s Step it Up combine, to his All-District football nominations, to being a top Powerlifter in the state of Texas, Lane’s reputation of being a fierce competitor and physically gifted athlete are indicative of his successes in training. From movement to nutrition, Lane is the total package. He has been accepted into, and plans to attend, Hardin-Simmons University in Abilene, Texas in the fall to pursue a career in criminal justice, as well as play on the defensive side of their football team. Lane Pickett is the epitome of what it means to train as an athlete. As his coach, I’m proud to nominate him for this award. ~ Thomas Arthur

IMG Academy

Male

Brendan Pyne

Sport: Football

Position: Linebacker/Strong Safety

High School Senior

Height: 6’1”

Weight: 210

Age: 18

Vertical Jump: 34”

Pro Agility Time: 4.31

Forty-Yard Dash: 4.60

Bench Press Poundage: 225

Bench Press Reps: 9

Squat Poundage: 400

Squat Reps: 1

Hang Clean Poundage: 250

Hang Clean Reps: 1

Quote: I would like to nominate my student Brendan Pyne. Brendan is highly intelligent and one of the toughest high school athletes I’ve ever met. Between 2013 and now we packed 30 plus pounds of muscle on his physique and his explosiveness power and speed improved significantly. What is very unique about him is his approach and integrity toward professional athletic attitude. His game smartness and proper timing is exceptional. One of the toughest kid in the IMG football team. Hard worker great student and a very genuine and reliable team worker who can be the perfect example for the younger generation. He is looking forward to accomplish great results at the collegiate DI level. ~ Csaba Pecs, MS, CSCS,*D

Jesuit Dallas

Male

Matthew Hever

Sport: Football

Position: Line Backer

High School Senior

Height: 6’1”

Weight: 218

Age: 18

Vertical Jump: 29”

Pro Agility Time: 4.51

Ten-Yard Dash: 1.83

Forty-Yard Dash: 4.92

Bench Press Poundage: 310

Squat Poundage: 405

Power Clean Poundage: 275

Quote: Matthew has been one of the most committed athletes we have had come through our program. He has not missed a single training session during his 4 years at Jesuit. This includes 96 consecutive summer training days. ~ Jeremy Weeks, CSCS

Lake Central High School

Male

Antwan Davis

Sport: Football

Position: Receiver

High School Senior

Height: 6’0”

Weight: 190

Age: 18
Vertical Jump: 33.3"
Pro Agility Time: 4.31
Ten-Yard Dash: 1.65
Forty-Yard Dash: 4.59
Bench Press Poundage: 225
Bench Press Reps: 8
Squat Poundage: 350
Hang Clean Poundage: 300

Quote: Antwan made good use of his time in the weight room both during the season and off-season. His work ethic helped him become one the best receivers in area and state his junior and senior seasons. ~ Thomas Halterman, CSCS, RSCC

Londonderry High School

Male

Eric Fairweather

Sport: Football

Position: Quarterback/Defensive Back

High School Senior

Height: 5'11"

Weight: 175

Age: 17

Vertical Jump: 30.8"

Pro Agility Time: 4.42

Ten-Yard Dash: 1.74

Forty-Yard Dash: 4.69

Bench Press Poundage: 215

Squat Poundage: 290

Hang Clean Poundage: 240

Quote: Eric exemplifies the definitions of hard work, leadership and team. He led our football team to an 8-2 record and did this both with his feet rushing for 1,245 yards and with his arm passing for 1,225 yards. Defensively he recorded 25 tackles and 5 interceptions. He is a member of the Indoor Track Team which just placed 2nd overall in the state. He finished 5th in the 55m and was a member of the second place 4x200 relay team. His football accolades include 2014 NH Gatorade Player of the year, Mr. Football, Team Offensive MVP and Academic Award for maintaining a career A average. He was awarded an Iron Lancer Award 2013 and the sole Lancer Strong Award 2014 for his effort, commitment and leadership in the weight-room program. Besides his tremendous work ethic the best of Eric is his attitude and character. He is well liked and respected in his community, he is a member of the Athletic Leadership Council and has volunteered for the homeless, food bank and walks for Autism Awareness in support of one his coaches daughter. He will continue his football career at St. Anselm College and I have no doubts will always strive to get better every day! ~ Michelle Hart-Miller, ATC, CSCS

Marquette University High School

Male

Atticus Clark

Sport: Football

Position: Offensive Lineman

High School Senior

Height: 5'10"

Weight: 240

Age: 17

Bench Press Poundage: 265

Bench Press Reps: 1

Squat Poundage: 490

Squat Reps: 1

Hang Clean Poundage: 195

Hang Clean Reps: 1

Quote: I am pleased to write in support of Atticus Clark for the 2015 All-American Strength and Conditioning Athlete Award. Atticus is one of the most committed and hardest working athletes I have had the pleasure of coaching at MUHS. He shows up every day with a great attitude ready to work hard. Coming from his strength coach, Atticus has the attitude and dedication you look for in an athlete and is a great leader for others. During his four years at MUHS, Atticus has made a difference in the classroom, community and on the sports field. He has worked with the Special Olympics, spent time working with elderly and mentally challenged at a local assisted living home and has helped tutor the youth in Milwaukee. In addition to his outstanding character Atticus has found time to excel in the classroom boasting a 3.63 GPA and has been on the high honor roll all four years. He is also accomplished in athletics; in just two years of playing football Atticus was named honorable mention all-conference and a member of a state semifinals football team. Atticus also qualified this year for state powerlifting with hopes of making it to nationals. Atticus 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

Male

Jacob Lieungh

Sport: Football

Position: Running Back

High School Senior

Height: 5'9"

Weight: 170

Pro Agility Time: 4.67

Ten-Yard Dash: 1.71

Forty-Yard Dash: 4.77

Bench Press Poundage: 235

Squat Poundage: 385

Quote: Jacob Lieungh is in no way the biggest athlete on the field physically, but there is not an athlete out there that has a bigger heart or that has dedicated himself to improving through use of our strength and conditioning program more than he did. Throughout his four years at Marquette High, Jacob has shown a commitment and dedication to training

that has led to remarkable gains and resulted in success both on and off the field. Jacob has competed in football, powerlifting, and rugby. As a leader in the off-season and running back on the field, Jacob helped lead the Hilltoppers to the semi-final championship game. His commitment to improving himself and others was also shown off-the field by maintaining a 3.2 GPA, volunteering with the Special Olympics, and helping young students at surrounding schools. Jacob embodies all the qualities desired of a Hilltopper athlete and the strength staff has been blessed to coach and get to know him over the past four years. There is now doubt he will succeed in all his future endeavors. ~ Michael Duehring, CSCS, RSCC*D

Millennium High School

Male

Brandon Garcia

Sport: Football

Position: Quarterback/Receiver

High School Senior

Height: 5'8"

Weight: 150

Age: 18

Vertical Jump: 35"

Pro Agility Time: 4.18

Forty-Yard Dash: 4.56

Bench Press Pounding: 225

Squat Pounding: 315

Hang Clean Pounding: 225

Quote: Brandon is an outstanding young man. He joined my high school prep group when he was in 7th grade. He has worked extremely hard for 6 years to get where he is. He is an undersized quarterback/receiver but his weight room ethic has given him the ability to perform at a higher level. He is one of the few athletes that gets every ounce of genetic possibility out of his body because of his training work ethic. He will be going out for track for the first time in his life this month and will be competing in the long jump and triple jump. The weight room has given him the skill-set to perform well and probably qualify for State in these events. Brandon also has a 3.94 GPA will be attending college next semester and is a very respectful hardworking young man.

~ Derek Drumtra, CSCS

Oak Ridge High School

Male

Andrew Lackowski

Sport: Football

Position: Running Back/Defensive Back

High School Senior

Height: 5'8"

Weight: 178

Age: 17

Vertical Jump: 33"

Pro Agility Time: 4.19

Forty-Yard Dash: 4.64

Bench Press Pounding: 245

Bench Press Reps: 4

Squat Pounding: 340

Squat Reps: 8

Hang Clean Pounding: 245

Hang Clean Reps: 5

Quote: Andrew has a tremendous work ethic. He has earned the respect of his peers and coaches through his vocal and emotional leadership. He competes to the best of his ability at all times. We depended on him to set the tone for us. As a junior, Drew was a standout performer on a team dominated by seniors. He led the team and conference with 6 interceptions and contributed in all three phases of the game to a team that played for a Sac-Juaquin Section Division I championship. Drew has earned All-Conference honors in the Delta River League as a junior and the Sierra Foothill league as a senior. He was also his team's Offensive player of the year. "Andrew invested time in the weight room and it was evident on the football field. He was durable, tough to tackle and the consistency he demonstrated in the weight room paid dividends for him this season. They say the difference between good and great is work ethic; well Drew exemplified the work ethic and intensity that we are trying to promote at Oak Ridge High School." ~ Gabe Jackson, CSCS

Orange Lutheran High School

Male

JD PicKell

Sport: Football

Position: Running Back

High School Senior

Height: 5'11"

Weight: 186

Age: 18

Vertical Jump: 36.5"

Pro Agility Time: 4.35

Ten-Yard Dash: 1.82

Bench Press Pounding: 260

Bench Press Reps: 1

Squat Pounding: 375

Squat Reps: 1

Hang Clean Pounding: 305

Hang Clean Reps: 1

Quote: Ten yard sprint number were timed with lasers.

Letter of intent to play football at Cornell University.

~ Joseph Morales, CSCS

Providence Day School

Male

Arman Azad

Sport: Football

Position: Defensive End

High School Sophomore

Height: 6'0"

Weight: 180
Age: 15
Vertical Jump: 27"
Pro Agility Time: 4.7
Forty-Yard Dash: 4.9
Bench Press Poundage: 205
Bench Press Reps: 1
Squat Poundage: 315
Squat Reps: 3
Hang Clean Poundage: 235
Hang Clean Reps: 1

Quote: Arman has become a tireless worker in the weight room and with the off-season agility workouts. He leads by example and his strong work ethic. He is a delightful young man to speak to each day, however he is all business between the lines of a playing field and in his daily workouts and preparation. He truly is an All-American with an All-American attitude. ~ Tom Caruso, CSCS, RSCC

Providence Day School

Female

Eric Cal

Sport: Football
Position: Center and Tackle
High School Junior
Height: 6'3"
Weight: 288
Age: 17
Vertical Jump: 25"
Pro Agility Time: 4.78
Forty-Yard Dash: 5.38
Bench Press Poundage: 330
Bench Press Reps: 1
Squat Poundage: 485
Squat Reps: 1
Hang Clean Poundage: 275
Hang Clean Reps: 1

Quote: Eric Cal is not only the ultimate team player, he is one of the most diligent and hardworking athletes I have worked with. He never leaves the field or weight room with any dry clothes on. He gives it his best effort every day and sets tremendous example for all his class, and teammates. Pound for pound, he is the strongest athlete in our school. He develops and improves each day. ~ Tom Caruso, CSCS, RSCC

Providence Day School

Male

Gabriel Montgomery

Sport: Football
Position: Running Back
High School Sophomore
Height: 5'8"
Weight: 186
Age: 16
Vertical Jump: 28"

Forty-Yard Dash: 4.71
Squat Poundage: 435
Squat Reps: 1
Hang Clean Poundage: 225
Hang Clean Reps: 1

Quote: Gabe Montgomery is one of the finest people I have an opportunity to work with in the weight room and on the athletic field. He gives his personal best at every workout he attends. He is consistent in his effort, and constantly encourages others in a positive way to give their best. He makes others around him better by his daily presence. He is one of the best athletes in school, however his work ethic is second to none to improve each day. Bruce Hardin Although Gabe got hurt early in the season...only played 6 games... he had impressive stats and early in the season was one of the top three backs in the county, yardage wise. Gabe Montgomery: 110 carries, 692 yards, 6 TD's. ~ Tom Caruso, CSCS, RSCC

Queen Creek High School

Male

Bryce Dobbs

Sport: Football
Position: Quarterback/Outside Linebacker
High School Senior
Height: 6'3" | Weight: 215
Age: 18
Vertical Jump: 25"
Pro Agility Time: 4.6
Forty-Yard Dash: 4.7
Bench Press Poundage: 260
Bench Press Reps: 4
Front Squat Poundage: 300
Squat Reps: 3
Hang Clean Poundage: 260
Hang Clean Reps: 1

Quote: Bryce Dobbs is one of those rare self-made athletes. He honestly does not possess great natural athletic ability, especially those required of the quarterback position. Through hard work, spent both during our Advanced Weights class and after school in the weight room, he was able to earn the starting QB position. A fact that is even more impressive is that in addition to being the starting quarterback, Bryce was also a starting outside linebacker. Bryce is enrolled in AP and Honors classes, and is currently ranked 22nd out of 392 seniors. He will be attending South Dakota School of Mines to major in engineering. Bryce has recently been selected as a Scholar-Athlete Award recipient by the National Football Foundation. Bryce was also voted Team Captain for 2014 by his teammates. Bryce also has several hours of community service that include visiting veterans in the VA hospital, working at a soup kitchen, and volunteering at his church. This young man is deserving of recognition by the NSCA. ~ Mark Swartz, CSCS, NSCA-CPT

St. Mark's School

Male

Aaron McLean

Sport: Football

Position: Wide Receiver/Safety

High School Senior

Height: 6'6"

Weight: 207

Age: 18

Vertical Jump: 32"

Forty-Yard Dash: 4.65

Bench Press Poundage: 250

Squat Poundage: 365

Hang Clean Poundage: 210

Quote: Aaron is one of those athletes whose participation is so vital to his team that not having him could mean the difference between winning and losing. As a wide receiver he is the go-to target and team leader in TD receptions, and many teams choose not to go deep when they see is 6'6" frame in the secondary. His natural ability alone could carry him, but Aaron spends the necessary time in the weight room to take his game to the next level. His accomplishments have not gone unnoticed and Aaron recently committed to UConn to join the Huskies on the gridiron. In addition to football, he is the starting center on the varsity basketball team that won a league and New England title his freshman year, and is now one of the team's leading scorers. His leadership ability is second to none, and as a two-sport captain he inspires his teammates to push themselves beyond their perceived limits and give their all for the benefit of the team. ~ Richard Cox, CSCS

Strong Rock Christian School

Male

Bryce Cardin

Sport: Football

Position: Offensive Lineman/Defensive Lineman

Height: 5'10.5" | Weight: 213

Age: 18

Vertical Jump: 31.5"

Pro Agility Time: 4.65

Forty-Yard Dash: 5.01

Bench Press Poundage: 255

Bench Press Reps: 1

Squat Poundage: 465

Squat Reps: 1

Hang Clean Poundage: 305

Hang Clean Reps: 1

Quote: Bryce is a tremendously hard working young man who is the epitome of what this award is all about. He was a 2-time team captain on the football team, earning All-Region honors and helping our team to tie the best record in school history as a senior. ~ Tobias Jacobi, TPI-1, CSCS, RSCC*D, USAW-1, USATF-1

Tokay High School

Male

Marcos Ortega

Sport: Football

Position: Free Safety

High School Senior

Height: 5'4"

Weight: 140

Age: 18

Vertical Jump: 30"

Pro Agility Time: 4.14

Forty-Yard Dash: 4.47

Bench Press Poundage: 245

Bench Press Reps: 1

Squat Poundage: 380

Squat Reps: 1

Hang Clean Poundage: 230

Hang Clean Reps: 1

Quote: Pound for pound, Marcos is the strongest kid we've ever had in our strength and conditioning program. On top of his tremendous feats of strength, Marcos also holds our school record in the Pro Agility and has the second fastest 40-yard dash. He is all around, the best athlete we've had here. He came back from a gruesome pre-season knee injury by working hard on rehab and in the weight room and started the final three games of the season. ~ Michael Holst, CSCS

TopSpeed Strength and Conditioning

Male

Christopher Schilling

Sport: Football

Position: Free Safety

High School Junior

Height: 6'1"

Weight: 197

Age: 17

Vertical Jump: 30"

Pro Agility Time: 4.3

Ten-Yard Dash: 1.69

Forty-Yard Dash: 4.62

Bench Press Poundage: 275

Bench Press Reps: 1

Squat Poundage: 390

Squat Reps: 1

Hang Clean Poundage: 285

Hang Clean Reps: 1

Quote: Christopher is a standout athlete on and off the field. An honor roll student, he has put his impressive work ethic to use in the weight room as well and that has translated tremendously to the field. In 2014 Christopher led the Eastern Kansas League (EKL) in interceptions and punt-return average while also totaling 112 tackles from his free safety position. His efforts helped to lead his team to the Kansas 6A State Championship game. For his efforts Christopher was honored

by being named to the All-EKL, All-Simone (Greater KC), and All-State teams. He will look to achieve this and more when he returns to the field for the 2015 season after another off-season of training. ~ Joseph Potts, CSCS

Valley Forge High School

Male

Richard Worship III

Sport: Football

Position: Running Back

High School Senior

Height: 6'1"

Weight: 235

Age: 17

Vertical Jump: 29"

Pro Agility Time: 4.24

Forty-Yard Dash: 4.6

Bench Press Pounds: 335

Squat Pounds: 545

Hang Clean Pounds: 300

Quote: Richie is a phenomenal individual on and off the field. His character as a person is one of the best that I have seen. He committed to Purdue University and we as a coaching staff look forward to seeing him succeed in the future.

~ John Wessel



St. Mark's School

Female

Hannah Gillis

Sport: Hockey

Position: Defender

High School Junior

Height: 5'4"

Age: 16

Bench Press Pounds: 85

Squat Pounds: 135

Hang Clean Pounds: 130

Quote: Hannah is a three sport varsity athlete here at St. Mark's who gives 100% to everything she does. She is a starter and a captain on the field hockey, ice hockey, and lacrosse teams, all of which have had success during her tenure. An athlete who dedicates herself to her work, she spends time in the weight room every season in an attempt to improve her performance. Her hard work has translated to the field and she was part of the defense that backstopped the St. Mark's field hockey team to an undefeated, multiple-championship winning season in 2014. She holds the school record in the hang clean, and could no doubt break other records before she graduates. She could continue her athletic career in any of the three sports she plays, and I have no doubt that she will be a major contributor to a top college program in the near future. ~ Richard Cox, CSCS



LACROSSE

Garden City High School

Female

Alexis Leighton

Sport: Lacrosse

Position: Attack

High School Senior

Height: 5'4"

Weight: 123

Age: 18

Vertical Jump: 20"

Pro Agility Time: 5.41

Ten-Yard Dash: 1.8

Forty-Yard Dash: 6.05

Bench Press Poundage: 80

Bench Press Reps: 3

Squat Poundage: 155

Squat Reps: 3

Hang Clean Poundage: 80

Hang Clean Reps: 3

Quote: Great moments are born from great opportunities. - Herb Brooks. ~ Dean Maddalone, PTA, CSCS, USAW

Londonderry High School

Male

Matt Rimol

Sports: Lacrosse

Position: Defense

High School Senior

Height: 6'1"

Weight: 200

Age: 17

Vertical Jump: 29.9"

Pro Agility Time: 4.65

Ten-Yard Dash: 1.83

Bench Press Poundage: 260

Front Squat Poundage: 305

Hang Clean Poundage: 240

Quote: Matt exemplifies the Lancer definition. Leader, Accountable, No excuses, Effort, Respect. He has been committed to our strength and conditioning program for his career at LHS. He was a 2013 and 2014 Iron Lancer for both football and lacrosse and was given a Coaches Award this past 2014 football season. He is on track for a 2015 Lancer Strong Award which is our top award. He is currently lifting 4 days a week and working on his lacrosse skills this winter off season in preparation for the 2015 season. He has been a starter for the Lancer Lacrosse Varsity team since his sophomore year and was named honorable mention all-state in 2013. 2014 he battled through some injuries and illness but did not quit. He was recently given a state academic award for maintaining high honors for the last 7 quarters with a full

load of honors and college prep courses. He is one of the hardest and most consistent workers I've had as he is always striving to Get Better! He is a tremendous role model and is respected in his community. He will continue his lacrosse career at Lehigh University next year. - Michelle Hart-Miller, ATC, CSCS

Millennium High School

Male

Ryan Sedig

Sport: Lacrosse

Position: Attacker

High School Senior

Height: 6'7"

Weight: 230

Vertical Jump: 27.9"

Bench Press Poundage: 215

Squat Poundage: 310

Hang Clean Poundage: 235

Nominated by Everardo Escobar, CSCS

North Hunterdon High School

Female

Grace Plassche

Sport: Lacrosse

Position: Midfield

High School Senior

Height: 5'4"

Weight: 125

Age: 17

Bench Press Poundage: 95

Bench Press Reps: 3

Squat Poundage: 215

Squat Reps: 1

Hang Clean Poundage: 85

Hang Clean Reps: 4

Quote: Grace is a true embodiment of a student athlete. Her focus in the gym is only outmatched by her focus in the classroom. Every session is a chance for her to improve her game and personally improve. She continues to be an example to young female athletes that they can take their strength training seriously to get to the next level. She is continuing her academic and athletic careers at Brown University next year. ~ Christopher Gahagan, CSCS

St. Mark's School

Male

Connor Mulvey

Sport: Lacrosse

Position: Defender

High School Senior

Age: 18

Bench Press Poundage: 210

Squat Poundage: 300

Hang Clean Poundage: 200

Quote: Connor is a senior member of the soccer and lacrosse teams here at St. Mark's. His desire to push himself in the weight room and on the field have lead to several colleges looking at him, and he will be joining the squad at Union next year where he will make an instant impact. He spends several hours a week in the weight room in addition to training for lacrosse, and his hard work has paid off on the field. As a captain of the lacrosse team here, he leads by example and has the ability to motivate and push his teammates beyond their limits. It has been a pleasure to work with him over the past several years, and I know he will go on to achieve great things after he graduates. ~ Richard Cox, CSCS



MARTIAL ARTS

Florida Home School Male

Jeffrey Jorge Stout

Sport: Martial Arts/Wrestling

Position: Judo, Greco, & Free Style

High School Freshman

Height: 5'7"

Weight: 145

Age: 15

Vertical Jump: 28"

Bench Press Poundage: 200

Squat Poundage: 345

Hang Clean Poundage: 215

Quote: Jeff competes in the Olympic Sports of Judo, Greco and Free Style wrestling. He is a 3 time National medalist in Judo and top 100 in world at cadet age group. Jeff started Olympic lifting 7 years ago to match the strength and power of other athletes. He has worked really hard in the gym and it has paid off. ~ Jeffrey Stout, PhD, CSCS, FNCSA

Orange County Virtual School Male

Ryan "Lakea" Vargas

Sport: Martial Arts

Position: Judo/Brazilian Jiu Jitsu

High School Junior

Height: 5'8"

Weight: 155

Age: 17

Vertical Jump: 24"

Bench Press Poundage: 150

Squat Poundage: 265

Hang Clean Poundage: 155

Quote: Lakea has been practicing Brazilian Jiu Jitsu (BJJ) for 8 years and the Olympic Sport of Judo for 7 years. He is a three time IBJJF Pan American Champion, and holds numerous Naga titles including being their featured grappler on their website. His Judo career includes a 7x Judo National Gold medalist and has represented the USA 3x in the Pan American Judo championships winning Bronze in two age groups, under 18 years and under 21 years. Most recent accomplishment is winning the USA International Cup 2015. Lakea is currently ranked number 10 in the world out of 180 listed on the international Judo Federation website for men under 18 years. ~ Jeffrey Stout, PhD, CSCS, FNCSA



SOCCKER

Battle Ground Academy

Female

Korrie Sauder

Sport: Soccer

Position: Center/Midfielder

High School Senior

Height: 5'8"

Weight: 135

Age: 18

Vertical Jump: 26"

Pro Agility Time: 4.49

Ten-Yard Dash: 1.8

Forty-Yard Dash: 4.81

Bench Press Poundage: 140

Squat Poundage: 235

Hang Clean Poundage: 170

Quote: Korrie is an exceptional young lady who exemplifies excellence in all she does. She has tireless work ethic as well as an amazing attitude each day. Some of her individual honors this past state championship season were: All-State, All-Mid-state, All-Region, Region MVP, and she is also a soccer signee at Miami University. She also very active in our community and school life as an FCA leader, member of Digamma math society, as well as the National Honor Society. Korrie also maintains a 3.8 GPA. ~ Fred Eaves, EdS, MEd, CSCS, USAW, USATF

John A. Ferguson High School

Female

Natalie Munoz

Sport: Soccer

Position: Defense

High School Senior

Height: 5'3"

Weight: 135

Age: 18

Bench Press Poundage: 85

Bench Press Reps: 1

Squat Poundage: 145

Squat Reps: 1

Hang Clean Poundage: 85

Hang Clean Reps: 1

Quote: Natalie demonstrated a superior work ethic and dedication to strength and conditioning this past year after a serious knee injury. Natalie had surgery to repair her ACL, medial meniscus, and lateral meniscus. She pushed herself daily throughout her eight months of rehabilitation and trained to pass the return to soccer clearance test on her first attempt. She is now back on the field for her senior season

and will be a strong candidate to play soccer at the collegiate level next year. ~ Stephanie Svoboda, DPT, MS, CSCS

Providence Day School

Female

Cameron Jones

Sport: Soccer

Position: Mid Fielder

High School Senior

Height: 5'8"

Weight: 140

Age: 18

Vertical Jump: 20"

Bench Press Poundage: 65

Bench Press Reps: 1

Quote: Cameron was a fixture in the weight room this off-season. She worked hard every day and was an inspiration to others with her work ethic. Cameron's dead lift two rep max is 165lb. NC ODP (Olympic Development Program) Pool Player 2009 - 2014 Region 3 ODP (Olympic Development Program) Player Pool, 2014 96 LNSC Eclipse Team Captain 2010 - present Named to ASL player "All Events Team" for Triangle Friendlies (2012) and Jefferson Cup (2012) Named to the PowerAde State Team - NC West 2013-2014 team. Traveled to Sweden/Denmark (summer 2013) to play in the Gothia Cup and placing 1st in Dana Cup. ~ Tom Caruso, CSCS, RSCC

Robert E. Lee High School

Female

Alisha Sherren

Sport: Soccer

Position: Midfield/Forward/Defender

High School Senior

Height: 5'5"

Age: 17

Vertical Jump: 16

Pro Agility Time: 5.26

Ten-Yard Dash: 1.84

Bench Press Poundage: 140

Squat Poundage: 215

Hang Clean Poundage: 115

Quote: Alisha is one of the most motivated and committed athletes I have had the privilege to coach. Her work ethic, passion, and positive attitude for weight room, classroom, the track, and on the soccer field is inspirational. She is as tough as any male or female athlete at Robert E. Lee and she still manages to maintain a 3.76 GPA while playing multiple sports. Alisha is truly one of the best athletes I've had the honor to work with. ~ John Girton, MS, ATC, CSCS, RSCC

St. Mark's School**Male****Eric Mulvey****Sport: Soccer****Position: Forward****High School Senior****Age: 18****Bench Press POUNDAGE: 210****Squat POUNDAGE: 285****Hang Clean POUNDAGE: 200**

Quote: Eric is a two sport varsity athlete here at St. Mark's competing in soccer and lacrosse. He is a hard-working, intense athlete who pushes himself on the field and in the weight room. His hard work under the bar combined with his natural ability have turned him into one of the top forwards in the league and he will be an excellent addition to the squad at Union next year. As the captain of the lacrosse team he has the ability to command a room and make his voice heard, while at the same time showing respect and care for his teammates. Eric is always pushing himself and everyone around him to be better, and I have no doubt he will go on to do great things in college and beyond. ~ Richard Cox, CSCS

Washburn Rural High School**Male****Austin Halsey****Sport: Soccer****Position: Offensive Midfielder****High School Senior****Height: 5'9"****Weight: 155****Age: 18****Vertical Jump: 29.5"****Pro Agility Time: 4.1****Forty-Yard Dash: 4.61****Bench Press POUNDAGE: 155****Squat POUNDAGE: 275****Hang Clean POUNDAGE: 205**

Quote: Austin has been a hard-working kid and his work ethic has paid off. He owns the school record for most assists (35) and goals (57) in his high school career. He had a stellar senior season with 30 goals and 10 assists to help the team to the Kansas 6A State Championship. Beyond Austin's accomplishments on the field, Austin shows up early to the weight room and stays late to get his work done or do extra work to improve his game. Regardless of the task, he always gives his full effort in the work he puts forth. Austin has set goals and reached them because he is motivated and understands what it takes to succeed. Along with great success on the field and behind the scenes in the weight room, Austin is also very accomplished in the classroom with a 4.1 grade point average. ~ Tyler Pfizenmaier, MEd, CSCS

A&M Consolidated High School**Female****Kyndall Foust****Sport: Softball****Position: Pitcher****High School Senior****Height: 5'6"****Weight: 181****Age: 18****Vertical Jump: 24"****Bench Press POUNDAGE: 165****Squat POUNDAGE: 300****Hang Clean POUNDAGE: 150**

Quote: Kyndall is also a top three state powerlifter. She currently has a 4.1 GPA and is active in FCA and Honor Society. She is a leader on both the softball and powerlifting teams. ~ John Mitchell, CSCS, USAW-1

Lapel High School**Female****Kirsten Rich****Sport: Softball****Position: Shortstop****High School Senior****Height: 5'5"****Weight: 145****Age: 17****Vertical Jump: 20"****Pro Agility Time: 4.7****Ten-Yard Dash: 1.75****Forty-Yard Dash: 5.4****Bench Press POUNDAGE: 115****Bench Press Reps: 1**

Quote: Softball is her "sport," but statistically Kirsten Rich is the #1 point guard in the state of Indiana according to MaxPreps. She lead the state in assists, ranked in top 10 in steals, and had the highest assist to turnover percent and steals to fouls at some point throughout the 2014-15 season. These categories highlight her athleticism, strength, quickness, and power. Remarkable in a rabid basketball state, but amazing when her ability to "lift weights" is limited due to injuries sustained by always putting the team and game above personal safety during her career. Her leadership and self-sacrifice motivate all around her to be better athletes and people. She continues to excel in power activities by sheer conviction and dedication to physical conditioning within her limitations. Kirsten plans to continue participating in softball at the next level; she has been a state leader in hitting the

past 2 seasons with her senior campaign beginning as this nomination is submitted. ~ Janet Clifton, MS, LAT, ATC, CSCS

Orange Lutheran High School

Female

Desiree Buboi

Sport: Softball

Position: Second Base

High School Senior

Height: 5'3"

Age: 17

Vertical Jump: 18"

Ten-Yard Dash: 2.1

Squat Poundage: 210

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 2

Quote: Accepted scholarship to play softball at Manhattanville College. Plans to major in Pre-med/Biochemistry and become a pediatrician. ~ Carl Galloway, MA, CSCS

St. Mark's School

Female

Brittany Andrea

Sport: Softball

Position: Pitcher

High School Senior

Height: 5'1"

Age: 17

Forty-Yard Dash: 5.6

Bench Press Poundage: 80

Squat Poundage: 150

Hang Clean Poundage: 85

Quote: Brittany is a senior captain on the softball team here at St. Mark's. I have had the pleasure of coaching her during strength and conditioning winter class and I have been able to see how her dedication to training has brought about enhanced performance on the diamond. She comes every day with a desire to improve and this has no doubt paid dividends during competition. This past season as a junior she was named team MVP and had a .465 average, a .610 OBP, and struck out 56 from the mound. Her hard work manifests itself in the big numbers she puts up in the weight room as well, and she is well on her way to breaking records here at the school. She recently committed to Gettysburg College and I'm sure she will make an instant impact in the softball program down in Pennsylvania. ~ Richard Cox, CSCS

Washington High School

Female

Bailey Lange

Sport: Softball

Position: Pitcher/Center Field

High School Senior

Height: 5'7"

Weight: 138

Age: 18

Vertical Jump: 23.5"

Bench Press Poundage: 120

Squat Poundage: 190

Hang Clean Poundage: 125

Quote: I've had the privilege of coaching Bailey for roughly 2.5 years. Bailey's work ethic has propelled her athleticism to a level that is going to allow her to play college softball at its highest level. The foundation that Bailey has built is going to make her successful both on and off the softball fields. It is an honor for me to nominate Bailey as a National Strength and Conditioning Association All-American. ~ Paul Keizer, MS, CSCS, RSCC, USAW

Castle High School**Female****Christine Jensen****Sport: Swimming****Position: Sprint/Relay****High School Senior****Age: 18****Bench Press Poundage: 115****Bench Press Reps: 1****Squat Poundage: 175****Squat Reps: 1**

Quote: Christie possesses an intrinsic motivation to improve herself daily and her work ethic consistently raised the intensity of my female athlete class. Christie is a four-year varsity swimmer that broke the school and sectional records in the 100 fly, 50 free, 200 medley relay, and 200 free relay in her senior season. She is an All-American who placed 4th in the state in the 100 fly and 6th in the state in the 50 free. Also, she is currently ranked 27th in the nation in the 100 butterfly. In addition to her swimming career, Christie is also a 4-year varsity runner on the track team. She is also a true student-athlete, as she will graduate with academic honors and a 3.9 GPA. Christie will swim next year for Indiana University on an athletic scholarship. ~ Josh Wildeman, CSCS, RSCC

Cheyenne Mountain High School**Female****Katie Liebsher****Sport: Swimming****Position: Sprint/Middle Distance Freestyle****High School Junior****Height: 5'4"****Weight: 123****Age: 17****Vertical Jump: 17"****Bench Press Poundage: 115****Squat Poundage: 185****Hang Clean Poundage: 115**

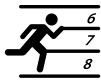
Quote: Katie's commitment to her strength and conditioning program is at the highest level. She has consistently improved on every measure of training and more importantly it has transferred to her athletic performance. Her attention to detail from mental preparation, exercise technique, to nutrition, recovery and flexibility is an example to her dedication to strength and conditioning. She always has a great attitude and is prepared and motivated to improve. Katie's swim times are comparable to most Division I women's programs and is aspiring to compete in college as well. Katie maintains a 4.0 GPA and has received various academic and leadership accolades away from athletics. ~ Michael Barnes, MEd, CSCS,*D, NSCA-CPT,*D

Providence Day School**Female****Taylor Gerlach****Sport: Swimming****Position: Breaststroke****High School Sophomore****Height: 5'7"****Weight: 124****Age: 16****Vertical Jump: 23"****Bench Press Poundage: 110****Bench Press Reps: 1****Squat Poundage: 175****Squat Reps: 1****Hang Clean Poundage: 125****Hang Clean Reps: 1**

Quote: "Taylor's drive to succeed in the pool and in the classroom are exemplary for a student her age. She goes into every practice, race, or challenge with confidence, and a goal of performing at her absolute best. As only a sophomore, she is a role model for both older and younger swimmers on our team. There are not many athletes I've seen in my years of coaching that have such a high standard for themselves, as well as their teammates. She is supportive, enthusiastic, and dedicated to everything she does. Taylor is a true representation of an all-around athlete." ~Thomas Caruso, CSCS, RSCC

Providence Day School**Female****Frannie Koback****Sport: Swimming****Position: Freestyle****High School Senior****Height: 5'7"****Weight: 135****Age: 17****Bench Press Poundage: 125****Bench Press Reps: 3****Squat Poundage: 165****Squat Reps: 3****Hang Clean Poundage: 115****Hang Clean Reps: 5**

Quote: "Frannie has worked hard in the weight room and has been dedicated for the past two years. Frannie is an inspiration to others with her work ethic and leads by example when it comes to form on her lifts. " Tom Caruso Accomplishments Swimming state qualifier all four years State finalist junior and senior year in the 50 free and 100 free 400 freestyle relay 3rd place in state with a split of 57 seconds Part of the freestyle leg of the 200 medley relay that broke the school record." ~ Tom Caruso, CSCS, RSCC



TRACK & FIELD

Campbell County High School

Male

Walker Newell

Sport: Track and Field

Position: Pole Vault/Sprints/Hurdles

High School Senior

Height: 5'10"

Weight: 160

Age: 18

Vertical Jump: 30"

Bench Press Poundage: 245

Squat Poundage: 355

Hang Clean Poundage: 270

Quote: Walker has developed himself as an elite athlete through his tremendous effort over the last three years. He works tirelessly year round to improve himself not only as an athlete but as a person. His leadership in the weight room is irreplaceable. He is a 15 ft. vaulter and has excelled in the hurdles and sprints as well. In the classroom he has a 3.9 GPA and is in pursuit of an appointment to the Air Force Academy. Walker is a great example of what a student athlete should be. ~ Micah Christensen, CSCS

LaCrosse High School

Female

Marissa Wagner

Sport: Track and Field

Position: Throws

High School Senior

Height: 5'5"

Vertical Jump: 22.5"

Pro Agility Time: 4.83

Ten-Yard Dash: 1.8

Forty-Yard Dash: 5.73

Bench Press Poundage: 155

Squat Poundage: 215

Hang Clean Poundage: 145

Quote: Marissa is one of those athletes who makes everyone around them better. What sets her apart is that she attacks workouts with intensity and enthusiasm. She is a natural leader who motivates her teammates and encourages them to bring their best effort every day. Marissa only knows one speed and that's full speed ahead. She is easily one of the hardest workers I have ever coached. ~ Shawn Landers, MS, ATC, CSCS

Providence Day School

Female

Anna Cockrell

Sport: Track and Field

High School Junior

Height: 5'10"

Weight: 153

Age: 17

Vertical Jump: 28"

Bench Press Poundage: 145

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 175

Hang Clean Reps: 1

Quote: Anna's attention to detail and hard work in the weight room has paid off with a very successful high school career. With her work ethic she will continue to improve in all areas of her chosen sport as she get ready for her college career. 8 Time State Champion in 100m, 100m hurdles, 300m hurdles, 4X100m relay and 4X400m relay 2 Time Junior Olympics Champion in the 100m hurdles NCISAA State Record Holder in 100m hurdles and 300m hurdles School Record holder in the 100m hurdles, 300m hurdles North Carolina #2 All time in the 100m hurdles 2014 NC Gatorade Track Athlete of the year semi-finalist 2013 and 2014 Charlotte Observer Track Athlete of the year US #1 in the 60m hurdles USA Track and Field All American in the 100m hurdles New Balance Outdoor Nationals All American in 100m hurdles and 400m hurdles. ~ Tom Caruso, CSCS, RSCC

Providence Day School

Male

Isaac Johnson

Sport: Track and Field

Position: Sprinter/Jumper

High School Senior

Weight: 200

Age: 17

Bench Press Poundage: 215

Bench Press Reps: 3

Squat Poundage: 245

Squat Reps: 3

Hang Clean Poundage: 165

Hang Clean Reps: 3

Quote: Isaac Johnson is a very talented, and gifted athlete. He has been running since the age of 5. He has been competing nationally in AAU and USA Track & Field where he has held numerous State, Regional, and State Championships. At age 5, he was the recipient of the Megan Smith Award (awarded to the youngest runner at the Jim Law Invitational). At ages 8 and 10 he was the Most Outstanding Athlete at the Jim Law Invitational winning the 100,200 and 400 meter setting a meet record in 220. In middle school at Providence Day,

Isaac as a 7th grader broke the 110 hurdles with a time of 16.4 which is the 2nd ever school record by a 7th grade boy. In the 8th grade he went on to break the school record in the 100H, 110H, 300H and High Jump. As a USA competitor in 2013 he was nationally ranked and an All-American recipient for finishing 7th in the High Jump with a height of 6'2 ¾". As he continues in high school Isaac has managed to better his times and records in the 110H, 400H competing at Invitational Meets alongside College hurdlers with time such as 15.12 and 57.33 respectively. He holds the high school record in the 300H with a time of 39.54. He also runs the 200, 400, the 4x200 and 4x400 relays. His best jump is 6'2" but will go for the High School record which is 6'7". ~ Tom Caruso, CSCS, RSCC

Providence Day School

Male

Jack Paddison

Sport: Track and Field

Position: Cross Country

High School Sophomore

Height: 5'9"

Weight: 153

Age: 17

Bench Press Poundage: 210

Bench Press Reps: 1

Squat Poundage: 290

Squat Reps: 1

Hang Clean Poundage: 180

Hang Clean Reps: 1

Quote: "Jack really stepped up this year, his senior year. He trained intelligently this summer, in the weight room and running 60 miles a week. He had a good season but excelled when it mattered. He came from behind to win the CISAA Conference title in 15:18. That is a new school record and was the 3rd fastest time in NC in 2015. Then the following week, he won the NCISAA state title with a huge kick to the line over the last 100m. He is a 3-time All-State athlete in XC and 4-time All-Conference athlete. He helped the team win the conference and state titles all 4 years he ran XC! He doesn't run track, but ran 4:18 for 1600m in a time trial we ran during XC. That time was only 3 seconds off the school record and is not an event he has regularly run." ~ Tom Caruso, CSCS, RSCC

Reagan High School

Female

Allysha Davis

Sport: Track and Field

Position: 100 Meter Sprinter

High School Senior

Vertical Jump: 32"

Bench Press Poundage: 175

Squat Poundage: 355

Quote: Allysha Davis is currently ranked 42nd in the nation among seniors in the 100M 11.89 (Milesplit Rankings) and 36th

in the nation in the 60 m (7.79) coming into her senior year. She signed with the University of Pennsylvania on a Track and Academic scholarship. The great thing about Allysha, is that she came into high school with a 22 inch CMVJ and a 12.9 100M time. Her commitment to SC in the weight room is second to none. Her last CMVJ was 32.2 (Power pad)! She carries herself with class and humility. She is every SC Coaches dream. ~ Troy McHugh

TopSpeed Strength and Conditioning

Female

Kelly McKee

Sport: Track and Field

Position: Jumps

High School Senior

Height: 5'7"

Weight: 130

Age: 17

Vertical Jump: 27"

Squat Poundage: 225

Squat Reps: 5

Quote: Kelly is a standout Track and Field athlete, she currently holds scholarship offers from Wichita State University, the University of Missouri, and Pittsburg State University. She recently set the 4th best triple-jump mark in the history of Missouri's Big River High School Indoor T&F Series with a mark of 36' 8.25". In the past she has competed in the National Junior Olympics where she placed 7th in the triple-jump. ~ Joseph Potts, CSCS



VOLLEYBALL

A&M Consolidated High School

Female

Christi Corkran

Sport: Volleyball

Position: Pitcher

High School Senior

Height: 5'2"

Weight: 100

Age: 18

Vertical Jump: 27"

Bench Press POUNDAGE: 120

Squat POUNDAGE: 210

Hang Clean POUNDAGE: 120

Quote: Christi is also a top three state powerlifter. She currently has a 4.2 GPA and is active in FCA and Honor Society. She is a leader on both the volleyball and powerlifting teams. ~ John Mitchell, CSCS, USAW-1

Castle High School

Female

Micaela McMichen

Sport: Volleyball

Position: Libero

High School Senior

Age: 18

Bench Press POUNDAGE: 100

Bench Press Reps: 1

Squat POUNDAGE: 200

Squat Reps: 1

Quote: Micaela transferred into Castle High School from out-of-state at the beginning of her junior year and had no previous strength training experience. However, I quickly learned that her attention to detail, competitiveness, and tireless work ethic would make her one of the best female lifters in the school. Micaela became the starting libero on our varsity volleyball team when she arrived at Castle as a junior, leading the team to back-to-back sectional titles. She was named to the All-Metro team and the Southern Indiana All-Star team in her senior season. In addition to her accomplishments in the weight room and on the volleyball court, Micaela has a 3.6 GPA and will graduate with academic honors. ~ Josh Wildeman, CSCS, RSCC

Eastwood High School

Female

Delilah Cardenas

Sport: Volleyball

Pro Agility Time: 5.25

Vertical Jump: 20.5"

Bench Press POUNDAGE: 75

Bench Press Reps: 6

Squat POUNDAGE: 155

Squat Reps: 3

Power Clean POUNDAGE: 85

Power Clean Reps: 6

Quote: Delilah is a very talented, multi-sport athlete who has played basketball and is now refining her volleyball skills. I started working with her mid-November and with each passing week her confidence level is paralleling her improvement in lifting, running and jumping, at a recent tournament in Phoenix, AZ. She is starting to attract attention of college recruiters. Delilah has also earned a tryout with our National Junior Volleyball team in March. Her lifting numbers are approaching marks that I had my former collegiate athletes reach. Delilah exudes: a quiet demeanor, an incredible work ethic and is slowly expanding her leadership qualities. With continued hard work and attention to detail, her ceiling is the sky. ~ Antony McClure, CSCS,*D, RSCC*D

Kennard-Dale High School

Female

Brittany Wolf

Sport: Volleyball

Position: Middle Hitter

Height: 5'8"

Weight: 132

Vertical Jump: 25"

Pro Agility Time: 4.22

Twenty-Yard Dash: 3.11

Bench Press POUNDAGE: 115

Squat POUNDAGE: 195

Hang Clean POUNDAGE: 135

Quote: Brittany Wolf has an astonishing mixture of athletic ability and natural leadership on and off the volleyball court. Her teammates look to her for guidance which is evident by being named team Captain and having received this season's MVP honor. Brittany is currently involved in many community and school activities; however, her priority is education. She has demonstrated the necessary qualities to earn a 4.41 GPA and be ranked number 1 in the class of 2016. Some of Brittany's activities include National Honor Society, Class Officer for 2016, a member of the Student Athletic Leadership Council and a member of the Future Business Leaders of America. The most impressive quality about Brittany is her dedication to the weight room and off-season workouts. Brittany approaches every practice and training session with the same determination that she does with her education. ~ Joseph Hasson, CSCS

LaCrosse High School

Female

Morgan West

Sport: Volleyball

Position: Middle Hitter

High School Senior

Height: 5'10"

Vertical Jump: 25.5"

Pro Agility Time: 4.77

Ten-Yard Dash: 1.75

Forty-Yard Dash: 5.68

Bench Press Poundage: 130

Squat Poundage: 215

Hang Clean Poundage: 150

Quote: Morgan is a gifted athlete whose hard work and commitment sets a high standard for others to follow. Always striving to get better, Morgan goes above and beyond by doing additional workouts and is the type of athlete that any coach would love to have. She is always looking for ways to improve. That drive led to her success on the volleyball court where she was selected all-league and all-state. Morgan is a tremendous example of the dedication and work ethic needed to be successful. ~ Shawn Landers, MS, ATC, CSCS

Millennium High School

Female

Mikayla Lopez

Sport: Volleyball

Position: Setter

High School Senior

Height: 5'5"

Weight: 170

Age: 18

Vertical Jump: 24"

Bench Press Poundage: 185

Squat Poundage: 305

Hang Clean Poundage: 175

Quote: Mikayla is an outstanding young athlete, citizen, and student. Strength and conditioning has been a part of her daily routine since her freshman year. She has worked hard and intelligently with me in the weight room for 4 years and it has really helped her reach her goals. Her All-American lifting numbers are just part of the picture. Mikayla also has a 3.82 GPA and will be playing college volleyball next year on an academic and athletic scholarship. Her hard work and dedication to the weight room, her sport, and her studies have made Mikayla very deserving of the honor of being named a high school All-American. ~ Derek Drumtra, CSCS

Providence Day School

Female

Autumn Mitchell

Sport: Volleyball

Position: Right Hitter

High School Sophomore

Height: 5'9"

Weight: 144

Age: 15

Bench Press Poundage: 65

Bench Press Reps: 4

Squat Poundage: 115

Squat Reps: 4

Hang Clean Poundage: 95

Hang Clean Reps: 5

Quote: "Autumn is one of our most competitive players on the volleyball team. That competitive drive fuels her relentless work ethic, communication and commitment to excellence. She is a coach's dream, she leads by example both on and off the volleyball court! I am very excited for her future as both a volleyball player and a softball player." Emily Carrara Autumn has won the following awards: Presidential fitness awards (three different years) Presidents education awards (three different years) Titan of the year award JV softball participation award (two different years) Marshal award of merit Junior scholar award Daughters of the American revolution certificate Mathcounts certificate of merit National junior beta club certificate The American legion school award Won a pizza competition for the Panthers (earned 5000\$ for my school). Two Sport Athlete: Lettered in varsity volleyball, lettered in varsity softball, the Olympus Award (for being top of the freshman class). EVP Volleyball Sand League Competitor 2015. ~ Tom Caruso, CSCS, RSCC

Providence Day School

Female

Caroline Bynum

Sport: Volleyball

Position: Hitter

High School Junior

Height: 5'8"

Weight: 141

Age: 16

Vertical Jump: 19"

Bench Press Poundage: 85

Bench Press Reps: 1

Squat Poundage: 155

Squat Reps: 1

Hang Clean Poundage: 100

Hang Clean Reps: 1

Quote: "Caroline Bynum made our team better every day she accomplished this without being a starter. That is one of the most impressive and impactful accomplishments a player can make on a team. Caroline leads both on and off the volleyball court. Caroline has a inspiring work ethic and a contagious passion. She will be a starter her senior year because of her commitment to hard work, team culture and being the best that she can be. I am so proud that Caroline Bynum is a Varsity Volleyball player." Coach Emily Carrara Awards and

Honors: Student Council officer sixth grade Inducted into National Junior Honor Society 2012 Freshman, Sophomore, Junior year: elected as a class officer Selected by the school to attend the HOBY leadership conference during the summer of 2014 Inducted into National Honor Society 2014 Inducted into SOS (Students of Service) 2014 Varsity volleyball team 2013 and 2014 seasons. ~ Tom Caruso, CSCS, RSCC

Sports Medicine Training Center

Female

Maggie Whealen

Sport: Volleyball

Position: Setter

High School Senior

Bench Press Poundage: 85

Bench Press Reps: 8

Squat Poundage: 170

Squat Reps: 7

Quote: Maggie is an incredible worker. She recovered from a torn ACL and broken hand to help contribute to a 21 and 5 season for her high school team. She always puts in a great amount of effort in the weight room and continues to see her strength increase. She is an ideal candidate for NSCA All-American. ~ Jacob Fitts, MS, CSCS, RSCC

Strong Rock Christian School

Female

Sydney Force

Sport: Volleyball

Position: Outside Hitter

High School Senior

Height: 5'8"

Weight: 144

Age: 18

Vertical Jump: 21"

Pro Agility Time: 4.69

Forty-Yard Dash: 5.07

Bench Press Poundage: 115

Bench Press Reps: 1

Squat Poundage: 155

Squat Reps: 1

Hang Clean Poundage: 115

Hang Clean Reps: 1

Quote: Sydney is a truly gifted athlete who is a valued member of our Volleyball, Basketball, and Track & Field Teams. She has a great work ethic which enables her to enjoy success in the different athletic areas. She is very deserving of this award. ~ Tobias Jacobi, TPI-1, CSCS, RSCC*D, USAW-1, USATF-1



WRESTLING

Dewitt Clinton High School

Male

Yonefry Polanco

Sport: Wrestling

Position: 145-lb Weight Class

High School Sophomore

Height: 5'7"

Weight: 145

Age: 15

Quote: Yonefry is an athlete with an incredible work ethic. He is the first wrestler in the room for practice every day and the last one to leave. He is an eager and studious young man who takes much time and care in learning and training. His curiosity in the realm of strength and conditioning and wrestling technique and willingness to log many hours of training has led him to a bronze medal award at the NYC Freshman/Sophomore City Championships this year. His eagerness to help his teammates and determination have made him a leader on our team and an excellent student in the classroom. ~ Scott Bitterman, MS, CSCS

Florida Home School

Male

Jeffrey Jorge Stout

Sport: Wrestling/Martial Arts

Position: Judo/Greco/Freestyle

High School Freshman

Height: 5'7"

Weight: 145

Age: 15

Vertical Jump: 28"

Bench Press Poundage: 200

Squat Poundage: 345

Hang Clean Poundage: 215

Quote: Jeff competes in the Olympic Sports of Judo, Greco and Free Style wrestling. He is a 3 time National medalist in Judo and top 100 in world at cadet age group. Jeff started Olympic lifting 7 years ago to match the strength and power of other athletes. He has worked really hard in the gym and it has paid off. ~ Jeffrey Stout, PhD, CSCS, FNCSA

Forbush High School

Male

Isaac McMillian

Sport: Wrestling

Position: 152-lb Weight Class

High School Junior

Height: 5'10"

Weight: 156

Age: 16

Vertical Jump: 21"

Forty-Yard Dash: 5.2
Bench Press Poundage: 205
Bench Press Reps: 2
Squat Poundage: 260
Squat Reps: 1
Hang Clean Poundage: 175
Hang Clean Reps: 2

Quote: This gentleman has epitomized heart, dedication, and will. He has set school records, as a junior, for career wins. Mr. McMillan has completed the regular season and Regional qualifications with an immaculate record and will enter the 2015 State Championship matches for North Carolina undefeated. During Regionals, he sustained a moderate high ankle sprain mid-match, was deemed capable of continuing, and then pinned his opponent. Later that day, still wounded, he defeated his final competitor with a tech-fall, 18-3, on one leg. He is an incredible athlete and a force to be reckoned with. Isaac has been featured in multiple local papers and was News Channel XII's (local) "Athlete of the Week" prior to the Regional competition. He is an outstanding student-athlete with high expectations for himself on the mat and in the classroom. He is well deserving of an NSCA All-American recognition for his 2015 season. ~ Daniel Sawyers, CSCS

Hamilton Heights High School

Male

Isaac Ray

Sport: Wrestling
High School Senior
Height: 6'1"
Weight: 190
Age: 18
Vertical Jump: 22"
Pro Agility Time: 4.22
Ten-Yard Dash: 1.75
Forty-Yard Dash: 4.9
Bench Press Poundage: 235
Bench Press Reps: 2
Squat Poundage: 375
Squat Reps: 2
Hang Clean Poundage: 205
Hang Clean Reps: 2

Quote: Isaac Ray is a throw-back athlete in a high tech world. Have a problem on the field or mat getting overpowered, go to work daily in the off-season in the weight room and conditioning on the track. Trouble closing the gap in the line to stop the running back—work on running technique to improve acceleration. Motivation issues with substandard strength and class work by teammates, led by example in the weight room and in the classroom. In the words of Hamilton Heights High School Head Football Coach/Dean of Students Mitch Street, "The first characteristic that demonstrates the person Isaac is and who he will be is hard working. He is one of the hardest working individuals I have had the opportunity

to coach, always juggling his academics, athletics and his social life with family and friends. He is a man who leads by example on and off the field in positive ways. ~ Janet Clifton, MS, LAT, ATC, CSCS

Lake Gibson High School

Male

Caleb Smith

Sport: Wrestling
Position: 113-lb Weight Class
High School Senior
Height: 5'4"
Weight: 113
Age: 18

Quote: Caleb is ranked 20th in the county at 113 lb, he won the Colorado Big Horn Nationals in October and was selected as Most Outstanding High School wrestler at the event, he also won the Fall Classic Grappler in Michigan. As a sophomore, Caleb was 3rd at the FHSAA state championships, 2nd as a junior, he currently ranked #1 in the state and signed a wrestling letter of intent to wrestle for The Citadel in South Carolina. ~ Russ Schenk, CSCS

North Hunterdon High School

Male

Ryan Pomrinca

Sport: Wrestling
Position: 126 lb Weight Class
High School Senior
Height: 5'6"
Weight: 126
Age: 17
Bench Press Poundage: 185
Bench Press Reps: 4
Squat Poundage: 350
Squat Reps: 3
Hang Clean Poundage: 135
Hang Clean Reps: 6

Quote: Ryan shows outstanding dedication to his team and his sport. He will never miss a training session and gives 100% focus and dedication whenever training. Every time he steps in the gym he is an example of hard work to those around him and humbly raises the level of every other athlete he trains with. He excels in cardiovascular conditioning, strength, focus, and technique. He is currently undefeated this season, his school's all-time win leader, county all time win leader, and boasts a career 110W-12L record as a 4 year varsity athlete. This coming week he will be going for the Region V and NJ State Titles. He is a Division I Commit to local Lehigh University. ~ Christopher Gahagan, CSCS



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