



**2016 NSCA ALL-AMERICAN STRENGTH AND
CONDITIONING ATHLETES OF THE YEAR**



2016 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.

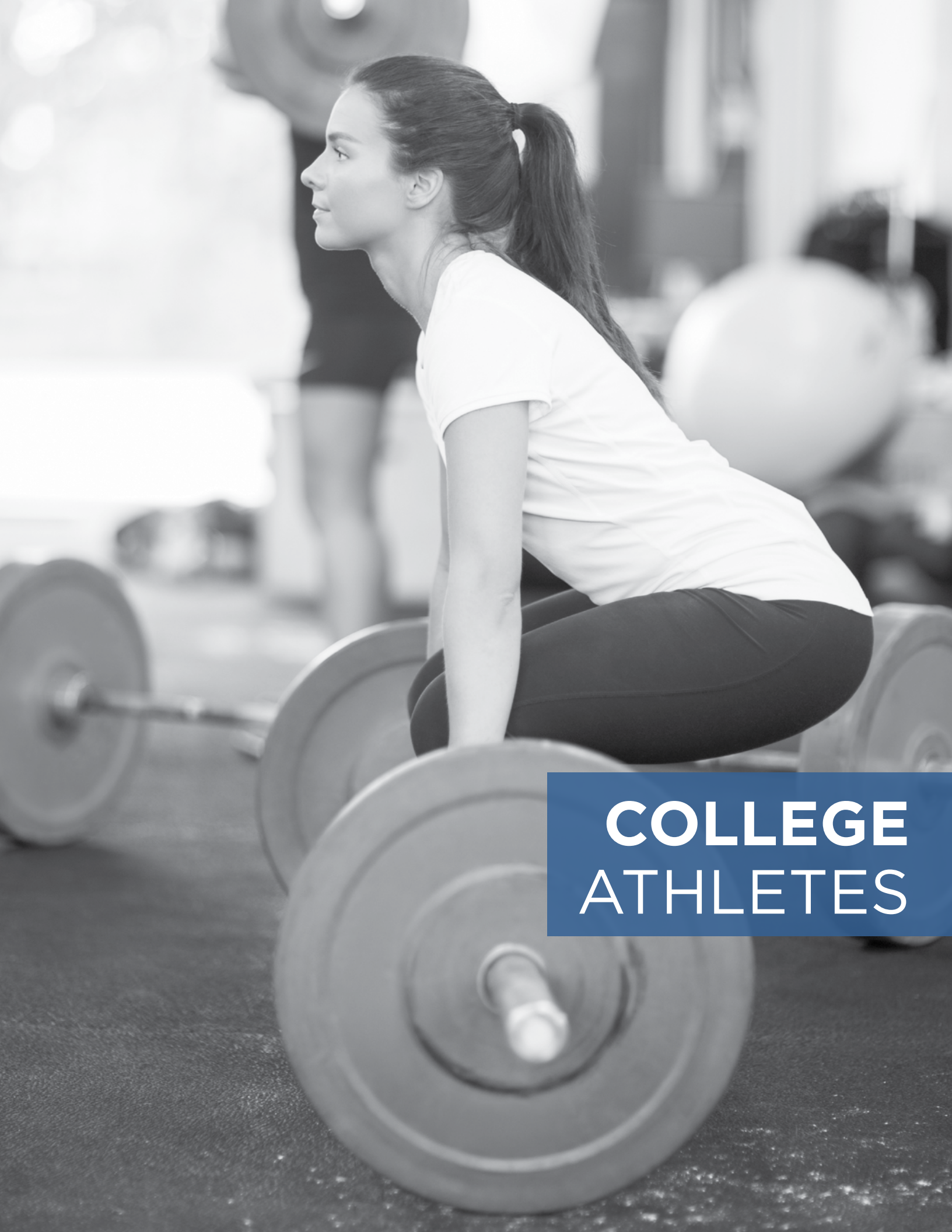
**A team coach who is a member of the NSCA, may make a nomination in the event that a team does not have a regularly assigned strength coach.*

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.



**COLLEGE
ATHLETES**



BASEBALL

Avila University

Male

Randy Keen

Sport: Baseball

Position: Pitcher / third base

College Senior

Height: 6'0"

Weight: 185

Age: 21

Vertical Jump: 21"

Bench Press Poundage: 215

Bench Press Reps: 1

Squat Poundage: 445

Squat Reps: 1

Hang Clean Poundage: 285

Hang Clean Reps: 1

Quote: Randy stands out in the weight room for his motivation, energy, and leadership. He has also been successful on the field. All that being said, the main reason for his nomination is his tireless effort to fix his weakness. When many out there play to their strength, Randy doesn't quit trying to improve. He spent quite a bit of effort rebuilding his overhead squat from the ground back up because he didn't want to have deficiencies in his movement patterns. If everyone took this approach, we would have a lot of athletes who move better. - Brian Ciolek

Bradley University

Male

Matt Dennis

Sport: Baseball

Position: Pitcher

College Junior

Height: 6'1"

Weight: 215

Vertical Jump: 33.2"

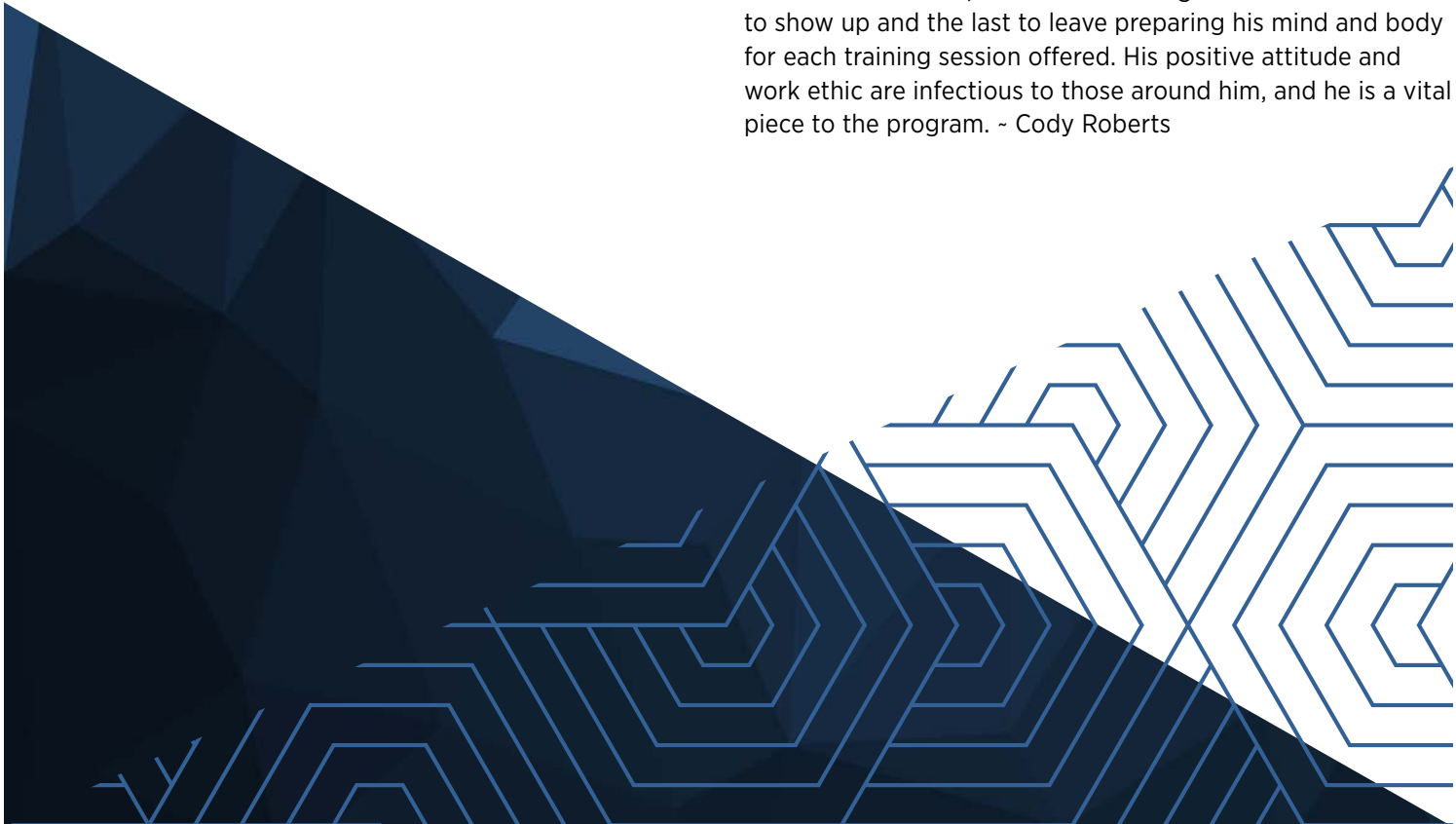
Ten-Yard Dash: 1.74 (electronic)

Forty-Yard Dash: 5.04

Front Squat Poundage: 310

Squat Reps: 1

Quote: Matt has come in since day one and has truly committed to the weight room and everything we have taught him. He is a student of the game, has developed great training and recovery habits, and his performance/accolades are a reflection of his dedication. He had a huge impact on the baseball program as the closer to our 2015 NCAA Regional team, and is transitioning to our ace in likely his last season as a Bradley Brave (draft eligible). Matt has worked very hard for all that he has earned and it is no surprise he has seen his athletic performance continue to improve. Matt is very proactive in all his work and takes great care of himself throughout the year. Each year he has returned from the long season of summer baseball still in great shape and ready to transition to our fall/off-season training. He is often the first to show up and the last to leave preparing his mind and body for each training session offered. His positive attitude and work ethic are infectious to those around him, and he is a vital piece to the program. - Cody Roberts



Coastal Carolina University

Male

Tyler Chadwick

Sport: Baseball

Position: First base

College Senior

Height: 5'9"

Age: 22

Vertical Jump: 30"

Pro Agility Time: 4.75

Forty-Yard Dash: 4.89

Bench Press Poundage: 335

Squat Poundage: 450

Hang Clean Poundage: 235

Quote: Tyler has many things that he uses to achieve success. First, he has always had a chip on his shoulder from always being told that he is too short or not good enough. He feeds off of it, and he has not lost his hunger to be great. Also, he has a coach's mentality. He is a realist and always looks for ways to get better. He holds himself and his team to the highest of standards. Lastly, he is a man of high character. You (as his coach) never wonder if he is doing what he should or if he is leading his team and making them better when no one is watching. ~ Sonya Woods

Dallas Baptist University

Male

Justin Wall

Sport: Baseball

Position: Outfielder

College Senior

Height: 5'10"

Weight: 200

Age: 23

Vertical Jump: 34"

Squat Poundage: 385

Squat Reps: 1

Quote: Justin truly embodies what it is to be a Dallas Baptist University Baseball player. Through countless hours of training he has developed physical abilities that have magnified his skills as an elite baseball player. His dedication to the developmental process has not only paid dividends for his own personal accomplishments, but ultimately for his contributions to team success as well. His capacity for work is only surpassed by his desire compete and win. ~ Adam Ross

Endicott College

Male

Joshua Drew

Sport: Baseball

Position: Catcher

College Senior

Height: 5'11"

Weight: 190

Age: 21

Bench Press Poundage: 185

Bench Press Reps: 3 x 8

Squat Poundage: 145

Squat Reps: 3 x 8

Quote: 2014 Academic All-Conference Endicott Honors Student Career .289 AVG, .367 OBP, .362 SLG, 21 RBI, .988 FPCT, and 208 PO over 67 games. Josh has dedicated himself to strength and conditioning while recovering from a significant injury. He works hard in the classroom and has developed service projects on campus. He is a leading force with the baseball team. ~ James Daley

Haverford College

Male

Nick Ott

Baseball

Position: Catcher

College Senior

Height: 5'10"

Weight: 190

Vertical Jump: 27"

Pro Agility Time: 4.6

Ten-Yard Dash: 1.72

Squat Poundage: 365

Squat Reps: 1

Clean Poundage: 250

Hang Clean Reps: 1

Quote: Nick Ott is one of the hardest working and dedicated student-athletes I have ever worked with. His consistent and purposeful efforts in strength and conditioning have contributed to Nick becoming a four-year starting catcher for our very successful baseball team. Nick is always leading the charge in our workouts, whether it's simply being the first one to arrive at every workout, organizing and leading groups to work on the speed sled in the middle of the winter, or doing his own extra lower body workouts so he can remain durable for the upcoming season behind the plate. Nick has done a tremendous job in further developing the baseball team's culture of hard work and excellence in the weight room, which has carried over to the field. ~ Cory Walts

Huntingdon College

Male

Alec Raley

Sport: Baseball

Position: Outfield

College Senior

Height: 5'7"

Weight: 154

Squat Poundage: 390

Hang Clean Poundage: 250

Quote: Alec has done a tremendous job in all phases of training. He demonstrates a unique level of dedication, effort, and leadership for his teammates. He is one of the strongest athletes, pound for pound that we have on campus. ~ Charlie Goodyear

Huntingdon College

Male

Landon Sessions

Sport: Baseball

Position: Infield

College Senior

Height: 6'0"

Weight: 180

Squat Poundage: 425

Hang Clean Poundage: 235

Quote: Landon has been a great leader throughout his career. He has been dedicated not only to his training, but also to ensuring the entire baseball team remains accountable in this area. His efforts have been reflected in both his play, as well as our program's success. ~ Charlie Goodyear

Huntingdon College

Male

Patrick Kucera

Sport: Baseball

Position: Outfield / pitcher

College Senior

Height: 5'8"

Weight: 140

Squat Poundage: 345

Hang Clean Poundage: 230

Quote: Patrick is one of the strongest pound for pound athletes on our campus. He has played a vital role in ensuring a culture of training within our baseball team. His dedication has made him an integral part of the success we have had on the field. ~ Charlie Goodyear

Furman University

Male

Matthew Quarles

Sport: Baseball

Position: Pitcher

College Junior

Height: 6'0"

Weight: 200

Age: 21

Squat Poundage: 550

Quote: Matthew Quarles has a tremendous work ethic in the weight room and on the field. During the 2013 season he became part of the weekend rotation for the Furman Baseball Team and had a team high 6 wins as a pitcher. He picked up his first victory last season in a relief role over Michigan State and had one of his best outings against South Carolina in which he also picked up a victory. Matthew was also named to Southern Conference Academic Honor Roll last year. He is expected to be a key contributor in this year's baseball season. Matthew does a great job of leading by example in the weight room and is a great representative of what we want in all of our athletes at Furman. ~ Kenneth Tuten

Keene State University

Male

Cody Dube

Sport: Baseball

Position: Pitcher

College Senior

Height: 6'1"

Weight: 200

Age: 22

Vertical Jump: 32.4"

Quote: Cody has dedicated himself to the weight room since his freshman year. He has put on 25 lb of muscle since stepping foot on campus. He is the dream strength and conditioning athlete, he does everything really well and give 100% effort all the time. He has become a student of strength and conditioning to do everything possible to be the best pitcher he can be from pitching drills to sprints to getting his lifts done right after he pitches. Any coach would love to have 10 athletes like Cody. ~ Sarah Testo

Kennesaw State University

Male

Taylor Allum

Sport: Baseball

Position: Infield / outfield

College Sophomore

Height: 6'2"

Weight: 205

Age: 21

Vertical Jump: 10'

Bench Press Reps: 22 (80 lb dumbbell floor press)

Squat Poundage: 335 (3RM front squat)

Quote: Despite several hardships and setbacks, Taylor continues to lead, grind, and demonstrate there are no excuses if you want something bad enough. I have seen Taylor in the weight room going savage in a boot and with a cast on his arm. No matter what is thrown at him, he will not back down nor will he settle for less than his best. Taylor does not question the process and hurls himself at the work that is presented to him. Taylor leads by example and leaves no room for question when it comes to work ethic. ~ Jeremy Gough

Long Island University Brooklyn

Male

Tommy Jakubowski

Sport: Baseball

Position: Outfield

College Senior

Height: 6'3"

Weight: 200

Age: 21

Vertical Jump: 31.5"

Forty-Yard Dash: 4.34

Squat Poundage: 340

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Absolute workhorse. ~ Nicholas Cruz

Menlo College

Male

Dane Fujinaka

Sport: Baseball

Position: Catcher

College Junior

Height: 5'9"

Weight: 185

Age: 23

Vertical Jump: 30"

Front Squat Poundage: 275

Squat Reps: 3

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Dane came to us this year as a transfer from a Division1 school. He quickly embraced our program here at Menlo College. He has worked hard to turn himself into our starting catcher and a team captain. He had his first collegiate home run a few weeks ago and is still making gains in the weight room. He follows the nutrition and recovery protocol to a very high level. I am always impressed with how Dane approaches the weight room with a workmen like attitude. He is the model of what you want every student-athlete to be on and off campus. ~ Victor Brankovich

McNeese State University

Male

Lewis Guilbeau

Sport: Baseball

Position: Outfield

College Senior

Height: 5'10"

Weight: 203

Vertical Jump: 24.5"

Bench Press Poundage: 365

Squat Poundage: 405

Quote: Other testing numbers – broad jump: 8'6" and power clean: 265.

A young man like Lewis does not come into your program many times in your career. All this guy knows is max effort, no matter the circumstance. Lewis is transfer from Alvin Community College, where he earned All-Region Honors and first team All-Conference accolades. A native of Austin, TX, Lewis has done everything possible to uphold the McNeese State Baseball standard of integrity, high character, and exceptional leadership. As a coach, I will be forever grateful for this man's efforts in the weight room and on the field. ~ Eric Ortego

MidAmerica Nazarene University

Male

Logan Tills

Sport: Baseball

Position: First base

College Junior

Height: 6'

Weight: 195

Age: 21

Vertical Jump: 26.5"

Pro-Agility Time: 4.77

Bench Press Poundage: 265

Squat Poundage: 375

Quote: Logan is an incredible athlete who strives to motivate his teammates through his encouraging words and actions. He is always doing what we ask of him and going above and beyond to better himself and his team. Because of his dedication, he has improved his athletic abilities as well as his leadership skills. He is an "A" student and is working hard towards his degree in Business Administration. He has a .563 batting average and has started the season by being the MidAmerica Nazarene University Athletics Player of the week. Logan has a promising career and I look forward to what he will achieve. ~ Whitney Rodden

Northwood University

Male

Adam Kroll

Sport: Baseball

Position: Pitcher

College Senior

Height: 6'0"

Weight: 210

Age: 21

Vertical Jump: 30.9"

Pro Agility Time: 4.65

Forty-Yard Dash: 4.87

Squat Poundage: 435

Hang Clean Poundage: 255

Quote: Adam is a strength coach's dream, always ready to work hard and pushing his teammates to be better. ~ Scott Fisher

Oakland University

Male

Ian Yetsko

Sport: Baseball

Position: Catcher

College Senior

Height: 5'9"

Weight: 186

Age: 24

Quote: Ian is currently a senior catcher for Oakland University and was selected to the All-Horizon League second team in 2015. Ian's hard work and dedication to strength and conditioning is relentless. Not only does he strive for success in the weight room, but has maintained a GPA of a 3.0 as a graduate student. Ian is highly respected by his teammates and leads by example on and off the field. His leadership, positive attitude, and drive is contagious and has been an inspiration to many. The tireless effort to become the best has certainly paid off for this senior and it has been a great privilege to work with Ian. ~ Felicia Gonzalez, MS, CSCS, USAW

Ohio Dominican University

Male

Anthony Evans

Sport: Baseball

Position: Infield

College Junior

Height: 6'2"

Weight: 170

Age: 21 years

Quote: In 2015 after his sophomore season, Tony was awarded second team all- Great Lakes Intercollegiate Athletic Conference (GLIAC) honors for his performance on the baseball field. In addition, Tony has also achieved classroom honors in the Exercise Science Program at Ohio Dominican University. He is currently beginning his senior research project in which he will be looking at muscle activation during bench press exercises. He plans to present his findings at a research meeting next year. ~ Trent Cayot

Salisbury University

Male

Kyle Goodwin

Sport: Baseball

Position: Outfield

College Senior

Height: 6'1"

Weight: 175

Quote: Kyle Goodwin is the epitome of hard work and it shows on the field of play. Goodwin has just started his senior season playing outfield for the Salisbury University baseball team. I had the luxury of coaching Kyle where he lead the team all fall in the weight room and was a daily example of what a committed athlete looks like. From the moment he entered the room, he was focused and determined to improving himself and everyone around him. Every exercise, set, and rep were performed to the best of his ability, giving 100% effort each time, leaving it all on the weight room floor. His work ethic seen in the weight room is evident in his play on the diamond as well as in the classroom. With a career batting average of .348 and a 3-time Capital Athletic Conference (CAC) All-Academic Team, Kyle is a true pleasure to get to work with. The strong work ethic, positive attitude, and humbleness that Kyle possesses is something that many should aspire to match and I can truly say it has been an honor to have coached him. ~ Alex Horlbogen

University of Connecticut

Male

Jack Sundberg

Sport: Baseball

Position: Outfield

College Senior

Height: 7'1"

Weight: 192

Vertical Jump: 36.5"

Ten-Yard Dash: 1.47

Bench Press Poundage: 325

Bench Press Reps: 1

Front Squat Poundage: 415

Squat Reps: 1

Hang Clean Poundage: 295

Hang Clean Reps: 1

Quote: Jack is one of the most consistent and hardworking athletes I have ever worked with. He brings a relentless work ethic to every training session and his energy is infectious. Even more impressive is how he has evolved into a strong leader both on and off the field. Not only does he demand the best of himself, he challenges his teammates to be better every day. He is a team first guy that will sacrifice for the greater good. ~ Maureen Butler

University of Texas at San Antonio

Male

J.T. Gilmore

Sport: Baseball

Position: Outfield

College Junior

Height: 5'9"

Weight: 180

Age: 22

Vertical Jump: 26"

Pro Agility Time: 4.69

Forty-Yard Dash: 4.92

Bench Press Poundage: 235

Bench Press Reps: 1

Squat Poundage: 395

Squat Reps: 1

Quote: J.T. is the heart of the baseball team. He has battled back from an Ulnar Collateral Ligament (UCL or Tommy John) injury to contribute to the success of the team. There is never doubt that J.T. is giving his best in the weight room. If you are at a University of Texas at San Antonio baseball game and hear someone yelling encouraging things to our players or not so encouraging things to the other team it is probably J.T. ~ Derrick Jenkins

University of Wisconsin – Whitewater

Male

Lake Bachar

Sport: Baseball

Position: Pitcher

College Junior

Height: 6'1"

Vertical Jump: 28.5"

Pro Agility Time: 4.36

Bench Press Poundage: 265

Squat Poundage: 365

Quote: Lake Bachar has led the Warhawk football team as the starting Kicker and Punter the last three seasons and he became a dual sport athlete when he burst onto the scene last season as a dominating pitcher, posting an 8 – 2 record with a 2.24 earned run average (ERA). He has been a true leader with both sports and his efforts with strength and conditioning have put him in a position to excel in both sports. ~ Lee Munger

Webber International University

Male

Ramon Sanchez

Sport: Baseball

Position: Catcher

College Senior

Height: 6'0"

Weight: 203

Age: 22

Vertical Jump: 29"

Pro-Agility Time: 4.44

Ten-Yard Dash: 1.75

Forty-Yard Dash: 4.92

Bench Press Poundage: 340

Bench Press Reps: 1

Squat Poundage: 500

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Freshman: first team All-Conference and Gold Glove Second Baseman. Sophomore: second team All-Conference Catcher. Junior: second team All-Conference Utility Player. Senior: Three-time Conference All-Star. ~ Steve Rassel

University of Michigan

Male

Oliver Jaskie

Sport: Baseball

Position: Pitcher

College Senior

Height: 6'3"

Weight: 219

Age: 20

Vertical Jump: 36.6"

Pro Agility Time: 4.2

Bench Press Poundage: 235

Bench Press Reps: 1

Squat Poundage: 415

Squat Reps: 1

Hang Clean Poundage: 255

Hang Clean Reps: 1

Quote: Oliver has dedicated himself to becoming the best baseball player, teammate, and student he can be. He is always willing to put in extra work and is an example of how to do things the right way. His relentless work ethic, blue collar attitude, and selflessness serves as a model for his teammates and other athletes at the University of Michigan to follow. All of these qualities will serve him well in athletics and life beyond. It is with great pleasure that I nominate Oliver Jaskie for the 2016 NSCA All-American Athlete of the Year Award. ~ Jason Cole

BASKETBALL

Coastal Carolina University

Male

Tristian Curtis

Sports: Basketball

Position: Forward

College Senior

Height: 6'8"

Age: 21

Vertical Jump: 29.5"

Bench Press Poundage: 295

Squat Poundage: 390

Hang Clean Poundage: 255

Quote: Tristian didn't pick up the sport of basketball until the latter part of his teens. Along with getting a late start in basketball, his training age was even younger. Over the past four years, Tristian has made tremendous strides in the weight room. Tristian is always willing and ready to do whatever it takes to improve his overall performance. His hard work and dedication has transformed his body and enabled him to earn a starting spot on a team that has won a total of 45 games the past two seasons. Without his leadership and determination in the weight room, we could not have had the success over the past four years. ~ Sonya Woods

East Central University

Female

Aalyiah Blakely

Sport: Basketball

Position: Forward

College Sophomore

Height: 5'11"

Age: 20

Vertical Jump: 21"

Pro Agility Time: 5.07

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 270

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Aalyiah has demonstrated great improvements in strength and conditioning with a positive attitude and solid work ethic. ~ Scott O'Dell

Eastern Michigan University

Female

Phillis Webb

Sport: Basketball

Position: Forward

College Junior

Height: 5'9"

Weight: 170

Age: 21

Vertical Jump: 28"

Bench Press Poundage: 155

Bench Press Reps: 1

Squat Poundage: 315

Squat Reps: 1

Hang Clean Poundage: 185

Hang Clean Reps: 1

Quote: 10th in the conference in rebounding, 11.2 points per game (ppg), 7 rebounds per game (rpg), and 1.5 steals per game (spg), this is Phillis' third season at Eastern Michigan University. She has been one of the most consistent players for the women's team both on and off the court. She has energy and attitude to get better every single day no matter what we are working on. ~ Bryan Fink

Eastern Michigan University

Male

Ty Toney

Sport: Basketball

Position: Point guard

College Junior

Height: 6'2"

Weight: 215

Age: 21

Vertical Jump: 37"

Bench Press Poundage: 280

Bench Press Reps: 1

Squat Poundage: 465

Squat Reps: 1

Hang Clean Poundage: 255

Hang Clean Reps: 1

Quote: Ty is 15th in the conference in scoring with an average of 13.5 points per game (ppg). Leading the conference in steals with 2 steals per game (spg). This is Ty's first year at Eastern Michigan University and has shown great dedication to the weight room. Brining a consistent work ethic and energy every day to provide leadership for the team. ~ Bryan Fink

Emporia State University

Female

Jacee Kramer

Sport: Basketball

Position: Guard

College Sophomore

Height: 5'9"

Weight: 159

Age: 19

Vertical Jump: 25"

Pro-Agility Time: 4.43

Bench Press Poundage: 190

Bench Press Reps: 1

Squat Poundage: 285

Squat Reps: 3

Hang Clean Poundage: 205

Hang Clean Reps: 1

Quote: Jacee is one of the strongest female athletes that I have ever worked with. She comes to work every day with the mindset that she is going to get better. ~ Justin Wieser

Huntingdon College

Female

Jenna Dorman

Sport: Basketball

Position: Forward

College Senior

Height: 5'11"

Bench Press Poundage: 110

Squat Poundage: 170

Hang Clean Poundage: 125

Quote: Jenna has used training to enhance her game both physically and mentally. She leads by consistently setting the bar high via her attitude and effort, as well as her expectation for her teammates to do the same. ~ Charlie Goodyear

Huntington University

Female

Miranda Palmer

Sport: Basketball

Position: Guard

College Junior

Height: 5'5"

Weight: 123

Age: 20

Vertical Jump: 21"

Pro Agility Time: 4.6

Ten-Yard Dash: 1.68

Squat Poundage: 185

Squat Reps: 3

Hang Clean Poundage: 55kg

Hang Clean Reps: 3

Quote: As her strength and conditioning coach, I feel like Miranda Palmer is everything you look for in a student-athlete: great student, unstoppable work ethic, high character, unselfish, and servant leader. Palmer's work ethic is second to none. No one sees the countless hours Palmer has put in the weight room, getting shots up or practicing her ball handling. She doesn't post about it on Snapchat, Instagram, or Twitter, she just does it. This insatiable work ethic has provided her with many awards and accolades. As a freshman, she made the All-Freshmen team in the Crossroads League. She also has accumulated back-to-back first team All-Conference awards in her sophomore and junior years. Palmer was ranked in the top 50 in seven different categories this year: total points, points per game, total assists, assists per game, total three-point field goals made, field goal percentage, and three-point field goals made per game. Palmer led the team in scoring with nearly 19 points per game this year, which ranked her 14th in the National Association of Intercollegiate Athletics (NAIA) in points per game. Palmer finished her junior year with 577 points on the year, placing her sixth in the country in total points. In Palmer's sophomore season, she was named to the Honorable Mention All-American team. As a freshman she shot .449% from beyond the arc to rank her second best in the country. She exhibits great leadership on and off the court. Palmer puts the "student" in student-athlete as she earned a spot on the Huntington University Academic Honor Roll by earning a GPA of 3.5 or higher. As well as being named an NAIA Scholar Athlete this season, she also writes for the Huntingtonian, the Huntington University's newspaper. Miranda continues to pass on her basketball knowledge and love for the game to her old high school team, Arcadia High School, whom she coaches in the summer. ~ Tyler Palmer

Iona College

Male

AJ English

Sport: Basketball

Position: Guard

College Senior

Height: 6'4"

Weight: 190

Age: 22

Vertical Jump: 32.5"

Bench Pres Poundage: 300

Bench Pres Reps: 185 x 24 reps

Quote: AJ English has developed himself into a legitimate professional prospect through his hard work and dedication both on the court and in the weight room. AJ is an once-in-a-lifetime athlete that combines the raw weight room numbers of a post player and the explosive power and agility of a guard. While many athletes back off and settle into a maintenance phase during in-season competition, AJ continues to develop his strength and power, keeping the intensity and frequency of an off-season program by lifting four to five times a week year-round. His hard work and competitive spirit has paid off with a 300 lb bench press and a 32.5 inch standing vertical jump this off-season and is the only student-athlete at Iona College to have his name on the top 10 record board for all testing categories. ~ Kelly Shaver

Lewis and Clark College

Male

Jason Luhn

Sport: Basketball

Position: Guard

College Senior

Height: 6'2"

Weight: 185

Age: 21

Vertical Jump: 31"

Bench Press Poundage: 225

Bench Press Reps: 1

Squat Poundage: 305

Squat Reps: 1

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Jason Luhn has been a staple for the Lewis and Clark mens' basketball team. A four year letter winner, Jason has demonstrated that it takes hard work and dedication to compete at a high level and earned himself All-Northwest Conference honors during his senior season. With a "first one in, last one to leave" mentality in the weight room and on the court, Jason's unmatched work ethic, discipline, and attitude epitomizes what the Lewis and Clark Strength and Conditioning Program is all about. A young man of great character, he is respected by his peers and coaches alike. He not only strives to make himself better every day, but everyone that is around him as well. It has been a privilege to work with such an outstanding young man.

- Ryan Lockard, SFN, CSCS

Murray State University

Male

Wayne Langston

Sport: Basketball

Position: Forward

College Senior

Height: 6'7"

Weight: 235

Age: 22

Vertical Jump: 31"

Bench Press Poundage: 265

Bench Press Reps: 1

Squat Poundage: 450

Squat Rep: 1

Hang Clean Poundage: 205

Hang Clean Reps: 3

Quote: Wayne came into Murray State as a junior college transfer. He missed the summer off-season program as he was still completing his work for his junior college. When I first worked with him in August of 2014, he was sloppy and overweight, he couldn't do a pull-up, or even get up and down the court without being winded. To catch up on his physical conditioning he came for many one-on-one sessions where he trained his butt off. Through the entire process, he took pride and ownership in his nutrition as he learned how to fuel his body. He was able to drop body fat, increase his work capacity, and force production. By the end of last season, he was a vital member as our only backup forward for our nationally ranked team who made a deep run in the National Initiation Tournament (NIT) post-season tournament. After a whole off-season of training this past summer, he is now the primary offense scoring option as the starting five-man. Because of depth issues, he is constantly asked to play 35+ minutes a game as our only true forward in our six-man rotation, a far cry from the young man who couldn't get up and down the court 16 months ago. - David Land



Oakland University

Female

Elena Popkey

Sport: Basketball

Position: Guard

College Senior

Height: 5'6"

Age: 22

Quote: Dedication, drive, and determination are just a few words that describe Elena Popkey. She is currently a senior guard for Oakland University and was selected for the 2015 pre-season All-Horizon League second team. Her commitment to strength and conditioning has proven great success in her athletic performance. Elena became the 26th player in Oakland's history to surpass 1,000 points. Along with her athletic achievements, she has maintained a 3.85 GPA as a graduate student. Elena's positive energy and strong leadership has made a true statement as a Golden Grizzly. It has been a privilege to coach this outstanding individual and it is with great pleasure that I nominate her for this award. ~ Felicia Gonzalez, MS, CSCS, USAW

Radford University

Male

Brandon Holcomb

Sport: Basketball

Position: Center

College Senior

Height: 6'8"

Weight: 215

Vertical Jump: 36"

Bench Press Poundage: 300

Bench Press Reps: 185 x 13

Squat Poundage: 315

Hang Clean Poundage: 265

Quote: Brandon has been an example of consistent work not only in our workouts, but off the court as well. He has been a prime example of how consistency and hard work over time will pay off and in turn enhance one's talents to positively effect on-court performance. ~ Scott Bennett

Sacred Heart University

Male

Eyimofe Edukgho

Sport: Basketball

Position: Post

College Senior

Height: 6'6"

Age: 22

Vertical Jump: 23"

Bench Press Poundage: 325

Squat Poundage: 455

Hang Clean Poundage: 275

Quote: Eyimofe has earned the respect of his teammates and coaches through his hard work on and off the court. He is a very explosive athlete on the court and works hard in every aspect of life. ~ Chris Fee MS, CSCS, USAW

South Dakota State University

Female

Chloe Cornemann

Sport: Basketball

Position: Guard

College Senior

Height: 5'8"

Weight: 140

Age: 23

Vertical Jump: 23"

Bench Press Poundage: 125

Bench Press Reps: 1

Squat Poundage: 220

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 1

Quote: Chloe has worked extremely hard to develop all areas of athletic enhancement, including strength, power, speed, agility, and conditioning and has certainly reaped the benefits of her commitment to training. Her hard work has allowed her to be a vital member and leader of the Jackrabbit Women's Basketball team which has been to multiple National Collegiate Athletic Association (NCAA) tournaments and the Women's National Invitation Tournament (WNIT) Final Four. Embodying the student-athlete role, Chloe has also served as the President of Student-Athlete Advisory Committee (SAAC), been the female representative on the South Dakota State University's Student-Athlete task force and been a part of several volunteer projects within the community. She has also been on the Summit League Honor Roll, Commissioners List of Academic Achievement and Distinguished Scholar lists each year she has been at SDSU. Chloe's passion and commitment to consistently work at a high level will certainly lead to success moving forward. ~ Philip Reuer

South Dakota School of Mines and Technology

Female

Devyn Asche

Sport: Basketball

Position: Forward

College Senior

Height: 7'1"

Weight: 160

Age: 22

Vertical Jump: 21"

Bench Press Poundage: 140

Bench Press Reps: 1

Squat Poundage: 175

Squat Reps: 1

Quote: Devyn Asche, co-captain of the women's basketball team, is a three-year starter who not only excels on the basketball court, but also the classroom. She is a member of the Rocky Mountain Athletic Conference (RMAC) All-Academic team with a 3.65 GPA and has made the Dean's List six of the last seven semesters. ~ Bret Miguez

University of Mary

Female

Dani Williams

Sport: Basketball

Position: Guard

College Junior

Vertical Jump: 23"

Bench Press Poundage: 150

Squat Poundage: 205

Power Clean: 150

Quote: Dani has an all-out mindset both on the court and in the weight room. She brings a great drive which has led to her overall improvement as an athlete. ~ Michael Silbernagel

University of Mary Washington

Male

Eric Shaw

Sport: Basketball

Position: Forward

College Sophomore

Height: 6'7"

Weight: 190

Age: 21

Vertical Jump: 33.7"

Pro-Agility Time: 4.28

Bench Press Poundage: 235

Squat Poundage: 350

Quote: Eric Shaw is the true definition of an athlete on our men's basketball team at the University of Mary Washington. At 6'7", he has the athleticism of a guard and constantly motivates me as a coach to find ways to challenge him. Only second to his ability is his work ethic. He shows up every day with an energy level that is contagious for the rest of the team and takes the time to push and motivate each and every one of his teammates on a daily basis. The sky is the limit for Eric and I am looking forward to watching him continue to develop over the next two years. ~ George Greene

University of Michigan

Female

Madison Ristovski

Sport: Basketball

Position: Guard

College Senior

Height: 5'10"

Age: 22

Vertical Jump: 23.5"

Bench Press Poundage: 150

Squat Poundage: 225

Hang Clean Poundage: 130

Quote: Madison is the epitome of an iron women. Madison is the all-time leader in games played at the University of Michigan with 134. She set the Michigan single-season record for three-point field goal percentage (.466) and was also named to the All-Big Ten Academic Team two times. She led the team with a 225 lb back squat and ranks in the top three on her team in several strength and performance statistical categories. ~ Russel Barbarino

University of Michigan

Male

Sean Lonergan

Sport: Basketball

Position: Wing

College Junior

Height: 6'5"

Weight: 210

Age: 21

Vertical Jump: 35"

Bench Press Poundage: 235

Squat Poundage: 330

Hang Clean Poundage: 245

Quote: Sean is a model student-athlete, his work ethic and character are second to none. He has improved each year he has been at University of Michigan and is at the top of our composite testing. ~ Jon Sanderson

University of Missouri

Female

Jordan Frericks

Sport: Basketball

Position: Forward

College Junior

Height: 6'1"

Weight: 180

Age: 20

Vertical Jump: 22.5"

Pro Agility Time: 4.7

Bench Press Poundage: 167

Squat Poundage: 300

Hang Clean Poundage: 181

Quote: Jordan is one of the hardest working individuals that has been part of the women's basketball program at University of Missouri. Discovering the benefits of strength training early in life, Jordan has used the weight room to maximize her potential. Jordan has made her strength and power on the court an extremely important asset to her game and to the team. ~ Jacob Linn

University of Montana

Male

Brandon Gfeller

Sport: Basketball

Position: Guard

College Junior

Height: 6'4"

Weight: 190

Age: 21

Vertical Jump: 34"

Bench Press Poundage: 255

Bench Press Reps: 1

Squat Poundage: 320

Squat Reps: 1

Hang Clean Poundage: 230

Hang Clean Reps: 1

Quote: Most consistent player I have ever had. He lifts hard with great technique in the weight room and he takes care of his body away from the court. He is ready to go 365 days a year. He sets the example for others to follow. He is a great young man, our society does not make many men like this anymore. He also takes care of his academics with a 3.63 GPA with an accounting major. ~ Charlie Woida

University of Nebraska Omaha

Female

Bobbi Beckwith

Sport: Basketball

Position: Guard

College Senior

Height: 5'10"

Weight: 150

Age: 23

Vertical Jump: 22"

Pro Agility Time: 5.33

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 165

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Bobbi has displayed great passion for strength and conditioning during her basketball career at University of Nebraska Omaha. She has constantly been a tremendous leader and motivator in the weight room and on the basketball court, which has led to great successes in both categories. Bobbi'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. Bobbi holds personal records in power clean (135 lb), back squat (165 lb), bench press (135 lb), and vertical jump (22 in). Bobbi embodies the "lead by example" expression. Her character and work ethic has led to her valuable contributions in the weight room, on the basketball court, and in the community, making her a perfect candidate for this award. ~ Logan Ogden

University of Nebraska Omaha

Male

Kyler Erickson

Sport: Basketball

Position: Guard

College Senior

Height: 6'0"

Weight: 185

Age: 23

Bench Press Poundage: 265

Bench Press Reps: 1

Squat Poundage: 335

Squat Reps: 1

Hang Clean Poundage: 205

Hang Clean Reps: 1

Quote: Kyler has worked extremely hard to develop all areas of athletic enhancement, including strength, power, speed, agility, and conditioning and has certainly reaped the benefits of his commitment to training. During his senior campaign, Kyler has worked his way into the starting line-up of the University of Nebraska Omaha (UNO) basketball team and has proved to be a valuable asset on and off the court. In the weight room, Kyler has posted personal bests in power clean (205), back squat (335), and bench press (265). His hard work and leadership in the weight room has benefited himself and his teammates as the UNO basketball team posts their most successful season at the DI level. Off the court, Kyler is also a tremendous student and member of his community. Kyler was named to the Summit League Academic Honor Roll and the Summit League Commissioner's List of Academic Excellence in 2014 - 2015, and was selected as one of 10 student-athletes to the Allstate National Association of Basketball Coaches (NABC) Good Works Team in 2016. His dedication to community service and the betterment of others is a testament to his character. Kyler's work ethic and character make him a perfect candidate for this award. ~ Logan Ogden

University of North Dakota

Female

Mia Loyd

Sport: Basketball

Position: Forward

College Senior

Height: 5'10"

Weight: 160

Age: 22

Vertical Jump: 25.5"

Bench Press Poundage: 176

Bench Press Reps: 1

Squat Poundage: 264

Squat Reps: 1

Hang Clean Poundage: 187

Hang Clean Reps: 1

Quote: I am very fortunate to have the opportunity to work with such a hard-working student-athlete. Mia is not only our best player, but she is our hardest worker. Mia's hard work in the off-season has also paid off as she was honored as 2014/2015 first team All-Big Sky team. In addition she was the 2015/2016 Big Sky Pre-Season Player of the Year. She has 34 career double doubles and is in the top 15 all-time at the University of North Dakota in scoring and rebounding. Her focus and discipline will undoubtedly carry over into her professional career as a speech pathologist. ~ Nathan Baukol

University of North Dakota

Male

Quinton Hooker

Sport: Basketball

Position: Guard

College Junior

Height: 6'0"

Weight: 205

Vertical Jump: 29"

Ten-Yard Dash: 1.71

Squat Poundage: 375

Quote: It has been a great honor and privilege to work with Quinton Hooker. Quinton possess a unique combination of leadership skills and dedication, both on and off the court, in the classroom, and in the weight room, all of which has led him to be named captain for the 2015 – 2016 season. Quinton consistently leads by example as one of the hardest workers in the history of University of North Dakota basketball.

With this hard work and great effort, he possess a special combination of quickness, strength, and smarts, combined with his driven pursuit of excellence; all of which make him one of the most enjoyable athletes for a coach to work with.

~ Aaron Schwenzfeier

University of New England

Male

Devin Thompson

Sport: Basketball

Position: Guard

College Senior

Height: 6'1"

Weight: 188

Age: 21

Vertical Jump: 32.5"

Pro-Agility Time: 3.99

Ten-Yard Dash: 1.5

Forty-Yard Dash: 4.9

Bench Press Poundage: 270

Quote: Devin was named to the Commonwealth Coast Conference second team during the 2015 – 2016 season. He led the team with 15.2 points per outing with 67 total three-pointers and scored his 1,000 point. Devin shot 85 percent from the free throw line and 38 percent from behind the arch, ranking fifth in the conference in three-pointers this season. Devin is an exceptional leader, he was a three-year captain for the team. Devin is a mature, hardworking individual that is committed to excellence on and off the court. Additional honors include: 2014 – 2015 Commonwealth Coast Conference third team 2012 – 2013 Maine Men's Basketball Coaches and Writers Association Rookie of the year. ~ Heath Pierce, CSCS,*D, RSCC

University of New England

Female

Lauren Hayden

Sport: Basketball

Position: Guard / forward

College Senior

Height: 5'9"

Weight: 180

Age: 21

Vertical Jump: 27"

Pro Agility Time: 4.89

Ten-Yard Dash: 1.72

Forty-Yard Dash: 5.6

Bench Press Poundage: 155

Quote: Lauren is a four-year member and two-year captain of the women's basketball team. The consummate leader, Lauren has proven time and time again that she is willing to go the extra mile, in all aspects of her life. A true "triple threat." She was awarded the Commonwealth Coast Conference Defensive Player of the Year (2014, 2015, and 2016), Commonwealth Coast Conference Senior Scholar-Athlete (2016), Commonwealth Coast Conference second team (2016), Commonwealth Coast Conference third team (2014 and 2015), and College Sports Information Directors of America (COSIDA) Academic All-District Team (2016). Lauren has been a member of the winningest women's basketball team in University of New England (UNE) history with 101 wins to date. She been an integral part of an unprecedented four consecutive Commonwealth Coast Conference Championships and subsequent trips to the National Collegiate Athletic Association (NCAA) tournament. Lauren has also been among the top five best defensive players in the country throughout her career in steals. During a team weight-lifting session, there is no question that Lauren is the hardest worker. She constantly strives to improve her major lifts but also fully understands the importance of using proper technique and biomechanics—her attention to detail is unparalleled. She leads by example during team strength and conditioning sessions but also inspires other UNE student-athletes throughout the off-season to improve their own abilities. Her strength, speed, and size enable Lauren to play multiple positions on the court. She is the epitome of athletic versatility. ~ Heath Pierce, CSCS,*D, RSCC

University of Sioux Falls

Female

Taylor Varsho

Sport: Basketball

Position: Guard

College Senior

Height: 5'7"

Weight: 148

Age: 21

Vertical Jump: 25"

Pro Agility Time: 4.25

Ten-Yard Dash: 1.72

Bench Press Poundage: 155

Squat Poundage: 330

Hang Clean Poundage: 140

Quote: Taylor is one of the most intense competitors I have ever coached whether it is in the weight room or on the court. She has an incredible work ethic and it shows in her performance. She is one of the strongest athletes we have had here and is also one of our hardest workers. She is also a great leader. Her great off-season dedication and talent has helped her and her team to our best Division 2 record and has her in the conversation for conference player of the year. ~ Zach Mathers

West Texas A&M University

Male

Jeff Bonner

Sport: Basketball

Position: Forward

College Senior

Height: 6'3"

Weight: 190

Age: 21

Vertical Jump: 34"

Bench Press Poundage: 280

Bench Press Reps: 1

Squat Poundage: 380

Squat Reps: 1

Hang Clean Poundage: 245

Hang Clean Reps: 1

Quote: I have only had the pleasure of working with Jeff for one year but he is one of the hardest working kids I have been around. He embraced the challenging off-season training and pushed not only himself but his teammates to get better day in and day out. With his commitment to strength and conditioning, he has added 30 lb to his 1RM bench press and 65 lb to his 1RM back squat which put him squatting double his bodyweight. This added strength has allowed him to become a much more physical player on the court and give him the ability to compete with guys that are much bigger than him. I am proud to nominate Jeff as an NSCA All-American. ~ Matt Segura

Weber State University

Male

Joel Bolomboy

Sport: Basketball

Position: Center

College Senior

Height: 6'9"

Weight: 235

Age: 22

Vertical Jump: 37"

Bench Press Poundage: 300

Bench Press Reps: 1

Squat Poundage: 400

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Joel Bolomboy has increased his athleticism and physicality each year through an exemplary commitment to strength and conditioning. Joel increased his vertical by 10 inches over his career and added 40 lb of muscle while decreasing his body fat. Joel has been a joy to work with and I believe that with a continued commitment to strength and conditioning, he will continue to have a healthy and productive career after college. ~ John Henderson



BOWLING

Webber International University

Female

Verity Crawley

Sport: Bowling

College Senior

Height: 5'4"

Weight: 134

Vertical Jump: 19.5"

Quote: Already named an Academic All-American, Verity was also a member of the 2015 National Association of Intercollegiate Athletics (NAIA) National Championship All-Tournament Team. She represents her home country, England, with great pride and honor. ~ Steve Rassel





CHEERLEADING

South Dakota State University

Male

Sean Snyder

Sport: Cheerleading

Position: Base

College Senior

Height: 5'7"

Weight: 175

Age: 23

Vertical Jump: 35"

Bench Press Poundage: 297

Bench Press Reps: 1

Squat Poundage: 462

Squat Reps: 1

Hang Clean Poundage: 302.5

Hang Clean Reps: 1

Quote: Sean has had an outstanding career as a cheerleader at South Dakota State University (SDSU). Sean's work ethic and determination has lead him to be a team captain twice and a leader in the weight room. Cheerleading was a new sport as well as lifting when he started five years ago. Sean is now an expert at his craft in both cheer and lifting and has exceptional strength for his size. In his five years at SDSU, he has gained incredible strength and is one of our strongest athletes pound-for-pound. Sean has earned our athlete of the month award, the department's highest honor. In addition to his success in the weight room and cheer, Sean is also an excellent student, being honored with the Dean's List on multiple occasions and is currently pursuing his Master's degree in Exercise Science. Along with his success as a student-athlete, Sean is passionate about helping others in the weight room and is pursuing a career in strength and conditioning. Sean is the perfect example of how a student-athlete should conduct themselves and his work ethic will bring him success in all aspects of his life. ~ Philip Reuer

Virginia Tech

Male

Andrew Stone

Sport: Cheerleading

College Senior

Height: 5'9"

Weight: 205

Age: 21

Vertical Jump: 35.5"

Bench Press Poundage: 330

Bench Press Reps: 1

Squat Poundage: 570

Squat Reps: 1

Hang Clean Poundage: 300

Hang Clean Reps: 1

Quote: Andrew is a standout athlete and powerlifter for us here at Virginia Tech. He participates in our men's cheer program as a student-athlete, as well as competes in powerlifting competitions in his off time. His work ethic is second-to-none and he is constantly looked to as a leader among his peers. He has earned our Elite Athlete award several times as well as our Athlete of the Year for the men's cheer program. He is actively involved with the Virginia Tech Fellowship of Christian Athletes, Special Olympics, and Blue Ridge Church Children's Ministry as a volunteer. Some of his impressive lifting accolades include a first place finish at the 2015 Southern Powerlifting Federation (SPF) Record Breakers meet where he totaled 1,500 lb in the three lifts. He currently holds our squat record for men's cheer at 570 lb.

~ Robert Crosby



DIVING

Drexel University

Female

Jaclyn Goulet

Sport: Diving

Position: 1-meter and 3-meter

College Junior

Height: 5'5"

Age: 21

Vertical Jump: 17"

Bench Press Poundage: 75

Bench Press Reps: 1

Squat Poundage: 125

Squat Reps: 1

Hang Clean Poundage: 80

Hang Clean Reps: 1

Quote: JT, a junior majoring in biomedical engineering, 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 diver. JT'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

University of Michigan

Female

Sarah Kamstra

Sport: Diving

Position: 1-meter, 3-meter, and platform

College Senior

Height: 5'7"

Weight: 147lbs

Age: 22

Vertical Jump: 21.5"

Squat Poundage: 250

Hang Clean Poundage: 160

Quote: Through her years at the University of Michigan, Sarah has exemplified what it means to be a student-athlete. She demonstrates a drive to succeed in the classroom, in diving, and in the weight room. Academically, Sarah maintains a 3.664 GPA, has twice been named a Big Ten Distinguished Scholar, earned Academic All-Big Ten honors twice, and also received the University of Michigan Athletic Academic Achievement Award three times. Athletically, Sarah reached the "A" finals on the 1-m and 3-m events at the 2016 Big Ten Championships, helping her team to a first place finish. She also qualified for Zones in her sophomore, junior, and senior seasons, and was named team captain her senior year. Sarah holds the women's team records for the back squat and the power clean. Her consistent hard work and determination in the weight room has translated to continual improved performance throughout her diving career at University of Michigan. Sarah is an integral member of the University of Michigan swim and dive team, with her work ethic and commitment serving as an example for her teammates.

~ Katlyn Haycock, CSCS, RSCC



FIELD HOCKEY

Missouri State University

Female

Jessi Pope

Sport: Field hockey

Position: Defender

College Senior

Height: 5'6"

Weight: 115

Age: 22

Vertical Jump: 24"

Pro Agility Time: 4.94

Forty-Yard Dash: 5.51

Bench Press Poundage: 95

Bench Press Reps: 1

Squat Poundage: 180

Squat Reps: 1

Hang Clean Poundage: 110

Hang Clean Reps: 1

Quote: As a senior leader with a 4.0 cumulative GPA majoring in psychology, Jessi Pope has proven herself in the classroom, on the field, and in the weight room through her dedication and enthusiasm to improve every day. Being a four-time National Field Hockey Coaches Association (NFHCA) National Academic Squad and three-time Academic All-Mid-American Conference (MAC) selection, Jessi has shown an amazing ability to excel in the classroom and on the field with 18 starts this past season with no cards earned throughout the year. Highlighted by a stellar career, she also displays pure grit in the weight room. She was able to increase her squat from 165 to 180 lb and her hang clean from 85 to 110 lb from her junior spring semester to senior summer semester. Through her years at Missouri State University, 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 classroom, weight room, and on the field will pay off when you are fully invested in the task at hand. ~ Christina Rasnake

Sacred Heart University

Female

Nichole Tolli

Sport: Field hockey

Position: Midfield

College Sophomore

Height: 5'3"

Weight: 125

Age: 19

Vertical Jump: 23"

Bench Press Poundage: 95

Squat Poundage: 185

Hang Clean Poundage: 140

Quote: Nicole is a fast explosive athlete that sets the tone for her team in the weight room, conditioning, practice, and games. ~ Chris Fee, MS, CSCS, USAW

State University of New York at New Paltz

Female

Jessica Caruana

Sport: Field hockey

Position: Back

College Senior

Height: 5'5"

Weight: 160

Age: 22

Squat Poundage: 235

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 1

Quote: One of our strongest girls for the strength and conditioning department. Currently sits at fourth place for our clean records with 150 lb. ~ Gary Gall



State University of New York at New Paltz

Female

Dani Ackerman

Sport: Field Hockey

Position: Midfield

College Senior

Height: 5'4"

Weight: 120

Age: 21

Bench Press Poundage: 125

Bench Press Reps: 1

Hang Clean Poundage: 125

Hang Clean Reps: 1

Quote: Role model for our athletics department. Dani was not only a gifted athlete, but excelled in all aspects. ~ Gary Gall

Temple University

Female

Tricia Light

Sport: Field hockey

Position: Forward

College Senior

Height: 5'7"

Weight: 160

Age: 21

Vertical Jump: 19.7"

Pro Agility Time: 4.9

Forty-Yard Dash: 5.1

Squat Poundage: 245

Hang Clean Poundage: 155

Quote: As a professional in the field of sports performance and health, I look for coaches that are dependable, demonstrate a positive attitude and passion for the field, and are always looking to be better. In my opinion, Ms. Light exemplifies these characteristics. When I was first hired at Temple University to be the strength coach for field hockey, Ms. Light showed confidence and an eagerness to make herself the best version of herself. Her knowledge of the team, sport of field hockey, and work ethic made me immediately see her as a leader. Ms. Light was also a great help to me, sharing her knowledge of the game with me so I could better prepare the team. She demonstrated daily her passion and care for Temple Athletics and leadership ability. She showed great dedication to all facets of being a collegiate athlete in the weight room, classroom, and the pitch. Since her senior season, Tricia still is a regular in the weight room continuing her training and to better herself. ~ Clare Kaufman

University of Mary Washington

Female

Haley Kane

Sport: Field hockey

Position: Midfield

College Senior

Height: 5'4"

Age: 22

Bench Press Poundage: 130

Squat Poundage: 235

Hang Clean Poundage: 135

Quote: Haley Kane has been one of the most dedicated athletes to come through the University of Mary Washington (UMW) Athletics Department in my two years as a strength and conditioning coach. Through her work ethic, consistency, and commitment, she was twice named a National Field Hockey Coaches Association (NFHCA) All-American, and the UMW Female Scholar-Athlete of the Year. As a leader in the weight room, Haley set the standard for the field hockey team and currently sits atop of several school records, to include a record of first place all-time with 15 pull-ups. I am proud to nominate her for this award. ~ George Greene

University of Richmond

Female

Megan Miller

Sport: Field hockey

Position: Forward

College Sophomore

Height: 5'1"

Age: 20

Vertical Jump: 21"

Ten-Yard Dash: 1.63

Squat Poundage: 160

Squat Reps: 8

Quote: Named to the All-Atlantic Ten second team in her second year, and her continued pursuit of excellence on and off the field, has led her to become a part of the U21 USA Field Hockey National Team. She is a great motivator in the weight room and always provides energy for the group during the lifts, performance tests, and team activities. ~ Andrew White

FOOTBALL

Buffalo State College

Male

Andrew Cleveland

Sport: Football

Position: Defensive end

College Senior

Weight: 250

Age: 22

Vertical Jump: 29.6"

Pro Agility Time: 4.6

Forty-Yard Dash: 4.9

Bench Press Poundage: 335

Bench Press Reps: 1

Squat Poundage: 525

Squat Reps: 1

Hang Clean Poundage: 320

Hang Clean Reps: 1

Quote: When I arrived, Andrew had just been reinstated to the football team. He was a quiet hard working kid who minded his own business. Andrew bought into the program and did everything asked of him. He is an example of the type of athlete we all want on our teams. He excelled on the field and in the classroom. ~ Nathan Young, CSCS

Catawba College

Male

Kyle Kitchens

Sport: Football

Position: Outside linebacker

College Junior

Height: 6'2"

Weight: 230

Age: 20

Vertical Jump: 27"

Pro Agility Time: 4.53

Forty-Yard Dash: 4.88

Bench Press Poundage: 320

Bench Press Reps: 2

Squat Poundage: 420

Squat Reps: 3

Hang Clean Poundage: 275

Hang Clean Reps: 2

Quote: Kyle Kitchens was a first team All-Conference performer for our program in 2015 in the South Atlantic Conference (SAC). He also won multiple defensive awards as a sophomore including: College Commissioner's Association (CCA) Region Defensive Player of the Year, Associated Press All-American second team, American Football Coaches Association (AFCA) All-American, Division 2 CCA All-American second team. He led the South Atlantic Conference in solo sacks with 13. Kyle is just scratching the surface of his potential in the weight room. He is dedicated to the process, putting on 23 lb from his freshman year to his sophomore season while staying all summer. ~ Jadwin Bignon



Catawba College

Male

Cary Littlejohn

Sport: Football

Position: Running back

Year: College Senior

Height: 6'0"

Weight: 218

Age: 22

Vertical Jump: 28.5"

Pro Agility Time: 4.35

Forty-Yard Dash: 4.55

Bench Press Poundage: 355

Bench Press Reps: 1

Squat Poundage: 440

Squat Reps: 1

Hang Clean Poundage: 319

Hang Clean Reps: 2

Quote: Cary Littlejohn was a second team All-Conference performer for our program in 2015. He led the team in rushing with 977 yards and five touchdowns. I had the privilege of working with him for three years and every year he got better. Cary rose above my expectations throughout his career. He has a next level opportunity after running a 4.55s 40-yard dash (NFL scout clocked) during his rising senior day last spring. ~ Jadwin Bignon

Colgate University

Male

Kyle Diener

Sport: Football

Position: Lineback

College Junior

Height: 6'0"

Weight: 226

Age: 21

Vertical Jump: 29"

Pro Agility Time: 4.33

Forty-Yard Dash: 4.73

Bench Press Poundage: 405

Bench Press Reps: 1

Squat Poundage: 555

Squat Reps: 1

Quote: It is my honor to nominate junior linebacker, Kyle Diener as a 2016 NSCA All-American award winner. Diener is one of those rare guys that love everything associated with the game of football, not just playing in the actual games. He enjoys practice, film study, the mental and strategic preparation, and especially the physical preparation. Diener is one of those guys that "brings it" every day in the weight room. He sets the standard for our lifting workouts. It's that work ethic that enabled him to lead the team in tackles for our 2015 Patriot League championship season, as well as being voted by his teammates as a 2016 senior captain. ~ Paul Helsel

Clemson University

Male

Eric Mac Lain

Sport: Football

Position: Offensive line

College Senior

Height: 6'4.5"

Weight: 305

Age: 22

Vertical Jump: 27"

Pro Agility Time: 4.64

Ten-Yard Dash: 1.78

Forty-Yard Dash: 5.22

Bench Press Poundage: 405

Bench Press Reps: 26

Squat Poundage: 500

Hang Clean Poundage: 310

Quote: Eric proved to be a natural leader in our quest for the National Championship. His work ethic, attitude, and commitment earned him permanent team captain, voted by his teammates. Eric's 2015 achievements also included first team All-Atlantic Coast Conference (ACC) and ACC Community Service Award. ~ Larry Greenlee

Colorado State University - Pueblo

Male

Cameron McDondle

Sport: Football

Position: Running back

College Senior

Height: 5'7"

Weight: 210

Pro Agility Time: 4.07

Ten-Yard Dash: 1.64

Bench Press Poundage: 290

Squat Poundage: 435

Hang Clean Poundage: 300

Quote: Cam rushed for over 2,000 yards during both his junior and senior seasons. He made a commitment to our strength and conditioning program and the results speak for themselves. Cam was a Harlon Hill Trophy finalist, first team Associate Press Little All-America, D2Football.com All-America first team, Conference Offensive Player of the Year and an All-Rocky Mountain Athletic Conference (RMAC) first team selection. ~ Allen Hedrick

Dakota State University

Male

Ben Kullos

Sport: Football

Position: Linebacker

College Senior

Height: 5'9"

Weight: 205

Age: 22

Bench Press Poundage: 375

Bench Press Reps: 1

Squat Poundage: 495

Squat Reps: 1

Hang Clean Poundage: 341

Hang Clean Reps: 1

Quote: Ben Kullos improved each year on the football field and in the weight room. He was one of the most dedicated athletes whether he was home for part of the summer and/or during the school year. He was always strong but began to move better through a full range of motion, resulting in improved on field speed, agility, and statistics which he was honored as a first team All-American in the National Association of Intercollegiate Athletics (NAIA) and a finalist for the Cliff Harris Award. His commitment to the weight room is a big part of his success and is indicative of his off the field success as well. Pound-for-pound he is the strongest person to have come through this program in the past four years. ~ Alex Guillien

East Central University

Male

Josh Morgan

Sport: Football

Position: Defensive tackle

College Senior

Height: 5'10"

Weight: 261

Age: 21

Vertical Jump: 28.5"

Pro-Agility Time: 4.25

Forty-Yard Dash: 4.78

Bench Press Poundage: 375

Bench Press Reps: 1

Squat Poundage: 615

Squat Reps: 1

Hang Clean Poundage: 375

Hang Clean Reps: 1

Quote: Josh has achieved great results with positive character and a tireless work ethic. ~ Scott O'Dell

Emory and Henry College

Male

McFarland Murph

Sport: Football

Position: Offensive line

College Junior

Height: 74.5

Weight: 301

Age: 21

Vertical Jump: 21.1"

Pro Agility Time: 5.23

Ten-Yard Dash: 2.17

Forty-Yard Dash: 5.67

Bench Press Poundage: 375

Bench Press Reps: 1

Squat Poundage: 355

Squat Reps: 1

Quote: McFarland is the epitome of what great teams are built around. His attitude, effort, and attention to detail are the best among his peers and set the tone for each and every workout in which he participates. He continually seeks feedback on his technique and areas in need of improvement. Over the course of his career, McFarland has demonstrated tremendous improvements in his strength and power. Those improvements have not gone unnoticed as McFarland was selected to the All-Old Dominion Athletic Conference first team in 2015. His bench press of 375 lb currently ranks fourth all-time at Emory and Henry while his front squat of 355 lb currently ranks 11th all-time at Emory and Henry. These numbers and accolades are a true testament to McFarland's tireless effort and leadership. ~ Joshua Bullock

Endicott College

Male

Spencer Walsh

Sport: Football

Position: Running back

College Senior

Height: 5'11"

Weight: 215

Age: 22

Vertical Jump: 30"

Pro Agility Time: 4.35

Forty-Yard Dash: 4.72

Bench Press Poundage: 225

Bench Press Reps: 16

Squat Poundage: 405

Squat Reps: 5

Hang Clean Poundage: 275

Hang Clean Reps: 5

Quote: Spencer is a two-time Academic All-Conference New England Football Conference (NEFC), two-time All-Conference, 2014 Pre-Season All-American School, and record holder of 14 rushing touchdowns in a single season. He is an exercise science major and team captain who persevered over multiple knee injuries to play all four years. Spencer is a special individual that works hard in everything that he does. He leads by example and has a never say die attitude. A tremendous student-athlete and an even better man. ~ James Daley

Emporia State University

Male

Thomas O'Grady

Sport: Football

Position: Offensive guard

Height: 6'4"

Weight: 295

Age: 21

Vertical Jump: 24"

Pro-Agility Time: 4.34

Ten-Yard Dash: 1.81

Bench Press Poundage: 425

Bench Press Reps: 1

Squat Poundage: 500

Squat Reps: 1

Hang Clean Poundage: 300

Hang Clean Reps: 1

Quote: Thomas has been an incredible leader for our team on and off the field. His intense work ethic and attitude are infectious. ~ Justin Wieser

Emporia State University

Male

Jordan Robinson

Sport: Football

Position: Defensive end

College Senior

Height: 6'2"

Weight: 230

Age: 22

Vertical Jump: 34"

Pro-Agility Time: 4.16

Ten-Yard Dash: 1.76

Forty-Yard Dash: 4.8

Bench Press Poundage: 440

Bench Press Reps: 1

Squat Poundage: 600

Squat Reps: 1

Hang Clean Poundage: 315

Hang Clean Reps: 1

Quote: Jordan has developed from a walk-on athlete on our football team to one of our leaders on defense. His attitude and work ethic in the weight room have made him an example for all of our players to look up to. ~ Justin Wieser

Furman University

Male

Ernie Cain

Sport: Football

Position: Fullback

College Senior

Height: 6'0"

Weight: 225

Age: 22

Vertical Jump: 41"

Pro-Agility Time: 4

Forty-Yard Dash: 4.58

Bench Press Poundage: 385

Bench Press Reps: 225 x 20 reps

Squat Poundage: 525

Power Clean Poundage: 300

Quote: Ernie Cain was an outstanding leader on and off of the field. He stood for what was right and was a great steward of the game of football. Ernie was always consistent in the weight room and at practice and it transferred to the field on a consistent basis. He was a part of the All-Southern Conference (SOCON) Academic Team in 2014, which proves his drive for excellence. Ernie holds the team record for vertical jump at 41 inches. His senior year, he was voted as most dedicated athlete on the team and was elected team captain at the end of the season. In spring of 2014, Ernie tore his anterior cruciate ligament (ACL) in the spring game; however, he fought back and continued to be a dominant force on our team. ~ David Abernethy

Fort Hays State University

Male

Garrett Holle

Sport: Football

Position: Wide receiver

College Senior

Height: 6'3"

Weight: 200

Age: 22

Vertical Jump: 40"

Pro Agility Time: 4.3

Ten-Yard Dash: 1.77

Forty-Yard Dash: 4.6

Bench Press Pounds: 345

Bench Press Reps: 1

Squat Pounds: 450

Squat Reps: 1

Hang Clean Pounds: 305

Hang Clean Reps: 1

Quote: Garrett Holle is a tremendous example of persistence and determination. During his career at Fort Hays State University, he overcame two different knee injuries and still had the work ethic to make it back and contribute to a team that improved its record each year. Besides being committed and dedicated to his sport, Garret is also an outstanding student with a 3.6 GPA, and has been accepted to physical therapy school after graduation. Garret Holle is the complete package of being a high-quality student-athlete. ~ Doug Boucher

George Fox University

Male

John Shaffer

Sport: Football

Position: Running back

College Senior

Height: 5'8"

Weight: 202

Age: 23

Vertical Jump: 35"

Pro Agility Time: 4.15

Forty-Yard Dash: 5.09

Bench Press Pounds: 225

Bench Press Reps: 11

Squat Pounds: 500

Squat Reps: 1

Hang Clean Pounds: 315

Hang Clean Reps: 1

Quote: John was the heart and soul of the George Fox offense that improved from averaging 11 points a game in the first year of the program to 27 points in the second year. He was a first team All-League selection at running back in the Northwest Conference where he rushed for 880 yards and averaged 28 yards per game receiving. His work in the weight room and his competitiveness inspired everyone around him. John maintains a 2.9 GPA. ~ Ken Ingram

Huntingdon College

Male

John Iwaniec

Sport: Football

Position: Running back

College Junior

Height: 5'8"

Weight: 170

Pro Agility Time: 4.22

Forty-Yard Dash: 4.59

Bench Press Pounds: 295

Squat Pounds: 420

Hang Clean Pounds: 275

Quote: John does a great job demonstrating the attitude, effort, and leadership we desire for our athletes to possess. He is one of the strongest athletes, pound-for-pound that we have. ~ Charlie Goodyear

Huntingdon College

Male

Octavis Harris

Sport: Football

Position: Defensive line

College Junior

Height: 5'10"

Weight: 283

Vertical Jump: 27"

Bench Press Pounds: 335

Squat Pounds: 510

Hang Clean Pounds: 330

Quote: Octavis has shown a unique dedication to both training and leadership. He sets the bar high with his attitude and effort, and goes beyond the norm in his attempts to engage others toward this same level of dedication. ~ Charlie Goodyear



Huntingdon College

Male

Jake Green

Sport: Football

Position: Linebacker

College Senior

Height: 6'0"

Weight: 190

Vertical Jump: 40.5"

Pro-Agility Time: 4.07

Forty-Yard Dash: 4.53

Bench Press Poundage: 335

Squat Poundage: 435

Hang Clean Poundage: 340

Quote: During his career, Jake learned to embrace our training environment, which allowed him to experience improvements in every phase of his life. His growth in all areas allowed him to develop as a leader, and toward becoming an All-Conference selection. ~ Charlie Goodyear

Huntingdon College

Male

Jacob Wright

Sport: Football

Position: Linebacker

College Senior

Height: 5'11"

Weight: 210

Vertical Jump: 32.5"

Pro Agility Time: 4.31

Forty-Yard Dash: 4.75

Bench Press Poundage: 315

Squat Poundage: 440

Hang Clean Poundage: 330

Quote: Jacob began leading our football team, by example, during his freshman year. His hard work, and dedication to training, enabled him to become an All-Conference player in both his junior and senior seasons, as well as a voted team captain his senior year. ~ Charlie Goodyear

Humboldt State University

Male

Anthony Ezrim

Sport: Football

Position: Defensive line

College Senior

Weight: 280

Age: 22

Vertical Jump: 27"

Pro Agility Time: 4.72

Forty-Yard Dash: 5.2

Bench Press Poundage: 405

Bench Press Reps: 1

Squat Poundage: 550

Squat Reps: 1

Hang Clean Poundage: 375

Hang Clean Reps: 1

Quote: Anthony Ezrim came to Humboldt State University as a junior college transfer with very little strength and conditioning experience. He came in barely able to squat 225 and has embraced the coaching and physical preparation process. The result was Anthony being one of our best defensive lineman and most powerful players on the team. As a senior, he compiled 31 tackles and 4.5 sacks in an injury shortened season. ~ Benjamin Servais



Humboldt State University

Male

Taylor Mitchell

Sport: Football

Position: Linebacker

College Senior

Weight: 220

Age: 22

Vertical Jump: 35"

Pro Agility Time: 4.21

Forty-Yard Dash: 4.7

Bench Press Poundage: 385

Bench Press Reps: 22

Squat Poundage: 455

Hang Clean Poundage: 375

Quote: Taylor is an example of an athlete who trusted and enjoyed the process. After a productive redshirt year in 2011, and two steady seasons of progress and development, Taylor morphed into our most consistent and productive defensive players in 2014 – 2015. His consistent and intense efforts in the weight room never wavered during his five year-Humboldt State University (HSU) career; Taylor 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 himself and his teammates. As we began the 2016 off-season regimen, Taylor Mitchell's presence is truly missed; his legacy though lives on through the tremendous standards of excellence he set in the classroom, in the weight room, and on the football field. Taylor's leadership as team captain, especially during the summer months, was paramount in accomplishing the most successful football season at Humboldt State University since 1968. ~ Drew Petersen

Jacksonville State University

Male

Spencer Goffigan

Sport: Football

Position: Tight end

College Senior

Height: 6'4"

Weight: 240

Age: 23

Vertical Jump: 26.75"

Pro-Agility Time: 4.75

Forty-Yard Dash: 4.82

Bench Press Poundage: 375

Bench Press Reps: 3

Squat Poundage: 480

Squat Reps: 3

Hang Clean Poundage: 305

Hang Clean Reps: 2

Quote: Spencer is an outstanding young man with a solid work ethic and leadership. He assisted the strength staff in providing outstanding leadership throughout his five years. Never one to shy away from a challenge, he helped lead his team to the Football Championship Subdivision (FCS) National Championship Game in Frisco, TX during his final season. His leadership and personality are evident in his academic and personal endeavors. A fine young man of high caliber character. ~ B. Scott Austin

Juniata College

Male

Jonah Plymire

Sport: Football

Position: Linebacker

College Senior

Height: 6'0"

Weight: 210

Age: 22

Vertical Jump: 28"

Pro Agility Time: 4.75

Bench Press Poundage: 375

Squat Poundage: 575

Hang Clean Poundage: 285

Quote: Jonah is both a leader on the football field and in the weight room. His hard work and attention to detail has earned him the respect of both his teammates and coaching staff. These same qualities will definitely assure Jonah future success in his chosen field of teaching. ~ Douglas Smith

Juniata College

Male

Kyle Gill

Sport: Football

Position: Fullback

College Senior

Height: 5'9"

Weight: 205

Age: 22

Vertical Jump: 28"

Forty-Yard Dash: 4.9

Bench Press Poundage: 340

Squat Poundage: 575

Hang Clean Poundage: 265

Quote: His hard work ethic has earned him the respect of his fellow teammates, coaches, and staff. His work ethic and attention to detail in the weight room and on the football field has been a positive influence on everyone associated with him. This same work ethic and positive attitude will go far in assuring Kyle's future success. ~ Douglas Smith

Lewis and Clark College

Male

Deion Mock

Sport: Football

Position: Defensive back

College Senior

Height: 5'8"

Weight: 160

Age: 21

Vertical Jump: 31"

Pro-Agility Time: 4.38

Forty-Yard Dash: 4.61

Bench Press Poundage: 285

Bench Press Reps: 1

Squat Poundage: 405

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Deion Mock has been an essential piece for the Lewis and Clark College football team, as well as the track and field team. A four-year, dual-sport athlete, Deion has demonstrated that it takes hard work and dedication to compete at a high level year-round in two sports. Recently, Deion broke the 40-year-old Lewis and Clark College record in the pole vault, and currently ranks in the top five of all National Collegiate Athletic Association (NCAA) classifications for the pole vault in United States Track and Field and Cross Country Coaches Association's (USTFCCCA) latest football players on the track rankings. In the weight room, Deion's unmatched work ethic, discipline, and attitude epitomizes what the Lewis and Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Deion 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-Pleasant

Merrimack College

Male

Ben Polci

Sport: Football

Position: Defensive line

College Senior

Height: 6'4"

Weight: 285

Age: 23

Vertical Jump: 24.5"

Pro Agility Time: 4.69

Forty-Yard Dash: 4.91

Bench Press Poundage: 375

Bench Press Reps: 1

Squat Poundage: 515

Squat Reps: 1

Hang Clean Poundage: 355

Hang Clean Reps: 1

Quote: Joining the football program as a walk-on, nothing was promised to Ben. His selfless dedication to the program and to his physical development made him a staple on the defensive line for Merrimack College. His relentless work ethic has been instrumental in his recognition as a team captain and as a Division II All-American. ~ Michael Kamal

McKendree University

Male

Treye Williams

Sport: Football

Position: Running back

College Senior

Height: 5'10"

Weight: 250

Vertical Jump: 30.5"

Pro Agility Time: 4.34

Forty-Yard Dash: 4.75

Bench Press Poundage: 420

Squat Poundage: 600

Hang Clean Poundage: 360

Quote: Treye had a tremendous career and showed true determination when things did not always go his way. He continued through the process with a championship mindset and held nothing back through his senior year. His actions in the weight room confirmed his leadership skills and it was an honor to train an athlete such as Treye. ~ Jordan Fark

Missouri University of Science and Technology

Male

Nick Wunderli

Sport: Football

Position: Offensive line

College Sophomore

Height: 6'4"

Weight: 275

Pro Agility Time: 4.76

Ten-Yard Dash: 1.82

Bench Press Poundage: 375

Bench Press Reps: 3

Squat Poundage: 525

Squat Reps: 3

Hang Clean Poundage: 325

Hang Clean Reps: 3

Quote: 2015 first team All-Conference offensive lineman.

~ Troy Williams

Norfolk State University

Male

Conley Smith

Sport: Football

Position: Fullback

College Junior

Height: 6'0"

Weight: 250

Age: 23

Bench Press Poundage: 445

Squat Poundage: 550

Hang Clean Poundage: 325

Quote: Conley is one of the strongest athletes in the program, and he excels in the classroom as well. He has overcome some injuries, and his achievements in the weight room has transferred over to the playing field and also as disciplinary in his academics. He was a starting fullback as a true freshman, and contributed a lot on special teams. He is currently a starter and he has been recently named as a captain for off-season training teams. He has also been named to the Athletic Directors' Honor Roll. He has a bright future and career ahead, and it will be exciting to watch him play this fall 2016. ~ Rodney Gaines

North Greenville University

Male

Simeon Byrd

Sport: Football

Position: Running back

College Junior

Height: 5'9

Weight: 195

Age: 20

Vertical Jump: 41"

Pro Agility Time: 4.24

Forty-Yard Dash: 4.55

Bench Press Poundage: 350

Squat Poundage: 620

Squat Reps: 505 x 8

Hang Clean Poundage: 310

Quote: Simeon Byrd has played or started for three years at running back. He loves the weight room and it shows by the numbers he produces. He is pound for pound the strongest guy on the team and shows that with his physical play.

~ Andre Bernardi, CSCS, RSCC

North Greenville University

Male

Michael Thomas

Sport: Football

Position: Center

College Junior

Height: 6'3"

Weight: 295

Age: 20

Vertical Jump: 32"

Pro Agility Time: 4.63

Forty-Yard Dash: 4.93

Bench Press Poundage: 375

Bench Press Reps: 315 x 8

Squat Poundage: 600

Hang Clean Poundage: 365

Quote: Michael comes to work every day on and off the field. He was picked as team Lineman of the Year and Iron Man Award Winner (top football strength guy), tailed 37 knockdowns, and graded out 90.9% on the season. His success on the field is a direct result of the hard work he puts in the weight room. ~ Andre Bernardi, CSCS, RSCC

North Greenville University

Male

Taylor Anderson

Sport: Football

Position: Outside linebacker

College Senior

Height: 5'10"

Weight: 205

Age: 23

Forty-Yard Dash: 4.65

Bench Press Poundage: 370

Squat Poundage: 420

Hang Clean Poundage: 320

Quote: Taylor is a fifth year senior that has started four years at outside linebacker. He injured his back playing his sophomore year but committed to recovering by rehabbing and training hard every day. He was a team captain and one of the best leaders I have ever been around. He sets the standard for what it means to be a hard worker.

~ Andre Bernardi, CSCS, RSCC

Northern Arizona University

Male

Casey Jahn

Sport: Football

Position: Running back

College Senior

Height: 5'11"

Weight: 190

Age: 21

Vertical Jump: 34"

Bench Press Poundage: 335

Bench Press Reps: 1

Squat Poundage: 475

Squat Reps: 1

Hang Clean Poundage: 255

Hang Clean Reps: 1

Quote: Casey Jahn came in and worked hard for four years. He led by example, always on time, always in attendance, and always pushed himself to the extreme. He spoke softly and guided those around him with care. No one was beneath him, he could help anyone, and he would hold them to the same standard he held himself. Casey would carry the team on the field and in the weight room. He was a positive influence everywhere he went. ~ Daniel Darcy

Northern Arizona University

Male

Josh Bamrick

Sport: Football

Position: Linebacker

College Senior

Height: 6'1"

Weight: 225

Age: 22

Vertical Jump: 28"

Bench Press Poundage: 365

Squat Poundage: 495

Hang Clean Poundage: 285

Quote: Josh Bamrick was a high energy, hard hitter both on the field and in the weight room. Josh was a leader by example, he pushed himself and all those around him. His character transcended any differences between him and his teammates, earning respect from all. Josh showed love for the weight room, his teammates, and the game. He never missed, was never late, and stayed in town to train year round. ~ Cody Hodgeson

Sacred Heart University

Male

James Rentz

Sport: Football

Position: Outside linebacker

College Junior

Height: 6'1"

Weight: 238

Age: 21

Vertical Jump: 38"

Forty-Yard Dash: 4.7

Bench Press Poundage: 455 (1RM)

Bench Press Reps: 32

Squat Poundage: 600 (1RM)

Hang Clean Poundage: 385 (1RM)

Quote: James Rentz is the most explosive athlete I have ever worked with. James has a great work ethic on and off the field. He is a true leader for our football team.

~ Chris Fee, MS, CSCS, USAW

Stevenson University

Male

Razonte Dunn

Sport: Football

Position: Linebacker

College Senior

Height: 6'1"

Weight: 220

Bench Press Poundage: 355

Bench Press Reps: 1

Squat Poundage: 385

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Razonte exhibited all the positive traits that strength coach wants in an athlete. He is accountable, hardworking, dedicated, disciplined, and coachable. I took over as the strength coach last January and was impressed by Razonte immediately. He never missed a voluntary workout and he had a constant presence during the summer when most of his teammates went home. He was leader to his teammates and all his hard work paid off with school record nine wins, a Centennial vs Mid-American Conference (MAC) bowl win over Muhlenburg, and first team All-MAC conference selection. ~ Michael Query

South Dakota School of Mines and Technology

Male

Sam Cowan

Sport: Football

Position: Offensive lineman

College Senior

Height: 7'7"

Weight: 305

Age: 23

Vertical Jump: 25"

Pro Agility Time: 4.7

Forty-Yard Dash: 5

Bench Press Poundage: 395

Bench Press Reps: 1

Squat Poundage: 580

Squat Reps: 1

Hang Clean Poundage: 405

Hang Clean Reps: 1

Quote: Samuel Cowan, co-captain of the football team, is a three-year starter who not only excels on the football field, but also the classroom. He was selected to the Great Northwest Athletic Conference (GNAC) first team All-Conference and All-Academic with a cumulative GPA of 3.93 and has made the Dean's List every semester while attending South Dakota School of Mines and Technology. ~ Bret Miguez

Taylor University

Male

Michael Miller

Sport: Football

Position: Wide receiver

College Senior

Height: 6'6"

Weight: 245

Age: 23

Vertical Jump: 34"

Pro Agility Time: 4.21

Ten-Yard Dash: 1.63

Forty-Yard Dash: 4.67

Bench Press Poundage: 290

Bench Press Reps: 1

Squat Poundage: 455

Squat Reps: 1

Hang Clean Poundage: 360

Hang Clean Reps: 1

Quote: Michael is a special athlete with God-given height and length. Players with his size usually have weaknesses in one or more areas but as you can see he does not. He was a team captain this year and is a true leader. He is also a very good student who will graduate with a sports management degree this spring. He has a legitimate shot at playing in the NFL which a hard road is coming from a National Association of Intercollegiate Athletics (NAIA) school. More important than all of this, he is a young man of high character. ~ T.J. Ragan

The College of William and Mary

Male

De Andre Houston-Carson

Sport: Football

Position: Defensive back – free safety / cornerback

College Senior

Height: 6'1"

Weight: 200

Age: 22

Vertical Jump: 34.5"

Pro-Agility Time: 4.2

Forty-Yard Dash: 4.54

Bench Press Poundage: 315

Bench Press Reps: 1

Squat Poundage: 420

Squat Reps: 1

Hang Clean Poundage: 315

Hang Clean Reps: 1

Quote: De Andre Houston-Carson is one of the most decorated defensive players to ever put on a William and Mary uniform. He was a two-time All-Conference performer as a cornerback coming into the 2015 season. His 2015 season was one for the record books: first team All-Colonial Athletic Association (CAA) free safety, CAA Co-Defensive Player of the Year, Virginia SID Defensive Player of the Year, first team AP All-American, first team American Football Coaches Association (AFCA) All-American, first team Walter Camp All-American, first team CSN. In addition, De Andre was selected as a captain by his teammates. De Andre made himself into the player he is through a tremendous work ethic and discipline. In addition, he possesses tremendous leadership skills which were instrumental in the success of the 2015 team. It has been very personally rewarding to me to see how he has grown and progressed as an athlete and person the last five years. ~ John Sauer, CSCS

Trinity College

Male

Joe Farrah

Sport: Football

Position: Offensive line

College Sophomore

Height: 6'2"

Weight: 270

Age: 20

Vertical Jump: 26.5"

Forty-Yard Dash: 5.39

Bench Press Poundage: 285

Bench Press Reps: 1

Squat Poundage: 485

Squat Reps: 1

Hang Clean Poundage: 315

Hang Clean Reps: 1

Quote: He is a sophomore who leads by example in the weight room for our entire student population. As a team they lift three times a week, but he takes it upon himself to come in 5 – 6 times a week for extra lifting and mobility work. After his collegiate football career is over there is no doubt in my mind that he can become a very successful strength athlete with his drive and love for iron. ~ William DeLongis

Troy University

Male

Garrett Peek

Sport: Football

Position: Defensive line

College Senior

Height: 6'1"

Weight: 290

Age: 22

Vertical Jump: 33"

Ten-Yard Dash: 1.75

Forty-Yard Dash: 5.00

Bench Press Poundage: 365

Bench Press Reps: 225 x 25

Squat Poundage: 525

Hang Clean Poundage: 335

Quote: Garrett is an outstanding individual and the ideal student-athlete always in the pursuit of perfection. He makes those around him better. He works extremely hard, is dedicated, and gives max effort in all he does, and has become one of the weight room's hardest workers. Garrett has also earned a 3.71 cumulative GPA in Sports and Fitness Management. He will be a success in whatever he pursues.

~ Richard Shaughnessy

University of Delaware

Male

Malcolm Brown

Sport: Football

Position: Defensive back

College Sophomore

Height: 6'0"

Weight: 194

Age: 19

Vertical Jump: Broad Jump - 10'1"

Pro Agility Time: 4.2

Ten-Yard Dash: 1.57

Forty-Yard Dash: 4.59

Bench Press Poundage: 335

Bench Press Reps: 1

Squat Poundage: 375 (front squat)

Squat Reps: 3

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Malcolm has been our top worker in the almost two years I have been at the University of Delaware. He has lead when times are good, and has shown his true value and character as he battled through adversity missing this past season. Malcolm is the true definition of an "All-American" when it comes to both the tangible and intangible qualities you gain as a student-athlete through the strength and conditioning program. ~ Ted Perlak

University of Delaware

Male

Wesley Hills

Sport: Football

Position: Running back

Year: College Junior

Height: 6'1"

Weight: 212

Age: 21

Vertical Jump: 10'4 (broad jump)

Pro Agility Time: 4.2

Ten-Yard Dash: 1.52 (laser)

Forty-Yard Dash: 4.57

Bench Press Poundage: 335

Bench Press Reps: 1

Squat Poundage: 375

Squat Reps: 3

Hang Clean Poundage: 285

Hang Clean Reps: 1

Quote: Wes is a constant worker—he is in the building more than any student-athlete I have ever met. His actions are contagious, and he leads by example. Any school would love to have Wesley Hills associated with them, we are happy he is with the University of Delaware. ~ Ted Perlak

University of La Verne

Male

Anthony Penalber

Sport: Football

Position: Linebacker

College Senior

Height: 5'10"

Weight: 220

Age: 24

Vertical Jump: 28"

Pro-Agility Time: 4.5

Forty-Yard Dash: 4.76

Bench Press Poundage: 2

Squat Poundage: 416

Squat Reps: 2

Hang Clean Poundage: 350

Hang Clean Reps: 2

Quote: In three semesters, Anthony Penalber re-wrote our record board in our weight room. His intensity on the field was equally matched in our strength program. He approached each strength session as game day. He did not waste any reps or sets. An aspect that was a challenge was trying to find someone that could keep up with him in training. Anthony had one speed and he never took a rep or set off. His dedication and effort will be almost impossible to replace.

~ Matt Durant

University of La Verne

Male

Travis Sparks-Jackson

Sport: Football

Position: Running back

College Senior

Height: 5'10"

Weight: 216

Age: 21

Vertical Jump: 32"

Pro Agility Time: 4.21

Ten-Yard Dash: 1.45

Forty-Yard Dash: 4.48

Bench Press Poundage: 325

Squat Poundage: 376

Squat Reps: 2

Hang Clean Poundage: 275

Hang Clean Reps: 2

Quote: Travis Sparks-Jackson was a two-year All-Conference and All-American for our conference championship football team. He dedicated himself to our strength program and was able to become a more durable and explosive running back. He broke all of our school rushing records and was our team's emotional leader. Each year, Travis got stronger and faster. In the four years Travis was at La Verne, he dropped his 40-yard dash time over two tenths of a second. ~ Matt Durant

University of Mary

Male

Landon Smith

Sport: Football

Position: Defensive end

College Junior

Height: 6'.25"

Weight: 240

Vertical Jump: 30"

Bench Press Poundage: 340

Bench Press Reps: 1

Squat Poundage: 500

Squat Reps: 1

Hang Clean Poundage: 365 (power clean)

Hang Clean Reps: 1

Quote: Landon has improved tremendously during his time at University of Mary. Landon is coachable and dedicated to consistently improving. ~ Cody Croasmun

University of Mary

Male

Zach Podall

Sport: Football

Position: Tight end

College Junior

Height: 6'2"

Weight: 233

Vertical Jump: 34.5"

Bench Press Poundage: 345

Athletes Squat Poundage: 485

Power Clean Poundage: 355

Quote: Zach's desire to improve his skill set has shown through his commitment in the weight room. Not only has his dedication improved his overall ability but has been a great influence to those around him. ~ Michael Silbernagel

University of Mary

Male

Jacob Parker

Sport: Football

Position: Cornerback

College Junior

Height: 6'1.5"

Weight: 192

Vertical Jump: 35"

Bench Press Poundage: 280 (max)

Squat Poundage: 440 (max)

Power Clean Poundage: 310 (max)

Quote: Jacob's work ethic and dedication on and off the field have paid dividends on his development as a student-athlete and young man. ~ Daniel Lensby

University of North Dakota

Male

Will Ratelle

Sport: Football

Position: Linebacker

College Senior

Height: 5'10"

Weight: 253

Age: 23

Vertical Jump: 34.5"

Pro Agility Time: 4.27

Ten-Yard Dash: 1.67

Forty-Yard Dash: 4.7

Bench Press Poundage: 405

Bench Press Reps: 1

Squat Poundage: 585

Squat Reps: 1

Hang Clean Poundage: 406

Hang Clean Reps: 1

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. Will is a two-time captain voted on by his teammates. In 2015, he was honored as a first team All-Big Sky Conference player. In addition Will was also an All-Big Sky Academic member. Will has aspirations to become a strength and conditioning professional following graduation and his playing career.

~ Nathan Baukol

University of Sioux Falls

Male

Josh Angulo

Sport: Football

Position: Wide receiver

College Junior

Height: 6'1.5"

Weight: 207

Age: 21

Vertical Jump: 33"

Pro Agility Time: 3.94

Ten-Yard Dash: 1.48

Forty-Yard Dash: 4.53

Bench Press Poundage: 345

Squat Poundage: 515

Hang Clean Poundage: 325

Quote: Josh has consistently been one of our best leaders both on and off the field. He is an incredibly hard worker and holds everyone accountable to give their best. Along with being one of our best workers, he is also among our conference leaders at his position. This off-season Josh has again consistently been one of our best guys in preparation for his upcoming senior season. ~ Zach Mathers

Virginia Tech

Male

J.C. Coleman

Sport: Football

Position: Tailback

College Senior

Height: 5'6"

Weight: 191

Age: 22

Vertical Jump: 38.5"

Pro-Agility Time: 4.12

Ten-Yard Dash: 1.62

Forty-Yard Dash: 4.37

Bench Press Poundage: 360

Front Squat Poundage: 465

Hang Clean Poundage: 305

Quote: J.C. Coleman has transformed his body over his career at Virginia Tech. He came in as an undersized tailback that was determined to show everyone that he belonged on the field. JC worked his way into the record books with an impressive 465 pound front squat. He also was a standout sprinter for the track team. ~ Jarrett Ferguson

Webber International University

Male

Brandon Roberts

Sport: Football

Position: Defensive line

College Senior

Height: 6'1"

Weight: 220

Vertical Jump: 32"

Ten-Yard Dash: 1.51

Bench Press Poundage: 300

Bench Press Reps: 1

Squat Poundage: 400

Squat Reps: 1

Quote: Outstanding leader on and off the field, helped lead us from the trenches to our first conference championship.

~ Steve Rassel

Webber International University

Male

Chris Barbosa

Sport: Football

Position: Offensive line

College Senior

Height: 6'0"

Weight: 285

Vertical Jump: 24"

Ten-Yard Dash: 1.68

Bench Press Poundage: 365

Bench Press Reps: 1

Squat Poundage: 465

Squat Reps: 1

Quote: Outstanding leader on and off the field, helped lead us from the trenches to our first conference championship.

~ Steve Rassel

Webber International University

Male

Darius Page

Sport: Football

Position: Running back

College Senior

Height: 5'8"

Weight: 202

Vertical Jump: 37"

Pro-Agility Time: 4.09

Ten-Yard Dash: 1.48

Forty-Yard Dash: 4.55

Bench Press Poundage: 340

Bench Press Reps: 1

Squat Poundage: 575

Squat Reps: 1

Quote: Outstanding leader on and off the field, Darius set a school rushing record his senior year and is one of the top National Association of Intercollegiate Athletics (NAIA) backs in the country. ~ Steve Rassel

Weber State University

Male

Cameron Young

Sport: Football

Position: Offensive

College Senior

Height: 6'3"

Weight: 320

Vertical Jump: 33"

Bench Press Poundage: 460

Bench Press Reps: 1

Squat Poundage: 605

Squat Reps: 1

Hang Clean Poundage: 405

Hang Clean Reps: 1

Quote: Cameron is a great example of how mental toughness can be developed through a commitment to strength and conditioning. As Cameron developed physically, his confidence grew exponentially. He has become a leader on our team through his high playing level, his toughness, and his team leading weight room strength. Cameron performed an internship in the weight room and has become a valuable extension of the coaching staff. His leadership and buy-in have made Cameron a tremendous example to his teammates.

~ John Henderson

Winston-Salem State University

Male

Michael Bloomfield

Sport: Football

Position: Defensive end

College Senior

Height: 6'3"

Weight: 250

Age: 22

Vertical Jump: 32"

Pro Agility Time: 4.52

Forty-Yard Dash: 4.71

Bench Press Poundage: 415

Bench Press Reps: 1

Squat Poundage: 725

Squat Reps: 1

Hang Clean Poundage: 395

Hang Clean Reps: 1

Quote: Michael came to Winston-Salem State University as a freshman squatting 400 and cleaning 295. To go up 100 pounds in the clean and 325 in the squat speaks volumes for the work he put in during his training sessions. His work translated into leading the team to a conference title and leading the team in tackles and sacks. ~ Mark Heinecke



West Texas A&M University

Male

Austin Carson

Sport: Football

Position: Center

College Junior

Height: 6'1"

Weight: 315

Age: 22

Vertical Jump: 22"

Pro Agility Time: 4.74

Ten-Yard Dash: 1.84

Forty-Yard Dash: 5.53

Bench Press Pounds: 350

Bench Press Reps: 1

Squat Pounds: 630

Squat Reps: 1

Hang Clean Pounds: 355

Hang Clean Reps: 1

Quote: Austin brings a blue-collar effort to the weight room and the field each day. He was been at the helm of the offensive line for three straight seasons including a very successful run in the National Collegiate Athletic Association (NCAA) Division II playoffs. Austin attacks each lift and his energy is infectious. He pushes his teammates daily and brings out the best in them in training and on game day. Austin's continual improvement since his arrival to West Texas A&M University and dedication to his craft makes him deserving of this NSCA All-American award. ~ Sarah Ramey



Coastal Carolina University

Female

Lena Schaeffner

Sport: Golf

College Senior

Height: 5'4"

Age: 21

Quote: Lena shows up on a daily basis ready to work with all intentions to improve. Leads the team during the workouts and is always the first one to come in on her own for extra work. Her individual success has not been accomplished by accident. Lena has helped propel this team to two Big South Championships. ~ Sonya Woods

University of Texas at San Antonio

Female

Brogan Townend

Sport: Golf

College Senior

Age: 22

Vertical Jump: 20.75"

Pro Agility Time: 5.48

Forty-Yard Dash: 5.5

Bench Press Pounds: 100

Bench Press Reps: 1

Squat Pounds: 145

Squat Reps: 1

Quote: Brogan came to University of Texas at San Antonio from England where she was a member of the English National Team. Last season she led the team with a 76.41 stroke average. In the weight room, Brogan is always trying to push herself while contending with a chronic back issue. Brogan has shown true dedication to lifting to help her manage her pain by strengthening the area for greater support. ~ Derrick Jenkins

Endicott College

Male

Cameron Randles

Sport: Hockey

Position: Forward

College Junior

Height: 5'6"

Weight: 175

Age: 23

Bench Press Poundage: 255

Bench Press Reps: 1

Squat Poundage: 305

Squat Reps: 5

Hang Clean Poundage: 235

Hang Clean Reps: 5

Quote: Cam has been the leader in the weight room for the team since the beginning of the year. He stands out by pushing all of his team to give their best effort and to continually get better. The team would not have success in the weight room or on the field without Cam's work ethic. His dedication to strength and conditioning is what all athletes should strive for. ~ Jonathan Williams

Ferris State University

Male

Brandon Anselmini

Sport: Hockey

Position: Defense

College Senior

Height: 5'9"

Weight: 183

Age: 22

Vertical Jump: 32"

Bench Press Poundage: 285

Bench Press Reps: 1

Squat Poundage: 405

Squat Reps: 1

Hang Clean Poundage: 205

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. This is his second year we have nominated him as an All-American. ~ David Cencer

Mercyhurst University

Male

Josh Lammon

Sport: Hockey

Position: Forward

College Freshman

Height: 6'0"

Weight: 190

Age: 21

Broad Jump: 105

Pro Agility Time: 56 s (300-yard shuttle)

Bench Press Poundage: 300

Bench Press Reps: 1

Front Squat Poundage: 275

Squat Reps: 3

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Josh arrived to Mercyhurst University prepared to contribute to the team and it showed in the weight room. Each and every strength and conditioning session Josh pushes his limits. Josh follows workouts meticulously and challenges his personal best frequently. He always arrives early and takes advantage of available resources provided by the strength coach to improve mobility prior to lifts. His teammates thrive off his energy during workouts which translates to the ice. Josh currently has 10 goals, 4 assists, and 14 points on the season. He is double majoring in Computer Science and Intelligence Studies and has a GPA of 3.92.

~ Tyler G. Travis, MA, CSCS, USAW

Mercyhurst University

Female

Sarah McDonnell

Sport: Hockey

Position: Goalie

College: Freshman

Height: 5'5"

Weight: 128

Age: 18

Broad Jump: 78.5

Pro Agility Time: 57 s (300-yard shuttle)

Bench Press Poundage: 120

Bench Press Reps: 1

Squat Poundage: 145 (rear foot elevated split squat)

Squat Reps: 3

Hang Clean Poundage: 115

Hang Clean Reps: 1

Quote: Sarah is a dedicated athlete who demonstrates great work ethic on and off the ice. She is the first to arrive to the weight room and the last to leave. Sarah's daily preparation and execution in the weight room has set an early example for the rest of her teammates. As only a freshman, her leadership and success on the ice has already been highlighted by consecutive honors as Division I College Hockey Association Goalie of the month. Her goaltending has helped lead the Mercyhurst Women's hockey team to a current first place rank in CHA. Sarah also majors in Sports Medicine and has a 3.9 GPA. ~ Tyler G. Travis, MA, CSCS, USAW

Penn State University

Male

Connor Varley

Sport: Hockey

Position: Defenseman

College: Senior

Height: 5'11"

Weight: 193

Age: 23

Vertical Jump: 33"

Pro Agility Time: 3.79

Bench Press Poundage: 335

Bench Press Reps: 1

Squat Poundage: 440

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Connor Varley is being nominated for his outstanding work in the weight room. Varley has embraced what it means to train extremely hard with focus in gaining strength, speed, and power, and how these qualities relate to on-ice performance. He has proven this by winning our Iron Lion hockey combine four years in a row. It has been an extremely rewarding and exciting experience working with Connor, and to be able to watch him grow as an athlete and person makes me love what I do every day. ~ Cameron Davidson

Penn State University

Male

Matthew Skoff

Sport: Hockey

Position: Goalie

College: Senior

Height: 6'1"

Weight: 190

Age: 24

Vertical Jump: 27"

Pro Agility Time: 4.1

Squat Poundage: 425

Squat Reps: 1

Hang Clean Poundage: 250

Hang Clean Reps: 1

Quote: Matthew Skoff is being nominated for his tireless work ethic, toughness, and drive to improve his performance. "Skoffer" is always coming in extra to work on his game. The goalie position is entirely different from any other position in sport and requires more work with vision, lateral quickness, and power to name a few. His commitment to the weight room these past two years has really helped him improve and it's been a pleasure to watch him grow over the years.

~ Cameron Davidson

Sacred Heart University

Male

Justin Danforth

Sports: Hockey

Position: Center

College: Junior

Height: 5'9"

Weight: 180

Age: 23

Vertical Jump: 31"

Bench Press Poundage: 265

Bench Press Reps: 1

Squat Poundage: 350

Squat Reps: 2

Hang Clean Poundage: 245

Hang Clean Reps: 1

Quote: Justin is a leader on and off the ice. Winner of the Atlantic hockey player of the week award on multiple occasions, his commitment to nutrition, training, mobility, and on ice skills is a rare find even at the division 1 level. Justin constantly strives to pursue his peak and is every strength coach's dream athlete. What sets Justin apart from his peers is his impact to all he encounters whether it be community service or providing leadership to teammates he is no doubt worthy of the accolades. ~ Nate Strah

The University of Michigan

Male

J.T. Compher

Sport: Hockey

Position: Forward

College Junior

Height: 5'11"

Weight: 193

Age: 21

Vertical Jump: 27.5"

Bench Press Poundage: 250

Bench Press Reps: 1

Squat Poundage: 350

Squat Reps: 1

Hang Clean Poundage: 245

Hang Clean Reps: 1

Quote: J.T. is a phenomenal athlete, leader, and student. He is the captain of our team in every aspect on and off the ice. He sets a high standard with his work ethic, dedication, tenacity, humbleness and teamwork. He is constantly sacrificing for the good of the team and looking to improve other players. He exemplifies what it is to be a true teammate and leader. His personal success is a direct result of these qualities.

~ Lew Porchiazzo III

The University of Michigan

Male

Tyler Motte

Sport: Hockey

Position: Forward

College Junior

Height: 5'9"

Weight: 190

Age: 21

Vertical Jump: 32.5"

Bench Press Poundage: 295

Athletes Squat Poundage: 440

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Tyler is the epitome of a blue-collar college athlete. He excels in academics, training, and performance. He currently leads the nation in scoring and is an example for all of our players to follow, on and off the ice. He is a leader with tremendous work ethic, team work, grit, determination and heart. His individual achievements are a direct result of his hard work and dedication. ~ Joseph Maher

University of Connecticut

Female

Elaine Chuli

Sport: Hockey

Position: Goaltender

College Senior

Height: 5'7"

Weight: 145

Age: 22

Vertical Jump: 25"

Pro Agility Time: 4.6

Ten-Yard Dash: 1.66

Bench Press Poundage: 145

Bench Press Reps: 1

Front Squat Poundage: 175

Squat Reps: 1

Quote: Elaine is a highly motivated athlete who places the highest regard on mental and physical preparation. Her passion, tenacity, and work ethic in all aspects of training have raised the bar for our performance expectations. She has helped set the standard in our program and inspires her teammates to be great. She is a great competitor and has used her development off the ice to elevate herself as a goalie. ~ Joel DeMarco, MEd, RSCC

University of New England

Female

Marissa Clifford-Bierderman

Sport: Hockey

Position: Forward

College Senior

Height: 5'4"

Weight: 125

Age: 21

Vertical Jump: 27"

Pro-Agility Time: 4.6

Ten-Yard Dash: 4.6

Forty-Yard Dash: 5.4

Bench Press Poundage: 125

Quote: Marissa has played in every ice hockey game during her four year career, totaling 86 games. This is a true testament to her dedication to injury prevention and strength and conditioning. Marissa's work ethic, dedication and commitment are driving force to her success. She led the team in goals during her junior season and second on the team with assists during her freshman season while also being selected as the team's Rookie of the Year. Marissa has been selected to the ECAC East All-Academic Team and member of the Alpha Chi National Honor Society.

~ Heath Pierce, CSCS,*D, RSCC

University of Wisconsin-River Falls

Male

Tanner Milliron

Sport: Hockey

Position: Goalie

College Senior

Height: 6'4"

Weight: 205

Age: 22

Vertical Jump: 34.6"

Pro Agility Time: 4.1

Ten-Yard Dash: 1.57

Bench Press Poundage: 290

Squat Poundage: 455

Hang Clean Poundage: 304

Quote: Tanner has been involved with every aspect of college sports and has been successful in every aspect of his career.

I cannot wait to see how successful he becomes after his graduation. ~ Carmen Pata



LACROSSE

Adelphi University

Male

John English

Sport: Lacrosse

Position: Faceoff

College Senior

Height: 5'6"

Weight: 177

Bench Press Poundage: 290

Squat Poundage: 360

Hang Clean Poundage: 250

Quote: John is an All-American not only in lacrosse but in all aspects of life with his dedication to his teammates, his sport, his academics and commitment to making everyone around him a better person. ~ Keith Ferrara



Buffalo State College

Female

Kaitlyn Gustafson

Sport: Lacrosse

Position: Defender

College Senior

Height: 5'10"

Age: 21

Vertical Jump: 18.8"

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 1

Quote: Kaitlyn is one of those student-athletes that every coach wants on their team. Her work ethic always goes above and beyond what is asked of her, therefore she automatically pushes those around her. Kaitlyn has been a captain the past two years that I have been here and also the year before I was hired. Evidently, I wasn't the only one to notice her strong role as a leader. Whether Kaitlyn is lifting the heaviest in the weight-room or beating everyone in sprints she is always thinking about ways to encourage others to get better on a daily basis. Her work-ethic is just as incredible on the field as it is off the field. She is one who if she ever is struggling, which is slim, she knows how to seek help and work on areas for improvement. Her grades and professors comments have shown me that whatever Kaitlyn puts her mind too she will more than capable of achieving success. Although I could write pages about Kaitlyn's character and my unwavering belief in her ability, I will stick with a few key words that truly encompass her; loyalty, hard-working and integrity. Kaitlyn is by far one of the most loyal student-athletes that I have had the pleasure to know and as a two-year captain for me that is very important. She is by far the hardest worker on our team and her constant hunger for improvement is contagious. Kaitlyn is a young woman of incredible integrity, you don't need to hope for her to do the right thing, you can count on it. ~ Lindsay Abbott

Colgate University

Male

Tyler Rigo

Sport: Lacrosse

Position: Midfielder

College Senior

Height: 5'10"

Weight: 211

Age: 21

Vertical Jump: 27"

Bench Press Poundage: 345

Bench Press Reps: 225 x 17

Front Squat Poundage: 370

Hang Clean Poundage: 225

Hang Clean Reps: 5

Quote: Tyler is the epitome of Colgate and Patriot League Lacrosse. He is shows up everyday, rain, sleet, and of course in Central New York, snow, ready to go. Tyler continually pushes himself, as well as others to work past their limits and then outwork that new limit. It has been my pleasure to work with the long haired kid from Long Island. ~ Liaaron White

Drexel University

Female

Alyssa Kalitz

Sport: Lacrosse

Position: Defender

College Senior

Height: 5'3"

Age: 21

Vertical Jump: 16"

Bench Press Poundage: 130

Bench Press Reps: 1

Front Squat Poundage: 170

Squat Reps: 1

Hang Clean Poundage: 125

Hang Clean Reps: 1

Quote: Alyssa, a senior majoring in physical therapy, 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. Alyssa's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~ John Sheffield

Haverford College

Male

Brandon Smith

Sport: Lacrosse

Position: Defensemen

College Senior

Height: 5'11"

Weight: 192

Vertical Jump: 26.5"

Pro Agility Time: 4.45

Ten-Yard Dash: 1.66

Forty-Yard Dash: 4.95

Bench Press Poundage: 275

Bench Press Reps: 1

Squat Poundage: 365

Squat Reps: 1

Hang Clean Poundage: 205

Hang Clean Reps: 1

Quote: Brandon is the quintessential quiet leader. Brandon tirelessly works at his weaknesses, such as mobility and movement quality, which has transformed him into a high functioning and healthy captain defensemen for our lacrosse team. Throughout his four years, Brandon's strength and power numbers have steadily increased while at the same time passing our grueling fitness test each year. This leadership by example is what makes Brandon special and an asset for Haverford's Athletic Department. ~ Cory Walts

Rollins College

Male

Jack Vonarb

Sport: Lacrosse

Position: Midfield

College Junior

Height: 6'3"

Weight: 200

Age: 22

Ten-Yard Dash: 1.7

Forty-Yard Dash: 4.7

Bench Press Poundage: 245

Squat Poundage: 335

Hang Clean Poundage: 215

Quote: Jack is constantly working in the weight room during team lifts. He throws in extra sets of auxiliary exercises between the exercises in his main sets every chance he gets. His work ethic has spilled over to other guys in the program to the point I have to back them down a bit in season to avoid overtraining. ~ Christopher Lewis

Sacred Heart University

Female

Jesslyn Joseph

Sport: Lacrosse

Position: Attack

College Senior

Height: 5'5"

Age: 21

Vertical Jump: 23"

Squat Poundage: 200

Hang Clean Poundage: 135

Quote: Jesslyn Joseph has earned the respect of her teammates and coaches through her hard work on and off the field. She is a very explosive athlete and works hard in every aspect of life. ~ Chris Fee, MS, CSCS, USAW

Sacred Heart University

Male

Alex Dodge

Sport: Lacrosse

Position: Midfield

College Senior

Height: 5'9"

Weight: 180

Age: 22

Vertical Jump: 30"

Bench Press Poundage: 265

Squat Poundage: 350

Hang Clean Poundage: 260

Quote: Alex Dodge's toughness and determination separate him from other student athletes. He has been a two year captain for the Men's Lacrosse team Alex is a leader in the community and class room. ~ Chris Fee MS, CSCS, USAW

The College of William and Mary

Female

Catherine Shaughnessy

Sport: Lacrosse

Position: Defense

College Senior

Age: 22

Bench Press Poundage: 135

Bench Press Reps: 2

Hang Clean Poundage: 142

Hang Clean Reps: 2

Quote: Catherine exemplifies what a leader is. Her focus and determination to push past her comfort level and constantly driving her teammates to be at their best is what makes "Cat" so special ~ Josh Miller

The University of Michigan

Male

Mike Hernandez

Sport: Lacrosse

Position: Midfield

College Senior

Height: 6'3"

Weight: 216

Age: 22

Vertical Jump: 30"

Pro-Agility Time: 4.23

Forty-Yard Dash: 4.8

Bench Press Poundage: 265

Squat Poundage: 435

Hang Clean Poundage: 285

Quote: "Hern" is a big beefy downhill dodger that plays physical, lives to train, and always has a smile on his face while doing it! His enthusiasm is contagious. He has spent the last 4 years building into his current physique, and has a motor to go with it. Its his dedication, degree of improvement, and relentless training intensity that make Mike Hernandez an outstanding candidate for the 2016 All-America Athlete award. ~ Bo Sandoval

Trinity College

Female

Zoe Ferguson

Sport: lacrosse

Position: Goalie

College Sophomore

Height: 5'7"

Age: 20

Bench Press Poundage: 120

Bench Press Reps: 1

Squat Poundage: 220

Squat Reps: 1

Quote: Zoe is the strongest and the most dedicated to the weight room female athlete at Trinity College. She is constantly trying to move more weight and be the best she can be. One of my favorite things about her is that if she doesn't finish a workout before a class then she comes back after to finish. ~ William DeLongis

University of Connecticut

Female

Alyson Fazio

Sport: Lacrosse

Position: Midfield

College Senior

Vertical Jump: 25"

Pro Agility Time: 4.92

Bench Press Poundage: 145

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 140

Hang Clean Reps: 1

Quote: Alyson Fazio consistently demonstrates the values of the University of Connecticut Sports Performance Department. Her hard work and dedication to strength and conditioning directly reflects in her numbers and achievements. Fazio's continued discipline sets her apart as a leader in the weight room and the lacrosse field. It has been a great pleasure coaching Fazio and watching her grow as a student-athlete and achieve success. ~ Maureen Butler

University of Detroit Mercy

Male

Greg Marzec

Sport: Lacrosse

Position: Faceoff / midfielder

College Junior

Weight: 210

Pro-Agility Time: 4.35

Squat Poundage: 515

Quote: Greg has a passion for training that is immediately evident when he enters the weight room. He consistently attacks his training with an intensity that motivates his fellow teammates. Greg has shown a relentless work ethic not only in the weight room but in the classroom and within his team as well. Greg excels academically as he has been on the Detroit AD Honor Roll, the MAAC Honor Roll, as well as earning a spot on the Dean's List for the past 2 years. He is a member of the SAAC, Greek Honors Society for computer science, and was nominated to a Social Awareness committee on campus. Greg goes above and beyond for his team as he is in charge of running lacrosse resale of athletic apparel to raise funds for the team as well as volunteering time to run their camp website. Greg was also named the Larry Bleach Award winner in 2015, presented to the student-athlete who sets the strength and conditioning standards for other student-athletes to follow. It is with great pleasure that I nominate Greg Marzec for the NSCA All-American Award.

~ Trevor Klump

U.S. Air Force Academy

Male

Danny Brown

Sport: Lacrosse

Position: Attack

College Senior

Height: 6'0"

Weight: 169

Age: 21

Vertical Jump: 32"

Pro Agility Time: 4.06

Forty-Yard Dash: 4.64

Bench Press Poundage: 275

Squat Poundage: 335

Hang Clean Poundage: 235

Quote: A team co-captain his senior year, Danny was determined to lead by example to make the season a success. Despite an early setback after breaking his thumb, that only drove him to work even harder in the weight room to make himself a better athlete. His outstanding conditioning enabled his non-stop motor, and his return to the field provided an immediate spark of energy to the rest of his teammates. Being part of a conference championship team his sophomore year and the first ever Air Force Lacrosse back-to-back winning seasons his sophomore and Junior years was not an accident. Rather, those successes happened due to the hard work put in by student athletes like Danny whose athletic accomplishments reflect his dedication to strength and conditioning. Both as an athlete and in his pursuit of becoming an Air Force pilot, great things lie ahead for Danny.
~ Bart Gould



OLYMPIC WEIGHTLIFTING

Aurora University

Male

Dave Cesario

Sport: Olympic Weightlifting

Aurora University

Male

Patrick DeVries

Sport: Olympic Weightlifting

Virginia Tech

Male

Andrew Stone

Sport: Olympic weightlifting

College Senior

Height: 5'9"

Weight: 205

Age: 21

Vertical Jump: 35.5"

Bench Press Poundage: 330

Bench Press Reps: 1

Squat Poundage: 570

Squat Reps: 1

Hang Clean Poundage: 300

Hang Clean Reps: 1

Quote: Andrew is a standout athlete and powerlifter for us here at Virginia Tech. He participates on our Men's Cheer program as student athlete, as well as competes in power lifting competitions in his off time. His work ethic is second to none and he is constantly looked to as a leader among his peers. He has earned our Elite Athlete award several times as well as our Athlete of the Year for the Men's Cheer program. He is actively involved with the Virginia Tech Fellowship of Christian Athletes, Special Olympics and a volunteer at the Blue Ridge Church Children's Ministry. Some of his impressive Lifting accolades include a 1st place finish at the 2015 SPF Record Breakers meet where he totaled 1500 lb in the 3 lifts. He currently holds our squat record for men's cheer at 570 lb.
~ Robert Crosby



ROWING

Clemson University

Female

Lydia Hanewich

Sport: Rowing

Position: Port

College Junior

Quote: Lydia Hanewich has consistently demonstrated relentless perseverance in the weight room and on the water. Each and every day Lydia will give her full effort and it has tremendously shown over the last three years as a Clemson Tiger. What makes Lydia truly excel in her craft as a rower is that she continuously pushes herself out of her comfort zone in her strength and fitness. Lydia has set a tremendous example for all our incoming freshman as to what level of focus and commitment is needed to be a successful rower at Clemson University. ~ Jessica Prencipe

Drexel University

Male

George Twardy

Sport: Rowing

Position: Varsity Eight

College Junior

Quote: George, has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. George'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. ~ Anthony McCloskey



SKIING

United States Ski and Snowboard Association

Female

Maddie Bowman

Sport: Skiing

Position: Halfpipe

College Sophomore

Age: 22

Vertical Jump: 21"

Squat Poundage: 200

Quote: Maddie Bowman is an incredible force in the world of free skiing halfpipe. Bursting onto the competitive scene in 2012, she has claimed an unprecedented gold medal 4-peat in the Aspen Winter X Games and became the first woman ever to win an Olympic gold medal in ski halfpipe, competing at the Olympic Winter Games in Sochi, Russia. Along with her talent and impressive physical strength, so has also overcome multiple knee injuries and fought back to stand on top of the podium. Maddie is a competitor both in the halfpipe and in the classroom, majoring in biology and minoring in Spanish at Westminster College in Salt Lake City, UT. A ski and soccer athlete in high school, she always has a smile on her face and looks for the fun in every moment of life. Maddie is a native of South Lake Tahoe, CA and is a member of the U.S. Free skiing Team. ~ Michael Naperalsky

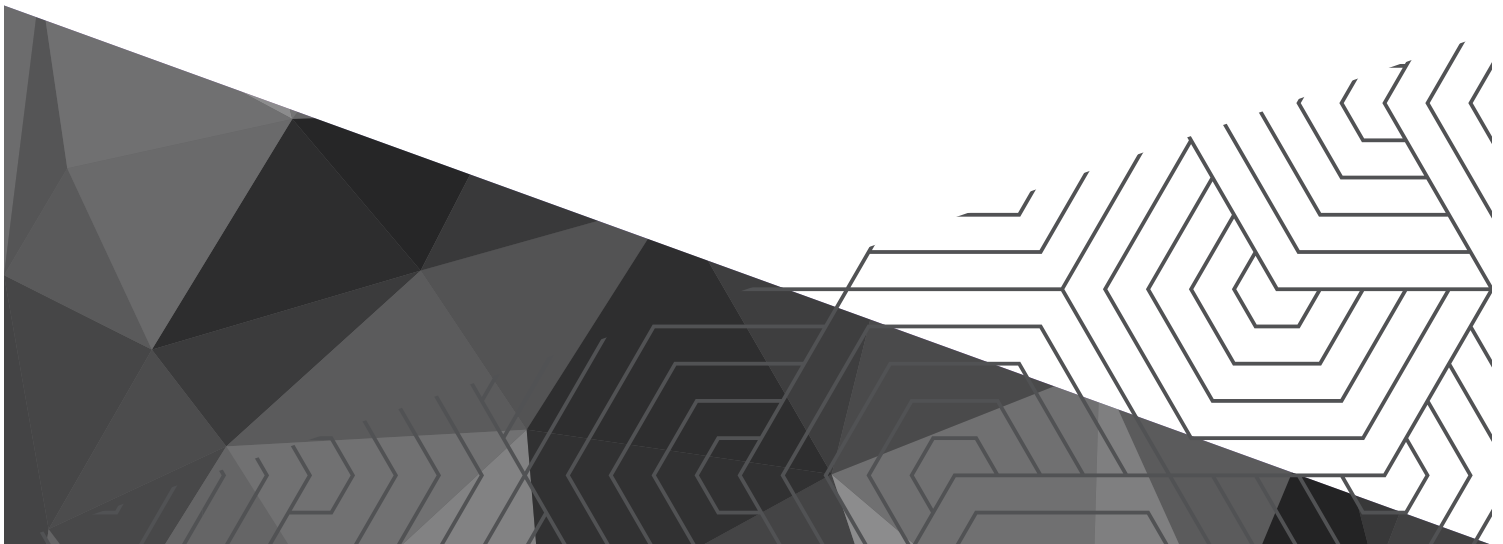


Arcadia University**Male****Derrick Brewer****Sport: Soccer****Position: Back****College Senior****Height: 6'0"****Weight: 170****Age: 21****Vertical Jump: 30"****Pro Agility Time: 4.03****Ten-Yard Dash: 1.5****Bench Press Poundage: 230****Bench Press Reps: 3****Squat Poundage: 320****Squat Reps: 3**

Quote: Derrick has been an integral part of the evolution of our strength and conditioning program. Through his hard work and dedication, he has helped raise the bar for all of the athletes in our program. Derrick received our 2014-2015 Male Strength and Conditioning Athlete of the year award. Not only did Derrick manage to find the time to excel in the weight room, he excelled in the classroom as well as on the field. A Biology Pre Physical Therapy major, he has a cumulative 3.34 GPA. He has participated in over 10 community service projects. He was a Three-time MAC Academic Honor Roll selection (2013-2015). He was the team captain in 2015. Derrick was a vital piece of 3 playoff appearances made in his 4 year career. He was a two time All-Commonwealth Conference selection. More importantly Derrick was someone of high character and great work ethic that other athletes could look up to. ~ Todd Barnes

Bacone College**Male****Tobi Oganla****Sport: Soccer****Position: Forward****College Senior****Height: 6'0"****Weight: 172****Age: 24****Vertical Jump: 32"****Forty-Yard Dash: 4.46****Bench Press Poundage: 250****Bench Press Reps: 1****Squat Poundage: 300****Squat Reps: 1****Hang Clean Poundage: 250****Hang Clean Reps: 1**

Quote: Tobi Oganla is an exceptional student athlete, mentor, and leader. Tobi will graduate with a 3.92 GPA while earning a B.S. in Exercise Science. He has a passion for strength and conditioning. During his college career, Tobi was selected a Varsity Soccer Team Captain all four years and earned the 2013 NAIA Champion of Character Award. In addition, Tobi was selected the team season MVP three consecutive seasons. His rapport with coaches and teammates provide inspiration for other student athlete underclassmen. Tobi has firsthand experience designing training programs grounded in NSCA's scientific principles and plans to sit for the CSCS this spring. When he is not training or studying, Tobi volunteers his time tutoring other student athletes in our Exercise Science program and coaching youth soccer at his church. His dedication and potential for leadership make him an excellent representative within our field of study and practice. ~ William Hale



Buffalo State College

Male

Daniel Aguilar Lobo

Sport: Soccer

Position: Defender

College Junior

Height: 5'8"

Weight: 179

Age: 20

Vertical Jump: 27.2"

Bench Press Poundage: 245

Bench Press Reps: 1

Squat Poundage: 345

Squat Reps: 1

Hang Clean Poundage: 195

Hang Clean Reps: 1

Quote: Danny is a tenacious defender who rarely gets beat 1v1. His strength and power is a big factor in why he is so successful. His patience, maturity, and soccer IQ always places him in the right position, which makes it very difficult for his opponents to beat him. He is a leader both on and off of the pitch, and lets his actions speak just as loud as his words both in the weight room, and while playing. ~ Zachary Woodard

Clemson University

Male

Kyle Murphy

Sport: Soccer

Position: Forward

College Senior

Height: 6'1"

Age: 22

Vertical Jump: 28"

Forty-Yard Dash: 4.6

Bench Press Poundage: 290

Hang Clean Poundage: 255

Quote: Kyle Murphy has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman. He attacks every strength training, conditioning and warmup session with the same intensity and focus that he has on the pitch for every match. Murphy's efforts in the weight room have helped elevated him from a redshirt, who did not travel with the team, to the teams second leading scorer his senior year. During his time at Clemson his leadership also helped take Clemson from a perennial cellar dweller in the ACC to an ACC championship his junior and a NCAA runner up finish his senior year. Murphy was the strongest player on the team with a 290 lb bench press and was also top 5 on the team in the 30 meter dash. ~ Rick Franzblau

Coastal Carolina University

Female

Miki Antzoulatos

Soccer

Position: Midfielder

College Senior

Height: 5'4"

Age: 22

Vertical Jump: 18"

Bench Press Poundage: 95

Squat Poundage: 155

Quote: Every coach would like to work with an athlete that put their heart in everything they do. Miki since she was a freshman has been a consistent player in everything she does. Through medical situations she performed and given her all. Miki has demonstrated qualities to be a leader on and off the field. Through her hard work in the classroom she was selected into a program as a biology major that has only admitted business majors. ~ Sonya Woods

Dallas Baptist University

Female

Rebecca Kernen

Sport: Soccer

Position: Forward

College Junior

Height: 5'6"

Age: 20

Vertical Jump: 21"

Squat Poundage: 205

Squat Reps: 1

Quote: Rebecca is a tireless worker that is an excellent model for her teammates to follow. Her desire and dedication to her sport and her teammates are at the center of her desire to be the best version of herself, and her servant's heart can be seen on a daily basis. She is a high caliber student-athlete that has an attention to detail that ensures that she is getting the most out of every opportunity to better herself. ~ Adam Ross

Endicott College

Female

Paige Marinelli

Sport: Soccer

Position: Forward

College Senior

Height: 5'7"

Age: 21

Bench Press Poundage: 110

Bench Press Reps: 1

Squat Poundage: 205

Squat Reps: 1

Hang Clean Poundage: 115

Hang Clean Reps: 1

Quote: 3x Academic All-Conference Student-athlete 2x All-Conference Player 3x All-Region NSCAA Scholar All-Region East NEWISA Senior Bowl Selection Career 15G,12A Exercise Science Major Battled through knee injury and health issues by committing to the weight room and training harder than anyone else. ~ James Daley

Haverford College

Female

Jo Haller

Sport: Soccer

Height: 5'4"

Vertical Jump: 17.5"

Pro Agility Time: 5.09

Ten-Yard Dash: 2.02

Squat Poundage: 205

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Jo Haller is the model of what we'd like our student-athlete to be at Haverford College. She possesses numerous qualities that enabled her to become a two-time team captain and an all-conference player her senior year. Jo's drive for becoming the best she could be at whatever she did carried over into her strength and conditioning endeavors as she had an infectious enthusiasm for training and performance enhancement. This enthusiasm not only transformed her into an extremely powerful and durable athlete, but it also raised the bar for our expectations of her fellow women's soccer teammates. Her steady training progress helped Jo go from a five point scorer combined in her first three years to a 26 point scorer her senior year. This is just one example of Jo's productive work ethic, a quality that will make Jo very successful in the future. ~ Cory Walts

Humboldt State University

Female

Megan Wade

Sport: Soccer

Position: Goalkeeper

College Senior

Weight: 130

Age: 22

Vertical Jump: 22"

Forty-Yard Dash: 5.48

Bench Press Poundage: 115

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 125

Hang Clean Reps: 1

Quote: Megan Wade came to HSU as a transfer from Montana State. She has been one of the most coachable athletes I've ever worked with. In the 2 years she has been here, Megan's has really developed herself athletically with a strong work ethic and consistency (I don't believe she has ever missed a scheduled workout). This has served her well academically as well, as she has maintained GPA of 3.7 as a business administration major on top of the demands of being a collegiate athlete. ~ Benjamin Servais

Juniata College

Female

Olivia Claycomb

Sport: Soccer

Position: Forward / midfielder

College Senior

Height: 5'8"

Age: 21

Forty-Yard Dash: 4.9

Bench Press Poundage: 175

Squat Poundage: 230

Hang Clean Poundage: 120

Quote: Olivia is an extremely dedicated athlete which shows in the weight room. She has an excellent work ethic and demands the same out of her teammates. During team lifts she has taken on a leadership role. Olivia constantly pushes herself to improve while also supporting and motivating her teammates. ~ Sarah Simeone

Lake Forest College

Female

Ellen Rogers

Sport: Soccer

Position: Midfielder

College Senior

Height: 5'5"

Bench Press POUNDAGE: 120

Squat POUNDAGE: 200

Hang Clean POUNDAGE: 135

Quote: Ellen is the type of athlete all Strength and Conditioning Coaches want to walk through the doors of their facility, and she is a story all Strength Coaches want to shout from the mountain top. Ellen Rogers is the epitome of what Strength and Conditioning can and should be for all athletes. Driven, focused, resilient, tough, relentless, and loyal. No words will do justice in describing the awesomeness of Ellen Rogers. After having her third knee surgery, following her sophomore season, multiple doctors told her she would never play again. But, through truly dedicating herself to training the entirety of the following sophomore and junior year off-seasons, Ellen built herself physically and mentally. Going from barely scratching squat depth with a dumbbell to fully squatting 200 pounds with ease the following year. She turned her strength into a weapon on the soccer field earning All-Conference and All-Region honors, Conference Defensive Player of the Year, and went on to start and play in every game her Junior and Senior seasons. All this following three knee surgeries and doctors telling her she couldn't do it. There is no substitute for strength. And, never say can't! Ellen's highlight in training was her feat of towing a prowler loaded with 500 pounds over Ten-Yards during an optional training session. It was simply awesome. Ellen would run through a brick wall for anyone who would give her a chance. Ellen has earned the award of NSCA All-American Strength & Conditioning Athlete. Congratulations on a great college career, Ellen, and thank you for letting me be a part of it! ~ Ty Van Valkenburg

Lewis and Clark College

Female

Emily Thompson

Sport: Soccer

Position: Forward

College Senior

Height: 5'9"

Weight: 150

Age: 22

Vertical Jump: 25"

Bench Press POUNDAGE: 135

Bench Press Reps: 1

Squat POUNDAGE: 185

Squat Reps: 1

Hang Clean POUNDAGE: 135

Hang Clean Reps: 1

Quote: Emily Thompson has solidified herself as one of the most accomplished female athletes in Lewis & Clark College history. She has been the face of excellence for the Lewis & Clark College Women's Soccer Team, earning All-Northwest Conference honors in each of her four seasons. She also is a fierce competitor for the Women's Track & Field team and is the current 100m hurdles school record holder. A four year, dual-sport athlete, Emily has demonstrated that it takes hard work and dedication, on the field and in the weight room, to compete at a high level year-round. It has been a privilege and an honor to work with such an amazing young woman.

~ Ryan Lockard, SFN, CSCS

Lewis and Clark College

Female

Megan Ratfield

Sport: Soccer

Position: Midfielder

College Senior

Height: 5'4"

Weight: 125

Age: 21

Vertical Jump: 21"

Pro Agility Time: 4.55

Forty-Yard Dash: 4.8

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 155

Hang Clean Reps: 1

Quote: Megan Ratfield has been an essential piece for the Lewis & Clark Women's Soccer Team. A four-year athlete, Megan has demonstrated that it takes hard work and dedication to compete at the collegiate level. Recently, Megan finished the season leading the Pios and tied for first in the Northwest Conference in assists, as well as setting a new modern season record for assists at Lewis & Clark. Megan also led the team and was ranked tied for fourth in the Northwest Conference in points. In the weight room, Megan's unmatched work ethic, discipline, and attitude epitomizes what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Megan is determined to make herself and those around her better every day, and in every way. It has been a privilege to work with such an outstanding young woman. ~ Angela Dendas-Pleasant

Long Island University Brooklyn

Female

Lucy Gunton-Jones

Sport: Soccer

Position: Left Back

College Senior

Height: 5'0"

Weight: 200

Age: 21

Vertical Jump: 20.5"

Pro Agility Time: 4.94

Forty-Yard Dash: 5.43

Bench Press Poundage: 115

Bench Press Reps: 1

Squat Poundage: 215

Squat Reps: 1

Hang Clean Poundage: 170

Hang Clean Reps: 1

Quote: The hardest worker on campus and everyone knows it.

~ Nicholas Cruz

Merrimack College

Female

Megan Gada

Sport: Soccer

Position: Midfield

College Junior

Height: 5'9"

Age: 21

Vertical Jump: 22.5"

Pro Agility Time: 2.75

Bench Press Poundage: 130

Bench Press Reps: 1

Squat Poundage: 165

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: A multiple year captain, Megan has been tremendous in demonstrating her leadership capabilities on and off of the field. The way in which she values the impact of Strength and Conditioning can be seen in the enhancement and demonstration of the physical aspects of her game.

~ Michael Kamal

Troy University

Female

Abby Reynolds

Sport: Soccer

Position: Forward

College Senior

Height: 5'7"

Weight: 143

Age: 23

Vertical Jump: 24"

Bench Press Poundage: 125

Squat Poundage: 150

Hang Clean Poundage: 130

Quote: Abby is an extremely hard worker in the weight room and on the field. She is a very determined person and goal oriented. Abby puts a lot of time into working out, but equal time on academics. She has leadership qualities and is looked up to by team mates. Abby will be getting her degree in Sport Management and has a cumulative GPA of 3.3.

~ Richard Shaughnessy

University of Georgia

Female

Emma Sonnett

Sport: Soccer

Position: Defender

College Senior

Quote: Emma is one of the most dedicated and hardest working athletes that I have had the pleasure to coach. She has dedicated her entire time outside of the classroom to becoming a better soccer player. She is a captain of her team and in the weight room it shows. She is a leader and makes consistent efforts to improve. Her technique is impeccable and will do anything that she is told will improve her ability. She is always willing to take on a challenge and is always looking for ways to improve her abilities. Emma's dedication is extremely admirable and is one of the many reasons why she exemplifies what it means to be an NSCA All-American Strength and Conditioning Athlete. ~ David LaPlaca

University of Maryland

Female

Lisa Bianchini

University of New England

Male

Finn Ducker

Sport: Soccer

Position: Midfield

College Senior

Height: 5'8"

Weight: 160

Age: 21

Vertical Jump: 28"

Pro-Agility Time: 3.99

Ten-Yard Dash: 1.55

Forty-Yard Dash: 5

Bench Press Poundage: 195

Quote: Finn is a dedicated hard working individual that takes pride in his work. He started all but 3 games in his sophomore through senior season a total of 51 out of 54 games, a true iron man. During his junior season led the team in assists. Finn is a two time Common Wealth Coast Conference CCC Academic All-Conference Team. He served as assistant-captain during his junior season and co-captain his senior season. ~ Heath Pierce, CSCS,*D, RSCC

University of Tennessee

Female

Hannah Wilkinson

Sport: Soccer

Position: Midfield

College Senior

Height: 5'11"

Weight: 149

Age: 23

Vertical Jump: 23"

Pro-Agility Time: 4.61

Ten-Yard Dash: 1.72

Bench Press Poundage: 135

Squat Poundage: 225

Hang Clean Poundage: 125

Quote: Hannah is one of the most motivated and committed athletes I have had the privilege to coach. Hannah has truly grown as a leader since coming to Tennessee 4 years ago and it has impacted her work ethic, intensity, and dedication. She is as 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 truly is a world class athlete but most importantly a world class teammate and person. She is deserving of every award she receives. ~ Greg Adamson, CSCS



Webber International University

Female

Jessica Kearns

Sport: Soccer

Position: Goal Keeper

College Freshman

Height: 5'5"

Weight: 160

Age: 21

Vertical Jump: 20"

Pro Agility Time: 5.2

Ten-Yard Dash: 1.8

Forty-Yard Dash: 5.9

Bench Press Poundage: 115

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 100

Hang Clean Reps: 1

Quote: Jessica is a freshman goal keeper at Webber International University and a native of Florida. Last season she played number 2 to our number 1 starting keeper. Not seeing the minutes that she wanted, her main goal next season was to take that starting spot. So far she has started in the right direction. Before regular team practice this spring she puts in extra work with last year's keeper turned keeper coach for Webber International University. In the weight room she has really put in the work. She has increased her bench by 15lbs, her squat by 25lbs, vert by 1.5 inches, and dropped her pro agility time by .20 of a second. She is always the first girl to the weight room during our lifting sessions and is always the last to leave. She is constantly asking what she can do to improve, and always putting her best foot forward in practice. She is a positive force for the team always picking girls up and pushing others to make the team better. Although she was number 2 in goal, she doesn't see it as something negative, but an opportunity to improve physically, skill wise on the field, and show she deserves to start next season. Recently our women's soccer team played a spring game friendly, Jessica started in goal. I'm so proud of her grit and effort and can't wait to see her improve this spring to be ready for next season. ~ Adam Whittaker

Webber International University

Female

Janel Ebanks

Sport: Soccer

Position: Forward / attacking midfield

College Freshman

Height: 5'5"

Weight: 126

Age: 18

Vertical Jump: 21"

Pro Agility Time: 4.72

Ten-Yard Dash: 1.8

Forty-Yard Dash: 5.76

Bench Press Poundage: 100

Bench Press Reps: 1

Squat Poundage: 170

Squat Reps: 1

Hang Clean Poundage: 95

Hang Clean Reps: 1

Quote: Janel is a freshman at Webber International University by way of The Caiman Islands where she played for her country's national team. Janel had a very low training age coming to our university, but displayed the want and drive to become better. From day one she has pushed herself physically and mentally to reach the position she is at now. In the weight room she has increased her bench by 15lbs, her squat by 35lbs, and her vertical by 4inches from when we tested at the end of the season in 2015. On the field she earned a starting spot as a forward/ attacking midfield, although not high on the score sheet, she was a dominate body on the field. At the beginning of the season she was bit easy to knock of the ball, we worked together to get her tenacity and mental toughness up to go into tackles and fight defenders off. By the end of the season she displayed courage on the field and was very impressive how she fought for the ball. Off the field, Janel is a player any coach would want a full squad of. She is always positive in the face of adversity and displayed qualities of a natural born leader. She is always asking me questions about her training, nutrition, technique, wanting to become better and better each day. With the qualities, at age 18 and only a freshman, she was given the captains arm band. I am so proud of the progress this young lady has made, and can't wait to see where her career takes her. ~ Adam Whittaker

Weber State University

Female

Abby Clayton

Sport: Soccer

Position: Defense / midfielder

College Senior

Height: 5'5"

Weight: 135

Age: 22

Vertical Jump: 20"

Bench Press Poundage: 105

Bench Press Reps: 1

Squat Poundage: 195

Squat Reps: 1

Hang Clean Poundage: 145

Hang Clean Reps: 1

Quote: Abbey has made an everlasting impactful impression on her team, coaching staff, and the Strength and Conditioning Program. After enduring a season ending knee injury early in her senior season, Abbey worked tirelessly to make her strongest comeback ever for her 5th year season. Abbey has a lead by example mentality that helps everyone continue to grow and exceed on the field and in the weight room. She is an outstanding student-athlete and has been a privilege to coach. ~ Andi Pigeon, MS, ATC, CSCS

SOFTBALL

Baker University

Female

Kira Eddy

Sport: Softball

Position: Second base

College Sophomore

Height: 5'5"

Age: 19

Pro Agility Time: 4.53

Ten-Yard Dash: 1.66

Bench Press Poundage: 110

Bench Press Reps: 1

Squat Poundage: 245

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Kira Eddy without a doubt should be named 2016 NSCA All-American Strength and Conditioning Athletes of the Year!!! A two sport athlete that participates in cheer. Kira work ethic and commitment is truly respected by her teammates and coaches. If she was asked to run through a wall to help her team, she would. It has been privilege to coach such an outstanding young lady. It is an honor for me to nominate Kira Eddy as an NSCA All-American. ~ Matthew Jackson

Baker University

Female

Lizzie Stover

Sport: Softball

Position: First Base

College Junior

Height: 5'8"

Age: 20

Bench Press Poundage: 115

Bench Press Reps: 1

Squat Poundage: 165

Squat Reps: 1

Hang Clean Poundage: 130

Hang Clean Reps: 1

Quote: Lizzie Stover is a coach's dream. Lizzie has dedicated herself this off-season to return to play. Last year Lizzie had surgery on her anterior cruciate ligament (ACL). Her hard work, dedication, and drive has allowed her to return for her junior season. I can think of nobody more deserving of this award. Off the field, Lizzie also maintains an unyielding drive for excellence both in her academics and other extracurricular activities. She is very deserving of an award like the NSCA All-American. She should be named 2016 NSCA All-American Strength and Conditioning Athletes of the Year. ~ Matthew Jackson

Baker University

Female

Ilona Miller

Sport: Softball

Position: Outfield

College Senior

Height: 5'6"

Age: 22

Pro Agility Time: 4.78

Ten-Yard Dash: 1.71

Bench Press Poundage: 145

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 35

Hang Clean Reps: 1

Quote: Ilona Miller is a leader both on the field and in the weight room, where she leads both by word and example. Her success doesn't stop there. Ilona has accepted a position in physical therapy school. Ilona is also a great role model for the younger athletes. Ilona has shown that she will do anything for the team. I am honored to nominate her. She is very deserving of being named 2016 NSCA All-American Strength and Conditioning Athletes of the Year. ~ Matthew Jackson

Bradley University

Female

Kendall Duffy

Sport: Softball

Position: Third Base

College Senior

Height: 5'5"

Weight: 145

Vertical Jump: 25.3"

Ten-Yard Dash: 1.90

Thirty-Yard Dash: 4.28

Bench Press Poundage: 145

Bench Press Reps: 1

Front Squat Poundage: 185

Squat Reps: 1

Power Clean Poundage: 170

Power Clean Reps: 1

Quote: The growth and progress I have seen in Kendall the last four years has been remarkable. Her improvements and work ethic have continued to improve each and every semester. The biggest aspect that has allowed Kendall to make the strides she has, has been her commitment and dedication throughout the summers. She has absorbed our techniques and methods and applied them to her life each and every day. The way she carries herself, encourages her teammates, and focuses on being her best everyday has allowed her and those around her to be successful in the weight room, on the field, and in the classroom. She is an individual that will be greatly missed, but has left a lasting legacy on the program and has great things in her future. ~ Cody Roberts

Buffalo State College

Female

Sarah Gorski

Sport: Softball

Position: Infield

College Senior

Age: 22

Vertical Jump: 21.3"

Pro Agility Time: 4.51

Bench Press Poundage: 125

Bench Press Reps: 2

Squat Poundage: 225

Squat Reps: 4

Hang Clean Poundage: 145

Hang Clean Reps: 1

Quote: Sarah was in her second semester when I arrived at this college. She was a quiet worker who the coach spoke highly about. Sarah always made progress each year under my supervision, but it was her progress made over the summers that make her stand out. She has lost over 50 lbs., become more flexible and is still one of the strongest members of her team. She is now even considering a career in strength and conditioning. ~ Nathan Young, CSCS

Colgate University

Female

Katie Bushee

Sport: Softball

Position: Center field

College Junior

Height: 5'3"

Weight: 126

Age: 21

Vertical Jump: 21"

Pro Agility Time: 4.5

Bench Press Poundage: 130

Bench Press Reps: 1

Squat Poundage: 250

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: It is my honor to nominate junior center fielder Katie Bushee of the Colgate University softball team as an 2016 NSCA All-American award winner. Katie has been a pleasure to coach, and her "no-nonsense" work ethic in the weight room has transferred directly to the field in her leading the team, as well as being in the top tier of the Patriot League, in batting average and stolen bases during her first two years of collegiate play. She is constantly looking for ways to better herself as a softball player, both on the field and in the weight room, and it is that quality that has earned the respect of both her coaches and teammates. ~ Paul Helsel

Endicott College

Female

Samantha DiBella

Sport: Softball

Position: Third base / catcher

College Senior

Height: 5'4"

Age: 22

Vertical Jump: 19.5"

Bench Press Poundage: 125

Bench Press Reps: 7

Squat Poundage: 260

Squat Reps: 5

Hang Clean Poundage: 135

Hang Clean Reps: 3

Quote: 2x Academic All-Conference 2014-15 CoSIDA Academic 1st Team All-District 3x All-Conference (1st Team) 2x NFCA D3 All- New England Career .359 AVG, .427 OBP, .599 SLG, 15 HR, 76 RBI Samantha is an extremely dedicated student-athlete. She is able to manage a high GPA in nursing, the ROTC program, and being a leader on the softball team. Her commitment to improving in the weight room over the past 4 years has been a basis for her success. I am a better person and professional from having the opportunity to work with Samantha. ~ James Daley

Huntingdon College

Female

Jesse Dunn

Sport: Softball

Position: Catcher / outfield

College Junior

Squat Poundage: 280

Quote: Jesse has been focused on improving the culture of training within our softball program from day one. Her steadfast commitment is an example of great dedication for everyone in our athletic department. ~ Charlie Goodyear

Iona College

Female

Jordan Courage

Sport: Softball

Position: Pitcher / utility player

College Senior

Height: 5'9"

Vertical Jump: 19.5"

Bench Press Poundage: 125

Front Squat Poundage: 175

Hang Clean Poundage: 160

Quote: Jordan Courage is the hardest working athlete at Iona College where she is always looking to better herself on the field, in the weight room, within the community, and in the class room. Jordan brings the intensity and energy to the team lifts and conditioning sessions. She always holds herself and her teammates accountable to the standards expected by the coaching staff. Jordan always does the extra rep whether it's coming to open gym to get in extra work or on the field getting in a few more sprints to improve her endurance. Jordan had a great off-season in her senior year where she broke the Hang Clean school record with 160lbs and is on the Top 10 board for numerous other categories. Off the field, she is the president of the Student-Athlete Advisory Committee and a three-time selection for MAAC All-Academic team. ~ Kelly Shaver

Jacksonville State University

Female

Cadi Oliver

Sport: Softball

Position: Infielder

College Senior

Height: 5'3"

Weight: 130

Age: 22

Vertical Jump: 21"

Pro-Agility Time: 4.72

Forty-Yard Dash: 4.82

Bench Press Poundage: 115

Bench Press Reps: 3

Squat Poundage: 245

Squat Reps: 3

Hang Clean Poundage: 165

Hang Clean Reps: 1

Quote: Cadi is a great leader and motivator for her team. A vocal leader who sets a tremendous example for others to emulate. Cadi has been a four year starter for a very demanding softball program. She has spent the last three summer leading a group of her teammates through their summer workouts. She is a great student in the classroom exemplified by her outstanding work ethic. ~ B. Scott Austin



Keene State College

Female

Stephanie Long

Sport: Softball

Position: Outfield

College Senior

Height: 5'5"

Weight: 125

Age: 22

Vertical Jump: 21.5"

Pro-Agility Time 4.73

Bench Press Poundage: 100

Bench Press Reps: 3

Hang Clean Poundage: 110

Hang Clean Reps: 1

Quote: Steph is a hard worker and truly sees the benefit of strength & conditioning to her performance. She trains hard all the time and motivates her teammates to work hard. Steph dedicated herself to the weight room last off-season and it really paid off. She was 1st team All-Conference and had the 5th highest batting average in the Little East Conference with a .425 average last spring. She has worked just as hard this off-season which will contribute to her having a successful senior year. ~ Sarah Testo

Kennesaw State University

Female

Taylor Denton

Sport: Softball

Position: Shortstop / second base / right field

College Junior

Height: 5'4"

Weight: 138

Age: 21

Squat Poundage: 175 (3RM)

Quote: Taylor is always a positive person that will change your day. She is one of the hardest working people that I have had the privilege of working with and continues to exceed expectations every year. Taylor creates an environment to not only challenge her teammates but also inspire them to do more than what is asked. No matter what is going on in Taylor's life, she leaves it checked at the door, will always encourage others, uplift spirits, and push herself and teammates to give their best. You will be hard pressed to find a more respectful young lady. Taylor has been a blessing for myself, her team, and Kennesaw State University. ~ Jeremy Gough

McKendree University

Female

Jamie Daggendorf

Sport: Softball

Position: Outfield

College Junior

Height: 5'4"

Vertical Jump: 27"

Bench Press Poundage: 140

Squat Poundage: 225

Hang Clean Poundage: 140

Quote: Jamie continues to show true hard work and determination. Her passion to better herself is contagious and has flowed over into the rest of her team's training.

~ Jordan Fark

McNeese State University

Female

Emily Vincent

Sport: Softball

Position: Pitcher / infielder

College Senior

Height: 5'8"

Weight: 160

Vertical Jump: 20.5"

Squat Poundage: 265

Quote: Other testing numbers - broad jump: 7'1". 20-Yard Dash: 3.08.

Quote: Emily is one of the most exceptional athletes I've had the privilege of coaching. A great blend of strength, power, speed, and agility with the intangible gifts of leadership and toughness. A local product from Sulphur, LA, she has devoted an enormous amount of time, energy, and hard work into the McNeese State softball program. On the field, Emily is a 3-time All Southland Conference player, as well as a 3-time All Louisiana Selection. In the classroom, she is also a 3-time Southland Conference Honor Roll member. As a coach, I am honored to nominate Emily, as someone who has displayed this much commitment in the weight room, on the field, and in the classroom. ~ Eric Ortego

MidAmerica Nazarene University

Female

Macie Jones

Sport: Softball

Position: Infield

College Sophomore

Height: 5'4"

Weight: 149

Age: 19

Vertical Jump: 21"

Pro-Agility Time: 4.68

Bench Press Poundage: 100

Squat Poundage: 165

Hang Clean Poundage: 110

Quote: Macie is an incredible person first and foremost! She works hard and does so many things without expecting anything in return. She puts in extra work to better herself and her team. Because of that hard work she was awarded the Freshman Conference Player of the Year in 2015 and has been MidAmerica Nazarene University's Athletics Player of the Week for two weeks and her season has just started! She is an up and coming outstanding athlete that will achieve the goals she sets for herself. Macie has a promising future in her athletic career! ~ Whitney Rodden

Norfolk State University

Female

Heather Dunning

Sport: Softball

Position: Outfielder

College Senior

Height: 5'6"

Weight: 143

Age: 21

Broad Jump: 7'0"

Bench Press Poundage: 115

Squat Poundage: 195

Hang Clean Poundage: 125

Quote: Heather Dunning has great sportsmanship both athletically and academically. She has used strength and conditioning to help her team to be a contender in the MEAC conference. She is one of the top students academically, and she is a true leader on her team. She is known for her work ethic in strength and conditioning. Heather is part of the Student Athlete Advisory committee at NSU, and a member of the Fellowship of Christian Athletes (FCA).

~ Rodney Gaines

Radford University

Female

Becky Mantel

Sport: Softball

Position: Outfield

College Senior

Height: 5'4"

Weight: 170

Vertical Jump: 24"

Bench Press Poundage: 170

Squat Poundage: 330

Quote: Becky is an outstanding lifter and athlete. She brings a fire and energy to the weight room that is unmatched by any other female athlete at this institution. Her drive and dedication to the success of her team shines through everything she does. She is a leader on and off the softball field. In short, Becky is a first class student-athlete, and individual. ~ Katlyn Mason

South Dakota State University

Female

Devan Larsen

Sport: Softball

Position: Infield

College Senior

Vertical Jump: 24.5"

Bench Press Poundage: 165

Squat Poundage: 264

Power Clean Poundage: 187

Quote: Devan has shown an outstanding commitment to her training throughout her career at SDSU, and it is reflected in her performance on the field. After coming in as a freshman with no prior training experience, Devan has completely transformed herself as an athlete and softball player and now holds the team records in both the bench press and power clean. Her success in the weight room is also matched by her performance on the diamond, where she is the both the career and single-season record holder in home runs at SDSU. These achievements are a testament to her unmatched day-in and day-out commitment to training, conditioning, and nutrition. As one of only two seniors on this year's roster, Devan has led by providing an outstanding example for her younger teammates to follow in the coming years. Her impact on the program will surely continue to be felt even after her career is over. ~ Jordan Sidwell

Southwest Baptist University

Female

Kacey Ayers

Sport: Softball

Position: Pitcher

College Junior

Height: 5'7"

Age: 20

Bench Press Poundage: 150

Bench Press Reps: 3

Squat Poundage: 275

Squat Reps: 3

Hang Clean Poundage: 160

Hang Clean Reps: 1

Quote: Kacey is without a doubt the hardest working athlete at SBU. She is always going above and beyond of what is expected of her while maintaining her academics. She is always asking for more and some days we actually have to pull her back some. Kacey is a highly dedicated pitcher and going into her junior year may quite possibly be her best year yet. She is the type of athlete that you crave for as a coach. She is coachable, takes criticism well, and is a good role model for the rest of the team. ~ Shane Lanteigne

State University of New York at New Paltz

Female

Katie Rutcofsky

Sport: Softball

Position: Pitcher

College Senior

Height: 5'4"

Weight: 130

Age: 21

Squat Poundage: 205

Squat Reps: 1

Hang Clean Poundage: 125

Hang Clean Reps: 1

Quote: Improved so much from her sophomore year. Became one of the strongest girls on the team, and will be a great leader during her senior campaign. ~ Gary Gall

The University of Alabama

Female

Haylie McCleney

Sport: Softball

Position: Center field

College Senior

Height: 5'4"

Age: 21

Vertical Jump: 25.5"

Ten-Yard Dash: 1.71

Bench Press Poundage: 165

Bench Press Reps: 1

Squat Poundage: Front Squat: 225

Squat Reps: 1

Quote: It is an honor to be nominating Haylie McCleney for the All-American Strength and Conditioning Athlete Award. Haylie is the definition of an all-around athlete with speed, power and work capacity. She is the starting center fielder for The University of Alabama softball team as well as the starting center fielder for the USA National Softball team. During her career at Alabama she has been awarded Div. I Softball Academic All-American of the Year (2015), Academic All-American (2014, 2015), USA Softball Player of the Year Finalist (2014, 2015) and NFCA All-American (2013, 2014, and 2015). The awards and credentials cannot begin to describe the true athlete and team player that Haylie is. She is the team work horse, the team motivator and team leader. Exemplifying the true qualities of an athlete such as discipline, commitment, toughness, effort and pride have allowed her to succeed on and off the playing field. In training sessions she is the one that her teammates try to emulate and learn from because she lifts every day, set, and rep with proper form, with intensity, and passion to keep improving. Haylie has been the weight room MVP for the softball team for the past 4 years and continues to strive for more. Haylie believes in the motto "dreams workout when you do" and has proven herself to be one of the best in the classroom, on the field and in the weight room. ~ Michelle Diltz



The University of Michigan

Female

Olivia Richvalsky

Sport: Softball

Position: Outfield

College Senior

Height: 5'7"

Age: 22

Vertical Jump: 24.4"

Forty-Yard Dash: 5.75

Bench Press Poundage: 100

Bench Press Reps: 1

Squat Poundage: 165

Squat Reps: 1

Hang Clean Poundage: 120

Hang Clean Reps: 1

Quote: Olivia is currently a senior outfielder for the University of Michigan Softball team and a member of three Big Ten Championship teams (2013, '14, & '15). She has been voted Captain by her teammates for her senior season. Olivia has overcome significant injuries and persevered through an arduous rehabilitation period to return to full strength. In spite of these obstacles, Olivia has committed herself to the process of physical development and has added 15lb to her Clean, 30lbs to her Back Squat, and 10lbs to her Bench Press. Additionally, this off-season, she increased her lean mass by nearly 5lb, vertical jump by 5.5", and improved her 20yd and 40yd sprint times by .13 and .28, respectively. Beyond athletics, Liv has found success in the classroom, twice earning Academic All-Big Ten honors along with being heavily involved in the Student-Athlete Advisory Committee, serving as current Vice President and previously helping lead homecoming and Mock Rock, a student-athlete variety show designed to raise money for charity. Liv's impact on Michigan Softball goes far beyond any on-field performance and cannot be measured merely by game statistics or performance testing. Her selfless leadership, positive attitude, and consistent work ethic does not go unnoticed by teammates, coaches, and staff alike. It's these traits, along with maximizing her student-athlete experience, that I believe make her an excellent nominee for this award. It is a pleasure contributing to her development as a Michigan student-athlete. ~ Lew Porchiazzo III

Troy University

Female

Hannah Day

Sport: Softball

Position: Catcher

College Senior

Height: 5'7"

Weight: 140

Age: 21

Vertical Jump: 24"

Bench Press Poundage: 285

Hang Clean Poundage: 145

Quote: Hannah is a great example of what an athlete is supposed to be like. Terms used to describe Hanna are: Dedicated, excellent, hard worker, winner, knowledgeable, freak athlete, vocal leader on and off the field. Hanna also has a 3.3 cumulative GPA in exercise Science wellness & fitness.
~ Richard Shaughnessy

University of Texas at San Antonio

Female

Angelica Nino

Sport: Softball

Position: First base

College Junior

Height: 5'7"

Vertical Jump: 21.1"

Bench Press Poundage: 110

Bench Press Reps: 1

Squat Poundage: 210

Squat Reps: 1

Hang Clean Poundage: 145

Hang Clean Reps: 1

Quote: Nino is one of the hardest working athletes I have ever had the opportunity of working with, she comes in every day and does all the little things right. Nino is a great leader and very well respected by her teammates and coaches.
~ Alexi Beeson

Washburn University

Female

Haylee Marsteller

Sport: Softball

Position: Outfielder

College Senior

Age: 21

Vertical Jump: 25.25"

Pro Agility Time: 4.46

Ten-Yard Dash: 1.83

Squat Poundage: 245

Squat Reps: 3

Hang Clean Poundage: 155

Hang Clean Reps: 3

Quote: Haylee is a dedicated, hard-working, task-driven individual. She spent her summer on campus to improve her athletic ability and she achieved that goal. All of her testing numbers showed improvement as well as her confidence. Haylee is someone who is always competing in the weight room, not just with her teammates, but also with herself and her previous testing numbers. Haylee also holds herself to the highest standards academically and on the softball field. She is a great teammate and is always willing to do whatever it takes to make the team better. ~ Joshua Duggleby

Webber International University

Female

Alyssa Householder

Sport: Softball

Position: Second base

College Junior

Height: 5'4"

Weight: 150

Vertical Jump: 17"

Pro Agility Time: 5.31

Bench Press Poundage: 130

Bench Press Reps: 1

Squat Poundage: 230

Squat Reps: 1

Quote: Alyssa is the definition of a Webber "Warrior" - strong, mentally tough, and puts the team before herself. She goes above and beyond what is asked of her, and is the type of player that every coach dreams of: skillful on the field & a leader in all aspects. Alyssa is also a team captain.

~ Steve Rassel

Webber International University

Female

Shanelly Brown

Sport: Softball

Position: Center field

College Senior

Height: 5'4"

Weight: 141

Vertical Jump: 24"

Pro Agility Time: 5.01

Bench Press Poundage: 115

Bench Press Reps: 1

Squat Poundage: 180

Squat Reps: 1

Quote: Shanelly is a leader on and off the field. She always gives her full effort in every drill or exercise. She's a 2nd set of eyes during lifts, ensuring the team workout meets the standards. She is a team captain, and well deserving of this award! ~ Steve Rassel

Weber State University

Female

Aly Kulp

Sport: Softball

Position: Infielder

College Senior

Height: 5'8"

Weight: 150

Age: 22

Vertical Jump: 22.5"

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 245

Squat Reps: 1

Hang Clean Poundage: 170

Hang Clean Reps: 1

Quote: Aly has fully embraced every aspect of Strength and Conditioning throughout her career at Weber State University. She works tirelessly to improve herself every day. She is a standout athlete that is willing to put in the time and dedication necessary to successfully perform at the collegiate level. Aly Kulp has been an absolute privilege to coach.

~ Andi Pigeon, MS, ATC, CSCS

West Texas A&M University

Female

Brittany Gehle

Sport: Softball

Position: Infield

College Senior

Height: 5'4"

Weight: 144

Age: 21

Vertical Jump: 18"

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 125

Hang Clean Reps: 1

Quote: I have only had the pleasure of working with Brittany for one year but this kid comes to work every day in the weight room and on the field. Her commitment to strength and conditioning this past year has helped her become relatively the strongest athlete on the softball team. Along with significant gains in muscle mass and strength, her performance has improved greatly as a result of her hard work. Brittany is on pace to surpass her offensive statistics from last year. It is with great pleasure that I nominate her as an NSCA All-American. ~ Matt Segura

William Woods University

Female

Sydney Hatton

Sport: Softball

Position: Outfield

College Senior

Height: 5'8"

Vertical Jump: 25.9"

Pro Agility Time: 4.3

Ten-Yard Dash: 1.5

Bench Press Poundage: 110

Squat Poundage: 280

Hang Clean Poundage: 135

Quote: Sydney 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. Sydney became my lesion to the team and help lead them to be one of the hardest working programs at WWU. Sydney has worked hard to be in great shape. She has reduced body fat, gained quickness, vertical and overall strength. In her time at WWU she has reduced her pro agility by over .40, added 2.5" to her vertical, increased her pull ups by 11 and squatted almost 280 lbs. Work ethic, desire and loyalty are the traits that best describe Sydney Hatton. This year she has stepped in to the role of leader and has done a fantastic job. She will be missed here at WWU. ~ Robert Jones

SWIMMING

Eastern Michigan University

Male

Andrew Henry

Sport: Swimming

Position: Freestyle / individual medley

College Senior

Height: 5'11"

Weight: 180

Vertical Jump: 34"

Bench Press Poundage: 225

Squat Poundage: 315

Hang Clean Poundage: 225

Quote: Construction management, 3.81, would like to be a construction project manager. Mac swimmer of the week, Mac scholar athlete of the week, EMU financial athlete of the week. Undeclared in the 100 free (6-0) and an overall 15-2 in events. Captain 2015/2016 ~ Jon Hull

Eastern Michigan University

Female

Sierra Wagner

Sport: Swimming

Position: Freestyle sprinter

College Junior

Height: 5'7"

Weight: 130

Age: 20

Vertical Jump: 27"

Bench Press Poundage: 145 (max)

Bench Press Reps: 1

Squat Poundage: 245

Squat Reps: 1

Hang Clean Poundage: 185

Hang Clean Reps: 1

Quote: Sierra Wagner a Junior Freestyle swimmer for Eastern Michigan University deserves to be considered as a NSCA All-American for the 2015-2016 school year. Sierra has dedicated herself to improving physically, and mentally in preparation for the 2016 swim season. She has dedicated herself to the weight room the last 18 months adding lean muscles and gaining strength and power with every rep. She has PR's in a number of weight room lifts including squat and cleans. Her power output has transferred to the pool this year helping the team to an undefeated MAC record. She stands out as a leader not only on her own team but sets the tone when other student- athletes are in at the weight room as well. Sierra has shown interest and buy-in in her training program and it has shown in the pool this year. She has garnered a number of 1st place finishes this year in the 50 free and 100 free, as well as anchoring multiple relay teams. Sierra has received not only athletic recognition in the pool, but academic accolades as well being recognized as an academic All-Mac scholar athlete and distinguished scholar athlete in 2015. Sierra has excelled in the class room this year currently holding a 3.89 GPA, while majoring in exercise science and minoring in human biology. Upon graduating in 2017 she plans to apply to PA schools. Sierra demonstrates the dedication, leadership and heart which has lead to a successful 2016 swim campaign and has put her team in position to win the MAC in 2016. There is no question that Sierra will be successful upon graduation and I look forward to seeing what she is able to do with her career upon graduation. ~ Aaron Short

Emory and Henry College

Female

Michaela Nolte

Sport: Swimming

Position: Breaststroke / sprint

College Junior

Height: 65"

Weight: 134

Age: 20

Vertical Jump: 17.8"

Quote: Michaela is the cornerstone for the women's swimming program and the single most decorated athlete on the campus of Emory & Henry College. As the winner of the 2016 Old Dominion Athletic Conference Swimmer of the year, eight-time conference champion, and 2016 NCAA national qualifier, Michaela has cemented herself as one of the greatest athletes ever to dawn the blue and gold. Michaela's success is no coincidence. She is a tireless worker, an encouraging and helpful teammate, and a role model in the weight room. Michaela is a leader on the team in many performance categories including the vertical jump, the broad jump, and our lat pull-down repetition assessment. Michaela has embodied the role of a champion athlete and student; her attitude, effort, and attention to detail are second to none.
~ Joshua Bullock

Marshall University

Female

Alex Black

Sport: Swimming

Position: Breaststroke

College Senior

Vertical Jump: 22.5"

Bench Press Poundage: 150

Bench Press Reps: 1

Squat Poundage: 205

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Alex is one of the hardest workers I have ever known. There is no challenge mental or physical that she is not willing to conquer. This attitude and mindset has helped set her apart in the weight room. As the lone senior on this year's team, she has set an excellent example of how to approach training for all of our younger swimmers. Alex has put up some impressive numbers on test day, but it is her attitude and fearlessness that sets her apart from the competition.
~ Matt Donelson

Northern Arizona University

Male

Monica Pruett

Sport: Swimming

Position: Distance

College Senior

Height: 5'3"

Age: 22

Bench Press Poundage: 100

Squat Poundage: 200

Hang Clean Poundage: 120

Quote: Monica Pruett was one of the hardest working, positive, and consistent athlete's we had here at Northern Arizona University. She faced many trials athletically, academically, and personally without wavering in her character. Monica led her team by example and she consistently motivated her teammates with positive encouragement. She always finished in the front of the pack and found the energy to go back and help the back of the pack finish strong. ~ Cody Hodgeson

Northern Arizona University

Female

Eva Pold

Sport: Swimming

Position: Distance

College Senior

Height: 5'6"

Bench Press Poundage: 115

Bench Press Reps: 1

Squat Poundage: 215

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Eva Pold has been instrumental in the overall motivation of her team. She always brought energy to lifting and conditioning. Eva was the first to encourage her teammates, help someone up, and push her team to perform better. She didn't miss a day, was never late, and was always happy to be lifting. Eva's attitude was contagious and she brought everyone around her up. ~ Alexandra Pace

South Dakota State University

Male

Ben Bolinske

Sport: Swimming

Position: Sprinter

Vertical Jump: 30"

Bench Press Poundage: 228

Squat Poundage: 270

Power Clean Poundage: 220

Quote: Ben's focus throughout this season has been incredible to watch. Ben has used the weight room to enhance his power and performance in the pool, as he has added five inches to his vertical jump over the course of his career. These improvements are the result of his competitiveness and laser-like focus on training and preparing to win. Ben's hard work in the pool and in the weight room has most certainly paid off; he finishes his career as arguably the most successful sprinter in school history. In his final meet at the Summit League Championships, Ben set school records in every event that he competed in and earned an NCAA "B" cut in the 50 yard freestyle. In addition to his achievements as an athlete, Ben is also an outstanding student and has been named to multiple Summit League All-Academic Teams. Ben's work ethic will no doubt continue to serve him well in his future endeavors. ~ Jordan Sidwell

State University of New York at New Paltz

Female

Maggie Heaton

Sport: Swimming

Position: Middle distance

College Senior

Height: 5'4"

Weight: 125

Age: 21

Bench Press Poundage: 160

Bench Press Reps: 1

Squat Poundage: 245

Squat Reps: 1

Hang Clean Poundage: 175

Hang Clean Reps: 1

Quote: Best girl I have ever had in the weight room. She is strongest in two of our three categories, and has the best clean lift of anyone I have ever coached. ~ Gary Gall

State University of New York at New Paltz

Male

Ryan Lindgren

Sport: Swimming

Position: Sprint swimmer / mid-distance

College Senior

Height: 6'1"

Weight: 195

Age: 22

Bench Press Poundage: 265

Bench Press Reps: 1

Squat Poundage: 295

Squat Reps: 1

Hang Clean Poundage: 235

Hang Clean Reps: 1

Quote: Came a long way in the weight room. Was a hard worker. He exceeded my expectations as a coach. ~ Gary Gall

State University of New York at New Paltz

Male

Ethan Cooke

Sport: Swimming

Position: Sprint swimmer

College Senior

Height: 6'1"

Weight: 190

Age: 22

Squat Poundage: 275

Squat Reps: 1

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Ethan had a great senior year for our swim team. He broke some individual records, and was part of some relay records. He established a culture in the weight room, and set the bar high for our young guys. ~ Gary Gall

University of Michigan

Female

Ali Thomason

Sport: Swimming (Water Polo)

Position: Attack

College Senior

Height: 5'9"

Age: 22

Vertical Jump: 28.5"

Squat Poundage: 205

Squat Reps: 1

Hang Clean Poundage: 175

Hang Clean Reps: 1

Quote: Water Polo Athlete Ali has been a standout in the pool, weight room and classroom in her 4 years at Michigan. She is a two-time team captain, 2 time ACWPA All America honorable mention, 2 time All-Academic Big Ten, holds numerous team weight room records and is a Neuroscience major. She continuously pushes herself and her teammates to get the most out of each session and has been an outstanding leader and role model throughout her career. Ali's mental and physical preparation is unparalleled and it has been a pleasure to work with her and watch her develop as a student-athlete. ~ Ashley Jackson

The University of Michigan

Male

Jeremy Raisky

Sport: Swimming

Position: Butterfly

College Senior

Height: 6'1"

Weight: 198

Age: 23

Squat Poundage: 255

Hang Clean Poundage: 215

Quote: During his time at Michigan, Jeremy has greatly improved as a result of his hard work and perseverance, both in the weight room and in the water. From redshirting his freshmen year to becoming a Big Ten Champion and earning All-American Honorable Mention as leg of the 200-yard medley relay team in 2015, Jeremy's dedication to training shows in his performance when lifting and competing. Additionally, Jeremy has been a member of the past three Big Ten Championship winning teams at Michigan. Jeremy's work ethic carries over to the classroom as well, being named 2-time Academic All-Big Ten and being a 2-time U-M Athletic Academic Achievement Award winner in 2014 and 2015. Jeremy is a contributing member of the Swim & Dive team, helping his fellow teammates in the pool and in the weight room. ~ Katlyn Haycock, CSCS, RSCC

University of Nebraska at Omaha

Female

Natalie Renshaw

Sport: Swimming

Position: Free / individual medley

College Senior

Weight: 169.8

Age: 21

Vertical Jump: 22.8"

Bench Press Poundage: 142

Bench Press Reps: 1

Squat Poundage: 185

Squat Reps: 1

Hang Clean Poundage: 172

Hang Clean Reps: 1

Quote: Natalie has demonstrated her leadership and passion for strength and conditioning during her athletic career as an athlete at UNO. Her attitude and commitment has had a tremendous influence on her teammates and she has been a leader by example. Natalie has made significant improvements both in the pool and in the weight room every year of her career. Natalie is an athlete of tremendous character and is very driven in her pursuit of excellence. Natalie possesses a winning attitude and pushes herself and her teammates to strive to be their absolute best in all aspects of life. Natalie's leadership, drive, and character make her a perfect fit for this award. ~ Mike Shukis

Virginia Tech

Male

Lucas Bureau

Sport: Swimming

Position: Individual medley / freestyle / butterfly

College Senior

Height: 6'3"

Weight: 194

Age: 21

Vertical Jump: 28"

Bench Press Poundage: 275

Bench Press Reps: 1

Squat Poundage: 340

Squat Reps: 1

Hang Clean Poundage: 245

Hang Clean Reps: 1

Quote: Lucas is one our hardest workers and overall well rounded athletes we have ever had here on the swim and dive program. His greatest attribute is instilling toughness in the face of adversity. Lucas has a never quit attitude that shows through in his team and school record of 126 dips in one max testing session. He has earned our Elite Athlete Award, which is our highest strength and conditioning award here are Virginia Tech, an impressive 8 times in his 4 year career here. He is a pivotal part of our school record holding relay team in the 400 and 800 free, and a four time medalist at the ACC Championships throughout his career. His leadership and mentor-ship to our young swimmers has been immeasurable this past year. ~ Megan Evans



Virginia Tech
Female
Holly Harper

Sport: Swimming

Position: Backstroke 200 individual medley

College Senior

Height: 5'7"

Weight: 150

Age: 22

Vertical Jump: 20.5"

Bench Press Pounds: 180

Bench Press Reps: 1

Squat Pounds: 230

Squat Reps: 1

Quote: Holly's ability to excel in the face adversity is what makes her an exceptional athlete and well-rounded student. She took on the role of leader among the women's swimmers as a freshman here and has continued to push and shape her teammates into better athletes. She is a two time Athlete of the Year for women's swim and dive, as well as a multiple Elite Athlete Award winner here at Virginia Tech. She currently holds the women's swim and dive bench press record with 180lbs. Holly had emergency surgery on Jan 8th of her senior year to remove a dermoid cyst as well as her right ovary, and turned around and competed on Feb 18th in the ACC Championships, scoring points in all three of her events to help her team take 5th place. Academically Holly has already graduated with a B.A. in English with a GPA of 3.5 and is currently working on a Masters of English Education.

~ Terry Mitchell



Murray State University

Female

Megan Blue

Sport: Tennis

Position: Singles - 1 / doubles - 2

College Senior

Height: 5'2"

Weight: 125

Age: 21

Bench Press Pounds: 145

Bench Press Reps: 1

Squat Pounds: 275

Squat Reps: 1

Hang Clean Pounds: 115

Hang Clean Reps: 5

Quote: She has been the leader for her team since I stepped on campus 2 and a half years ago. She was the key member on the team that has won both the conference regular season and tournament championships each of the last two years. The way that she plays perfectly complements her physical prowess. She is always stronger, quicker, and fitter than any of the competition she faces. She led the conference in 3rd set victories in each of the last 2 years, as she simply outlasts her opponents. Her passion & drive for performance enhancement has driven her interest to the field of Strength & Conditioning, and is currently serving as my student-intern. ~ David Land



University of Arizona

Female

Lauren Marker

Sport: Tennis

College Junior

Height: 5'4"

Weight: 135

Age: 20

Vertical Jump: 18"

Ten-Yard Dash: 1.88

Bench Press Poundage: 115

Bench Press Reps: 115 x 1

Squat Poundage: 201

Squat Reps: 185 x 3

Hang Clean Poundage: 125

Hang Clean Reps: 125 x 1

Quote: Lauren is one of those once in a career type athletes that makes you realize why you got into the strength and conditioning field in the first place. Whether its nutrition, speed and agility, or strength training Lauren is consumed with making herself the best possible tennis player she can become. Anything she lacks physically she makes up for with her determination and heart in and out of the weight room. She has even added to the program by helping to create exercises and drills that are more specific to the game of tennis. During the past 3 years, Lauren has won multiple Pac 12 Player of the Week honors and consistently been ranked in the top 40 in the NCAA. Working with Lauren and watching her grow has made me a better coach. ~ Parker Whiteman

University of Wisconsin - Whitewater

Female

Jillian Wallace

Sport: Tennis

Position: #5 singles / #2 doubles

College: Sophomore

Height: 5'3"

Quote: Jillian had a great 2014-15 freshman season for the Warhawk Tennis team earning a conference championship at #5 singles and #2 doubles. The 2015-16 season is off to a great start as well and she is emerging as a force on the court. Jillian has been a great leader with her team's strength and conditioning activities and is expecting great things in the future. ~ Lee Munger

United States Air Force Academy

Female

Chloe Forlini

Sport: Tennis

Position: Singles / doubles

College Junior

Height: 5'6.5"

Weight: 133

Age: 20

Vertical Jump: 20"

Pro Agility Time: 4.58

Bench Press Poundage: 100

Squat Poundage: 175

Hang Clean Poundage: 121

Quote: Chloe exemplifies what I look for in a student athlete with her unmatched work ethic, coach- ability, and competitive drive. Although she saw limited court time as a freshman, she was determined to get better every day by outworking her opponents both on and off the court. That attitude and her dedication to strength & conditioning paid off, to the tune of a school record 33 singles wins as a sophomore, primarily at the #3 spot, and another 27 doubles wins. She has continued that success as a junior, being the first player on the team to reach 20 singles wins as the team's solid #2. She credits a significant portion of her success to her conditioning and ability to outlast her opponents. Equally as impressive is her emergence as a leader. As the team's co-captain, Chloe is successfully balancing the demands of her sport with her academics, as she strives towards her goals of becoming an Air Force officer and going to medical school. ~ Bart Gould

University of Texas at San Antonio

Male

Ricardo Gonzalez

Sport: Tennis

College Senior

Height: 5'11"

Weight: 180

Vertical Jump: 23"

Bench Press Poundage: 250

Bench Press Reps: 1

Squat Poundage: 285

Squat Reps: 1

Quote: Ricky always comes in ready to work and gives 110% on everything, really great athlete to work with. ~ Alexi Beeson

Washburn University

Female

Whitney Hollowman

Sport: Tennis

Position: Singles

College: Freshman

Height: 5'7"

Age: 18

Vertical Jump: 25"

Pro Agility Time: 4.86

Squat Poundage: 220

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: The numbers Whitney has been putting up in the weight room are truly a reflection of her determination to push herself to become a better athlete. She has solidified herself as top player on the team while being a true freshman making her setup for a great career here at Washburn. I am excited to see her grow as an athlete and a person during her time here. ~ Trent Smith

Washburn University

Male

Matthew Barlow

Sport: Tennis

Position: Singles / doubles

College: Junior

Height: 5'11"

Weight: 160

Age: 21

Vertical Jump: 32.5"

Pro Agility Time: 4.35

Bench Press Poundage: 205

Bench Press Reps: 1

Squat Poundage: 265

Squat Reps: 1

Hang Clean Poundage: 215

Hang Clean Reps: 1

Quote: Matt has been nothing short of a leader on the courts, in the weight room, and in the classroom. An All-Conference player and a ranked singles player in the Central Regional, his heart to further the accomplishments of the team exemplifies what is needed to be the team captain. I see huge success in Matt's future in no matter what he chooses to pursue.

~ Trent Smith

Weber State University

Female

Kristi Elmer

Sport: Tennis

College: Senior

Height: 5'4"

Weight: 127

Age: 22

Vertical Jump: 19.5"

Pro Agility Time: 5.59

Bench Press Poundage: 115

Squat Poundage: 225

Hang Clean Poundage: 125

Quote: Kristi Elmer has been a standout athlete both in the weight room and on the court. She has demonstrated an exceptional commitment to her team throughout the years by leading by example and always willing help encourage and push her teammates to do better. Her unwavering attendance in the weight room and her off-season athletic improvements are of particular note. Kristi is the kind of athlete every coach wishes they had more of. Her strong character and positive attitude helped to ensure that every training session improved not only herself but her teammates as well. ~ Maria Bartoletti

Weber State University

Male

Todd Fought

Sport: Tennis

College: Senior

Bench Press Poundage: 170

Bench Press Reps: 1

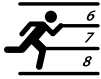
Squat Poundage: 335

Squat Reps: 1

Hang Clean Poundage: 185

Hang Clean Reps: 1

Quote: Todd has been a leader amongst his team in weight room performance. He is consistently there working to improve his performance and better the team. He is not afraid of hard work and has been an integral part of the success his tea has had on the court and in the weight room. ~ Chris Fritz



TRACK & FIELD

California Lutheran University

Male

Michael Bassette

Sport: Track and field

Position: Thrower

College Senior

Height: 6'4"

Weight: 230

Age: 21

Vertical Jump: 34"

Bench Press Poundage: 365

Squat Poundage: 585

Hang Clean Poundage: 380

Quote: For four years, Michael Bassette has consistently demonstrated an unparalleled desire to succeed. His work ethic, passion, and drive to prepare has earned him two consecutive Conference Championships in the Shot Put, as well as a trip to the NCAA Division III Championships, along with five All-Conference nods in three different events. Currently, Michael ranks third in school history in the shot put. ~ Patrick Holmberg

Clemson University

Male

Shai Carpenter

Sport: Track and field

Position: Triple Jump

College Senior

Height: 6'2"

Vertical Jump: 41"

Quote: Shai Carpenter has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman. He attacks every strength training session with the same intensity that he has on the runway on meet day. Despite a body weight of only 175lbs, Shai boasted a 405lb back squat his senior year in addition to a 265lb power clean. His efforts in the weight room also translated to the track where he has been in multiple time ALL-ACC performer and also an All-American. ~ Jessica Prencipe

Colgate University

Female

Jennifer Dias

Sport: Track and field

Position: Sprinter / hurdler

College Senior

Height: 5'8"

Weight: 139.4

Age: 21

Vertical Jump: 15"

Bench Press Poundage: 120

Front Squat Poundage: 175

Hang Clean Poundage: 140

Hang Clean Reps: 3

Quote: Last year, during the middle of outdoor season, Jenn Dias found out that she had hurt her back. At the point some would have given up, however, Jenn stayed the summer while doing a research internship and rehabbed herself back from the injury. The entire summer, despite working long hours doing the day, Jenn was in the weight room, on a daily basis, working herself back to full strength. This following year, Jenn has served to be a driving force for the female sprinters and the rest of the track team, not only pushing herself or them as well. ~ Liaaron White

Colorado State University

Female

Brittany Lewis

Sport: Track and field

Position: Combined events

College Senior

Bench Press Poundage: 130

Squat Poundage: 215

Hang Clean Poundage: 135

Quote: Sometimes sport hands you an interesting hand of cards. Some people fold. Some people play on. Brittany is a gamer, she doesn't fold. I am convinced that Miss. Brittany Lewis is the toughest person that I have ever met. Watching her bounce back from injury was amazing. I have never seen anything like it! She is motivated, incredibly hard working, and is dedicated. Not to mention, she has the patience of a Saint. Her Athletic Trainer, Anne Bradley adds - "She has a calm confidence...never cuts any corners, has a great attention to detail and I always trust her perspective and feedback." Working for young athletes such as herself drives me to get out of bed in the morning. ~ Nicholas Longo

Colorado State University

Male

JT Van Veen

Sport: Track and field

Position: Throws

College Senior

Weight: 235

Vertical Jump: 33"

Bench Press Poundage: 330

Squat Poundage: 460

Hang Clean Poundage: 340

Quote: In my three seasons with Colorado State University Track and Field- I have had the opportunity to sit back and watch JT develop both physically and mentally. He is dedicated to what he does, never makes excuses, and does 110% of what is asked of him. When things get tough- JT gets going. Not only does he take care of business for himself- he drives those that are around him. JT is a true leader and a team player. Without a doubt in my mind- he is going to do great things in the next chapter of his life. It has truly been a pleasure to work with him. ~ Nicholas Longo

Duke University

Female

Megan Clark

Sport: Track and field

Position: Pole vault

College Senior

Height: 5'6"

Weight: 125

Age: 21

Bench Press Poundage: 165

Bench Press Reps: 1

Squat Poundage: 265

Squat Reps: 1

Hang Clean Poundage: 180 (power clean)

Hang Clean Reps: 1

Quote: Megan Clark is one of the most hard working and dedicated athletes I have ever worked with. She is not only the strongest pound for pound female athlete at Duke, but she is a leader for her fellow student athletes, especially on the Track & Field team. She always brings exceptional focus and a positive attitude to training, hence why she has been so successful. If you have any questions regarding Megan please don't hesitate to contact me. ~ Alex Merrill

Northern Arizona University

Female

Melanie Zibrat

Sport: Track and field

Position: Mid-distance

College Junior

Height: 5'8"

Weight: 120

Age: 21

Vertical Jump: 23.5"

Bench Press Poundage: 105

Bench Press Reps: 1

Squat Poundage: 160

Squat Reps: 1

Hang Clean Poundage: 132

Hang Clean Reps: 1

Quote: Melanie Zibrat has turned herself from a walk-on to one of the most respected and reliable runners on the team. Melanie is the unquestioned leader of the mid-distance team on and off the track. Although not outspoken, when she does speak it is with great respect and attention that her teammates listen. She has earned a strong voice and leadership role through her actions in the weight room that include perfect attendance during the summer voluntary window. She has also helped develop and lead an extra lift each week for the mid-distance team. In 3 years she has had no bad days and always brings a positive attitude and new standard setting work ethic to her training that is infectious to all of her teammates daily in the weight room.

~ Emma Ostermann

Lipscomb University

Female

April Terry

Sport: Track and field

Position: Throws

College Senior

Weight: 260

Bench Press Poundage: 165

Bench Press Reps: 1RM

Front Squat Poundage: 240

Squat Reps: 1RM

Hang Clean Poundage: 80 kg

Hang Clean Reps: 1RM

Quote: April is a very accomplished athlete both in the weight room and on the track. She is a hard worker, with a great desire to succeed in all tasks set before her. Her humble attitude is an example to others and she constantly motivates and inspires others to rise to greatness. I have greatly enjoyed being her Strength and Conditioning Coach over the last 4 years of her collegiate career. ~ Steven Mason

Lipscomb University

Male

Gemika Prude

Sport: Track and field

Position: High jump

College Senior

Weight: 175

Vertical Jump: 37"

Ten-Yard Dash: 1.49

Bench Press Poundage: 321

Bench Press Reps: 1RM

Squat Poundage: 485

Squat Reps: 1RM

Hang Clean Poundage: 125 kg

Hang Clean Reps: 1RM

Quote: Gemikal is a very accomplished athlete both in the weight room and on the track. He is a hard worker, with a great desire to succeed in all tasks set before him. He is a humble example to others and constantly motivates and inspires others to rise to greatness. I have enjoyed being his Strength and Conditioning coach over the last 4 years of his collegiate career. ~ Steven Mason

Northern Arizona University

Female

Melanie Zibrat

Sport: Track and field

Position: Mid-distance

College Junior

Height: 5'8"

Weight: 120

Age: 21

Vertical Jump: 23.5"

Bench Press Poundage: 105

Bench Press Reps: 1

Squat Poundage: 160

Squat Reps: 1

Hang Clean Poundage: 132

Hang Clean Reps: 1

Quote: Melanie Zibrat has turned herself from a walk-on to one of the most respected and reliable runners on the team. Melanie is the unquestioned leader of the mid-distance team on and off the track. Although not outspoken, when she does speak it is with great respect and attention that her teammates listen. She has earned a strong voice and leadership role through her actions in the weight room that include perfect attendance during the summer voluntary window. She has also helped develop and lead an extra lift each week for the mid-distance team. In 3 years she has had no bad days and always brings a positive attitude and new standard setting work ethic to her training that is infectious to all of her teammates daily in the weight room.

~ Emma Ostermann

Northern Arizona University

Female

Alexis Clay

Sport: Track and field

Position: Long jumper

College Senior

Height: 5'6"

Weight: 155

Age: 22

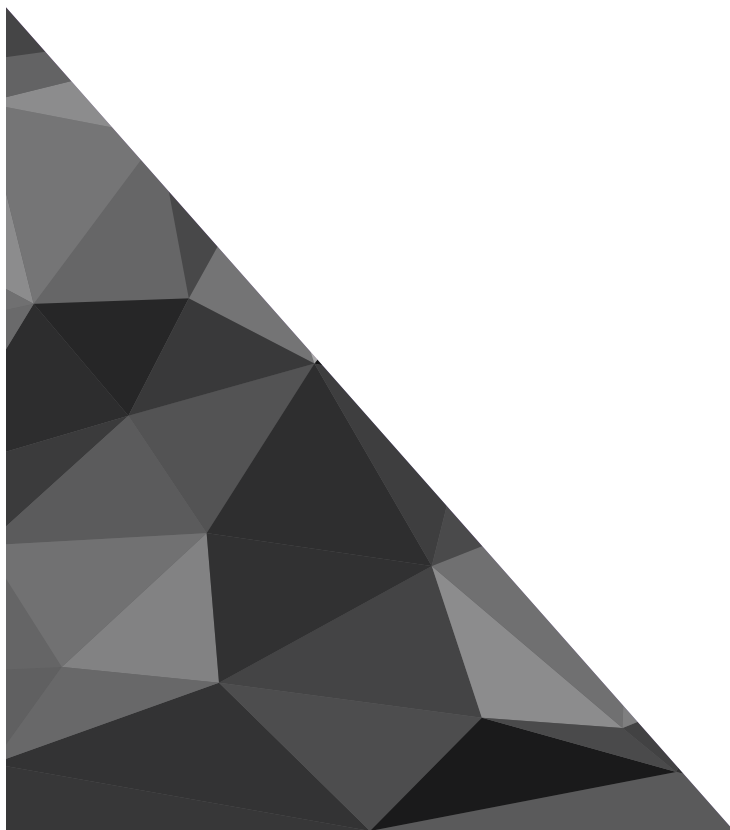
Vertical Jump: 27"

Bench Press Poundage: 155

Squat Poundage: 290

Hang Clean Poundage: 180

Quote: Alexis Clay has been fun to watch grow and mature as an individual. Alexis has excelled in the weight room. In her strength and her technical proficiency of lifts. Above all else Alexis's coach-ability has been the most significant improvement. She listens to everything that you tell her and makes the necessary adjustments to maximize her performance. ~ Eric Rhodes



Northern Arizona University

Male

Deante Kemper

Sport: Track and field

Position: High jumper

College Senior

Height: 6'3"

Weight: 175

Age: 22

Vertical Jump: 43"

Bench Press Poundage: 250

Squat Poundage: 350

Hang Clean Poundage: 245

Quote: Deante Kemper is what Strength and Conditioning is all about. He is a highly motivated individual who excels at his sport as well as in the weight room. Deante always has a positive outlook and is a student of the weight room. He is constantly asking questions in order to help improve himself as an athlete. It has been amazing to see his growth in the weight room, as someone who wasn't confident lifting weights to someone who now loves to lift and is confident when doing so. Kemper's accountability is exemplified by giving his best effort with or without eyes on him and is the type of person who positively influences his teammates around him. ~ Eric Rhodes

Springfield College

Male

Brandon Hammerstrom

Sport: Track and field

Position: Hammer / shot put / weight

College Senior

Height: 6'1"

Age: 21

Vertical Jump: 24.4"

Bench Press Poundage: 270

Bench Press Reps: 1

Squat Poundage: 435

Squat Reps: 1

Hang Clean Poundage: 265

Hang Clean Reps: 1

Quote: Brandon Hammerstrom, referred to as "Hammer" by his peers, is one of the most dedicated athletes in the Springfield College Weight Room. As an Athletic Training major, his schedule is often overloaded with class and clinical hours. Despite this, he makes every effort to maintain a 3-day lifting schedule throughout the week while balancing the athletic training curriculum and practice. Brandon excels in the weight room especially. Over his four years here at Springfield College he has immensely improved his lifts. This year alone he has increased his front squat by 35 pounds, hang clean by 12 pounds, bench by 35 pounds, and deadlift by 30 pounds. Brandon's passion in the weight room is exhibited through his focused and driven demeanor: he is never satisfied. His success has been dictated by his personal ambition and dedication to the sport of throwing. Leadership is just as an important aspect of Brandon's day to day routine as is practice and lifting. He is constantly assisting new shot putters and hammer throwers in technique tips and self-confidence. His teammates often look to him for approval and advice, whether it be on or off the ring. Brandon's presence in the ring and in the weight room is never overlooked. He is a well-respected athlete at Springfield College due to his ongoing efforts and hunger for greatness. Brandon never ceases to impress his coaching staff. ~ Brian Thompson

Springfield College

Female

Abby Wright

Sport: Track and field

Position: Distance

College Senior

Age: 21

Vertical Jump: 23"

Bench Press Poundage: 115

Bench Press Reps: 3

Squat Poundage: 165

Squat Reps: 3

Hang Clean Poundage: 95

Hang Clean Reps: 3

Quote: What we say and what we program is only as good as those we ask to put it into action. As the unmistakable leader among the female runners, Abby consistently sets a high standard in every facet of life for her peers. I can trust her to be an extension of our strength and conditioning philosophy outside the weight room to help the team be their best. Whether it's a warm-up and cool down procedure, landing preparation exercises, or main lifts, I can expect her to give her full effort and set an example for her teammates. She never lacks intensity or desire in her attitude toward making sure she and the team are fully prepared. I wish I had more time to work with her to continue to challenge her. The will Abby displays tells me she would succeed in any athletic endeavor and I can only imagine what other fields of sport she could conquer if she had chosen another path. As she finishes her senior year, she continues to make strides in her running events with multiple personal bests and endlessly improving weight room strength. Though her sport coach demands more from her in her workouts than anyone else on the team, she consistently establishes the tone at lift, never deficient in energy or spirit. Abby is a coach's dream and deserves to be recognized for all she has achieved.

- Brian Thompson

South Dakota State University

Male

Joe Bednar

Sport: Track and field

Position: Sprinter

College Senior

Height: 6'0"

Weight: 175

Age: 23

Vertical Jump: 38"

Bench Press Poundage: 308

Bench Press Reps: 1

Squat Poundage: 402

Squat Reps: 1

Hang Clean Poundage: 302

Hang Clean Reps: 1

Quote: Joe originally came to SDSU as a walk-on Football player but then switched over to Track & Field during his first spring semester on campus. Track was a new sport for Joe but over the course of his career he has worked incredibly hard to develop as a sprinter and recently cracked the SDSU all-time top ten list in the 60m Dash and has been an integral member of our relay teams. Joe has done outstanding job in the weight room during his time at SDSU and made significant increases in his strength and power production, which in turn has helped his performance on the track. In addition to his efforts as an athlete, Joe is also an excellent student and has been named to The Summit League Academic Honor Roll and The Summit League's Distinguished Scholars List. Joe's work ethic, positive attitude and drive to succeed in everything he does will no doubt serve him well this season on the track and in his future endeavors. - Adam Parsons



South Dakota State University

Male

Lori Foltz

Sport: Track and field

Position: Sprinter

College Senior

Height: 5'7"

Weight: 134

Age: 23

Vertical Jump: 24.5"

Bench Press Poundage: 117.7

Bench Press Reps: 1

Squat Poundage: 231

Squat Reps: 1

Hang Clean Poundage: 170.5

Hang Clean Reps: 1

Quote: Lori has had an outstanding career as a sprinter and hurdler at SDSU. She is currently the school record holder in the 300m Hurdles and has been an important member of several relay teams. Over the years Lori has worked consistently and diligently in the weight room to transform herself into a high level Track athlete. She always comes into the weight room with a positive attitude and is always motivated to do her best. In addition to her success on the track and in the weight room, Lori has an excellent academic record and has been named to The Summit League Academic Honor Roll on multiple occasions. Her drive to be the best, along with her infectious personality, and positive attitude will ensure that she has a successful season on the Track this spring and many more successes beyond her time at SDSU.

~ Adam Parsons

University of Connecticut

Male

Christopher Ackell

Sport: Track and field

Position: Thrower

College Senior

Height: 6'1"

Weight: 230

Age: 22

Vertical Jump: 29"

Bench Press Poundage: 315

Bench Press Reps: 1

Squat Poundage: 520

Squat Reps: 1

Power Clean Poundage: 320

Hang Clean Reps: 1

Quote: Chris has demonstrated the highest level of dedication, commitment, and passion to weight room training. He is a consistent leader, both in his words and actions. He displays all the great qualities you want as a strength coach and he has translated his achievements in the weight room into success as a thrower. ~ Joel DeMarco

University of Memphis

Female

Sydney Wright

Sport: Track and field

Position: Long jump / triple jump

College Senior

Height: 5'8"

Weight: 144

Age: 22

Vertical Jump: 27"

Bench Press Poundage: 115

Bench Press Reps: 1

Squat Poundage: 275

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 1

Quote: Sydney Wright is the defining model of what a NSCA All-American is about. Her dedication and desire to excel on the track and in the weight room has propelled her to being one of the premier long jumpers in the American Athletic Conference. Her last two years Sydney has not missed a practice due to injury, has broken her lifetime best on the track and in the weight room numerous times, and scored for the first time in her career as a Senior. Sydney plans on continuing her education in Exercise Science and will be a NSCA Certified Strength and Conditioning Specialist upon graduation this spring. ~ David Queck

The University of Michigan

Female

Cindy Ofili

Sport: Track and field

Position: Sprints / hurdles

College Senior

Height: 5'10"

Age: 21

Vertical Jump: 30"

Forty-Yard Dash: 7.37 (60 meters)

Squat Poundage: 250

Hang Clean Poundage: 185

Quote: Cindy is a world class athlete and has a bright future in the in the top ranks of international track & field. Her talent can appear effortless to the outside world, however I have witnessed her behind the scenes efforts that have transferred onto the track. Her consistency on the track both in NCAA and international competitions are a testament to her consistency and dedication to her training both on and off the track. This lady is an absolute workhorse and always attacks the weight room with intentions of winning championships. Her relentless training habits over the last 4 years are characteristics of an NSCA All-American. ~ Bo Sandoval

South Dakota State University

Female

McKenzie Johnson

Sport: Track and field

Position: Thrower

College Senior

Height: 5'10"

Age: 22

Vertical Jump: 20.5"

Bench Press Poundage: 159.8

Bench Press Reps: 1

Squat Poundage: 319.6

Squat Reps: 1

Hang Clean Poundage: 209.4

Hang Clean Reps: 1

Quote: McKenzie Johnson has had an exceptional Track and Field career here at South Dakota State University. She is currently a record holder on multiple South Dakota State All-Time Top Ten lists for both indoor and outdoor seasons in the Shot Put, Weight, and Hammer Throw. McKenzie has worked persistently in the weight room and during practice to transform herself into an elite athlete. She has emerged as a leader among her peers due to her passion for Track and Field as well as for life. In addition to her accomplishments in the realm of Track and Field, McKenzie has an outstanding academic track record as evidenced by her being named to the Summit League Honor Roll. McKenzie Johnson's desire to be great, her infectious personality, and strong work ethic will result in remarkable success this Track and Field season and well into her future. ~ Nathan Moe

Webber International University

Male

Jordan Clarke

Sport: Track and field

Position: 800-m / 600-m / 400-m / 200-m / 100-m / 4 x

100-m / 4 x 400-m / 4 x 800-m

College Junior

Height: 6'4"

Weight: 190

Age: 21

Vertical Jump: 30"

Bench Press Poundage: 285

Squat Poundage: 405

Quote: Jordan is an outstanding all-around athlete. He attacks every workout with the same focus and attitude he displays on meet day. His hard work not only on the track, but also in the weight-room has carried over to his exceptional performances. Jordan holds the school record in the 400 & 600 meters and is a 3x national qualifier. It is my honor to nominate Jordan for this award. ~ Clay Allen

Webber International University

Female

Kathi Whitfield

Sport: Track and field

Position: 400-m / 200-m / 4 x 100-m / 4 x 800-m / 100-m

College Junior

Height: 4'11"

Weight: 125

Age: 21

Vertical Jump: 21"

Quote: Kathi is the epitome of a servant-leader and possesses a jubilant attitude that permeates throughout the room. Her passion for the sport and training makes for a fun and inspiring session every single time she puts her spikes on or enters the weight-room. She is the captain of the women's cross country/track & field teams and is a 2x national qualifier. Kathi lives to serve and leaves a positive impact on all the lives she touches. It is my honor to nominate Kathi for this award. ~ Clay Allen

Webber International University

Female

Melissa Rios La Luz

Sport: Track and field

Position: Triathlon

College Senior

Height: 5'5"

Weight: 125

Age: 28

Quote: Melissa exemplifies leading by example. I am fortunate to work with such a driven and self-motivated student-athlete. The sheer mental determination it takes to complete her daily mileage is incredible, much less to finish it with a smile on her face. Melissa's work ethic is immense and yields results, making her a 3-time Pan-American competitor and a silver medalist at the 2014 Central American Games. Melissa is one of those athletes that makes a coach's job easy and fun. It is my honor to nominate Melissa for this award. ~ Clay Allen

Weber State University

Male

Jonathon McUne

Sport: Track and field

Position: Sprints

College Senior

Squat Poundage: 295

Squat Reps: 1

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Jonathon has used his time in the weight room to not only better his performance but to recover from a major injury. Watching Jonathon work to come back from injury to finish his senior season at the highest level has been fun to watch his attitude and work ethic exemplify what it means to be an All-American. ~ Chris Fritz

Weber State University

Female

Alexandria Van Halder

Sport: Track and field

Position: Sprints

College Senior

Squat Poundage: 215

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 1

Quote: During her time in the track program Alex has embraced the weight room. She has never shied away from learning and trying to improve herself and in turn the team. She has worked tirelessly for the last 4 years to maximize her potential and it has been an honor to watch her progression.

- Chris Fritz

West Texas A&M University

Female

Libby Strickland

Sport: Track and field

Position: Multiple

College Senior

Height: 5'7"

Weight: 133

Age: 22

Vertical Jump: 30"

Bench Press Poundage: 120

Bench Press Reps: 1

Squat Poundage: 270

Squat Reps: 1

Hang Clean Poundage: 165

Hang Clean Reps: 1

Quote: Libby has been an incredible athlete to work with. She is such a tough person and someone that no matter what you throw at her she will always step up to the challenge.

The energy she brings to the weight room during workouts is infectious and helps motivate everyone to push themselves harder. All the hard work she has put in has paid off for her tremendously on the track. She is a USTFCCCA First-Team All-America in indoor pentathlon (fifth), indoor high jump (T-seventh) and outdoor 4x100m relay (third), making her an eight-time All-American. She is also a national qualifier in the outdoor 200m & high jump. She has won LSC titles in indoor high jump, pentathlon and outdoor 4x100 relay and is an LSC All-Conference & USTFCCCA All-Region indoor & outdoor. She is very deserving of this award and I'm honored to nominate Libby as an NSCA All-American. ~ Sarah Ramey

William Woods University

Male

Adam Smith

Sports: Track and field

Position: Thrower

College Senior

Height: 6'3"

Vertical Jump: 31.6"

Pro Agility Time: 4.21

Ten-Yard Dash: 1.41

Bench Press Poundage: 355

Squat Poundage: 500

Hang Clean Poundage: 295

Quote: Adam Smith is quite a story. He came to William Woods as a soccer player. After one year he joined the track team as a thrower, Javelin then the heavy stuff. He has been dedicated to the program always looking to improve. At times he has been too eager by over training but grew to understand the process. Adam's improvement is impressive. He has added 50 pounds to his body with no change in body fat. With this extra muscle mass his strength and power have improved greatly. His pull ups have increase by 22, clean by 90 lbs. squat by 100 pounds, his bench 120 lbs. and his vertical by 4.5". Adam has had to focus on his flexibility to accommodate the changes in his body. His four years of hard work has been rewarded. The past two years Adam has qualified for nationals. Adam Smith's work ethic and outgoing personality will be missed at WWU. ~ Robert Jones



VOLLEYBALL

Avila University

Female

Laurel Dehn

Sport: Volleyball

Position: Middle

College Junior

Height: 6'0"

Weight: 140

Age: 20

Vertical Jump: 22"

Bench Press Poundage: 95

Bench Press Reps: 1

Squat Poundage: 155

Squat Reps: 1

Hang Clean Poundage: 115

Hang Clean Reps: 1

Quote: Laurel is already a gifted athlete. With that being said she is also one of my hardest working athletes which compounds on her natural talents. She is a leader by example in the weight room but her mental attitude is where she excels. During a conversation regarding her progress her coach told me she wanted to see her reaction when she suggested she would bring in a player to compete with Laurel her spot. Her response was I figured you would and I will beat her out for it either way. That is a great example of determination she exudes. ~ Brian Ciolek

California Lutheran University

Female

Monica Lundgren

Sport: Volleyball

Position: Middle blocker

College Junior

Height: 5'10"

Weight: 140

Age: 20

Vertical Jump: 29"

Squat Poundage: 225

Hang Clean Poundage: 145

Quote: Monica Lundgren is a tremendous competitor with an outstanding work ethic. Her enthusiasm, perseverance, and competitive nature inspire her teammates on a daily basis. In 2015, she helped California Lutheran University earn its first National Championship in program history. Along the way, Monica earned All-Conference honors and was among the league leaders in blocks, kills, and hitting percentage.

~ Patrick Holmberg

Clemson University

Female

Leah Perri

Sport: Volleyball

Position: Outside hitter

College Senior

Height: 6'0"

Age: 21

Vertical Jump: 27"

Squat Poundage: 250

Hang Clean Poundage: 165

Quote: Leah Perri has always been a standout leader not only on the volleyball court but also a force to be reckoned with in the weight room. She holds it important to herself that she's not only a vital part of the team skill wise on the court but also a leader with pushing the bar in the weight room higher and higher. Leah's efforts in the weight room allowed her to play high at the net and earn her 1000th career kill this year with another year of eligibility left. Being a leader not only on the volleyball court but in the weight room too puts a lot of pressure on Leah but, she's always been a player that strived off of pressure and always exceeds expectations no matter what the situation may be. She always finds a way and never an excuse. ~ Rick Franzblau

Fort Hays State University

Female

Mallory Flagor

Sport: Volleyball

Position: Right side hitter

College Senior

Height: 5'11"

Weight: 172

Age: 21

Vertical Jump: 24.5"

Pro Agility Time: 4.81

Bench Press Poundage: 150

Bench Press Reps: 1

Squat Poundage: 265

Squat Reps: 1

Hang Clean Poundage: 145

Hang Clean Reps: 1

Quote: Mallory Flagor is one of the hardest working female athletes I have been around, so far. She is a four years letter winner, and recorded 1069 career kills for her Volleyball team. Mallory has a tremendous passion to compete and she matched that passion in her year round training. One of her unsung attributes was her leadership, always being out front with a positive attitude but humble in her success.

~ Doug Boucher

Humboldt State University

Female

Kaitlyn Dunaway

Sport: Volleyball

Position: Right side hitter / defensive specialist

College Senior

Weight: 150

Age: 22

Vertical Jump: 27"

Pro Agility Time: 4.74

Bench Press Poundage: 155

Squat Poundage: 285

Hang Clean Poundage: 220

Quote: Kaitlyn's great example through her tireless work ethic helped to transform the training culture of our volleyball program. This season's team was one of the most consistent and dedicated volleyball groups that we have ever had in the weight room. In addition to a successful team season, individually Kaitlyn was selected All-Conference and finished tenth in the CCAA in digs per set and service aces. Kaitlyn also left her name in the program record book with 844 kills in a career, which runs her eight, and that was in just two seasons! I am excited to watch Kaitlyn's transition into the field of strength and conditioning this spring as a student assistant Strength and Conditioning Coach assigned to.... Volleyball! ~ Drew Petersen

Juniata College

Female

Nakita Gearhart

Sport: Volleyball

Position: Middle hitter

College Senior

Height: 5'11"

Age: 22

Vertical Jump: 22"

Bench Press Poundage: 150

Hang Clean Poundage: 160

Quote: Nakita's list of accomplishment on the Volleyball court has been numerous, but even more impressive has been her work ethic and determinations off the court in her preparation for competition. As a team Captain, leader and role model, she has been a major contributor to Juniata Colleges Women's Volleyball program success. Pass accomplishments include: AVCA Third Team All-America, AVCA First Team All-Region, and Landmark Conference MVP. ~ Douglas Smith

Missouri University of Science and Technology

Female

Claire Friedlund

Sport: Volleyball

Position: Outside hitter

College Sophomore

Height: 5'10"

Weight: 160

Age: 20

Vertical Jump: 24"

Pro Agility Time: 4.42

Bench Press Poundage: 105 (incline bench)

Bench Press Reps: 2

Squat Poundage: 225

Squat Reps: 3

Hang Clean Poundage: 145

Hang Clean Rep: 3

~ Troy Williams

Northern Arizona University

Female

Anastacia Williams

Sport: Volleyball

Position: Defensive specialist

College Senior

Height: 5'6"

Weight: 150

Age: 22

Pro Agility Time: 4.81

Ten-Yard Dash: 1.71

Bench Press Poundage: 120

Squat Poundage: 240

Hang Clean Poundage: 154

Quote: Stacia Williams overcame an injury that would end most volleyball player's careers, if not due to the physical damage, then certainly through the emotional/psychological challenge of making a comeback. Throughout the rehabilitation process Stacia kept an uncommon positive attitude towards achieving small daily victories...ALWAYS. After a full year of recovery she had the best season of her career capped off by a Conference Championship. Post-season, Stacia opted to test her Clean, Squat and Bench to find that she achieved her pre-injury power and strength levels. Stacia was the most valuable player on the court many nights, yet received little recognition for her incredible diving digs and relentless effort on every single point. She takes this same approach to all aspects of her life knowing that every result she achieves is earned through her daily question and action of 'what else can I do to get better?'

~ Macauley Radcliffe

Northern Arizona University

Female

Janae Vander Ploeg

Sport: Volleyball

Position: Outside hitter

College Senior

Height: 5'11"

Weight: 150

Age: 22

Ten-Yard Dash: 1.64

Bench Press Poundage: 120

Bench Press Reps: 1

Squat Poundage: 200

Squat Reps: 1

Hang Clean Poundage: 138

Hang Clean Reps: 1

Quote: Janae Vander Ploeg is the model student-athlete. She has seen success on the court, in the weight room and in the classroom. Not once in 4 years did she have a bad day. During her senior season, she invested extra time into her training regimen during the summer, training 5 days/week when the program was only 3 days/week. Her ability to overcome adversity with a smile on her face is unmatched. Janae's optimistic, yet honest personality created an extremely tight knit team that enjoyed each other's company on and off the court. Her positive outlook and daily competitiveness earned her teammates, coaches and peers respect. On the court she led the volleyball team to new heights that included a Conference Championship and NCAA appearance. Individually for her efforts she was named the school's first AVCA 1st Team All-Region and AVCA All-American. ~ Daniel Darcy

Northwood University

Female

Krysta Kramer

Sport: Volleyball

Position: Outside hitter

College Senior

Height: 5'11"

Age: 22

Vertical Jump: 26.7"

Pro Agility Time: 4.65

Forty-Yard Dash: 4.87

Bench Press Poundage: 125

Squat Poundage: 225

Hang Clean Poundage: 145

Quote: Krysta's dedication to the weight room helped propel her toward the top of the GLIAC in kills. Earning her all-conference honors. ~ Scott Fisher

Nova Southeastern University

Female

Kaelyn Brock

Sport: Volleyball

Position: Outside hitter / defensive specialist

College Sophomore

Height: 5'7"

Age: 20

Bench Press Poundage: 105

Bench Press Reps: 5

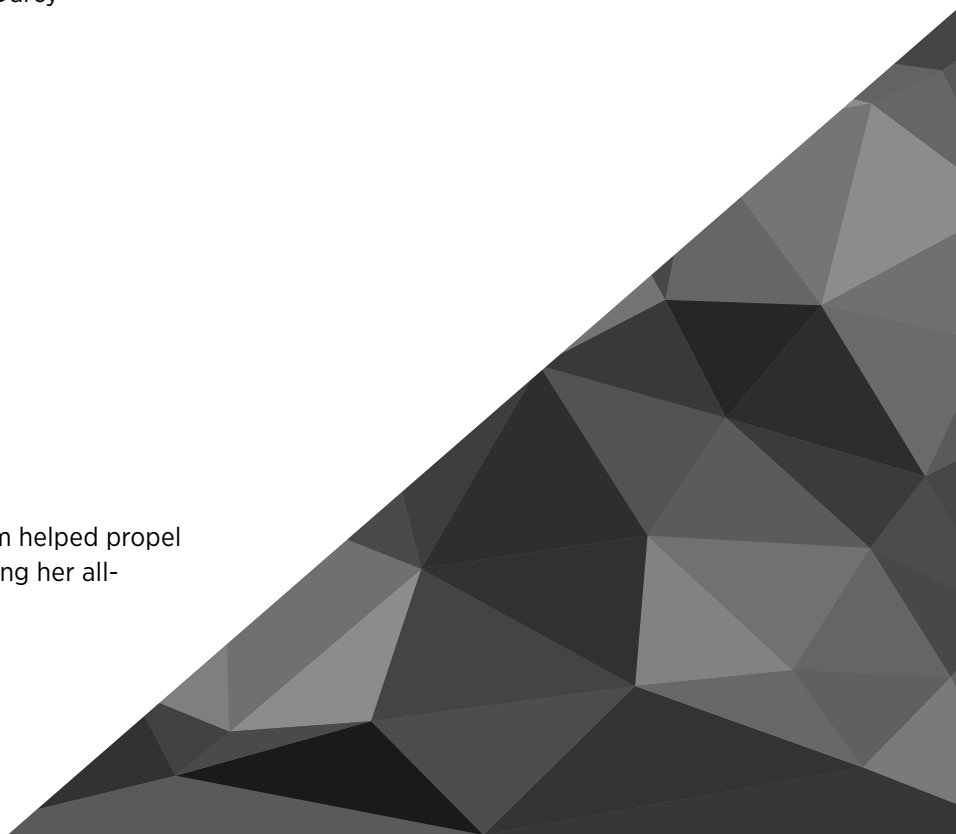
Squat Poundage: 185

Squat Reps: 5

Hang Clean Poundage: 150

Hang Clean Reps: 3

Quote: Kaelyn Brock has been an outstanding competitor and teammate for the NSU Volleyball team. She is a leader on and off the court, but especially while training. Her effort and intensity sets the tone for a team that was undefeated in matches going to 5 Sets, which is a testament to her toughness and will to win. All while maintaining a 3.4 GPA in Kinesiology. ~ Steven Orris, MS, CSCS



Olivet Nazarene University

Female

Becky DeRuiter

Sport: Volleyball

Position: Middle hitter

College Senior

Height: 6'0"

Weight: 150

Age: 21

Vertical Jump: 10'1.5"

Bench Press Poundage: 140

Bench Press Reps: 1

Squat Poundage: 230

Squat Reps: 5

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: It is my pleasure to nominate Becky DeRuiter. She was named CCACC co-conference player of the year and received NAIA All-American status this past season. She was our senior captain and a stand-out player. Her volleyball accomplishments are a testament to her year-round, hard work in the weight room. She was no doubt our hardest worker and would be one who deserves this award.

- Rachele Wiegand



Purdue University

Female

Ashley Evans

Sport: Volleyball

Position: Setter

College Sophomore

Height: 6'1"

Age: 21

Vertical Jump: 10'0.5" approach touch

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 235

Squat Reps: 1

Hang Clean Poundage: 154

Hang Clean Reps: 1

Quote: Ashley Evans Purdue Volleyball Redshirt Sophomore – Setter Liberty Township, Ohio Ashley Evans is the epitome of a student-athlete, on and off the court, excelling academically, athletically and as a leader. Over the past three seasons, she has filled whatever role the team needed, acting as a practice player as a true freshman, taking on an outside hitting and primary passing role as a redshirt freshman and transitioning yet again as a sophomore, becoming the starting setter. Evans' transformation and success on the court is due to her natural talent, but also to her tireless work in the gym and the weight room. She has worked to get stronger and increase her endurance, putting in numerous hours before and after practice sharpening her skills and gaining even more experience as part of the USA Volleyball Collegiate National – China Tour team last summer. During the offseason, she has spent countless hours in the gym working on every aspect of her game, from improving her connection with her hitters at open gyms to refining her defense/blocking. That work has paid off as she converted on 97 percent of her serve reception chances in 2014, and led the team to a .262 hitting percentage in 2015, ranking 27th nationally. As a true freshman, despite knowing she would not be on the court, Evans always gave 100 percent in practices and could be found working out in hotel exercise rooms to keep up her fitness to ensure that her team was at its best. As her time on the court has increased that dedication and commitment to the game and her team has never waned. Ashley is one of the hardest workers on the team and inspires her teammates to push themselves through her no-nonsense example. When possible, she offers to help teammates put in extra time outside of practice, giving whatever she can to ensure team success regardless of personal sacrifice or recognition. Ashley is relentless in training. Her nickname in the weight room is "The Terminator" as she will crush any challenge presented to her. Not only is she a fierce competitor when it "gets hot" so to speak, but she is also a fully-invested, self-aware and highly educated student-athlete. Ashley continually seeks extra work in the weight room to improve the little things. An example would be her continued commitment to improving her mobility as she understands how it contributes to a larger

goal of improving her big lifts and on-court performance. As a result, she increased her max back squat 35 pounds, from 200 to 235 in a calendar year from spring 2014 to 2015 and is continuing to excel as we await our spring 2016 test date. Evans balances all of this with a highly taxing mechanical engineering major in which she carries a 3.90 GPA and volunteering in the community. She was a CoSIDA third team Academic All-America selection in 2016 and is a two-time Academic All-Big Ten honoree thus far in her career. She also has already begun preparing for a future outside of volleyball with an internship. ~ Christina Specos

Sacred Heart University

Female

Katie Drenzo

Sport: Volleyball

Position: Middle

College Sophomore

Height: 5'11

Age: 21

Vertical Jump: 25"

Squat Poundage: 225

Hang Clean Poundage: 170

Quote: Katie has consistently shown that hard work in the weight room, and training, can make a big difference on the court. She has developed herself into a true leader on and off the court. ~ Chris Fee, MS, CSCS, USAW

State University of New York at New Paltz

Female

Rebecca Borquist

Sport: Volleyball

Position: Outside hitter

College Senior

Height: 5'9"

Weight: 135

Age: 21

Vertical Jump: 25"

Hang Clean Poundage: 140

Hang Clean Reps: 1

Quote Great athlete. Became a harder worker as she got older. Stepped into a leadership role for our women's volleyball team. ~ Gary Gall

State University of New York at New Paltz

Male

Kevin Nardone

Sport: Volleyball

Position: Libero

College Senior

Height: 6'0"

Weight: 170

Age: 22

Vertical Jump: 35.5"

Quote: Great athletic ability, and is the backbone of our men's volleyball team here at SUNY New Paltz. ~ Gary Gall

State University of New York at New Paltz

Male

Christian Smith

Sport: Volleyball

Position: Setter

College Senior

Height: 6'5"

Weight: 215

Age: 22

Vertical Jump: 34.5"

Bench Press Poundage: 265

Bench Press Reps: 1

Squat Poundage: 295

Squat Reps: 1

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Leads by example. Already a two time all-American volleyball player. Does all the little things right. ~ Gary Gall

The Ohio State University

Female

Elizabeth Campbell

Sport: Volleyball

Position: Outside hitter

College Senior

Height: 6'1.5"

Age: 21

Vertical Jump: 30.5"

Pro Agility Time: 4.79

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 250

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 1

Quote: "Z" was an outstanding Outside Hitter on our Women's Volleyball team. Her work ethic on and off the court was more than any Strength Coach could ask for. Great leadership, work ethic, winning attitude and an outstanding ability to follow instruction. Truly a winner!! ~ Anthony Glass

University of Delaware

Female

Chandler Bryant

Sport: Volleyball

Position: Middle hitter

College Senior

Height: 6'0"

Age: 21

Vertical Jump: 27"

Ten-Yard Dash: 1.81 (laser)

Bench Press Poundage: 135

Bench Press Reps: 3

Squat Poundage: 245

Squat Reps: 3

Hang Clean Poundage: 185

Hang Clean Reps: 1

Quote: Chandler was the pillar of the Team with in the Strength & Conditioning program. She had tremendous lifting technique, and had great numbers as a result of her focus, determination, and talents as an athlete. Chandler showed great leadership and was truly an "Elite Teammate". ~ Ted Perlak

University of Michigan

Female

Ally Davis

Sport: Volleyball

Position: Outside hitter

College Senior

Height: 6'1"

Age: 21

Vertical Jump: 23.3"

Ten-Yard Dash: 1.87

Forty-Yard Dash: 5.6

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 220

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Ally Davis, has continually progressed and demonstrated her leadership and commitment to the strength and conditioning program along with the volleyball program as a whole. Her dedication, positive attitude, attention to detail and relentless effort to her physical preparation have been instrumental to her returning to play after a season ending injury two years ago, along with the numerous personal records she established along the way. Ally progressed continuously in all areas of strength and conditioning, to include setting several personal records. Her personal bests include 220lb squat, 200lb deadlift, 135lb bench press, 135lb power clean. Ally's leadership by example has been paramount in inspiring her teammates to achieve personal bests within the strength and conditioning program and reach new levels of physical preparedness. Ally has repeatedly earned the respect of the coaching staff and her fellow teammates due to her willingness to rise to any challenge and fulfill any role in order to make Michigan Volleyball successful. Such dedication is also evidenced by her earning all-Big Ten conference academic recognition as a Communications major. ~ Jamie Preiss

University of Michigan

Female

Kelly Murphy

Sport: Volleyball

Position: Outside hitter

College Senior

Height: 6'0"

Age: 21

Vertical Jump: 23.8"

Ten-Yard Dash: 1.9

Forty-Yard Dash: 6.1

Bench Press Poundage: 140

Bench Press Reps: 1

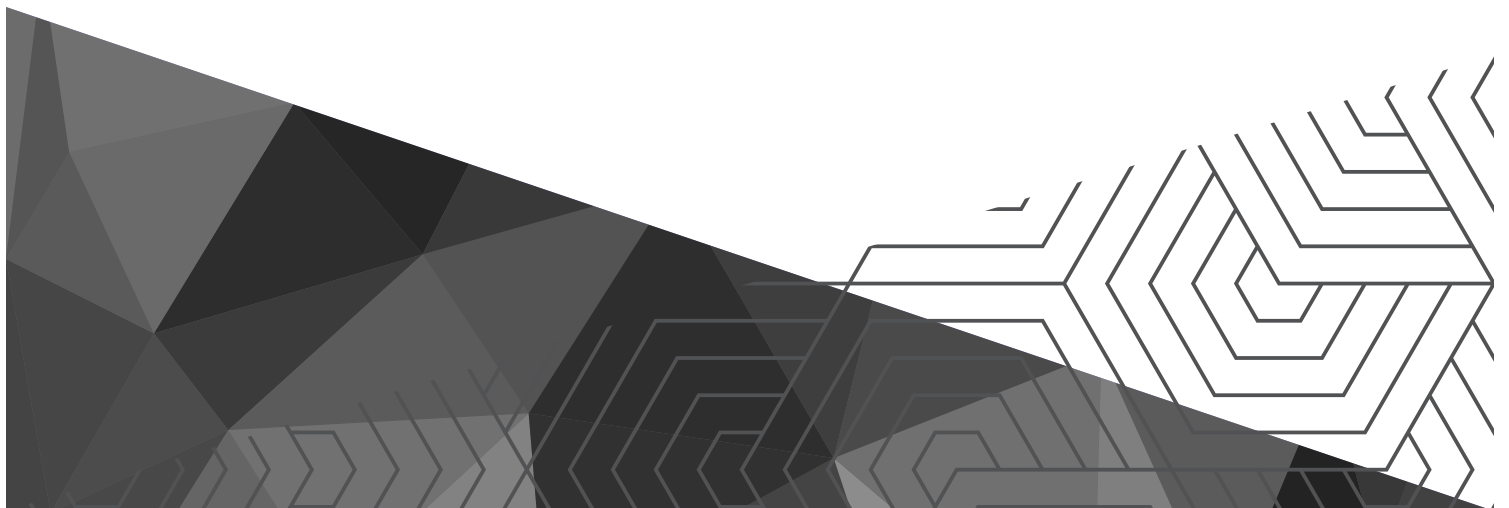
Squat Poundage: 260

Squat Reps: 1

Hang Clean Poundage: 155

Hang Clean Reps: 1

Quote: Kelly Murphy, has continually progressed and demonstrated her leadership and commitment to the strength and conditioning program along with the volleyball program as a whole. Her dedication, positive attitude, attention to detail and relentless effort to her physical preparation have been instrumental to her returning to play after several serious injuries, along with the numerous personal records she established along the way. Kelly progressed continuously in all areas of strength and conditioning, to include setting several personal records. Her personal bests include 260lb squat, 245lb deadlift, 140lb bench press, 155lb power clean. Kelly's leadership by example has been paramount in inspiring her teammates to achieve personal bests within the strength and conditioning program and reach new levels of physical preparedness. Kelly, a two-time team captain, has repeatedly earned the respect of the coaching staff and her fellow teammates due to her willingness to rise to any challenge and fulfill any role in order to make Michigan Volleyball successful. Such dedication is also evidenced by her earning all-Big Ten conference academic recognition for 4 years in a row as well as being a two-time University of Michigan Athletic Academic Achievement Award recipient as a Biopsychology, Cognition and Neuroscience major. ~ Michael Favre



University of North Dakota

Female

Faith Dooley

Sport: Volleyball

Position: Middle hitter

College Sophomore

Height: 6'3"

Vertical Jump: 23.5"

Pro Agility Time: 4.88

Ten-Yard Dash: 1.9

Squat Poundage: 235

Quote: It has been a great privilege to work with Faith! She is a tireless and intrinsically motivated athlete and leader. In volleyball for 2014, Faith was named the Big Sky Conference Freshman of the Year, along with earning a place on the All-Big Sky second team. In 2015, Faith was named once again to the All-Big Sky second team. Along with her athletic accolades, in 2015 she was named to the All-Big Sky Academic Team. Faith's off-season dedication has made her the strongest member of the UND volleyball team, as well as the highest vertical jump and one of the team's quickest athletes in acceleration testing. Faith also has a unique desire to understand her training and what she can do to pursue further excellence in her athletic and volleyball abilities!

~ Aaron Schwenzfeier

University of Wisconsin-River Falls

Female

Hannah Havemeier

Sport: Volleyball

Position: Outside hitter

College Sophomore

Height: 5'7"

Weight: 165

Age: 19

Vertical Jump: 27"

Pro Agility Time: 4.66

Ten-Yard Dash: 1.86

Bench Press Poundage: 150

Squat Poundage: 305

Hang Clean Poundage: 185

Quote: Hannah is not only a talented athlete but is also a young professional in our field. Her time is spent learning the science of strength training, but also applying it to herself and the rest of her team. If more athletes were as interested in their development as Hannah is, our jobs would be significantly easier. ~ Carmen Pata

Virginia Tech

Female

Ashley Battle

Sport: Volleyball

Position: Middle blocker

College Junior

Height: 6'2"

Age: 21

Vertical Jump: 29.5" (approximate jump: 10'7")

Bench Press Poundage: 130

Bench Press Reps: 1

Squat Poundage: 240

Squat Reps: 1

Hang Clean Poundage: 170

Hang Clean Reps: 1

Quote: Ashley is one of our stand out athletes here at Virginia Tech. She brings an enormous amount of energy to her team vocally and by her leadership. She has consistently improved each year in each of our strength assessments. Ashley currently is our vertical jump record holder for volleyball. She has received our Elite Athlete Award as well as multiple Personal Record Breaker awards throughout her career here. Ashley was also named our Strength and Conditioning Athlete of the Year for volleyball in the 2014-2015 school year. On the court she was 10th in the ACC for overall hitting and blocking percentages and has tied the all-time single match Blocks in 2015. Academically Ashley is a double major in Communications and Business Marketing carrying a GPA of 3.44. ~ Megan Evans

Weber State University

Female

Tanisha Langston

Sport: Volleyball

Position: Outside hitter

College Sophomore

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 165

Hang Clean Reps: 1

Quote: Tanisha is the definition of what it means to be an All American in the weight room. Her dedication to the weight room has allowed her to come back from 2 ACL injuries. Her dedication not only got her back on the court but allowed her to finish her sophomore season injury free. Few people have the dedication to come back from 2 ACL injuries, it has been a privilege to watch her persevere and get back on the court.

~ Chris Fritz

Webber International University

Male

Petr Doubravský

Sport: Volleyball

Position: Men's beach volleyball

College Senior

Height: 6'4"

Weight: 183

Age: 23

Vertical Jump: 32"

Bench Press Poundage: 235

Squat Poundage: 340

Hang Clean Poundage: 225

Quote: Petr's determination in combination with his athleticism and tenacity, make him a force to be reckoned with on the court. A 2x third place EVP World Championship finisher, his accolades speak volumes of his drive making it an absolute pleasure to watch him grow and develop as a student-athlete. It is my honor to nominate Petr for this award. ~ Clay Allen

WRESTLING

Cornell University

Male

Gabe Dean

Sport: Wrestling

Position: 184

College Junior

Height: 5'10"

Weight: 184

Age: 21

Vertical Jump: 32"

Bench Press Poundage: 365

Bench Press Reps: 1

Squat Poundage: 475

Squat Reps: 1

Power Clean Poundage: 285

Hang Clean Reps: 1

Quote: Gabe Dean is an exceptional athlete and individual. He is a true leader by example who steps on the mat knowing he has done absolutely everything to prepare himself for success. He is without question one of the most well rounded athletes I have ever coached in regard to leadership, attitude and work ethic. His hard work has earned him a national championship and he is currently pursuing his second title. Gabe has achieved success at the highest level while balancing the demands associated with obtaining an Ivy League education. ~ Jay Andress

Huntingdon College

Male

Deon Maxwell

Sport: Wrestling

Position: 165

College Sophomore

Weight: 165

Bench Press Poundage: 255

Squat Poundage: 455

Hang Clean Poundage: 255

Quote: Deon has been an integral part of starting our collegiate wrestling program. His dedication to training has set an example for all of our wrestlers, and will help ensure the future success of the program. ~ Charlie Goodyear

Menlo College
Female
Cady Chessin
Sport: Wrestling
Position: 116
College Junior
Weight: 116

Quote: Cady is a consistent example of hard work and attention to detail in the weight room and on the mat. Each workout is seen as an opportunity to better herself and get closer to a national title. This season Cady became an All-American for the 3rd time in her career and led the Oaks to a 7th place team finish at the WCWA Nationals in Oklahoma City. She overcame great adversity on her way to All-American status. After having to default out of her quarterfinals match due to a seizure, she battled back to win 3rd place picking up 4 technical falls along the way.

~ Travis Patrick

University of Michigan
Male
Cory Lester
Sport: Wrestling
Position: 125
College Junior
Height: 5'2"
Weight: 125

Age: 22
Vertical Jump: 33.2"
Ten-Yard Dash: 1.67
Forty-Yard Dash: 5.22
Bench Press Poundage: 275
Bench Press Reps: 1
Squat Poundage: 400
Squat Reps: 1
Hang Clean Poundage: 245
Hang Clean Reps: 1

Quote: Cory Lester, a 125lb wrestler, has continually progressed and demonstrated his leadership and commitment to the strength and conditioning program along with the wrestling program as a whole. His dedication, positive attitude, attention to detail and relentless effort to his physical preparation have been instrumental to the numerous personal records he established this past off-season.

Cory progressed continuously in all areas of strength and conditioning, to include setting several overall team records. His personal bests include 400lb squat, 350lb deadlift, 275lb bench press, 245lb power clean, 5:45min 1-mile run, 90 push-ups and 53 pull-ups, all while being in the 125lb weight class. Cory'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. Cory has repeatedly earned the respect of the coaching staff and his fellow teammates due to his willingness to rise to any challenge and fulfill any role in order to make Michigan Wrestling successful. Such dedication is also evidenced by his earning all-Big Ten conference academic recognition as a Sports Management major this past year.

~ Russel Barbarino

University of Michigan

Male

Ben Ralston

Sport: Wrestling

Position: 184 lb weight class

College Senior

Height: 5'11"

Weight: 184

Age: 23

Vertical Jump: 26"

Ten-Yard Dash: 1.67

Forty-Yard Dash: 5.24

Bench Press Poundage: 345

Bench Press Reps: 1

Squat Poundage: 360

Squat Reps: 1

Hang Clean Poundage: 245

Hang Clean Reps: 1

Quote: Ben Ralston has continually progressed and demonstrated his leadership and commitment to the strength and conditioning program along with the wrestling program as a whole. His dedication, positive attitude, attention to detail and relentless effort to his physical preparation have been instrumental to the numerous personal records he established this past off-season. Ben'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. Ben has repeatedly earned the respect of the coaching staff and his fellow teammates due to his willingness to rise to any challenge and fulfill any role in order to make Michigan Wrestling successful. Such dedication is evidenced by his progression through 4 different weight classes over 4 years, while earning multiple all-conference academic recognition as a neuroscience major. ~ Ashley Jackson

University of Michigan

Male

Dominic Abounader

Sport: Wrestling

Position: 184 lb weight class

College Junior

Height: 5'11"

Weight: 184

Vertical Jump: 30"

Ten-Yard Dash: 1.71

Squat Poundage: 425

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Dominic Abounader, the 2015 Big Ten Conference 184lb weight class champion, 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, attention to detail and relentless effort to his physical preparation have been instrumental to the numerous personal records he established this past off-season. Dominic'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 Dominic the respect of the coaching staff, his fellow teammates and the athletic department resulting in his selection as a team captain for the 2015-16 wrestling season. ~ Michael Favre

Virginia Tech

Male

Dan Garwood

Sport: Wrestling

Position: Heavyweight

College Senior

Height: 6'3"

Weight: 248

Age: 22

Vertical Jump: 39"

Bench Press Poundage: 410

Bench Press Reps: 1

Squat Poundage: 500

Squat Reps: 1

Hang Clean Poundage: 300

Hang Clean Reps: 1

Quote: Through hard work and dedication Dan has become one of the leaders in strength and conditioning here at Virginia Tech. He has earned our prestigious Elite Athlete Award multiple times as well as earning our Strength and Conditioning Athlete of the year for 2014-2015 school year for the sport of wrestling. He is consistently trying to better himself in here as well as on the wrestling mat. Dan currently holds our wrestling bench press record at 410lbs. All athletes have intangible qualities that are not measurable and one of Dan's is his mentor-ship to our All American heavy weight. Dan's leadership and guidance and passion for training have truly pushed his teammates to be better in all aspects of their training. ~ Terry Mitchell



HIGH SCHOOL ATHLETES



BASEBALL

Canutillo High School

Male

Eduardo "Lalo" Enriquez

Sport: Baseball

Position: Shortstop / second base / pitcher / catcher

High School Senior

Height: 5'9"

Weight: 119

Age: 16

Pro Agility Time: 4.72

Sixty-Yard Dash: 7.03

Bench Press Poundage: 145

Bench Press Reps: 1

Squat Poundage: 205

Squat Reps: 1

Hang Clean Poundage: 165

Hang Clean Reps: 1

Quote: Lalo is an accomplished player not only in high school, but in travel baseball as well. He has great hands, fast feet, and pitches & catches with the best of them. He is an around solid player that works very hard in the weight room and on the field. Since starting weight training in August 2014, he has made great gains and continues to get stronger almost on a daily basis. He is a very dedicated weightlifter and baseball player that is an absolute pleasure to coach. He will do very well in college baseball and academics as well as he is ranked in the top of his high school class. ~ Doug Briggs

Canutillo High School

Male

Alexander Briggs

Sport: Baseball

Position: Shortstop / pitcher / second base

High School Sophomore

Height: 5'9.5"

Weight: 140

Age: 15

Vertical Jump: 25"

Pro Agility Time: 4.49

Forty-Yard Dash: 4.9

Bench Press Poundage: 185

Bench Press Reps: 1

Squat Poundage: 297

Squat Reps: 1

Hang Clean Poundage: 209

Hang Clean Reps: 1

Quote: Alexander is an outstanding player with very fast hands and exceptional footwork. His commitment and dedication, not only to baseball, but strength & conditioning shows. He challenges himself and pushes hard to achieve academically as well as athletically. He loves playing baseball for Canutillo High School and feels fortunate to play with so many other talented baseball players that work as hard as he does in the weight room and on the field. He feels that he has the best coaches in high school baseball and loves taking instruction from Armando Almanza and Nick Alvarez.

~ Antony McClure



Canutillo High School

Male

Derrick Munoz

Sport: Baseball

Position: Third base / pitcher / catcher / first base

High School Senior

Height: 5'10"

Weight: 180.56

Age: 18

Pro Agility Time: 4.91

Sixty Yard Dash: 7.46

Bench Press Poundage: 220

Bench Press Reps: 1

Squat Poundage: 295

Squat Reps: 1

Hang Clean Poundage: 185

Hang Clean Reps: 1

Quote: Derrick is a very strong athlete in the weight room and a very capable athlete on the field. He has worked hard over the past 18-months on his strength, conditioning, and agility, never missing a practice session. His commitment and dedication speak for themselves and his achievements in the weight room are obvious. Derrick is a no-nonsense kind of a guy that just tackles things head-on and deals with them. He has great stamina and perseverance in all things and a great attitude to go with it. His dedication to improve and the time he commits to it will take him far in college baseball.

~ Doug Briggs

Canutillo High School

Male

Angel Frausto

Sport: Baseball

Position: Shortstop / second base / third base / pitcher

High School Senior

Height: 5'10"

Weight: 157.94

Age: 19

Pro Agility Time: 4.51

Sixty Yard Dash: 7.38

Bench Press Poundage: 205

Bench Press Reps: 1

Squat Poundage: 295

Squat Reps: 1

Hang Clean Poundage: 165

Hang Clean Reps: 1

Quote: Angel's commitment and dedication to the sport of baseball is obvious and he is one-heck-of a utility player and the player that can make the big plays when needed. He has a very fast glove, great footwork, and awesome off-balance throws. He works really hard in the weight room and has made tremendous strides with his weight training and conditioning. He continues to improve every year and displays a real "can do" attitude. Angel is a pleasure to coach and will do very well in college baseball. ~ Doug Briggs

Canutillo High School

Male

Isaiah Huerta

Sport: Baseball

Position: Outfield / pitcher

High School Junior

Height: 6'0"

Weight: 158.2

Age: 18

Bench Press Poundage: 185

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 165

Hang Clean Reps: 1

Quote: Isaiah is a very solid outfielder that never misses a beat and can cover a lot of territory in a hurry and make the big play. He is an outstanding batter as well and continues to make excellent progress on strength and conditioning. He hopes to play college baseball and continue his love for the sport. Isaiah is a dedicated athlete that commits in the weight room and on the field. I am honored to have had the opportunity to know and work with him. ~ Antony McClure

Canutillo High School

Male

Andrew Miranda

Sport: Baseball

Position: Outfield

High School Junior

Height: 5'8"

Weight: 120.28

Age: 17

Pro Agility Time: 4.52

Bench Press Poundage: 175

Bench Press Reps: 1

Squat Poundage: 215

Squat Reps: 1

Hang Clean Poundage: 165

Hang Clean Reps: 1

Quote: Andrew plays outfield and has improved tremendously since first starting weight training in August of 2014. He is very fast and can cover a lot of territory in the outfield. He is one of the hardest working team members in the weight room and continues to make gains in strength and speed. He is always upbeat and provides a laugh to fellow team members whenever they need it. Andrew demonstrates great character and the desire to work hard and achieve. He is a force to be reckoned with. ~ Antony McClure

Coronado High School

Male

Jeremy Aguirre

Sport: Baseball

Position: Second base

High School Freshman

Vertical Jump: 24"

Bench Press Poundage: 155

Squat Poundage: 230

Quote: Jeremy's hard work and determination enabled him to get bigger, stronger, and faster over the course of the year. The payoff is a starting position as a freshman on the junior varsity. ~ John Barela

Providence Day School

Male

Zack Iverson

Sport: Baseball

Position: Pitcher

High School Junior

Height: 6'2"

Weight: 175

Age: 18

Vertical Jump: 27"

Bench Press Poundage: 155

Bench Press Reps: 3

Squat Poundage: 215

Squat Reps: 5

Hang Clean Poundage: 175

Hang Clean Reps: 3

Quote: Zack is a hard worker in and out of the weight room. This year Zack committed to working out in the weight room and has increased his velocity as a pitcher and has increased his power at the plate at a batter. ~ Tom Caruso

Robert E. Lee High School

Male

Ethan Vancini

Sport: Baseball

Position: Catcher

High School Junior

Height: 5'11"

Weight: 175

Age: 16

Vertical Jump: 26"

Pro Agility Time: 4.5

Ten-Yard Dash: 1.62

Bench Press Poundage: 180

Squat Poundage: 260

Hang Clean Poundage: 180

Quote: Ethan is a dedicated student athlete who has set himself apart in classroom, the weight room, and on the field. His dedication to his performance enhancement has paid dividends this this past year where he led the team in all but one offensive category earning All-Conference honors. Ethan also has a fantastic work ethic off the field with an unweighted 3.2 GPA while taking advanced classes. Ethan's largest growth this past year has been his leadership. As a varsity captain he been motivating his teammates to achieve the same level of dedication to excellence he strives both in the weight room and on the field. ~ John Girton

St. Mary's High School

Male

Brennen Rowan

Sport: Baseball

Position: Catcher

High School Senior

Height: 5'9"

Bench Press Poundage: 205

Squat Poundage: 365

Hang Clean Poundage: 205

Quote: I've had the fortune to work with many fine young athletes. The most successful ones were the guys and gals who lost and failed a lot and often, but they never quit. And, that is why they were successful in all they set out to do. Brennen is no exception, and there have only been a handful that have been as passionate about pushing their limits as Brennen. Consistent and determined, Brennen made the most of the time he had in preparation for his senior year. There is no mystery, it comes down to hard work and consistency. Great work, Brennen! Remember, never say can't!
~ Ty Van Valkenburg

University Academy Charter School

Male

Will Powell

Sport: Baseball

Position: Outfielder

High School Junior

Height: 5'8"

Weight: 170

Age: 17

Vertical Jump: 28"

Forty-Yard Dash: 4.66

Bench Press Poundage: 145

Bench Press Reps: 9

Squat Poundage: 250

Squat Reps: 8

Hang Clean Poundage: 160

Hang Clean Reps: 1

Quote: Will Powell has easily been one of the top performing student athletes to attend University Academy. His dedication to both the baseball program and to his academics are unequalled. His consistency, attention to detail, and all-out effort make him stand out among our other athletes. In the weight room he can be counted on to lend encouragement, help others with technique, as well as display an outstanding work ethic. On the field, no one works harder. This helped him earn the role of co-captain his freshman and sophomore years. In addition he earned All-District honors as a freshman. His skills have gotten the attention of several local colleges with the possibility of a Division One scholarship. Will excels in the classroom with a 4.07 GPA and ACT score of 24. It's been a privilege to coach Will and watch as he developed into one the most outstanding young men that have attended our school. ~ Ray Sims



BASKETBALL

Athletic Performance Training Center

Female

Julianne Lebo

Sport: Basketball

Position: Point guard

High School Senior

Height: 5'7"

Weight: 125

Age: 18

Vertical Jump: 18"

Bench Press Poundage: 95

Bench Press Reps: 6

Squat Poundage: 175

Squat Reps: 6

Hang Clean Poundage: 75

Hang Clean Reps: 6

Quote: Julianne is totally committed and dedicated to her strength and conditioning program as a way to improve her athletic performance (she plans to major in exercise science). She never misses a session. Julianne is self-motivated and driven to be the best she can be -- on the court and in the classroom (4.0 GPA, honor roll, National Honor Society). As a 4-year varsity letter award winner and starter, she led her team, and was the team leader -- and one of the conference leaders -- in assists and points. Julianne leads by example, always exhibiting a positive attitude and serving as a role model for everyone in our facility. ~ Brian Lebo

LaCrosse High School

Female

Olivia Baus

Sport: Basketball

Position: Forward

High School Junior

Height: 5'11"

Vertical Jump: 23.5"

Pro Agility Time: 4.79

Ten-Yard Dash: 1.76

Forty-Yard Dash: 5.54

Bench Press Poundage: 135

Squat Poundage: 225

Hang Clean Poundage: 130

Quote: Olivia has grown from an athlete intimidated by weight training to a top performer in nearly every category, including many school strength records. With great attention to detail, she is a perfectionist in all aspects of training and constantly wants to make sure things are done properly.

Olivia also helps set the standard of what it means to be a great teammate and role model for younger players. She is humble, unassuming, and simply wants to help her team be as successful as possible. Her talent and positive influence have led her team to state tournament appearances as well as all-league and all-state recognition in multiple sports.

- Shawn Landers

New Richmond High School

Female

Hallie Kaczmariski

Sport: Basketball

Position: Forward

High School Senior

Height: 5'8"

Weight: 120

Age: 17

Vertical Jump: 24"

Pro-Agility Time: 5.1

Forty-Yard Dash: 5.5

Bench Press Poundage: 120

Bench Press Reps: 1

Squat Poundage: 230

Squat Reps: 1

Hang Clean Poundage: 130

Hang Clean Reps: 1

Quote: Hallie is a high school senior at New Richmond High School in New Richmond, Wisconsin. Hallie's dedication to the weight room started before her freshman year. As an incoming freshman she attended strength and conditioning sessions 4 days a week for the entire summer. During the school year she attends out-of-season training sessions consistently while encouraging her teammates to join her. This has been her pattern of training for the last four years. She is a leader in the weight room and on the basketball court by encouraging her teammates to work hard in the weight room knowing the results will show on the basketball court. As a first year track athlete, the strength and conditioning program enabled her to place at the conference track meet. Hallie's gains in the weight room lead to confidence on the court and track. Her leadership in the weight room helped her secure the title of captain of the girls' basketball team. Hallie's discipline and work ethic have led to a significant increase in fellow student-athletes committing to the strength and conditioning program. She has raised the bar and others want to emulate her work ethic and accomplishments. Hallie's results in the weight room have led to her being at the top of nearly every statistical category kept based on the NRHS athletic recognition board. In addition to her consistency in the weight room, she has maintained that consistency in the classroom by attaining a 3.8 GPA. Her hard work in the weight room and classroom has helped her achieve her academic goal of being accepted at UW Madison where she will study Kinesiology. - Keith Badger

Notre Dame Academy

Female

Olivia Campbell

Sport: Basketball

Position: Point guard

High School Senior

Height: 5'10"

Age: 18

Pro Agility Time: 4.47

Bench Press Poundage: 150

Bench Press Reps: 1

Squat Poundage: 235

Squat Reps: 1

Hang Clean Poundage: 170

Hang Clean Reps: 2

Quote: Olivia is a multi-sport athlete who commits to the weight room year round. Her unwavering hard work and dedication to everything that she does is the reason she has made the all-conference team numerous times in both basketball and track, including being the conference defensive player of the year as a sophomore, team MVP as a junior and a two time state champion in basketball. Olivia's hard work and dedication does not stop in athletics as she has had great academic success. Olivia has been on the high honor roll each of her four years at NDA as well as a member of the National Honor Society for the last two years; while achieving a 3.9 GPA. Olivia is a leader as she has been named varsity basketball team captain as both a junior and senior. Getting more of our female athletes involved in the strength program was a goal of our athletic program when I began coaching at NDA. Olivia bought into our strength program from the beginning and is a main reason why we have great participation among our female student-athletes; as they have noticed how her hard work in the weight room has paid off. Her leadership transcends the sports she is involved in. These characteristics have rubbed off on our entire athletic program and will continue to impact our school for many years to come. ~ A.J. Giovanetti, CSCS, USAW

The Peddie School

Female

Kate Hill

Sport: Basketball

Position: Point guard

High School Senior

Height: 5'8"

Weight: 140

Age: 18

Vertical Jump: 20.5"

Pro-Agility Time: 4.55

Ten-Yard Dash: 1.97

Bench Press Poundage: 115

Squat Poundage: 175

Squat Reps: 135 x 7

Hang Clean Poundage: 105

Quote: Kate earned All-State and All-MAPL honors as a sophomore, Junior, and Senior while posting a 3.6 GPA. She is also a fearless leader on the court and in the weight room.

~ Michael Volkmar

Providence Day School

Male

Josh Howard

Sport: Basketball

Position: Power forward

High School Senior

Height: 6'6"

Weight: 198

Age: 17

Vertical Jump: 28.5"

Squat Poundage: 225

Squat Reps: 5

Hang Clean Poundage: 155

Hang Clean Reps: 5

Quote: Josh has had an incredible high school basketball career. In his four years on Varsity, our team has won 103 out of 122 games (84%). They won four straight conference titles and just won the state title his senior year. Josh has been an invaluable contributor on these teams. He scored over 1000 points in his career, and his senior year, he averaged 14 points and 8 rebounds. He earned NCISAA All-State honors both his junior and senior years. Josh is a true competitor that I could always count on to bring a relentless work ethic to each practice and game. ~ Tom Caruso

Providence Day School
Female
Erin Whalen

Sport: Basketball
Position: Power forward
High School Senior
Height: 6'1"
Vertical Jump: 15"
Bench Press Poundage: 85
Bench Press Reps: 1
Squat Poundage: 105
Squat Reps: 1
Hang Clean Poundage: 105
Hang Clean Reps: 1

Quote: McDonald's All-American Games nominee, which is a basketball all-start tournament with seniors from across America and Canada. ~ Tom Caruso



CHEERLEADING

Providence Day School
Female

Maddy McCorkle
Sport: Cheerleading
Position: Base
High School Junior
Height: 5'1"
Age: 17
Vertical Jump: 18.5"
Bench Press Poundage: 65
Bench Press Reps: 1
Squat Poundage: 155
Squat Reps: 2
Hang Clean Poundage: 85
Hang Clean Reps: 3

Quote: Maddy is a State Champion 2015 All- Conference, winter 2015. She works hard in and out of the weight room. She is a great tumbler with a standing tuck, round off back hand spring tuck and layout. ~ Tom Caruso





FOOTBALL

AC Flora High School

Male

Donald Gist

Sport: Football

Position: Running back

High School Senior

Height: 5'6"

Weight: 160

Age: 18

Vertical Jump: 33"

Pro Agility Time: 4.35

Forty-Yard Dash: 4.58

Bench Press Poundage: 280

Squat Poundage: 425

Athletes Hang Clean Poundage: 245

Quote: Through Donald's effort and hard work in the weight room, he became our most dynamic and dependable player on the football team. He has been the model for hard work and effort. Despite Donald being undersized he has used his superior strength to become an all-region football running back. Donald also came in first place overall in the 2015 South Speed and Strength Meet. Donald is a great athlete but an even better person! ~ Micah Kurtz

Algonquin Regional High School

Male

Nathan Cooley

Sport: Football

Position: Outside linebacker

High School Junior

Height: 5'11"

Weight: 205

Age: 17

Vertical Jump: 28"

Pro Agility Time: 4.47

Ten-Yard Dash: 1.2

Forty-Yard Dash: 4.9

Bench Press Poundage: 275

Bench Press Reps: 185 x 15

Squat Poundage: 335

Squat Reps: 225 x 22

Hang Clean Poundage: 200

Hang Clean Reps: 200 x 10

Quote: Nathan has 4.3 GPA out of possible 5.0 he ranks 89th in his class of 320, he has accomplish this well taking all A.P classes. Nathan has work hard to overcome a major injury which cost him his sophomore year of football. His work in the weight room is relentless, he is the combination of outstanding student- athlete. Nathan is the total team player, caring more about his team mate then himself. ~ James Finn

Athens Academy

Male

Drew Richardson

Sport: Football

Position: Quarterback

High School Senior

Height: 6'2"

Weight: 210

Age: 17

Vertical Jump: 32"

Pro-Agility Time: 4.31

Forty-Yard Dash: 4.93

Bench Press Poundage: 315

Bench Press Reps: 1

Squat Poundage: 500

Squat Reps: 1

Hang Clean Poundage: 265

Hang Clean Reps: 1

Quote: For the 2015-2016 school year, Drew was named Offensive MVP for the Georgia Scholar Athlete All Star Football Game and is the Pre-season First Team All Sate Catcher. In addition to being a decorated two sport athlete in Football and Baseball, Drew is an outstanding leader on the field and in the weight room. Drew also excels in the class room, He is a 4 year honor student with a overall 3.8 GPA, and 3 year member of the National Honor Society. Drew is a pleasure to work and I'm excited to see his development as a collegiate student athlete. ~ Charles Pulliam

Bishop O'Dowd Highschool

Male

Camilo Eifler

Sport: Football

Position: Outside linebacker

High School Senior

Height: 6'2"

Weight: 214

Age: 17

Vertical Jump: 42.3"

Pro Agility Time: 4.28

Forty-Yard Dash: 4.65

Bench Press Poundage: 315

Bench Press Reps: 1

Squat Poundage: 405

Squat Reps: 1

Hang Clean Poundage: 275

Hang Clean Reps: 1

Quote: Posted the best scores as the 2015 Nike Combine- Northern California- Oakland, attended the Nike Opening in Beaverton, Oregon, and posted a 10'6" 4. Had a game winning tackle at 2015 homecoming game, nominated and played in the 2016 US ARMY All American Bowl, committed to University of Washington, and ranked #5 Outside linebacker in Country ~ Jay Beito

Cate School

Male

Ajibola Bodunrin

Sport: Football

Position: Linebacker / defensive end

High School Senior

Height: 5'9"

Weight: 180

Bench Press Poundage: 175

Bench Press Reps: 1

Squat Poundage: 200

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 3

Quote: Every new program needs a few leaders to buy-in, set the tone and create the foundations for a strong lifting culture. Ajibola and several of his fellow senior captains did just that by organizing a one hour, three times a week 6:00am lifting group in the Spring before their senior season. To grasp the magnitude of this event it's important to understand that at Cate School lifting is optional and that nothing like this had ever been done before. In addition to forming this spring lifting group, Ajibola and his other senior captains continued to lift in the summer, came back earlier than required in the summer and lifted all through season. All firsts in Cate School's history. It's no surprise then that this team did not lose a single minute of pre-season practice time to non-contact injury, that they went un-defeated in the regular season, that they had an all-time low of non-contact injuries, and that they were ranked first in the state in their division. When their team lost in the semi-finals of play-offs, it wasn't because they weren't strong or in-shape enough. It just wasn't their night. But having said all that, what I am most proud of as their strength coach is how they both planned team service projects during their pre-season and were incredibly inclusive toward all their teammates, regardless of their backgrounds. Ajibola was an integral component to making this season a life-changing event for all involved through his charisma and vocal leadership. At game time, Ajibola was the rallying point through his voice and distinct pre-game mannerisms. ~ Erik Hansen

Cate School

Male

Keller Mochel

Sport: Football

Position: Tight end / defensive end

High School Senior

Height: 6'2"

Weight: 185

Age: 17

Bench Press Poundage: 235

Bench Press Reps: 1

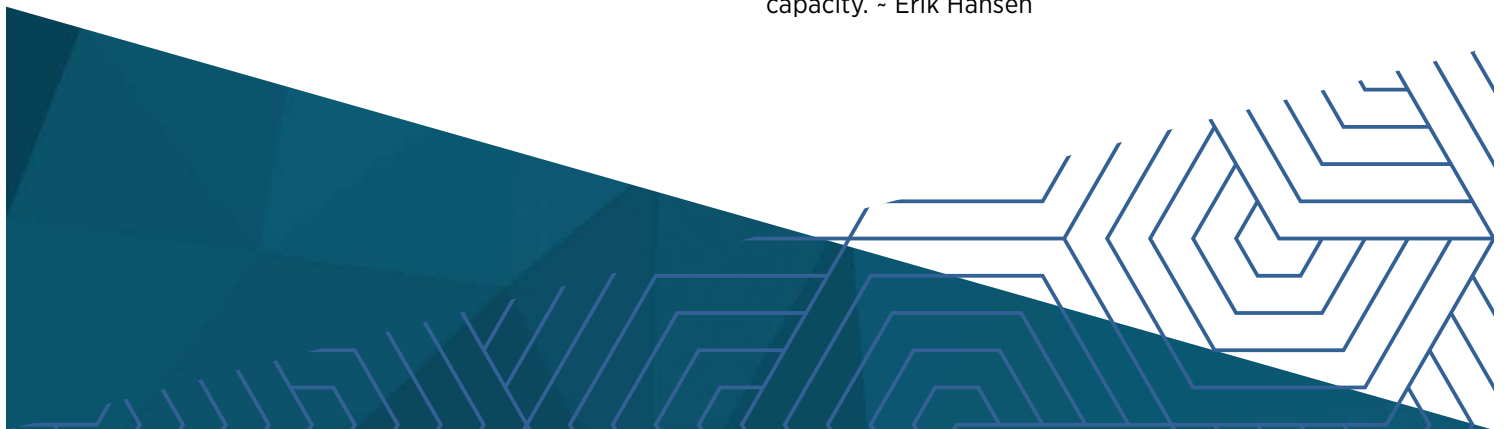
Squat Poundage: 300

Squat Reps: 1

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Every new program needs a few leaders to buy-in, set the tone and create the foundations for a strong lifting culture. Keller Mochel and several of his fellow senior captains did just that by organizing a one hour, three times a week 6:00am lifting group in the Spring before their senior season. To grasp the magnitude of this event it's important to understand that at Cate School lifting is optional and that nothing like this had ever been done before. In addition to forming this spring lifting group, Keller and his other senior captains continued to lift in the summer, came back earlier than required in the summer and lifted all through season. All firsts in Cate School's history. It's no surprise then that this team did not lose a single minute of pre-season practice time to non-contact injury, that they went un-defeated in the regular season, that they had an all-time low of non-contact injuries, and that they were ranked first in the state in their division. When their team lost in the semi-finals of play-offs, it wasn't because they weren't strong or in-shape enough. It just wasn't their night. But having said all that, what I am most proud of as their strength coach is how they both planned team service projects during their pre-season and were incredibly inclusive toward all their teammates, regardless of their backgrounds. Keller was in integral component to making this season a life-changing one for all involved. Keller's specific contribution was his perseverance through a back injury he suffered from contact. He transferred his strong work ethic to physical therapy and is now back training at full capacity. ~ Erik Hansen



Cate School

Male

Oliver Welch

Sport: Football

Position: Kicker / tight end

High School Senior

Height: 6'0"

Weight: 175

Age: 17

Bench Press Poundage: 215

Bench Press Reps: 1

Squat Poundage: 315

Squat Reps: 1

Hang Clean Poundage: 195

Hang Clean Reps: 1

Quote: Every new program needs a few leaders to buy-in, set the tone and create the foundations for a strong lifting culture. Oliver Welch and several of his fellow teammates did just that by helping organize a one hour, three times a week 6:00am lifting group in the Spring before their senior season. To grasp the magnitude of this event it's important to understand that at Cate School lifting is optional and that nothing like this had ever been done before. In addition to forming this spring lifting group, Oliver and his other senior captains continued to lift in the summer, came back earlier than required in the summer and lifted all through season. All firsts in Cate School's history. It's no surprise then that this team did not lose a single minute of pre-season practice time to non-contact injury, that they went undefeated in the regular season, that they had an all-time low of non-contact injuries, and that they were ranked first in the state in their division. When their team lost in the semi-finals of play-offs, it wasn't because they weren't strong or in-shape enough. It just wasn't their night. But having said all that, what I am most proud of as their strength coach is how they both planned team service projects during their pre-season and were incredibly inclusive toward all their teammates, regardless of their backgrounds. Oliver was in integral component to making this season a life-changing one for all involved. When Oliver's previous injury history prevented him from participating in regular lifts, he attacked physical therapy with as much intensity as he did lifting and is now working back toward full strength. ~ Erik Hansen

Cate School

Male

Isaiah Washington

Sport: Football

Position: Running back / defensive back

High School Senior

Height: 5'7"

Weight: 150

Age: 17

Bench Press Poundage: 205

Bench Press Reps: 3

Squat Poundage: 265

Squat Reps: 3

Hang Clean Poundage: 175

Hang Clean Reps: 3

Quote: Every new program needs a few leaders to buy-in, set the tone and create the foundations for a strong lifting culture. Isaiah Washington and several of his fellow senior captains did just that by helping organize a one hour, three times a week 6:00am lifting group in the Spring before their senior season. To grasp the magnitude of this event it's important to understand that at Cate School lifting is optional and that nothing like this had ever been done before. In addition to forming this spring lifting group, Isaiah and his other senior captains continued to lift in the summer, came back earlier than required in the summer and lifted all through season. All firsts in Cate School's history. It's no surprise then that this team did not lose a single minute of pre-season practice time to non-contact injury, that they went undefeated in the regular season, that they had an all-time low of non-contact injuries, and that they were ranked first in the state in their division. When their team lost in the semi-finals of play-offs, it wasn't because they weren't strong or in-shape enough. It just wasn't their night. But having said all that, what I am most proud of as their strength coach is how they both planned team service projects during their pre-season and were incredibly inclusive toward all their teammates, regardless of their backgrounds. Isaiah was in integral component to making this season a life-changing one for all involved by keeping the team's spirits up during the middle of the season with his positive attitude. In addition, he was one of the few athletes to commit to a full winter strength and conditioning program in addition to the spring and the summer. It showed in the games. ~ Erik Hansen

Cate School

Male

Dean Smith

Sport: Football

Position: Defensive back

High School Senior

Height: 5'9"

Weight: 160

Age: 17

Bench Press Poundage: 215

Bench Press Reps: 3

Squat Poundage: 265

Squat Reps: 3

Hang Clean Poundage: 175

Hang Clean Reps: 3

Quote: Every new program needs a few leaders to buy-in, set the tone and create the foundations for a strong lifting culture. Dean Smith and several of his fellow senior captains did just that by organizing a one hour, three times a week 6:00am lifting group in the Spring before their senior season. To grasp the magnitude of this event it's important to understand that at Cate School lifting is optional and that nothing like this had ever been done before. In addition to forming this spring lifting group, Dean and his other senior captains continued to lift in the summer, came back earlier than required in the summer and lifted all through season. All firsts in Cate School's history. It's no surprise then that this team did not lose a single minute of pre-season practice time to non-contact injury, that they went un-defeated in the regular season, that they had an all-time low of non-contact injuries, and that they were ranked first in the state in their division. When their team lost in the semi-finals of play-offs, it wasn't because they weren't strong or in-shape enough. It just wasn't their night. But having said all that, what I am most proud of as their strength coach is how they both planned team service projects during their pre-season and were incredibly inclusive toward all their teammates, regardless of their backgrounds. Dean Smith spear-headed this special chain of events. His influence on this three year old program was invaluable. ~ Erik Hansen

Cate School

Male

Michael Netteshiem

Sport: Football

Position: Quarterback / defensive end

High School Senior

Height: 6'0"

Weight: 180

Age: 17

Bench Press Poundage: 200

Bench Press Reps: 3

Squat Poundage: 225

Squat Reps: 3

Hang Clean Poundage: 180

Hang Clean Reps: 3

Quote: Michael was an integral part of the exceptional football season which transpired in the Fall of 2015 by being an example of hard work, by helping the team to remain focused during tough parts of the season and by helping the less experienced lifters with understanding both the form of the lifts and with policies and procedures (with such clarity that it was like having another coach in the room). What made all of this even more extraordinary is that he had hip surgery the summer prior and was not able to participate in all of the lifting his teammates were participating in during the spring and summer. And yet none of this diminished his leadership on the team on the team in August due to his composure, perseverance and hard work. His influence and positive contribution to a young strength program will last years after he is gone. ~ Erik Hansen

Clinton Graceville Beardsley High School

Male

Michael Bauer

Sport: Football

Position: Lineman

High School Senior

Height: 5'11"

Weight: 225

Age: 18

Vertical Jump: 22"

Pro Agility Time: 4.69

Ten-Yard Dash: 1.79

Forty-Yard Dash: 5.14

Bench Press Poundage: 240

Bench Press Reps: 225 x 4

Squat Poundage: 385

Hang Clean Poundage: 260 Power Clean

Quote: Mike 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, Basketball, Track & Field, Weight Lifting Club, Student Council, FCCLA, and National Honor Society. He is an All-Conference performer in his sports as well as a District MVP in football. He has been religious with his commitment to our Strength & Conditioning Program and his hard work has paid off. Mike is close to becoming a member of our 900 lbs. club with his three lift total in the Squat, Bench, and Clean.

- Jeremy Christensen

Collinsville High School

Male

Tyler Forrest

Sport: Football

Position: Wide receiver / defensive back

Year: High School Senior

Height: 5'9"

Weight: 160

Age: 18

Vertical Jump: 28"

Pro Agility Time: 3.7

Forty-Yard Dash: 4.5

Bench Press Poundage: 225

Bench Press Reps: 1

Squat Poundage: 400

Squat Reps: 1

Hang Clean Poundage: 200

Hang Clean Reps: 1

Quote: Tyler Forrest was a DB/WR for the 2015 Football 5A state semi-finalist team in Oklahoma. He sold out to the weight room as a freshman and was a three year starter for the varsity football team. He was a leader in the weight room and on the field. In addition Tyler received All-District football as a senior, as a Defensive Back. ~ Adam Hass



Crawford County High School

Male

Levi Schwartz

Sport: Football

Position: Linebacker

High School Senior

Height: 6'2"

Weight: 180

Age: 18

Vertical Jump: 26"

Pro Agility Time: 4.24

Forty-Yard Dash: 4.71

Bench Press Poundage: 230

Bench Press Reps: 1

Squat Poundage: 420

Squat Reps: 1

Hang Clean Poundage: 230

Hang Clean Reps: 1

Quote: Levi has single-handedly saved our football program. We were nearly shut down a couple of years ago, given one more year to get numbers up. Levi was the first to truly buy in to lifting year round, something no one had done before at our school. As others saw him get bigger and stronger, more boys came out for weights and football. Fortunately, the program was saved and is in good shape. Levi recently finished his senior year of football and is the most decorated player in school history. He is a 3x All-Conference Linebacker, holds virtually every defensive record at the school, is the 1st player in school history to be named to an All-State pre-season or post-season team (2A Pre-Season Gridiron Digest All-State LB, Post-Season IFCA and AP Honorable Mention All-State), was recently named to the All-Region team at Inside Linebacker, and is an Academic All-State performer. Levi carries a 4.2 GPA and will attend a Division 3 private school on a full academic scholarship and continue his playing career. He will be the 1st member of his family to earn a 4-year degree. I am sure there are more impressive lifters and more athletic ballplayers, but I will bet good money that you will be hard pressed to find a more deserving and well-rounded young man. ~ Alan Hess

Dallas High School

Male

Mike Farrell

Sport: Football

Position: Offensive line

High School Junior

Height: 6'2"

Weight: 265

Age: 17

Vertical Jump: 26"

Forty-Yard Dash: 4.89

Bench Press Poundage: 380

Bench Press Reps: 1

Squat Poundage: 620

Squat Reps: 1

Hang Clean Poundage: 250

Hang Clean Reps: 3

Quote: Mike's work ethic, intensity and drive to succeed are apparent both on and off the field. He is a force in the weight room and works just as hard to elevate his teammates. Mike leads by example, always being the hardest worker in the room and motivates his teammates to push harder and get better. In addition to his 1RM's, Mike reps 565lbs for 3 on deadlifts and 585lbs for 4 on squats. Mike not only has great power, but has tremendous speed and athleticism. Mike was named First Team Offensive Line by NPF Football, Times Leader and Citizens Voice. Mike has a true understanding of the direct correlation of strength & conditioning and athletic performance, he volunteers in his school's developmental weight program for the middle school football players. All this before just turning 17 in February. ~ Edward Stanks III

Denton Guyer High School

Male

Myron Mason

Sport: Football

Position: Running back

High School Junior

Height: 5'8"

Weight: 180

Age: 17

Vertical Jump: 36.5"

Forty-Yard Dash: 4.69

Bench Press Poundage: 275

Bench Press Reps: 1RM

Squat Poundage: 435

Squat Reps: 1RM

Hang Clean Poundage: 290

Hang Clean Reps: 1RM

Quote: Myron is an outstanding and hardworking individual. He is extremely dedicated to becoming the best running back in the state of Texas. He quickly became one of the programs top performers in nearly every category in his sophomore year. Myron sets the standards for all players to follow in the weight room and on the field. Myron was named to the first team all-district 5-6A football team in 2015. He was also named a MaxPreps offensive player of the year in 2015. ~ Kyle Keese

Father Ryan High School

Male

Ben Stacey

Sport: Football

Position: Guard / inside linebacker

High School Senior

Height: 6'2"

Weight: 210

Age: 18

Vertical Jump: 26"

Pro Agility Time: 4.19

Ten-Yard Dash: 1.6

Forty-Yard Dash: 5.1

Bench Press Poundage: 275

Bench Press Reps: 1

Squat Poundage: 325

Squat Reps: 1

Hang Clean Poundage: 245

Hang Clean Reps: 1

Quote: Ben Stacey exemplifies what it means to be a leader. He excelled not only on the football field, but also as a nationally ranked wrestler. He built his foundation on a relentless attitude in the weight room while leading by example. His attitude and work ethic were second to none. ~ Michael Wilson

Fishers High School

Male

Jeremy Chinn

Sport: Football

Position: Defensive back

High School Senior

Height: 6'2"

Weight: 190

Age: 18

Vertical Jump: 36"

Pro Agility Time: 4.3

Forty-Yard Dash: 4.43

Bench Press Poundage: 225

Bench Press Reps: 1

Squat Poundage: 405

Squat Reps: 1

Hang Clean Poundage: 265

Hang Clean Reps: 1

Quote: As a sophomore, Jeremy was a 5'6" 135 lb. starting Varsity at a 6A High School. Through consistent effort and dedication both in the strength and conditioning environment and on the field since Junior High he has developed into an athlete who is receiving a scholarship to play football at Southern Illinois University in the fall. He has a cumulative 3.5 GPA and is an excellent leader in the classroom, on the field and off the field demonstrating great character and always coachable in every aspect of life. Sport Recognition: Indiana Football Coaches Association - Top 50 All State Associated Press - 6A All State 1st Team All County (Hamilton County) Defensive Back All Conference Defensive Back. ~ William Wheeler

Gayville-Volin High School

Male

Grant Rice

Sport: Football

Position: Linebacker

High School Junior

Height: 6'2"

Weight: 185

Age: 16

Vertical Jump: 29"

Pro Agility Time: 4.91

Ten-Yard Dash: 1.9

Forty-Yard Dash: 4.9

Bench Press Poundage: 225

Bench Press Reps: 4

Squat Poundage: 400

Squat Reps: 5

Hang Clean Poundage: 200

Hang Clean Reps: 3

Quote: Grant was All-State Linebacker and also starting QB on his football team - leading the team to the playoffs his sophomore year and missing playoffs this year by one game. He made it to the State Track Meet in the Discus his sophomore year, and looks to be awarded post-season honors in basketball this year, while helping the Basketball team post one of the best records in recent years. A top student, Grant also in heavily involved in Student Government and other school activities. ~ Mark Roozen

Georgetown Preparatory School

Male

Robert Saylor

Sport: Football

Position: Inside linebacker

High School Junior

Height: 5'11"

Weight: 215

Age: 17

Vertical Jump: 30"

Ten-Yard Dash: 1.7

Bench Press Poundage: 295

Bench Press Reps: 1

Squat Poundage: 460

Squat Reps: 1

Quote: Rob has been nothing short of incredible in my short time here. He has brought an intensity and work ethic that not many can match. He wholeheartedly deserves any recognition that comes his way! ~ Eamon O'Liddy

Greater Atlanta Christian School

Male

Ford Higgins

Sport: Football

Position: Offensive lineman / defensive lineman

Height: 6'1"

Weight: 245

Age: 18

Vertical Jump: 27"

Agility Time: 4.44

Ten-Yard Dash: 1.58

Forty-Yard Dash: 4.91

Bench Press Poundage: 290

Squat Poundage: 540

Hang Clean Poundage: 285

Quote: Ford represents what it means to be a Spartan. He is a leader both on and off the field. Ford simply is what fathers want their young men to become. He has grown physically, spiritually and academically since his arrival on our campus. His passion drives every practice and training session. He is the engine behind building our successful athletic program. The United States Naval Academy will be the perfect fit for Ford and he will honor our country as he did our program. He will be missed greatly.

~ Gary Schofield, Jr. ATC/L, CSCS,*D, RSCC*D

Goshen High School

Male

Tom Giordano

Sport: Football

Position: Linebacker

High School Senior

Height: 5'11"

Weight: 225

Age: 17

Vertical Jump: 24.5"

Pro Agility Time: 4.28

Ten-Yard Dash: 1.82

Forty-Yard Dash: 4.87

Bench Press Poundage: 275

Bench Press Reps: 1

Squat Poundage: 415

Squat Reps: 1

Hang Clean Poundage: 185

Hang Clean Reps: 1

Quote: Tom has separated himself from the rest of the crowd. He has put early morning hours into the weight room and playing field, perfecting his running and lifting technique. Tom was captain of the football team and named all section as a linebacker. A three sport athlete, he also found time to be a leader in the community, working with the Pay Away Charity as well as many school activities. I admire Tom's work as an athlete but more importantly as a person. He has been someone to be trusted to do the right thing and to set a great example for others to follow. ~ Robert McIntee

Hamilton Heights High School

Male

Nate Roth

Sport: Football

Position: Defensive line

High School Senior

Height: 5'5"

Weight: 155

Age: 18

Vertical Jump: 29"

Pro Agility Time: 4.65

Forty-Yard Dash: 4.7

Bench Press Poundage: 250

Bench Press Reps: 2

Squat Poundage: 340

Squat Reps: 2

Hang Clean Poundage: 230

Hang Clean Reps: 1

Quote: The only thing diminutive about Nate is his stature. A leader on the field, in the weight room, in the classroom, his intensity and passion brings others to the next level of excellence. An exceptional player, Roth has been honored with multiple All-County, All-Conference awards during his football and track careers. He plans to continue his football career in college where he will certainly bring a work ethic second to none. ~ Jan Clifton-Gaw

Harker Heights High School

Male

Khalil Corbett-Canada

Sport: Football

Position: Offensive line

High School Junior

Height: 6'5"

Weight: 270

Age: 16

Vertical Jump: 26"

Pro Agility Time: 4.51

Forty-Yard Dash: 4.84

Bench Press Poundage: 285

Squat Poundage: 400

Hang Clean Poundage: 250

Quote: Khalil is a leader on and off the field, and is on track to be a three year starter for the Varsity football team after what is looking to be his best offseason yet. Khalil is a model student with a 3.3 GPA. He has spent 2 years playing on the JV soccer team, and is currently in his second year of throwing the shot and discus. He is also an accomplished bass player for the orchestra. It has been an honor to work with an athlete of his caliber who is always looking to get better in any way that he can. ~ Garson Skelton, CSCS,*D, RSCC

Joplin High School

Male

Andrew Thullesen

Sport: Football

Position: Offensive line

High School Junior

Height: 6'0"

Weight: 246

Age: 17

Vertical Jump: 20"

Pro Agility Time: 5.1

Forty-Yard Dash: 5.3

Bench Press Poundage: 315

Bench Press Reps: 1

Squat Poundage: 410

Squat Reps: 1

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Andrew has been instrumental in assisting our staff with the creation of an after school power lifting club. He exhibits a professional attitude toward his training and knows no days off. He has set strength and conditioning goals and made the necessary sacrifices to see his goals through in order to build something great. The culture of the weight room changes when Andrew steps through the door. He commands discipline from his teammates while holding himself accountable. ~ Michael Lawrence

Klein Collins High School

Male

D'Anthony Doyle

Sport: Football

Position: Running back

High School Junior

Height: 5'6"

Weight: 148

Age: 17

Vertical Jump: 32.5"

Pro-Agility Time: 4.41

Ten-Yard Dash: 1.25

Forty-Yard Dash: 4.53

Bench Press Poundage: 260

Bench Press Reps: 1

Squat Poundage: 340

Squat Reps: 1

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: D'Anthony has worked very hard in our program. He is a testament to what we would like our program to be. 3 months ago his numbers reflected this Squat 310 Bench 230 Vertical jump 31.5 Pro agility 4.44 as you see he has had clear improvement in these areas. D'Anthony also runs track for the school participating in the open 100, 4x100, open 200, and 4x200. This young man has been a great asset to our program and a pleasure to coach. ~ Ryan Slabaugh

Lafayette High School

Male

Quinten Brown

Sport: Football

Position: Wide receiver

High School Junior

Height: 5'11"

Weight: 186

Vertical Jump: 32"

Pro Agility Time: 4.4

Ten-Yard Dash: 1.55

Forty-Yard Dash: 4.6

Bench Press Poundage: 235

Squat Poundage: 315

Hang Clean Poundage: 225

Quote: 3.25 GPA State Finalist 2nd Team AP All State 1st Team All City Top 5 in catches and rec. yards in State "Quinten is no question the leader of the receiving corps at Lafayette. The talent he was blessed with however, isn't even close to equaling the effort he puts in each and every day. He leads between the lines, in the weight room, and the classroom. Quinten Brown is the type of teammate that could have 0 catches and as long as the team succeeds, he's happy."

- Ed Towle

Londonderry High School

Male

Connor Rouse

Sport: Football

Position: Linebacker

High School Senior

Height: 5'10"

Weight: 205

Age: 17

Vertical Jump: 32.5"

Pro-Agility Time: 4.79

Ten-Yard Dash: 1.88

Bench Press Poundage: 305

Front Squat Poundage: 295

Hang Clean Poundage: 295

Quote: "Every morning you get out of bed you have a choice, you can choose to work hard or you can choose not to work hard, it is 100% up to you"- Jim Valvano Although his efforts in the off season was not realized on the field his senior year due to an injury his work ethic and commitment to becoming a better athlete cannot be overlooked. Connor made improvements each of the 4 years he participated in strength and conditioning and has several leader board records. In making the "choice" to work hard, he has become a leader, a role model, and a coach. He will continue his education in the field of exercise science. He has a passion for the profession and I have no doubt will get up each day and choose to become the best strength coach he can be.

- Michelle Hart-Miller

Mount Paran Christian School

Male

Garret Harris

Sport: Football

Position: Linebacker

High School Senior

Height: 6'0"

Weight: 202

Age: 18

Vertical Jump: 32.5"

Pro Agility Time: 4.22

Ten-Yard Dash: 1.57 (laser)

Forty-Yard Dash: 4.76

Bench Press Poundage: 335

Bench Press Reps: 1

Squat Poundage: 450

Squat Reps: 1

Power Clean Poundage: 275

Hang Clean Reps: 1

Quote: 2013 - Georgia State Weight Meet - 3rd Place 2013 - Elite Eight in Football 2013 - All-Region 2nd Team in Football 2013 - Football, Wrestling, Track Letterman 2013 - Head Master's Honor Roll (3.6 GPA) 2014 - State Championship in Football 2014 - Youth Football Camp Counselor 2014 - All-Region 1st Team in Football 2014 - Wrestling Top 8 State Qualifier 2014 - Track - State Qualifier in 4x100 2014 - Football, Wrestling, Track Letterman 2014 - Head Master's Honor Roll (3.4 GPA) 2105 - Elite Eight in Football 2015 - Team Captain - Football 2015 - Youth Football Camp Counselor 2015 - All-Region in Football 2015 - All-State in Football 2015 - Wrestling - 3rd Place finish at state tournament 2015 - Head Masters Honor Roll (3.4 GPA) 2015 - Cobb County TD Club P.O.W. (3x) in Football 2015 - Eagle Scout Rank Achieved
- Travis Mozingo



Mount Paran Christian School

Male

Gunter LaPrad

Sport: Football

Position: Offensive line / defensive line

High School Senior

Height: 6'0"

Weight: 235

Age: 18

Vertical Jump: 30.5"

Pro Agility Time: 4.71

Ten-Yard Dash: 1.69 (laser)

Forty-Yard Dash: 4.92

Bench Press Poundage: 345

Bench Press Reps: 1

Squat Poundage: 545

Squat Reps: 1

Power Clean Poundage: 315

Power Clean Reps: 1

Quote: 2013 - Georgia State Weight Meet - 2nd Place 2013 - Elite Eight in Football 2013 - All-Region 2nd Team in Football 2013 - Football, Wrestling, Track Letterman 2013 - Head Master's Honor Roll (3.7 GPA) 2014 - State Championship in Football 2014 - Youth Football Camp Counselor 2014 - All-Region 1st Team in Football 2014 - Football, Track Letterman 2014 - Head Master's Honor Roll (3.85 GPA) 2105 - Elite Eight in Football 2015 - Team Captain - Football 2015 - Youth Football Camp Counselor 2015 - All-Region in Football 2015 - Head Masters Honor Roll (3.8 GPA) 2015 - Cobb Co. TD Club Scholar-Athlete of the Year 2015 - CCTDC P.O.W. in Football 2015 - Eagle Scout Rank Achieved ~ Travis Mozingo

Mountain View High School

Male

Jalen Virgil

Sport: Football

Position: Wide receiver

High School Senior

Height: 6'1"

Weight: 205

Age: 17

Vertical Jump: 34"

Pro Agility Time: 4.36

Forty-Yard Dash: 4.29

Bench Press Poundage: 295

Squat Poundage: 425

Squat Reps:

Hang Clean Poundage: 295

Quote: Jalen is an extremely dedicated student athlete, and has been a member of our football and track programs for four years. He was 1st team All-Region, 2nd team All County, Gwinnett player of the month for October, as well as set school records for receptions, receiving yards, and receiving touchdowns. He is also one of the top 100 M sprinters in the nation, with a personal best of 10.4 last season as a junior. ~ Bradley Palmer

Murrieta Mesa High School

Male

Nathan Smith

Sport: Football

Position: Offensive tackle

High School Senior

Height: 6'7"

Weight: 270

Age: 17

Vertical Jump: 33"

Pro Agility Time: 4.5

Forty-Yard Dash: 5.3

Bench Press Poundage: 315

Squat Poundage: 455

Hang Clean Poundage: 335

Quote: Nathan Smith was rated a 4 star recruit by Rivals, and just recently accepted a full ride scholarship offer to the University of Southern California. Nathan was named 1st Team All-CIF, and 2nd Team All-State during his senior football season. Mr. Smith will be the first to tell you that his success on the football field can be directly credited to his work ethic in the weight room. Nathan transformed his body from a skinny freshman to a well-built warrior in four years. He holds the All-Time Clean record in school history, along with recording the 2nd best Bench mark. This is in addition to numerous class records that he set during his tenure at Mesa. As the current Strength Coach at MMHS I can fully attest to Nathan's brilliant work ethic in the weight room that lead to his dominance on the football field in 2015. ~ Bradley Carter



Morgantown High School

Male

Jonah Campbell

Sport: Football

Position: Linebacker

High School Senior

Height: 6'1"

Weight: 230

Age: 17

Vertical Jump: 32"

Bench Press Poundage: 260

Squat Poundage: 365

Hang Clean Poundage: 235

Quote: Jonah is one of the most dedicated athletes I've ever seen; every day Jonah breathes he's also working towards his goals. A true leader on the field, Jonah shows a maturity that understands the discipline and effort with which one lives is the strongest way to become a champion. ~ Jerry Handley

New Richmond High School

Male

Benjamin Werner

Sport: Football

Position: Linebacker

High School Senior

Height: 6'0"

Weight: 190

Age: 18

Vertical Jump: 28"

Pro Agility Time: 4.5

Forty-Yard Dash: 4.9

Bench Press Poundage: 250

Bench Press Reps: 1

Squat Poundage: 360

Squat Reps: 1

Hang Clean Poundage: 235

Hang Clean Reps: 1

Quote: Ben is a multi-sport athlete participating in Football and Hockey. He is a team captain in both sports. He is an All-Conference recipient in both sports. He has been a strength & conditioning advocate throughout his athletic career recruiting teams and individuals to join him in the strength and conditioning program. Academically, he is a 4.0 student enrolling in the most difficult courses our school has to offer. He is his class' valedictorian. ~ Keith Badger

North Tahoe High School

Male

Thomas Mercogliano

Sport: Football

Position: Quarterback

High School Freshman

Height: 5'7"

Weight: 140

Age: 14

Pro Agility Time: 4.59

Forty-Yard Dash: 4.9

Bench Press Poundage: 150

Bench Press Reps: 1

Squat Poundage: 225

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 1

Quote: As the number one ranked educationally at the school, and as of last year's Football Hotbed All American Combine he was ranked number 4 in the nation as a quarterback, Thomas has shown an immense drive to become a better athlete. He was also selected to the Offense-Defense All American Team and an all American by FBU through the top gun combine. ~ Rob Daniels

Notre Dame High School

Male

Hayden Bourgeois

Sport: Football

Position: Defensive back

High School Senior

Height: 5'11"

Weight: 190

Age: 18

Vertical Jump: 31"

Pro-Agility Time: 4.12

Forty-Yard Dash: 4.55

Bench Press Poundage: 255

Bench Press Reps: 3

Squat Poundage: 365

Squat Reps: 3

Hang Clean Poundage: 225

Hang Clean Reps: 3

Quote: Hayden is an outstanding young man. His positive attitude, humility, and work ethic set the tone for our defense and in the weight room this past season. He is the toughest player I have ever coached. His achievements on the field went noticed as he garnered All-District, All-Metro, All-State, All-State Class 2A Defensive MVP, and 2nd team Max Preps All-American. He is also a state champion thrower in the javelin. Hayden embodies the characteristics we look for in our athletes at Notre Dame High School. He will be a great fit for the Northwestern State University football program. ~ Nick Ware, CSCS, USAW

Notre Dame Academy

Male

Jordan Pappas

Sport: Football

Position: Offensive line

High School Senior

Age: 18

Pro Agility Time: 4.91

Ten-Yard Dash: 1.65

Forty-Yard Dash: 4.88

Bench Press Poundage: 225

Bench Press Reps: 1

Squat Poundage: 375

Squat Reps: 1

Hang Clean Poundage: 235

Hang Clean Reps: 1

Quote: Jordan has been a leader in the weight room ever since he came in as a freshman. His teammates and coaches quickly noticed that he never missed a workout and took advantage of every opportunity to get better. Jordan did not just show up to workouts, he showed up ready to work hard and get better. His attitude towards athletic improvement was contagious and motivated his teammates. His dedication and consistency in the weight room paid off for him his senior year as he earned a starting position on what would become a state championship team. His dedication and never quit attitude that he has displayed for four years in the weight room carried over to the football field and allowed him to persevere through multiple injuries during his senior season. Jordan is a very coachable kid and has many of the characteristics that a coach loves in their athletes. It was a great pleasure to see his hard work and dedication pay off for him. ~ A.J. Giovanetti, CSCS, USAW

Providence Day School

Male

Adam Hardy

Sport: Football

Position: Linebacker

High School Sophomore

Height: 5'11"

Weight: 189

Age: 16

Vertical Jump: 24"

Bench Press Poundage: 240

Bench Press Reps: 1

Squat Poundage: 395

Squat Reps: 1

Hang Clean Poundage: 225

Hang Clean Reps: 1

Quote: Adam works hard in the weight room and on the field. He is going to be an excellent player to watch over the next couple of years! ~ Tom Caruso

Providence Day School

Male

Cole Brown

Sport: Football

Position: Linebacker

High School Sophomore

Height: 5'10"

Weight: 197

Age: 16

Vertical Jump: 28"

Bench Press Poundage: 240

Bench Press Reps: 1

Squat Poundage: 405

Squat Reps: 1

Hang Clean Poundage: 235

Hang Clean Reps: 1

Quote: Cole was nominated All-Conference Football Player 2015. He works hard in the weight room and on the field. He is going to be an excellent player to watch over the next couple of years! ~ Tom Caruso

Providence Day School

Male

Gabe Montgomery

Sport: Football

Position: Running back

High School Sophomore

Height: 6'1"

Vertical Jump: 15"

Bench Press Poundage: 305

Bench Press Reps: 1

Squat Poundage: 470

Squat Reps: 1

Hang Clean Poundage: 220

Hang Clean Reps: 1

Quote: All-Conference football player/Charger of the week/Charlotte Observer Player of the Week/RBC Player of the week twice. ~ Tom Caruso

Queen Creek High School

Male

Justus Brown

Sport: Football

Position: Linebacker / fullback

High School Senior

Height: 5'9"

Weight: 205

Age: 18

Vertical Jump: 30"

Pro Agility Time: 4.6

Ten-Yard Dash: 1.68

Forty-Yard Dash: 5

Bench Press Poundage: 245

Bench Press Reps: 4

Squat Poundage: 355

Squat Reps: 4

Hang Clean Poundage: 275

Hang Clean Reps: 2

Quote: 4.53 GPA 3 x sports360az.com 1st team all- academic 2015 DII Sec. III Honorable Mention Linebacker, 49 Tackles, 3.5 Sacks, 6 forced fumbles 2014 40 Tackles, 1 interception for TD, Fullback for a 2500 yard rusher 3 years Advanced Orchestra 2013 Bulldog Award JV basketball. ~ George Adams

Strong Rock Christian School

Male

Matthew Postin

Sport: Football

Position: Wide receiver / safety

High School Senior

Height: 5'10"

Weight: 173

Age: 18

Vertical Jump: 27"

Pro Agility Time: 3.98

Forty-Yard Dash: 4.6

Bench Press Poundage: 245

Bench Press Reps: 1

Squat Poundage: 460

Squat Reps: 1

Hang Clean Poundage: 260

Hang Clean Reps: 1

Quote: Matthew is one of the hardest working young people I have ever had the privilege to coach. His commitment and effort have helped him attain tremendous success on the football field and will serve him well throughout his life. He is one of those young men who is always there when the doors are open ready to train and gives his best effort. As a senior he was voted Team Captain, 1st Team All-Region, and Honorable Mention All-Henry County. He also was nominated and played in the Georgia Southwest All Star Football Game. He owns school records in the Pro Shuttle, along with positional records in the Squat & Total Weight Lifted. This past fall he earned the highest honor in our testing program here at Strong Rock when he earned Elite Patriot in our Patriot Power Competition. He is truly deserving of this honor and will represent it well. ~ Tobias Jacobi



The Peddie School

Male

Daniel Dawkins

Sport: Football

Position: Offensive line / defensive line

High School Sophomore

Height: 6'3"

Weight: 290

Age: 17

Vertical Jump: 25"

Pro Agility Time: 4.6

Forty-Yard Dash: 5.1

Bench Press Poundage: 380

Bench Press Reps: 225 x 25

Squat Poundage: 500

Hang Clean Poundage: 315

Hang Clean Reps: 225 x 10

Quote: While only a sophomore, Daniel earned ALL-MAPL honors in Football, as well as, Wrestling captain. He also excels in the classroom. He carries "B+" average. Daniel is also excellent leader in the weight room constantly pushing his teammates. ~ Michael Volmar

TopSpeed Strength and Conditioning

Male

Jeff Gurley

Sport: Football

Position: Defensive end

High School Senior

Height: 6'2"

Weight: 210

Age: 18

Pro Agility Time: 3.9

Forty-Yard Dash: 4.72

Quote: Jeff is a student-athlete who has signed to play football for Davidson College. His career achievements include Kansas Football Coaches Association 1st Team All-State Football Team, Wichita Eagle 1st Team All-State Football Team, 810 Varsity Elite 81 Football Team, 1st Team All-EKL Football, Sports In Kansas Top 100 Senior Football Team, Kansas Shrine Bowl Nominee, and being named a Greater Kansas City Football Coaches Association Scholar Athlete. He is a member of National Honor Society and 4-year Honor Roll listee with a 4.2 GPA (weighted) who has also earned the Bronze Presidential Community Service Award. ~ Joseph Potts

Washburn Rural High School

Male

Matthew Williams

Sport: Football

Position: Running back

High School Senior

Height: 5'5"

Weight: 160

Age: 18

Vertical Jump: 38"

Pro Agility Time: 4.3

Ten-Yard Dash: 1.68

Forty-Yard Dash: 4.49

Bench Press Poundage: 305

Squat Poundage: 465

Hang Clean Poundage: 315

Quote: Matthew's nickname, "Mighty" adequately describes this young man. He is short in stature but is extremely strong and fast. Over the past three years, Matthew has been one of the hardest working kids I have coached. After battling injuries his junior year, he came back this year with high goals. He worked hard to get back mobility and ended up being better than before. Beyond his athletic endeavors, Matthew is a great young man with a caring personality.

~ Tyler Pfizenmaier

Washburn Rural High School

Male

Chandler Rogers

Sport: Football

Position: Safety

High School Junior

Height: 5'10"

Weight: 170

Age: 17

Vertical Jump: 29.4"

Ten-Yard Dash: 1.84

Forty-Yard Dash: 4.84

Bench Press Poundage: 255

Squat Poundage: 385

Hang Clean Poundage: 280

Quote: Chandler is a young man who had always had an appreciation for the weight room. Since he was a freshman, he has been to more offseason workouts than anyone else. Chandler deserves to be recognized because of the amount of work he has put in over the past 3 years. He understands that one must fix their weaknesses in order to be better overall. Apart from his athletic success, Chandler is a stellar student boasting a 4.2 GPA. ~ Tyler Pfizenmaier

Washburn Rural High School

Male

Jovon Hall

Sport: Football

Position: Defensive back / wide receiver

High School Senior

Height: 5'7"

Weight: 165

Age: 18

Vertical Jump: 34.4"

Pro Agility Time: 4.19

Ten-Yard Dash: 1.77

Forty-Yard Dash: 4.47

Bench Press Poundage: 280

Squat Poundage: 405

Hang Clean Poundage: 280

Quote: Jovon has always had great strength for his size. Over the past 3 years, he worked hard to improve his technique. After a hamstring injury, Jovon learned the importance of keeping the body balanced. Since, then, his numbers have gone up in the weight room but the transfer to his running and jumping has been greater. His 40-yard sprint has decreased by 0.2 seconds while his pro agility time decreased by 0.4 seconds over 8 months. ~ Tyler Pfizenmaier

Washburn Rural High School

Male

Hunter Browning

Sport: Football

Position: Running back

High School Senior

Height: 5'11"

Weight: 190

Age: 17

Vertical Jump: 36.2"

Pro Agility Time: 4.5

Ten-Yard Dash: 1.63

Forty-Yard Dash: 4.56

Bench Press Poundage: 305

Squat Poundage: 435

Hang Clean Poundage: 275

Quote: Hunter has been the most improved student I have had the pleasure of coaching this year. His improvements in the weight room have shown great progress with his speed and quickness on the field. Over the course of 9 months, Hunter's 40-yard sprint dropped 0.2 seconds and his vertical improved by four inches. During that same time, he gained 40 pounds on his Bench Press, 50 pounds on his Clean, and over 100 pounds on his Squat! ~ Tyler Pfizenmaier

Wesleyan School

Male

Jordan Mack

Sport: Football

Position: Safety

High School Senior

Height: 6'3"

Weight: 205

Age: 17

Vertical Jump: 32.5"

Pro Agility Time: 4.03

Forty-Yard Dash: 4.38

Bench Press Poundage: 290

Bench Press Reps: 1

Squat Poundage: 430

Squat Reps: 1

Hang Clean Poundage: 315

Hang Clean Reps: 1

Quote: Jordan is the embodiment of what happens when talent works hard! A four year starter in football. A school recorder holder in track & field. When his talent rewarded him with early successes, or when injuries required reconstructive surgery, his determination and dedication to training never wavered. Jordan exemplifies the core values of our strength & conditioning program. (Strength of Commitment, Relentless Effort, Courageous Leadership, and Competitive Spirit) Jordan is taking the gifts God has bless him with to the University of Virginia next year. I am thankful to have walk beside him on his journey and proud to nominate him for the NSCA All-American award. ~ Dustin Wolf, MS, CSCS, RSCC*D



HOCKEY

Cranbrook-Kingswood Upper School

Female

Selina Shi

Sport: Hockey

Position: Figure skating

High School Freshman

Height: 5'7"

Weight: 108

Age: 15

Vertical Jump: 23.5"

Pro Agility Time: 4.4

Quote: Selina has age group fitness records at every level. She is one of those athletes who breaks through the ceiling, consistently surpassing her impressive personal bests. She puts great effort into her schoolwork, music, dance and sports. She strives to excel, and will succeed in life.

~ Ken Kashubara

Guilderland High School

Male

Connor Philips

Sport: Hockey

Position: Right wing

High School Junior

Height: 5'5"

Weight: 125

Age: 17

Vertical Jump: 32"

Pro Agility Time: 4.86

Ten-Yard Dash: 1.62

Forty-Yard Dash: 4.54

Bench Press Poundage: 125

Bench Press Reps: 5

Squat Poundage: 185

Squat Reps: 12

Hang Clean Poundage: 125

Hang Clean Reps: 8

Quote: Connor is fearless. In my 6 years of training athletes, never have I come across someone like Connor. When we began working together, Connor barely weighed over 100 pounds. Through dedication both in the weight room and in the kitchen, we have added a solid 20lbs of muscle to Connor and made him a force to be reckoned with on the ice. His attitude is what truly sets him apart. I have athletes that work hard, but not like Connor. Whatever I tell him to do, he simply gets done, no matter what. It doesn't matter if it is a new squat PR, a set of 10 after doing sets of 3 all day; whatever I tell Connor, he makes it happen, and it is this "whatever it takes" attitude that truly sets him apart. He doesn't settle for anything other than completing the job, and this is what has allowed him to get bigger, faster, quicker, and stronger

over the last year we have worked together. It is this attitude that has also helped him be a member of the Varsity Hockey team since he was in 8th grade, and earned him the title of Assistant captain his junior year. His teammates look up to him because he never stops working. Both in the weight room and on the ice, Connor never takes a session, or a play, off. He never misses training, and whatever work I program for him to do outside our 1 on 1 sessions he gets done. I cannot speak highly enough of his work ethic and character, and think that he is extremely deserving of this All American Athlete distinction. ~ Dustin Wolf

St. George's School

Female

Beth Larcom

Sport: Hockey

Position: Goalie

High School Senior

Height: 5'7"

Weight: 150

Age: 18

Vertical Jump: 21"

Pro Agility Time: 4.8

Ten-Yard Dash: 1.9

Forty-Yard Dash: 5.6

Bench Press Poundage: 115

Bench Press Reps: 4

Squat Poundage: 185

Squat Reps: 6

Hang Clean Poundage: 115

Hang Clean Reps: 5

Quote: Beth is an all-around athlete. She started all 4 years on varsity girls' soccer as a goalkeeper and on the girls' ice hockey team as a goalie and also has lead the attack for the girls' lacrosse team. She recently won a gold medal with the United States Women's' Hockey team (U-18) at the World Championships in Canada. Beth is headed to Harvard in the fall to play Women's' Ice Hockey. ~ Jeff Nadeau



Cate School

Female

Jess Liou

Sport: Lacrosse

Position: Goalie

High School Senior

Bench Press Poundage: 105

Bench Press Reps: 1

Squat Poundage: 185

Squat Reps: 1

Quote: Jess' continued presence in the optional morning lifting hours has helped contribute to the much needed message that the weight room is for all people on campus, not just the boys. Her perseverance has enabled her to be one of the strongest student-athletes on campus. Her positive influence on this program will extend many years past her graduation. ~ Erik Hansen

North Greenville University

Male

Drew Wassenaar

Sport: Lacrosse

Position: Midfielder

College Junior

Height: 6'2"

Weight: 220

Age: 22

Vertical Jump: 30"

Forty-Yard Dash: 4.65

Bench Press Poundage: 320

Squat Poundage: 515

Hang Clean Poundage: 310

Quote: Drew scored 41 goals and had 9 assists as a freshman. He was named Rookie of the Year, Offensive MVP, and received other All-Conference Accolades before transferring to a first year program where he again led the team in scoring and assists. For both years of his career he has been one of the top scoring midfielders in his conference. Drew's work ethic, intensity, and leadership skills are an asset to his team and make him a pleasure to work with.

~ Andre Bernardi, CSCS, RSCC

Providence Day School

Male

Greg Truong

Sport: Lacrosse

Position: Defense

High School Junior

Height: 5'10"

Weight: 205

Age: 17

Bench Press Poundage: 275

Bench Press Reps: 1

Squat Poundage: 495

Squat Reps: 1

Hang Clean Poundage: 240

Hang Clean Reps: 1

Quote: Greg was nominated all conference player 2015 for football. He works hard in the weight room and on the field. He is going to be an excellent player to watch over the next couple of years! ~ Tom Caruso

Robert E. Lee High School

Female

Cammy Otersen

Sport: Lacrosse

Position: Midfield

High School Senior

Height: 5'8"

Weight: 170

Age: 18

Vertical Jump: 19"

Pro Agility Time: 5

Ten-Yard Dash: 1.71

Bench Press Poundage: 135

Squat Poundage: 215

Hang Clean Poundage: 115

Quote: Cammy has been the model for student athletes. The dedication and work ethic that Cammy has put in to improving herself and teammates sets her apart from her peers. As a 3 sport athlete (Lacrosse, Field Hockey, and basketball) Cammy still manages to maintain a 3.46 GPA. Her leadership and desire are contagious and has made a big impact on all her teammates. Her hard work and leadership has helped her earn All District and Region awards as a Junior and Senior. Cammy is not only a great athlete, but a fantastic person that truly cares about others. I am truly blessed to have the privilege to coach her. I know she will continue to make an impact in athletics and in life. ~ John Girton



OLYMPIC WEIGHTLIFTING

Canutillo High School

Male

Alexander Briggs

Sport: Olympic weightlifting

Position: Weightlifter

High School Sophomore

Height: 5'9.5"

Weight: 138.5

Age: 15

Vertical Jump: 25"

Pro Agility Time: 4.49

Forty-Yard Dash: 4.9

Bench Press Poundage: 185

Bench Press Reps: 1

Squat Poundage: 297

Squat Reps: 1

Hang Clean Poundage: 209

Hang Clean Reps: 1

Quote: Alexander competed in his first sanctioned contest as a registered USAW member at 11-months old in 2001 at the New Mexico State Games. Since that time he has continued to lift weights and improve his performance. He has attended summer strength & conditioning camps for elite athletes since he was 9-years-old and has always had an interest in weights and getting stronger. He currently deadlifts 335 lbs. and is working to achieve a 225 lbs. bench press. He does speed and agility work in addition to weight training and is currently doing a 7.6 60-yard-dash. He is a dedicated athlete that works hard and hopes to play NCAA Division I baseball after high school. ~ Doug Briggs

Joplin High School

Female

Tyra Beal

Sport: Olympic weightlifting

Position: <120

High School Junior

Height: 5'1"

Weight: 114

Age: 16

Vertical Jump: 24.2"

Bench Press Poundage: 140

Bench Press Reps: 1

Squat Poundage: 210

Squat Reps: 1

Hang Clean Poundage: 135

Hang Clean Reps: 1

Quote: Tyra demonstrates an infectious positive attitude that resonates within our facility. She makes those around her better with her intense focus. She is currently battling a torn ACL injury but has continued her involvement with power lifting and postponed her surgery to compete during the state meet. Tyra accepts nothing but her best and accepts no excuses. ~ Michael Lawrence

Poteet High School

Female

Emma Foster

Sport: Olympic weightlifting

Position: 63-kg lifter

High School Junior

Height: 5'7"

Weight: 138

Age: 17

Vertical Jump: 24"

Bench Press Poundage: 265

Bench Press Reps: 1

Squat Poundage: 265

Squat Reps: 1

Hang Clean Poundage: 213

Hang Clean Reps: 1

Quote: Emma Foster's work ethic is unmatched. She never takes a rep off and always asks what more she can do to better herself. Emma has fallen in love with the weight room naturally and understands what it can do for her athletic development. She leads the pack at all times and makes a point to bring her teammates with her. She has accomplished much in her short athletic career and is always very grateful but never satisfied. She aspires to compete in collegiate athletics someday and represent USA as a competitive weightlifter. You can always count on Emma to give 100% in all aspects of training. Emma also is ranked number 1 in her academic class and has been for 3 years now. Here is a short list of some recent athletic accomplishments. 2015 & 2016 All-District Outside hitter - Volleyball, 2015 4A 4th place 100m Hurdles T&F State Championships, Qualified for 2015 region track meet in 4 events, 2015 Bronze medal Region 4 Track meet, 2015 National Youth USAW Championships Bronze medal C&J and Bronze Medal Total, 2015 Texas State Weightlifting Championships Gold Medals in Snatch, C&J, and Total and 2nd best overall Junior Female Lifter. ~ David Bray

Washburn Rural High School

Female

Caralea Manthe

Sport: Olympic weightlifting

Position: Weightlifter

High School Senior

Height: 5'5"

Weight: 135

Age: 17

Vertical Jump: 22.6"

Bench Press Poundage: 140

Squat Poundage: 260

Hang Clean Poundage: 140

Quote: Caralea is a non-stop worker. As a result, she has shown tremendous progress in the weight room. Caralea has always had a great work ethic and she is always eager to crush the workout. Our younger students look up to her, not just because of how hard she works, but also because of the way she carries herself. She is motivating others around her to be better and that is something I cannot say enough about!
~ Tyler Pfizenmaier



Jesuit College Preparatory School of Dallas

Male

Christian Schoeberl

Sport: Rugby

Position: Forward

High School Senior

Height: 6'0"

Weight: 185

Age: 18

Vertical Jump: 30"

Pro Agility Time: 4.5

Ten-Yard Dash: 1.8

Forty-Yard Dash: 4.8

Bench Press Poundage: 235

Athletes Squat Poundage: 365

Athletes Hang Clean Poundage: 235

Quote: Christian has been one of the most committed athletes to come through the performance center at Jesuit Dallas. He exemplifies the training culture we have established within our athletics program. ~ Jeremy Weeks



Morgantown High School

Female

Maria Radcliffe

Sport: Soccer

Position: Midfield

High School Senior

Height: 5'4"

Weight: 130

Age: 18

Vertical Jump: 19"

Bench Press Poundage: 100

Squat Poundage: 185

Hang Clean Poundage: 115

Quote: Maria is your traditional leader- quiet and focused when nothing needs said, intense and motivational when it's time to lead the team. A true hard-nosed, blue collar player, Maria's progress and growth as an athlete has come from tenacity, work ethic, and pure toughness to get the most out of herself and her teammates. ~ Jerry Handley

Providence Day School

Male

Grant Abrams

Sport: Soccer

Position: Goalie

High School Sophomore

Height: 5'10"

Weight: 175

Age: 16

Bench Press Poundage: 155

Bench Press Reps: 1

Squat Poundage: 205

Squat Reps: 1

Hang Clean Poundage: 165

Hang Clean Reps: 1

Quote: Grant works hard in the weight room and on the field. He is going to be an excellent player to watch over the next couple of years! ~ Tom Caruso



Washburn Rural High School

Male

Ross Boyd

Sport: Soccer

Position: Offensive midfielder

High School Senior

Height: 5'8"

Weight: 140

Age: 18

Pro Agility Time: 4.4

Ten-Yard Dash: 1.84

Forty-Yard Dash: 4.78

Bench Press Poundage: 165

Squat Poundage: 265

Hang Clean Poundage: 195

Quote: Ross is a great kid with great work ethic. His athleticism is evidenced by his 3 years of varsity experience for our nationally ranked soccer team. What sets Ross apart from others is his work ethic. He comes in ready to go and is always up to the challenge in the weight room or on the field during conditioning. He is currently ranked second in school history for most assists in a career. His achievements on the soccer field are a direct reflection of his desire to be great!

~ Tyler Pfizenmaier



SOFTBALL

Hawley High School

Female

Courtney Dillard

Sport: Softball

Position: Center field

High School Senior

Height: 5'6"

Weight: 125

Age: 18

Vertical Jump: 30"

Bench Press Poundage: 135

Bench Press Reps: 3

Squat Poundage: 250

Squat Reps: 3

Hang Clean Poundage: 135

Hang Clean Reps: 3

Quote: Courtney Dillard has been the most important female athlete in our program for the last 3 seasons at Hawley High School. She has leadership qualities that cannot be understated, she understands the importance of a well-developed S&C program, and pushes her fellow teammates to strive for excellence. Courtney is a 3 year All-State selection softball player, and a 2 time Softball All-State Volleyball selection. Also, Courtney is a 2 time team champion in Powerlifting, and she was the overall state Powerlifting Champion at the 114-pound class in 2015, and among the top 3 in 2016 at 123-pounds. As you can see, she competes at the highest level. Her greatest trait is her ability to prepare, and her understanding in the importance of doing so. She is a gym rat, and super critical of her technical performance. She strives for perfection in movement, and loves to help coach that to her teammates. Courtney is a perfect candidate for All-American status. She is a fantastic student, a fantastic athlete, and a fantastic person. ~ Thomas Cort Arthur

Providence Day School

Female

Sam Russ

Sport: Softball

Position: Center field

College Junior

Height: 5'7"

Weight: 127

Age: 16

Vertical Jump: 26.5"

Bench Press Poundage: 85

Bench Press Reps: 1

Squat Poundage: 145

Squat Reps: 1

Hang Clean Poundage: 115

Hang Clean Reps: 1

Quote: STATS: In 2015, she finished the season with a .554 batting average and a .923 slugging percentage. She had 24 RBI's and 32 stolen bases. In 2014, she finished the regular season with a .542 batting average and a .750 Slugging percentage. She had 32 stolen bases. HONORS: All conference--2014 & 2015 All State--2015 COLLEGE: Sam is verbally committed to play at NC State. ~ Thomas Caruso

SWIMMING

Cate School

Female

Celia Foster

Sport: Swimming (Water Polo)

High School Freshman

Age: 14

Bench Press Poundage: 100

Bench Press Reps: 1

Squat Poundage: 135

Squat Reps: 1

Quote: Before receiving a season-stopping contact injury in water polo, Celia was the single most consistent person in the weight room. As a freshman living away from home for the first time, she lifted three times a week in the mornings, practiced with the boys' local club team in the afternoon and then raced back to campus for the last fifteen minutes of dinner. No one on the Cate campus put in the hours she did with as much intensity and consistency. The fact that she is a freshman at a school with a reputation for rigorous academics is a promising sign for the future of strength and conditioning at Cate. I'm excited to see her progress over the next three years. ~ Erik Hansen

Lakeside Seahawks

Male

Nicolas Albiero

Sport: Swimming

Position: 100-m / 200-m backstroke and butterfly / 200-m individual medley

High School Junior

Height: 6'3"

Weight: 165

Age: 16

Quote: I have worked with Nicolas for a year now in the strength and conditioning realm. He has grown 3-4 inches over that time period which has landed itself to some incurred mobility or pain in lower body movement. Despite these limitations, Nick is always challenging himself to better his technique and become a faster, stronger athlete during our strength training. Nick is currently 5th for recruiting of the 2017 class. He also placed 3rd in high point at the East division of Speedo Winter Junior Nationals this past December. At that meet, Nick was an A-finalist in 5 of his 6 events which is a testament to his versatility and depth. I am excited to watch Nick this year and see just how far he can push himself. ~ Alex Burtch

Lakeside Seahawks

Female

Brooke Forde

Sport: Swimming

Position: 400-m individual medley / 200-m breaststroke

High School Junior

Age: 16

Quote: I have had the privilege of working with Brooke in the weight room for 3 years. She has always been an attentive worker with great concern for technique and improving her performance. She is rarely outworked in the weight room and attendance is second to none. I believe this was demonstrated this past year where she finished 4th in the 400 IM and 8th in the 200 IM at the FINA World Junior Swimming Championships representing Team USA. Her 2016 year is off to a great start as she posted the fastest Under-18 times in the 200 and 400 IM at the Arena Pro Swim Series in August this past January. ~ Alex Burtch

Tennessee Aquatics Club

Male

Walker Higgins

Sport: Swimming

Position: Middle distance

High School Senior

Height: 6'6"

Weight: 180

Age: 18

Quote: Walker is an exceptional young man! He is the first to show up and last to leave all weight room and dryland training sessions. He is a team leader who has an infectious positive attitude. His hard work and dedication has put him at the top of every testing category we have (Standing Broad Jump, Trap Bar Deadlift, and Pull-ups)! I couldn't think of anyone more deserving of this award than Walker. Here is a little about Walker: Junior Nationals Champion (500 free), 2xUSA Swimming All-American, 4xTennessee State Champion, USA Swimming Academic All-American (3.7 GPA), US Junior National Team, Qualifier for 2016 US Olympic Trials, Volunteer Coach with Emerald Youth Foundation's community outreach swim team, and he is very active in his church.

~ Britton Leitch



United States Tennis Association National Tennis Center

Female

Marcella Cruz

Sport: Tennis

Position: Singles / doubles

High School Sophomore

Height: 5'7"

Weight: 134

Age: 15

Vertical Jump: 19.5"

Pro Agility Time: 4.09

Ten-Yard Dash: 1.82

Forty-Yard Dash: 5.56

Bench Press Poundage: 70

Bench Press Reps: 1

Squat Poundage: 135

Squat Reps: 1

Hang Clean Poundage: 65

Hang Clean Reps: 1

Quote: Marcella is a high school sophomore who is home schooled through the Laurel Springs accredited online private school. She travels roughly 120 miles every day to the United States Tennis Association, National Tennis Center East in Flushing, New York where she trains full time toward of her life-long goal of becoming a top performing professional American tennis player. Marcella is an athlete of sound character who loves to train her body and mind in order to reach her potential of becoming the best tennis player and athlete she can be. She is extremely coachable, motivated and consistently displays a very high level of positive energy, practicing and competing with the effort and professionalism that inspire the athletes and coaches she trains with. She stated, "I embrace and love getting stronger, it is one of the strengths I have confidence in when I'm competing on the tennis court." Marcella's commitment to strength and conditioning and the development of her mental skills which include her resilience, determination and confidence has helped her to accomplish the following 2015 results: Won National Women's Open Indoor Championships - December 2015 Round of 16 ITF Orange Bowl Championships - December 2015 Round of 16 South Carolina ITF - October 2015 Quarterfinals Atlanta ITF - October 2015 Quarterfinals Eastern Super 6 - September 2015 Round of 64 Hard Court Nationals - August 2015 Quarterfinals International Grass Court Championships - May 2015 Semifinals International Spring Championships doubles - May 2015 Quarterfinals Coral Gables Metropolitan Open ITF - April 2015 It is with great pleasure the USTA National Training Center Strength and Conditioning Coaching staff nominate Marcella Cruz to become a 2016 NSCA All-American Strength and Conditioning Athlete of the Year! - Mark Lerman

Valley Athletics

Male

Ryan Risgaard

Sport: Tennis

Position: Singles

High School Senior

Height: 5'11"

Weight: 140

Age: 18

Vertical Jump: 30"

Pro Agility Time: 4.66

Ten-Yard Dash: 1.5

Forty-Yard Dash: 4.6

Bench Press Poundage: 135

Bench Press Reps: 3

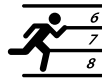
Squat Poundage: 200

Squat Reps: 3

Hang Clean Poundage: 125

Hang Clean Reps: 3

Quote: Ryan grew up in a small town of Neenah, Wisconsin. He was very consistent in the sport from a very young age. I would watch Ryan and his father practice day after day at Valley Athletics. His father; Dave Risgaard, signed Ryan up for personal training at the age of sixteen. Ryan showed great body mechanics and great lower body power. Ryan has grown up to be a well-rounded athlete. He has gone to state each year that he has been in high school. His determination on the court and in the classroom is far from anything I have seen in the Fox Valley of Wisconsin. He is graduating this year in the top of his class. If I could recommend any athlete it would be Ryan Risgaard of Neenah, Wisconsin. ~ Richard Roehrick



TRACK & FIELD

AC Flora High School

Female

Tarnisa Capone

Sport: Track and field

Position: 100-m dash

High School Senior

Height: 5'4"

Weight: 128

Age: 18

Vertical Jump: 27"

Pro Agility Time: 4.64

Forty-Yard Dash: 5.2

Bench Press Poundage: 145

Squat Poundage: 245

Hang Clean Poundage: 135

Quote: Tarnisa has been the model for hard work and effort. She was the MVP for AC Flora's region champion girl's track team. Tarnisa ran the 100 meter, 200 meter dash, the 4x100 meter relay and the 4x400 meter relay. She recently scored the most points on our school wide Iron Falcon Challenge. In this challenge the athletes are tested on their bench and squat index, their 60 yard dash, vertical, broad jump and pro agility shuttle. Tarnisa is a great athlete but an even better person! ~ Micah Kurtz

Athens High School

Female

Julia Harisay

Sport: Track and field

Position: Shot / discus

High School Senior

Height: 5'10"

Age: 16

Vertical Jump: 27"

Pro-Agility Time: 4.7

Forty-Yard Dash: 5.48

Bench Press Poundage: 155

Bench Press Reps: 1

Squat Poundage: 250

Squat Reps: 1

Hang Clean Poundage: 150

Hang Clean Reps: 1

Quote: It is an honor to nominate Julia for the NSCA All American Athlete for 2015. As a junior, her talent and work ethic have led to many accomplishments in academics and athletics. In the class room, she holds a 4.0 GPA and is a member of the National Honors Society. As an athlete, Julia is a strong contribute to both Volleyball and Track and Field teams. During her freshman year, she was voted 1-A All State Volleyball during the 2014 season. As a track and field thrower, Julia has placed in the top 3 in the state of Georgia in both shot and discus for 2014 and 2015. Julia has a bright future and I am excited to see the great things to come for the 2016 and 2017 seasons. Julia is very talented and continues to lead the way in the weight room with a consistent work ethic. ~ Charles "Bryan" Pulliam

Capital High School

Male

Sam Brixey

Sport: Track and field

Position: 100-m hurdles / 300-m hurdles

High School Senior

Height: 6'4"

Weight: 180

Age: 17

Vertical Jump: 36"

Forty-Yard Dash: 4.56

Bench Press Poundage: 215

Bench Press Reps: 1 Rep

Squat Poundage: 350

Squat Reps: 1 Rep

Hang Clean Poundage: 225

Hang Clean Reps: 1 Rep

Quote: 100 HH & 300 H State Champion 2015 100 HH - 14.12 300 H - 38.48 Ranked 10th Nationally in High Hurdles for the class of 2016 2nd Fastest 100 HH and 300 H time in school history 1st Team All State Football - Wide Receiver 2015 1st Team All-Conference Football - Wide Receiver 2014 & 2015 Top 3 Record Board in single season and career for receptions, yards and TD's Track Scholarship to Washington State. ~ Steve Sosnowski

Gayville-Volin High School

Female

Laura Nelson

Sport: Track and field

Position: Distance runner

High School Junior

Height: 5'4"

Weight: 135

Age: 17

Vertical Jump: 21"

Bench Press Poundage: 95

Bench Press Reps: 2

Squat Poundage: 225

Squat Reps: 4

Quote: Laura is one of the top runners in the State, Region and Nation. Her best times include: 800 meters: 2:26 1 Mile: 5:17 3200 meters: 11:27 In Cross Country - the 4K: 14:16 and the 5K 18:25. Laura is also an outstanding basketball player helping her team appear in the State Basketball Tournament her freshman year. ~ Mark Roozen

Hamilton Heights High School

Female

Hannah Reecer

Sport: Track and field

Position: Throwing events

Height: 5'5"

Weight: 160

Age: 18

Vertical Jump: 15"

Pro-Agility Time: 5.1

Bench Press Poundage: 105

Bench Press Reps: 2

Squat Poundage: 225

Squat Reps: 20

Quote: To quote her field events coach, "Hannah gets after it. She outpaces the boys and isn't afraid to use the same weights for functional drills as her male counterparts."

She has created a near mythical work ethic to which every athlete at HHHS aspires. Hannah has been honored as Field Event MVP several times for her team points scored and her leadership. ~ Jan Clifton-Gaw

Harker Heights High School

Female

Desiree Corbett

Sport: Track and field

Position: 200-m / 400-m / 4 x 400-m

High School Senior

Height: 5'6"

Age: 17

Vertical Jump: 25.5"

Bench Press Poundage: 155

Squat Poundage: 225

Hang Clean Poundage: 155

Quote: Desiree is an outstanding leader in the weight room, often stepping up and leading her teammates in the warm-up and making sure her team is staying on track during the lifts. She has been a member of the Varsity track team for three years and is currently seeking to be a part of the fourth straight district title. She was a member of the 4x400 team that placed 2nd in the region. She is an outstanding athlete, and an even better person. ~ Garson Skelton, CSCS,*D, RSCC

Longmeadow High School

Female

Abby Mokwuah

Sport: Track and field

Position: Thrower

High School Junior

Height: 6'1"

Age: 17

Bench Press Poundage: 115

Bench Press Reps: 4 x 4

Squat Poundage: 295

Squat Reps: 4 x 3

Hang Clean Poundage: 125

Hang Clean Reps: 4 x 3

Quote: Abby began track and field as a freshman and met some success. She began working out the summer before her sophomore year. She then began her rise through the ranks. She moved up from a qualifier at our regional meet to a scorer as a sophomore and now as the pre-eminent thrower in our region. Her dedication to strength and conditioning is shown in her leadership with her peers and her relentless pursuit of improvement. She now holds both the indoor and outdoor school record in the shot-put. ~ Tanner Williams

New Oxford High School

Female

Danielle Sterner

Sport: Track and field

Position: Hurdler / jumper

Year: High School Senior

Height: 5'7"

Weight: 127

Age: 18

Vertical Jump: 26.5"

Bench Press Poundage: 130

Bench Press Reps: 1

Squat Poundage: 230

Squat Reps: 1

Hang Clean Poundage: 140

Hang Clean Reps: 1

Quote: PA State caliber Athlete with only Jr./ Sr. Year competing (long jump, hurdles & pole vault) - Very explosive, she has a standing long jump of 8'3" & seated to box jump 40" (no counter movement) also part of a competitive cheerleading team that has placed in the top 10 for a couple of years before winning nationals in 2014/15season (she was a tumbler & only female strong enough for lifting teammates) - incredibly selfless & sincere in all here actions with others.

~ James Carsey

Northwest High School

Female

Kayla Bachle

Sport: Track and field

Position: Multiple

High School Senior

Height: 5'6"

Weight: 125

Age: 18

Pro Agility Time: 4.56

Bench Press Poundage: 115

Squat Poundage: 195

Hang Clean Poundage: 135

Quote: Kayla has demonstrated an incredible work ethic and drive to succeed the last four years in our program. Her infectious personality is truly contagious. Her teammates respect her work ethic and level of commitment. But most of all Kayla is a NSCA All-American person. She is a 4.0 student athlete and top 15% of her class and has over 80 community service hours. This award is a testament to Kayla's hard work and dedication to reaching her utmost potential as a athlete. Kayla has school records in the 4X100, 100 and 300 meter hurdles. Qualified for state her freshman year in the 4x100, 100 and 300 hurdles. Placed second in the 4x100 relay. Qualified for state her sophomore year in the 100, 300 hurdles, 4x100 and 4x400. Placed first in 4x100 relay and sixth in the 300 hurdles at the state meet. Kayla was a big part of the State Championship team that year. As a junior, she qualified in the 100, long jump, 300 hurdles and 4x100. Kayla won the State Championship in the 100 hurdles, second in the long jump and third in the 300 hurdles and fifth in the 4x100 relay. Kayla is very deserving of an award like the NSCA All-American award. ~ Troy McNeil, MS, CSPC, USAW

Pendleton High School

Male

Malik Grate

Sport: Track and field

Position: Sprinter / jumper

High School Senior

Height: 5'11"

Weight: 160

Age: 18

Vertical Jump: 42"

Pro Agility Time: 4.27

Forty-Yard Dash: 4.5

Bench Press Poundage: 235

Squat Poundage: 330

Hang Clean Poundage: 225

Quote: Track and Field Freshman: State Champion 4x400
Sophomore: State Champion 200, 400 State Runner up 100 meters
Junior: State Champion 200, 400 State Runner up 100 meters,
3rd Long Jump Football: Senior Shrine Bowl Wide Receiver, Wake Forest Commit. ~ Marshall Creamer

Providence Day School

Female

Valerie Evivie

Sport: Track and field

Position: Thrower

High School Senior

Height: 5'10"

Age: 18

Vertical Jump: 23"

Bench Press Poundage: 135

Bench Press Reps: 1

Squat Poundage: 215

Squat Reps: 1

Hang Clean Poundage: 145

Hang Clean Reps: 1

Quote: Valerie has worked very hard in the weight room and we expect great things from her this year. With her tireless efforts in the weight every day she has managed to keep a 4.008 GPA! ~ Tom Caruso

Providence Day School

Female

Grace Whelan

Sport: Track and field

Position: 400-m

High School Junior

Height: 5'9"

Vertical Jump: 24.5"

Squat Poundage: 115

Squat Reps: 1

Hang Clean Poundage: 85

Hang Clean Reps: 1

Quote: Gracie Whelan is a very unassuming young lady who, when looking at her, you would not think of a State Champion at all, but she is. She doesn't look the strongest or the biggest, but she packs a lot of strength in that wiry body of hers. She surprised everyone but her coach when she won the State Championships in the 400m and came into the indoor season, ready to work and improve on her performance from last season. She doesn't shy away from any workouts, either on the track or in the weight room and will do whatever is asked of her. As captain of the girls track team, she is setting very good examples of what it takes to stay on top. She finished her indoor season ranked #5 in the 400m and #9 in the 500m, in NC. The outdoor season is upon us and Gracie is ranked #1 within NC private schools in the 400m.

~ Tom Caruso

Providence Day School

Female

Anna Cochrell

Sport: Track and field

Position: Hurdles

High School Senior

Height: 6'1"

Vertical Jump: 28"

Squat Poundage: 205

Squat Reps: 1

Hang Clean Poundage: 185

Hang Clean Reps: 1

Quote: Anna has so far amassed 12 outdoors states titles (9 individual and 3 relays) in 3 years and is only getting better over the years. She competed indoors where she ran the fastest 55m, 60m, 60m hurdles, 200m, 300m and 400m in NC. All these times ranked in the top 5 indoors NC All Time. She is ranked #1 in the country in both the 55m hurdles and the 60m hurdles. Anna will conclude her high school career with the fastest times over both the 100m hurdles, 300m hurdles, and the 400m hurdles. ~ Tom Caruso

Reagan High School

Female

Holly Hrynyshyn

Sport: Track and field

Position: Discus / shot put

High School Senior

Weight: 215

Vertical Jump: 21"

Bench Press Poundage: 230

Squat Poundage: 365 (past parallel)

Quote: Holly Hrynyshyn is currently ranked 21st in the nation among seniors in the Disc (Milesplit Rankings) coming into her senior year. Holly has taken full advantage of strength and conditioning training to compensate for her lack of height. She was a basketball player who had torn her ACL and MCL and decided to focus on building her body and making it strong. She gave up the game she loved (basketball) but discovered a new love in throwing. She has put forth the same effort towards her throwing development that she does towards her academics and SC. Holly has received offers to throw in college. She credits the training in the weight room as the major reason that she is healthy, injury free and performing well in the throwing ring. She carries herself with class and humility. She is a SC coaches dream. ~ Troy McHugh

TopSpeed Strength and Conditioning

Female

Cameron Gueldner

Sport: Track and field

Position: Distance

High School Senior

Height: 5'3"

Weight: 110

Age: 18

Quote: Cam is a student-athlete who has signed to run in college for the Kansas Jayhawks. As a freshman, Gueldner was the Kansas 6A State Champion in the 3,200 meters along with a 1st Place finish at the Kansas Relays in the same event. On the cross country course, the Olathe Northwest product has three Top-10 finishes at the state meet. Cam was named 1st Team All-Metro by the Greater Kansas City Cross Country Coaches Association and was also a finalist for the 2015 Wendy's High School Heisman and currently carries a 4.4 GPA (weighted). ~ Joseph Potts



VOLLEYBALL

Battle Ground Academy

Female

Tori Thompson

Sport: Volleyball

Position: Libero

High School Senior

Height: 5'7"

Weight: 125

Age: 18

Vertical Jump: 22"

Pro Agility Time: 5.03

Ten-Yard Dash: 1.87

Forty-Yard Dash: 4.9

Bench Press Poundage: 95

Bench Press Reps: 2

Squat Poundage: 165

Squat Reps: 3

Hang Clean Poundage: 95

Hang Clean Reps: 1

Quote: Tori is a standout volleyball player who's played at the varsity level for 4 years. She has won numerous awards, as well as participated in several high school all-star games. Tori is a true leader by example and always looks for an opportunity to help better her teammates in all aspects. She has been a real joy to work with. ~ Fred Eaves

LaCrosse High School

Female

Morgan West

Sport: Volleyball

Position: Middle hitter

High School Senior

Height: 5'10"

Vertical Jump: 26.5"

Pro Agility Time: 4.79

Ten-Yard Dash: 1.74

Forty-Yard Dash: 5.57

Bench Press Poundage: 135

Squat Poundage: 255

Hang Clean Poundage: 155

Quote: Morgan is someone you want on your team as a coach. She is an incredibly hard worker who leads by example. Her relentless work ethic has overflowed into her teammates, changing the way her entire team works. Her drive to succeed has led to numerous personal records while also inspiring teammates to reach new levels. She will most definitely leave this school having raised the standard for work ethic, pride, and commitment. Morgan is easily one of the most dedicated athletes I've had the privilege to work with. ~ Shawn Landers

North Broward Preparatory School

Female

Jordyn Walker

Sport: Volleyball

Position: Right side hitter

High School Senior

Quote: Jordyn has showed commitment unlike any other; playing three sports and committing oneself to the weight room is no easy task, but her resilience and passion have made her hard work look routine. Don't let that fool you, no one works like Jordyn Walker works. ~ John Garrish

Providence Day School

Female

Caroline Bynum

Sport: Volleyball

Position: Outside hitter

High School Senior

Height: 5'9"

Vertical Jump: 22"

Bench Press Poundage: 95

Bench Press Reps: 5

Squat Poundage: 165

Squat Reps: 5

Hang Clean Poundage: 125

Hang Clean Reps: 3

Quote: Miss Caroline was our Spark. Her role was to ignite the team and she did just that. Caroline always brought contagious energy and her positive spirit with her to practice and games. Caroline was one of our 4 captains and did a terrific job leading this team. After battling an injury early in the season Caroline came back to play a consistent and important role for us on court. Caroline contributed in 51 sets this fall serving 126 balls and earning 16 total aces. She also hit .198% on the season with 20 kills and 34 digs. ~ Tom Caruso

Providence Day School

Female

Lexi Mitchell

Sport: Volleyball

Position: Outside hitter

High School Senior

Height: 5'9"

Age: 18

Squat Poundage: 145

Squat Reps: 1

Hang Clean Poundage: 95

Hang Clean Reps: 1

Quote: Volleyball Awards: Charger of the Week 2X, All Conference 2014, 2015 All State 2015, Captain 2015, AVCA Phenom 2014 ~ Tom Caruso

Providence Day School

Female

Caroline Bynum

Sport: Volleyball

Position: Setter

High School Senior

Height: 5'8"

Age: 18

Vertical Jump: 22"

Bench Press Poundage: 95

Bench Press Reps: 5

Squat Poundage: 165

Squat Reps: 5

Hang Clean Poundage: 125

Hang Clean Reps: 3

Quote: Captain 2015, Led team to Quarters in 2014, Led team to Semis in 2015 Caroline comes to the weight room ready to work every day. The hard work has paid off with an increase in all her weights. ~ Tom Caruso

Providence Day School

Female

Autumn Mitchell

Sport: Volleyball

Position: Outside hitter

High School Senior

Age: 16

Vertical Jump: 23.5"

Bench Press Poundage: 85

Bench Press Reps: 1

Squat Poundage: 140

Squat Reps: 1

Hang Clean Poundage: 100

Hang Clean Reps: 1

Quote: Charger of the Week 2X, All Conference 2015, All State 2015, Captain 2015 autumn is a great student of the weight room. She arrives ready to work every day. ~ Tom Caruso

Scripps Ranch High school

Male

Keenan Sanders

Sport: Volleyball

Position: Middle blocker / outside hitter

High School Senior

Height: 6'5"

Weight: 190

Age: 18

Vertical Jump: 39"

Pro Agility Time: 4.31

Ten-Yard Dash: 1.71

Forty-Yard Dash: 4.54

Bench Press Poundage: 215

Squat Poundage: 385

Quote: Keenan Sanders is one of my favorite athletes to ever enter my gym. I began working with Keenan when he was a freshman in high school (I would put his stats here... he was 6'0, 160 lbs, squatted 200, 30 inch vert and transitioning from basketball to volleyball). Today Keenan is a 6'5" senior, who literally jumps out of my gym with a 39" vertical. He is touted as one of the top middle blockers in the country, he is a team captain at Scripps Ranch High school, probable CIF player of the year, and headed to be a middle blocker at UCSB. As a junior he was 2nd team all CIF, all county and all league and was the starting middle blocker for one of the top 10 club volleyball teams in the country, all while maintaining his 3.78 GPA. This past summer, Keenan took huge steps forward in the gym, whether it was due to maturing physically or realizing the ability it had to literally elevate his game. Over the last year his squat shot up to 385 lbs., he gained 6 inches in his vertical and completely changed his mental approach to training. In my 8 years of being a strength coach, with thousands of hours under my belt, I have never seen an athlete respond so well to the highest demands and stresses of a training program. He is a freak, and still has plenty of room to grow as an athlete. It will be tough to see him leave at the end of the summer. ~ Robert Congalton

TopSpeed Strength and Conditioning

Female

Jenna Phelps

Sport: Volleyball

Position: Middle

High School Senior

Height: 6'1"

Weight: 142

Age: 18

Vertical Jump: 20"

Squat Poundage: 155

Squat Reps: 5

Quote: Jenna is a 4.0 student-athlete who will be heading off to play volleyball for Cornell University. Her awards include 2015: 5A ALL-STATE 2nd Team, ALL-EKL 1st team, Greater Kansas City ALL-STAR Team. 2014: All-EKL Honorable Mention. 2013: All-EKL Honorable Mention, Prepvolleyball.com sophomore 79 Honorable Mention, PHENOM list. 2012: All-EKL Honorable Mention, KVA All-Academic 1st Team, Prepvolleyball.com Frosh 59 Highest Honorable Mention, PHENOM list. She has also been an academic Honor Roll student for all four years of her high school career.

- Joseph Potts



WATER POLO

Cate School

Female

Celia Foster

Sport: Water polo

High School Freshman

Age: 14

Bench Press Poundage: 100

Bench Press Reps: 1

Squat Poundage: 135

Squat Reps: 1

Quote: Before receiving a season-stopping contact injury in water polo, Celia was the single most consistent person in the weight room. As a freshman living away from home for the first time, she lifted three times a week in the mornings, practiced with the boys' local club team in the afternoon and then raced back to campus for the last fifteen minutes of dinner. No one on the Cate campus put in the hours she did with as much intensity and consistency. The fact that she is a freshman at a school with a reputation for rigorous academics is a promising sign for the future of strength and conditioning at Cate. I'm excited to see her progress over the next three years. - Erik Hansen



WRESTLING

Battle Ground Academy

Male

Eric Olson

Sport: Wrestling

Position: 160 lb class

High School Senior

Height: 5'11"

Weight: 185

Age: 18

Vertical Jump: 28"

Pro-Agility Time: 4.45

Ten-Yard Dash: 1.65

Forty-Yard Dash: 4.9

Bench Press Poundage: 220

Squat Poundage: 335

Hang Clean Poundage: 225

Quote: Eric is 2 sport athlete in both football and wrestling. He has been a three year starter in football as well as on the wrestling team. He was a region finalist in 2015 as well as state medalist. Eric has been an example of excellence in the weight room with an unmatched work ethic, positive attitude, and great character. He has been a blessing to work with during his time with me at Battle Ground Academy.

- Fred Eaves

Newton High School

Male

Duncan Lee

Sport: Wrestling

Position: 182

High School Senior

Height: 5'11"

Weight: 182

Age: 18

Vertical Jump: 32"

Pro Agility Time: 4.4

Forty-Yard Dash: 4.6

Bench Press Poundage: 300

Squat Poundage: 405

Hang Clean Poundage: 295

Quote: Duncan has dedicated himself over the last three years to being the best athlete that he can be. As a sophomore, he came out for our wrestling team never wrestling before. He ended up wrestling a little bit of varsity by the end of the year, but had a 0-8 record at the 160 pound weight class. He then dedicated himself to transforming his body, and became a beast in the weight room. He wrestled the next year at the 195 pound weight class, and qualified for the state wrestling meet. This season as a senior he cut down to the 182 weight class, and placed 6th at the state wrestling meet. Duncan wrestled with a powerful and punishing style that he was able to develop thanks to his work in the weight room. He came into the weight room every day over the last three years, and made weight lifting his passion. Duncan also plays Football (where he was an all-district linebacker), Soccer, Baseball, and we were able to convince him to go out for track this spring. In addition to his athletic success, Duncan is a great role model in the classroom, sporting a 3.98 GPA and scoring a 34 on his ACT. - Andrew Swedenhjelm



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