
ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

*RECOGNIZING THE ACHIEVEMENTS OF
STUDENT – ATHLETES DURING THE*

2019 – 2020 SCHOOL YEAR

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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.*

2020 — COLLEGE — BASEBALL

ALBANY STATE UNIVERSITY

Travis Ray, Jr.

Infielder

Senior

Travis is an extremely hard worker, who comes in on his own to do extra work. His efforts are undeniable in his performance on the baseball diamond. Travis has worked his way to a 440 lb. back squat, and a 305 lb. hang clean.. ~Troy Williams

BRANDEIS UNIVERSITY

Greg Tobin

Pitcher

Senior

Greg is a machine in the weight room. In addition to being one of our most technically sound lifters, he is also one of our most athletic and strongest pound for pound. His excellence in the weight room is paralleled only by his excellence on the mound. ~Jay Mendoza

DALLAS BAPTIST UNIVERSITY

Kragen Kechely

Pitcher

Senior

Kragen has exemplified what it looks like to be a leader in our program. Aside from buying into the program, he has invested in those following his footsteps. He holds others and himself accountable. When Kragen had a setback in the summer of his 5th year (2019), he never needed anyone to stay on top of him with his rehab or the training he was able to participate in. He never needed anyone to baby-sit him and feed him modifications. He seizes every opportunity to set himself up for success, no matter how big or small. Kragen always makes training enjoyable and has left a long-lasting impression on our program. ~Alex Spencer

DUKE UNIVERSITY

Chase Cheek

Outfielder

Senior

Chase's dedication to improving himself as a player stems directly from his commitment to daily hard work and high effort in his physical development, mental performance, and recovery. He always does things the right way. He's become a starter, a team captain, and an important leader in our program through the examples he sets every day off the field and on it. Chase's athletic ability has been unmatched in many ways in Duke Baseball history; he's recorded speed and power numbers that we just haven't seen before. Over the four years that I've had the honor of coaching him, he has stood out daily amongst a group of outstanding people. ~Dan Perlmutter

FITCHBURG STATE

Brandon Lefebvre

INF

Senior

Brandon has been bought into the Strength and Conditioning program from day 1 and has been one of the hardest, most consistent workers in our entire department. He is someone who is constantly in the weight room, looking for extra work to do and searching for any way to put himself in a better position to succeed on the field. His first year in our program, his front squat max was 155lbs. Since then, Brandon has hit a 300lb split squat and 400lb trap bar deadlift at a bodyweight of 170lbs. ~Jim McGuire

2020 — COLLEGE — BASEBALL

FITCHBURG STATE

Matt Pingitore

Catcher

Senior

Matt has always been one of the most hardworking athletes in his program and provided a great example to younger players through his actions. He has seen consistent improvement in his weight room performance over the past three years, largely due to his effort. This past fall, Matt's ability as a leader was put on full display. During a mid-semester coaching change, Matt stepped in and stepped up, providing leadership and guidance for a program in transition. He kept everyone together and on the same page, ensured the effort in the weight room remained high, and was a critical voice for the players to the administration during the coaching search.

~Jeff Godin

GEORGIA GWINNETT COLLEGE

Hunter Dollander

Pitcher

Senior

Hunter exemplifies what it means to be a student-athlete. An Exercise Science major and AD Honor Roll recipient, Hunter has been a staple in the weight room for the last 3 years. As one of the first student-athletes to commit to year round training, his hard work and dedication has paid off. He has the passion and desire to better himself every day. He is a leader on the field and in the weight room. His dedication to athletic performance is unequalled by many. ~James Williams

HOFSTRA UNIVERSITY

Justin Smith

Catcher

Senior

Justin Smith has been the definition of a lead by example student-athlete. No matter what day, time, or situation, Justin can always be counted on to selflessly lead his teammates throughout a workout. He is in the weight room 5 days per week year-round, no matter how many days are mandatory. He is always the last one in the weight room, checking the racks to make sure everything is where it should be. Justin has a Max Back Squat of 450 lbs but numbers come and go. His character and how he attacks each session is what we admire. He is a 4-Year contributor of our Division I baseball program, and our Head Baseball Coach can count on him to be the one setting up the field, taking care of the details on the diamond as well. He was a runner up for our Strength and Conditioning Athlete of the Year last year, and is on track to win it this year as well. Our culture in the Strength and Conditioning Department is what it is, in large part because of Justin Smith. I would like to give him my highest recommendation for NSCA All-American.

~Justin Bentivegna

HUNTINGDON COLLEGE

Brooks Freeman

Pitcher

Senior

Brooks has dedicated himself throughout his career to training. He has played a critical role in influencing the culture of training within our baseball program and pitching staff. Brooks always approaches his work as a professional, and expects the same from the others around him. ~Charlie Goodyear

2020 — COLLEGE — BASEBALL

KENTUCKY STATE UNIVERSITY

Chance Egnor

Catcher

Senior

Chance is the definition of Hard Work, Toughness and Grit. He is a tremendous leader, who holds others responsible for their actions. He is an excellent role model for the younger athletes, a "Program Guy" who you want everyone to follow. ~Cory Minnie

KENTUCKY STATE UNIVERSITY

Aram Kumar

INF

Sophomore

Aram does a great job of mastering the technique of every lift. He is a former student intern within our Strength and Conditioning Department, who did an amazing job. He comes to work every day in the weight room. He has a bright future in the Strength and Conditioning field. ~Cory Minnie

LIPSCOMB UNIVERSITY

Haddon Adams

2nd Base

Senior

Haddon is one of the hardest working athletes on his team and is the epitome of what it means to be a Bison. He is always looking for ways to get better and improve his performance on the field and he loves to get after it in the weight room. He is another athlete that comes to the weight room on non-lifting days to work on his flexibility and mobility. As a captain, he has helped create a culture of a team that has high standards and pushes each other in the weight room. He has a reputation for working hard and not being out worked. He is a selfless guy that takes the time to help his teammates in whatever way that he can. He was the recipient of the Ken Dugan Award which is an award that honors a player for being a great teammate and person in the community. He is a great supporter of all of our

school's athletics and is well liked amongst all the other athletes.---Clint Woods ~Clint Woods

MENLO COLLEGE

Dylan Cole

Infield / 1B

Junior

Dylan's work ethic, willingness to learn and commitment to improvement embodies the core values of Menlo College Sports Performance. Dylan's immediate buy into the program has helped elevate him into a starting role along with being a team captain. His tireless work in the weight room during the off-season and in-season speaks volumes about his character and passion to not only improve himself but help elevate his teammates and Menlo College Baseball. ~Victor Brankovich

MERRIMACK COLLEGE

Riley Sorenson

Pitcher

Senior

"Riley's achievements as a student - athlete are unheralded. It can easily be correlated to his commitment and dedication to his physical development and leadership capabilities. Always willing to go the extra mile to do what is necessary and needed, Riley displays all the resounding qualities in a leader that you can hope for." ~Michael Kamal

2020 — COLLEGE — BASEBALL

MIDAMERICA NAZARENE UNIVERSITY

Austin Healy

Shortstop

Senior

I chose Austin because he is an incredible athlete and is a great team player. He doesn't complain and works extra hard because he knows it is going to make him a better athlete as well as person because of his strong work ethic. At his JUCO he received the Golden Glove Award. Since arriving at MNU he starts every game and has over 100 assists. His fielding average is .953%, 73 Put Outs and has been a part of 20 Double Plays in 46 games. He is at his best on defense and is so quick when running the bases. He expects a lot from his teammates and keeps their standards and energy high every time they step into practice or a game. I'm excited to see how the rest of his Senior year turns out and how he steps into his role as a coach when he is done playing the sport he loves. ~Whitney Rodden

SALISBURY UNIVERSITY

Mike Hohlfeld

RHP

Sophomore

Mike Hohlfeld is an involved leader in the weight room who takes pride in doing things the right way and making others around him better. Mike is only a sophomore and his prior weight room experience is minimal. Yet he has found a passion for training and it shows on the field and in his character. He holds others accountable, shows initiative and desire to learn, and ultimately embodies the type of athlete a coach/team wants. ~Matt Nein

SAN FRANCISCO STATE UNIVERSITY

Jason Hare

Catcher

Senior

Jason Hare's career is a great example of how hard work, perseverance, and confidence in one's self can lead to great accomplishments. Hare was an undersized high school catcher and was passed over by four-year schools. Since transferring from junior college to SF State, Hare has become a team leader, where he has led the Gators to back-to-back postseason appearances. As a junior, he hit .300 with 10 doubles; 20 RBI; and just one error, the lowest of any catcher in the conference. Hare will graduate in the Spring with a Business degree with an emphasis on Economics and currently holds a 3.1 cumulative GPA. Additionally, Hare is a leader off the field. He volunteers for numerous community service events, including the team's work with the Vs. Cancer Foundation and UCSF Benioff Children's Hospital. His drive in all aspects of being a student-athlete is echoed by his pursuits in the weight room. Throughout the entire season he demonstrated key attributes to be successful at any endeavor: hard work, consistency, and focus leading him to continue to develop as an athlete. ~Ryan Durk

ST. MARY'S UNIVERSITY

Derek Mueller

OF

Senior

Derek has become a leader on his team by setting the standard of giving exceptional effort no matter what. He was intentional about making a goal and a plan this past year, and he stuck to it to achieve his goals in training and on the field. He is always working, even when it's optional, and when (he thinks) no one is watching. More importantly, he holds his teammates accountable to a similar standard, which has made everyone around him better. ~C.J. Richardson

2020 — COLLEGE — BASEBALL

STEPHEN F. AUSTIN STATE UNIVERSITY

Skylar Black

Catcher

Senior

Skylar Black embodies the term student-athlete. He has a great understanding of what it truly takes to attain his goal not only on, but off the field as well. Every day, Skylar shows great consistency and intent in his actions while training with his teammates. Great attitude, effort, discipline and positive leadership are few of the many outstanding qualities that shine each day he enters the weight room. In his time at SFA, Skylar has developed numerous leadership qualities that allows him to help freshman and newcomers to the SFA baseball program. These attributes that Skylar possesses in the weight room has given Skylar the tools to have very productive seasons in his collegiate career. In his two seasons at SFA, Skylar has started 55 games and appearances in 80 games. Within those two seasons, Skylar amassed the following stats:

Hits: 50

Runs: 20

Doubles: 11

Triples: 1

Home Runs: 5

RBI: 25

Not only has his dedication to the weight room led to a successful career, Skylar has also used those same qualities in the classroom. Skylar graduated with his Bachelor's Degree in Health Science with a Minor in Psychology during the summer of 2019. In his final year of eligibility, Skylar will pursue a Master's Degree in Education. Through his dedication, work ethic, and character, Skylar has put himself in position to have another stellar year during his senior season. He has demonstrated his passion for excellence in both athletics and academics, which will lead him to great success in the future. Skylar Black is the heartbeat of the SFA baseball program. ~Dan Wenger

TEXAS LUTHERAN UNIVERSITY

Spencer Brandt

Catcher

Senior

Spencer has spent the last 4 years preparing his body for the rigors of catching at the collegiate level. He is one of the hardest working athletes in the weight room. He came in as a freshman weighing 217 pounds (on 6'2 frame) and ended up suffering through some arm injuries that caused him to red-shirt his first season. Since then, he has increased his body weight to over 230 pounds while improving his body composition. All of his testing numbers have dramatically improved, and, most impressively, he ran a sub-7.0 60 in December of 2018 at 230 pounds. He is a 4-year starter, an All-Conference player and earned a national Gold Glove Award during 2018 season. He is also a leader both on and off the field for Texas Lutheran Baseball. ~Greg Burnett

TRANSYLVANIA UNIVERSITY

Jake Schmidt

Pitcher

Junior

Jake made an investment into coming back from injury and showed an impressive determination to succeed

~Zachary Turner

TRINITY COLLEGE

Alex Rodriguez

Catcher

Senior

He is the hardest working athlete I have ever coached.

~Bill DeLongis

2020 — COLLEGE — BASEBALL

UNC-CHARLOTTE

Patrick Wheeler

Outfield

Senior

Patrick Wheeler strives for greatness in all he does. His dedication within the Weightroom, on the Playing Field and in the Classroom allows him to stand out among his peer and earn their respect as a Leader. His effort on a daily basis is unparalleled. The attribute mentioned as well as others, will assist him in what he has learned in the athletic realm and apply it to everyday life.

~John Patrick

UNION UNIVERSITY

Sam McMillin

Pitcher

Junior

Sam McMillin represents the Bulldog mentality on and off the field, proving his worth as an All-American athlete by his discipline and determination in the weight room, both in and out of season, his attention to academics, and his relentless pursuit of excellence. Standing 6'2" and weighing in at 220 lbs., Sam looks the part, and his effort matches his demeanor. With a 385lb. squat and an impressive 505 lb. deadlift, Sam out-lifts the entire athlete population on campus. His drive and focus extend beyond the weight room as well; Sam spent focused time during his summer off-season on his physical preparedness. He spent a week training with the professionals of Driveline in Washington and added several pounds to his frame, returning to school in the Fall Semester of 2019 stronger than ever. His persistence in training, excellence in performance, and dedication to continual improvement set him apart as a true All-American. ~Jonathan Wilson

UNIVERSITY OF CONNECTICUT

Chris Winkel

CF/1B

Senior

Chris is an exceptional athlete and leader for our baseball program. He has a tireless work ethic and a passion for improving his skills both on and off the field. Chris was in the top 10% of our testing protocol since his arrival on campus as a freshman but his consistent approach and hard work have kept him in the top echelon of our performance standards for 4 years. He exemplifies all of the personal attributes that we strive for in the strength and conditioning profession. He was named team captain as a junior and has set the standard very high for our baseball program.

38.5" VJ, 545lb Back Squat, 300lb Bench Press, 10'9" Broad Jump, 1.45 10 Yard Sprint, 6.48 60 Yard Sprint

~Joel DeMarco

UNIVERSITY OF DELAWARE

Kyle Baker

Outfield

Senior

Kyle has worked hard to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room to recover from injury and expand his abilities on the field and at bat. Baker missed last season due to an injury, but in 2018 he led the CAA in batting average, hitting .354 and led the team in batting average (.354), hits (75), triples (5), RBI (39), and slugging percentage (.481). He was nominated as a 1st Team All-CAA in 2018 and was selected to the ABCA/Rawlings All-East Region First Team. As a senior he understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways as he comes back this season after an injury. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level. ~Stefano Pietrobono

2020 — COLLEGE — BASEBALL

UNIVERSITY OF LYNCHBURG

Noah Winslow

Pitcher

Senior

A weight room warrior for our Baseball program. Noah can be found in the weight room almost every day training whether it's a scheduled or an additional session working on getting himself better but more importantly trying to pass down his knowledge and work ethic to his teammates ~Ed Smith

UNIVERSITY OF MICHIGAN

Benjamin Keizer

Pitcher

Senior

Ben is the type of athlete/student/person that I hope every coach gets to have in his/her program at least once in their career. As an athlete he has earned everything he has achieved. After red-shirting his freshman year he worked his way to being a key piece of our pitching staff. While serving as a team captain this year, he set a program record for appearances en route to recording the final out securing a trip to Omaha and the College World Series. As a student, he completed his undergraduate degree in four years and will leave with a Master's Degree from the Ross School of Business. His work ethic, infectious personality and devotion to his teammates is unmatched. It is with great pride that I nominate Benjamin Keizer for this prestigious honor. ~Jason Cole

UNIVERSITY OF MISSOURI-ST. LOUIS

Jarrett O'Brien

Outfielder

Senior

Jarrett (OB) is someone who enjoys the weight room and will bring his best everyday. One of my favorite things about OB is his intensity. OB has battled some injuries over the course of his four years but has always kept a good attitude and come back stronger. ~Josh McMillian

UNIVERSITY OF SOUTHERN MAINE

Dylan Hapworth

Utility

Senior

Dylan used strength and conditioning to come back from a devastating back injury 2 years ago. He continues to lead team and set example by employing all aspects of performance training to improve. He was named to the D3 Regional All American team in 2019. ~James Giroux

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

Andy Atwood

Infielder

Senior

Andy is one of the most consistent hard working athletes out there. He's a leader for our baseball program on the field and in the weight room. He has been impressive in the weight room with a squat of 390 for 3 and a bench press of 275 for 3 at a body weight around 175. ~Lucas Monroe

UNIVERSITY OF WISCONSIN - WHITEWATER

Noah Jensen

Outfield

Senior

Noah burst onto the scene as a Junior earning All-Region and All-Conference honors while leading the team to a conference title. He has been a terrific leader both on the field and in the weight room and his efforts have allowed him to earn some wonderful individual and team accolades. He has worked very hard to get to this point and is looking forward to a great senior season. ~Lee Munger

2020 — COLLEGE — BASEBALL

VASSAR COLLEGE

Patrick Fitzgerald

Pitcher

Junior

Pat Fitzgerald is self-motivated and committed. He has developed a combination of strength and power which makes him one of the most physically talented student athletes on campus. Pat is steady and strong in all he does in the weight room and leads by example for his teammates and others with focused intensity.

~Alice Read

VICTORY SPORTS PERFORMANCE

Paul Gugliuzzo

Center Field

Freshman

As I was wrapping up my day, Paul was chatting with me. I asked him how he wants to be remembered. He said he wants to be remembered by being the hardest working athlete in the gym. Anyone who knows Paul knows he is a very hard working guy and one of the most respectful. He is the type of athlete that will forever be a friend and I would trust with anything. The world would be a much better place with more people like Paul.

~Anthony Vernice

WASHINGTON COLLEGE

Dylan Nepert

Infielder, 1st Basemen

Senior

Dylan transferred from Chesapeake College (Junior College) the fall of his junior year and immediately became a leader on the field and in the weight room. Dylan was made Captain following the fall of his junior year, and continues to be a positive influence on his team's continual strength development. Dylan finished third on the team in home runs (four) and also scored 12 runs and drove in 16 while slugging .430 in 2019. He will look to improve on those numbers in the spring of 2020. Dylan also holds several of our weight room records deadlifting over 600 lbs, and squatting in the mid-400s.

~Jonathan Jenkins

WAYNE STATE COLLEGE

Bryce Bisenius

Senior

Bryce loves the weight room and is planning to get into the field. He is a great leader and our strongest baseball player. ~Dakota Coon

WAYNE STATE COLLEGE

CJ Nieumann

Senior

CJ is a constant leader and holds his teammates accountable. He will be missed next year!

~Taylor Feenstra

WAYNE STATE COLLEGE

Hunter Wienhoff

Senior

Hunter has been a consistent competitor and hard worker his entire career at WSC. His extra work and work ethic have really paid off and helped him physically.

~Grant Darnell

2020 — COLLEGE — BASEBALL

WEST TEXAS A&M UNIVERSITY

Cade Engle

Outfield

Senior

Cade is a quiet hardworking athlete that shows up everyday. He leads by example and is always ready for a competition. At just over 170 pounds he nails the 2.5 body weight squat at 430 pounds, pulls 460 in the dead lift while showing his explosiveness with a 35.5 inch vertical jump. He has been a mainstay in the Buff Baseball lineup and makes incredible catches in the outfield. ~Sarah Ramey

WILLIAM WOODS UNIVERSITY

Trevor Garriott

Outfielder

Senior

Trevor Garriott has demonstrated the type of work ethic and passion to improve you wish all student-athletes possessed. He has been diligent with our training program and improved every year. This is displayed in his starting 29 games while playing in 33 as a junior and starting every game so far as a senior. This is in contrast to the total of 14 games he played in his first two years. Trevor has developed his baseball talents as well as his ability to lead. He is clearly our leader in all things baseball. He will be missed but his mark will be left on his teammates that will be returning. ~Benito Cecenas

WILLIAM WOODS UNIVERSITY

Triston Steffens

Pitcher

Senior

Triston is a prime example of how hard work and dedication will pay off for a student-athlete. Each year he worked hard to follow his training program and improve himself. He has gained strength, flexibility, and arm speed to improve his game. By doing so he earned respect from both his teammates and coaches. He is a leader in the weight room and on the field. His hard work has led to him being one of our weekend starters. This exceeds the expectations that the coaches had envisioned for Triston. His freshman year saw him pitch only 16 innings with his sophomore and junior years being 27 and 28 innings. I have enjoyed working with Triston and am very proud of his accomplishments.

~Bob Jones

2020 — COLLEGE — BASKETBALL

ALBANY STATE UNIVERSITY

Alexandria James

Women's Basketball

Guard

Senior

Alexandria has an extremely hard worker in the weightroom and it carries over onto the basketball court, where she currently averages 17.3 points per game.

~Troy Williams

ALBANY STATE UNIVERSITY

Randy McClure

Forward

Senior

Randy is an extremely hard worker and it carries over onto the basketball court, where he currently averages 15.2 points and 7.1 rebounds per game, respectively. Randy has a 405 lb. back squat, a 285 lb. hang clean, a 215 lb. bench press, and a 36.8 inch vertical jump.

~Troy Williams

AUGUSTANA UNIVERSITY

Mckenzee Zilverberg

Point Guard

Senior

Recipient of the NSIC All-Academic Award and Myles Brand Award. Part of the NSIC All-Academic Team of Excellence. Was a Dean's Food Athlete of the Month. McKenzie is a natural born leader and lead by example. She embodies amazing work ethic that will carry her far in life and was an absolute pleasure to coach.

~Michael DiClementi

BLACK HILLS STATE UNIVERSITY

Stefan Desnica

Forward

Senior

Stefan has developed into a leader in the classroom, on the court, and in the weight room. Over the last 4 years Stef has dedicated himself to improving his physical and mental strength. Stef's work ethic throughout the year make's sure he is always prepared for the rigors of the season. ~Aaron Siekmann

BRADLEY UNIVERSITY

Gabrielle Haack

Guard

Junior

Gabi's commitment to her overall success as a student-athlete is unparalleled. Her determination not only is shown on the court, but also within her training. She one of the few female student-athletes to reach milestones such as a 315 lb back squat, 185 bench press and 365 lb dead lift. Through her commitment and determination, she has become one of the most successful student-athletes at Bradley in the recent years earning several all Missouri Valley Conference honors along with being one of the top guards in Bradley University history. It is a great to have a student-athlete like Gabi Haack that sets an example of how hard work, commitment and dedication can lead to success a person and a student-athlete. I am excited to see what her future holds!

~Matthew Friend

2020 — COLLEGE — BASKETBALL

BRIGHAM YOUNG UNIVERSITY

Dalton Nixon

Forward

Senior

In his senior year, Dalton has forged himself into a consummate leader. His approach to the 'daily grind' throughout the offseason has earned him a high level of respect from his teammates and coaches. Dalton approaches every day as a new opportunity for improvement. Unquestionably one of the strongest physically on the team, he has been able to transfer his efforts in the weight room to the hardwood. In the past year, Dalton has doubled his minutes per game as well as doubling his rebounds and points per game. He has added range to his game becoming the Cougar's most improved 3-point shooter. Dalton's consistent play and durability have helped manufacture a mindset that has led the team to hold opponents to 68 points per game compared to 76 the previous season. ~Erick Schork

CLAREMONT-MUDD-SCRIPPS ATHLETICS

Lauren Longo

Guard

Senior

Lauren is a senior guard for the women's basketball team and is currently pursuing a degree in Biology from Scripps College. She has earned All-SCIAC academic team twice and received the Johnson Summer Research Grant Award following her junior year. Despite a rigorous academic environment, she serves on the Student Athlete Advisory Committee as its co-President and focuses on improving the student-athlete experience across our three institutions. Lauren is a consummate team player, a leader by voice and example, and motivates her teammates to be their best. Her efforts resulted in a significant increase in playing time from junior to senior season and she consistently guards the best scorer from the opposition. Lauren's effort, leadership, and positive attitude in the weight room, basketball court, and greater CMS community will be

difficult to replace and make her very deserving of this award. ~Andrew Jones

COLORADO COLLEGE

CooXooEii Black

Forward

Senior

CooXooEii is a true leader and captain, he became the 1st athlete in school history to amass 1,500 points and 600 rebounds which he continues to add to as we head into the post-season. His leadership carries over into the weight room in his ability to lead by example and improve himself on a daily basis. ~Scott Caulfield

COLORADO COLLEGE

Jordan Meltzer

Guard

Senior

Jordan is a tireless worker in the weight room and on the court. Her dedication to getting stronger and being a leader is an attribute that will serve her well throughout her lifetime. ~Scott Caulfield

CULVER-STOCKTON COLLEGE

Ryan Dooley

Guard

Senior

Ryan is a competitor that continues to challenge herself on and off the court. She is one of the strongest on the team and understands the importance the weight room has on her performance. The work she puts in shows on the court with her ability to play at a high level and withstand the long season of basketball. ~Tyler Aulbur

2020 — COLLEGE — BASKETBALL

CULVER-STOCKTON COLLEGE

Mason Vires

Guard

Senior

Mason is one of the hardest workers both on and off the court. He understands not only the importance of working on his game but also the importance of taking care of his body. He works hard in the weight room; knows how to fuel his body with proper nutrition and hydration; as well proper recovery habits with sleep, treatment, and stretching. Having a great work ethic in all of these areas is what helps him be successful on the court. ~Tyler Aulbur

DENISON UNIVERSITY

Matt Gerics

Guard

Senior

Matt is a Global Commerce major, with a Spanish minor. Over the course of his collegiate career, he has averaged 5.4 pts/game, almost 2 assists, and is a career 71% free throw shooter. During his four year career, he has improved in the weight room as much as any athlete I have ever coached. Matt increased his squat max from 170 to 310 lbs, his bench press max from 145 to 185 lbs, his pull up max from 6 to 20, and his vertical jump from 22.7 to 30.0 inches. His work ethic and approach to training have been an tremendous example to his younger teammates. ~Beau Scott

DUQUESNE UNIVERSITY

Paige Cannon

Guard/Forward

Senior

Paige is undoubtedly one of the hardest workers to ever step foot onto Duquesne's Campus. She is tenacious in her efforts to improve daily and push those around her to improve. Her energy, leadership, and work ethic in the weight room, on the court, and in the classroom are all

valuable components contributing to the team's overall success.

Paige has been a tremendous leader, captain, and ambassador for our Women's Basketball Program. She represents what every student-athlete should strive to become. It has been a privilege to coach and aid in the development of a person with such high character. I am grateful for our relationship we have built in the weight room, as well as on and off the court.

~Christopher Tarullo

DUQUESNE UNIVERSITY

Baylee Steele

Center/ Power Forward

Senior

Baylee Steele is one of the hardest working student-athletes I have ever had the privilege to work with. He made an instant impact on our team in the weight-room and on the court. Baylee approached every day with a professional's dedication to strength and conditioning, nutrition, and his craft. I'm grateful for the relationship we built in the weight-room, as well as on and off of the court. Baylee never had to be motivated to give his best effort. Self-driven, he maximized his training in the mandatory sessions as well as consistently dedicated himself to extra work. Baylee's accomplishments include achieving personal records of a 440 pound deadlift and a 350 pound back squat at a height of 6 foot ,11 inches. ~John Henderson

2020 — COLLEGE — BASKETBALL

EASTERN MICHIGAN UNIVERSITY

Chris James

Guard

Freshman

Chris is a hard working and driven individual who already understands the importance strength and conditioning can have on his physical development as a player. Since September, Chris has added ten pounds to his frame and continues to grow both in the weight room and on the court. Chris has quickly become a weight room leader because of his attitude, attention to detail, and willingness to do whatever is asked of him and more.
~Seth Thomsen

EASTERN NAZARENE COLLEGE

Christian Garcia

Senior

Chris is always ready to put forth his best effort. His consistency, work ethic, and willingness to go above and beyond truly set him apart. ~Kylie Waldroop

EMERSON COLLEGE

Steve Fabrizio

Forward

Freshman

Steve's dedication in the weight room started this past summer and has seen him transform his body to prepare for the rigors of college basketball. His consistency and strong work ethic has paid dividends as he has seen more minutes on the court as the season has progressed into conference play. Steve determination to better himself in the weight room and on the court is a great example for student athlete's at Emerson. I am proud to work with such an outstanding person and excited to see where his hard work takes him over his college career.
~Ron Smithers

GARDNER-WEBB UNIVERSITY

Morgan Pointer

Center / Post

Senior

Morgan epitomizes what being an NSCA All-American should be about. She is not only one of the strongest female athletes that I have had the pleasure of coaching (benching 170, front squatting 215, and pulling 335), but she approaches every training session with a positive and deliberate mentality that sets the tone for the rest of her teammates. Her efforts have translated onto the court where her role has increased significantly following an off-season of hard-work. I am proud and excited to nominate Morgan for this prestigious award!

~Kyle Lodermeier

2020 — COLLEGE — BASKETBALL

GEORGIA SOUTHERN UNIVERSITY

Ike Smith

Guard

Senior

Ike Smith is the definition of grit, consistency, and leadership both on and off the court. After missing most of his senior season due to a back injury that required surgery, Ike made the decision to do the work necessary to take full advantage of his fifth and final year at Georgia Southern. He went from 195lbs post-surgery to 215lbs on the opening day of the season. Ike took control of his nutrition over the off-season and was consistently the top performer in our weekly nutrition goals with a completion percentage of 90%. He has been able to train around his back injury and is constantly finding ways to push himself in the weight room. He has belt squatted over 600lbs and bench pressed 285lbs to go with his 39" vertical jump. This dedication to the process of preparing his body and his high character have led Ike to be voted a team captain. His performance on the court speaks for itself as he averages 30 minutes per game and has been the recipient of a multitude of honors and accolades. 2016-17 first-team All-Sun Belt, 2016-17 NABC All-District. Second-team Preseason All-Sun Belt in the league's coaches poll • Ranks 11th in the Sun Belt in scoring (14.1 ppg) and 16th in rebounding (5.6/gm) • Has scored in double figures in 20 games and scored 20-plus points 7 times • Led the Eagles in scoring in 11 games, rebounding 8 times and assists 5 times • Has started all 28 games he has played in • Has one double-double this season and two games with double figures in rebounds • Named Sun Belt Player of the Week Dec. 30 • One of nine active NCAA Division I players with over 1,500 points (1,876) and 600 rebounds (650) • Ranks 22nd on the NCAA active career scoring list, 2nd on the GS Division I scoring list and 16th on the Sun Belt career scoring list • Ranks 10th in career rebounds at GS • Named to Lou Henson Award Preseason Watch List, given to the nation's top Division I Mid-Major Player • Has scored in double figures in 94 career games and scored 20-plus

points 34 times • Led the Eagles in scoring in 40 career games, rebounding 31 times and assists 13 times • Has made 121 career starts and played in a school record 129 games • Has 5 career double-doubles. As a coach, Ike is everything you could ask for in a leader and an athlete. His commitment never waivers, he takes full responsibility for his training, and truly embraces any opportunity to get better. Ike was determined to not let his opportunity at a fifth year be wasted. He not only returned as the phenomenal player his teammates knew him to be, but he has taken his performance to an even higher level and will leave Georgia Southern as the all-time leader in game appearances. ~David Kitchen

HOBART AND WILLIAM SMITH COLLEGES

Annaliese Schreder

Guard

Senior

Annaliese is a multiyear Liberty League All Academic Selection who embodies hard work and work ethic. The first one in the weight room and the last one to leave, Schreder can Dead Lift 250lbs, Bench Press over 115lbs and Squats close to 200lbs. Annaliese is two time Leadership Group member, maintains a 3.87 GPA and also works in the weight room as a part time job. She is a tremendous athlete and team leader but even better person. ~Chris Gray

2020 — COLLEGE — BASKETBALL

HOFSTRA UNIVERSITY

Connor Klementowicz

Guard

Senior

I have had the pleasure of coaching Connor for the past 3 years. Connor has worked his way from a walk on to a full scholarship student-athlete. Connor excels in and out of the weight room. He is pursuing a degree in finance with a 3.05 gpa. He holds personal bests of 425 back squat, 550 deadlift, 300 bench press and 33inch vertical. He is the first one into the gym and the last one to leave. Connor is one of the most dedicated and hardest workers I have ever coaching in my 10 years in collegiate strength and conditioning. ~Jimmy Prendergast

HUNTINGDON COLLEGE

Sidney Ison

G

Senior

Sidney has been a hard worker and solid leader throughout her entire career. She helped forge the strong culture of training within our women's basketball program, and has set the bar high daily by operating in a selfless and hard-nosed fashion. ~Charlie Goodyear

LEWIS & CLARK COLLEGE

Zeke Crawford

Forward

Senior

Zeke Crawford has been an essential piece for the Lewis & Clark Men's Basketball Program for the past four years. His commitment to our coaching staff and programs have led Zeke to have a career high senior season. Crawford garnered his second consecutive conference selection and was named to the All-Northwest Conference First Team. Zeke led the team in points per game (14.8), rebounds per game (9.1) and field goal percentage (56.9). He was top of the conference with 228 total rebounds and 152 defensive rebounds, both of which were career highs for the forward. His 59 blocks

also topped the conference leaderboards and earned Crawford the all-time record for blocks in a season at Lewis & Clark, as well as the all-time record for career-blocks, of which he has 132. Crawford ended his season by scoring his 1,000 point with just 10 seconds to play in his final game. Zeke's leadership, great work ethic, discipline, and attitude in the weight room and on the court never went unnoticed. He truly epitomizes what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Zeke 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

MCKENDREE UNIVERSITY

Madison Hart

Guard

Senior

Madison's leadership and attitude have been great for our program. The amount of work she has put in year-round has provided an example for the rest of the team.

Clean: 160

Squat: 240

Bench: 125

~Jordan Fark

2020 — COLLEGE — BASKETBALL

MILES COLLEGE

Victoria Sutton

Guard

Senior

Sutton has been the toughest female athlete I've trained this year. She has a desire to improve her athletic ability and utilizes her strength and conditioning sessions to enhance her performance. Sutton is a leader in the weight room and on the court. Sutton's best lifts is a 240 back squat and a 135 hang-clean. Sutton has been a key player for the lady bears. Sutton's hard work helped the lady bears win their first ever Southern Intercollegiate Athletic Conference West Division Title. Sutton excels academically as well maintaining a 3.9 grade point average. ~Chadwick Griffin

MILES COLLEGE

Jelani Watson-Gayle

Guard

Junior

Watson-Gayle has been the hardest working athlete I've trained this year. He has a motor that never shuts down. Watson-Gayle is a leader in the weight room and on the court. Watson-Gayle's best lifts is a 350 back squat and 370 dead-lift. On the court, Watson-Gayle is in the top three of the Southern Intercollegiate Athletic Conference in 3 pointers per game. Also, this season Watson-Gayle has been named the Southern Intercollegiate Athletic Conference player of the week. Watson-Gayle excels academically as well maintaining a 4.0 grade point average. ~Chadwick Griffin

NOVA SOUTHEASTERN UNIVERSITY

Mark Matthews

Guard/Forward

Senior

Mark Matthews has changed the culture of his team. Through his hard work and dedication in the weight room, he has shown younger players how to use strength training to improve Basketball performance. An

extremely hard worker on and off the court, Mark has become a leader on his team both in practice and games. His commitment to strength and conditioning has made him into an imposing physical presence on the court, which has inspired his teammates to do the same. Mark's impact on his team will continue even after he has graduated. ~Steven Orris

OAKLAND UNIVERSITY

Yusuf Jihad

Center

Freshman

Yusuf Jihad arrived on the Oakland campus in July of 2019. He has been redshirted this year and he has done everything he can to excel in the classroom, on the court, and in the weight room. He has a 3.82 GPA in exercise science. He has put on 20 pounds in bodyweight, over 40 pounds on his bench press, and over 50 pounds on his squat. Yusuf is devoutly religious and is a role model for all of the student body. That is why my staff and I nominate him for All American. ~Terrence Sauerbry

PACE UNIVERSITY

Jaclyn DelliSanti

Guard

Senior

Jaclyn's continual effort in strength and conditioning has resulted in impressive performances both on and off the court. Jackie has achieved testing numbers of 300 pounds in the box squat, 135 pounds in the bench press, 150 pounds in the hang clean, a 25 inch vertical jump, a 31.5 inch approach vertical and a 7 foot 3 inches broad jump. Her performance in strength and conditioning is matched on the court with more than 1,000 career points and 500 career rebounds, one of only 15 players in program history to have such numbers. She currently sits at fourth in the conference in points per game, sixth in rebounds per game and has recorded 12 double doubles this season. ~Troy Thompson

2020 — COLLEGE — BASKETBALL

PERU STATE COLLEGE

Giovanna Silva

Forward

Senior

Giovanna, a 5'10" senior forward for the women's basketball team, is currently ranked 22nd in Division I (NAIA) for rebounds per game (9.385), 19th in Division I (NAIA) with total rebounds (244), 17th in Division I (NAIA) for offensive rebounds per game (3.769), and 36th in Division I (NAIA) in defensive rebounds per game (5.615). Giovanna has also recorded seven double-doubles this season. An unparalleled worker in the weightroom, Giovanna recently recorded a power clean of 77 kg and is considering making the transition to Olympic Weightlifting after college, dependent upon the outcomes her tryouts for professional basketball. Giovanna is a Kinesiology major and maintains a 3.65 grade point average. ~Kyle Ryan

PORTLAND STATE UNIVERSITY

Holland Woods

Point guard

Junior

Holland has used the weight room to transform not only his game but also his physical attributes. He is a more durable player because of his commitment to the weight room. ~Frederick Scott Fabian

RADFORD UNIVERSITY

Travis Fields Jr

Guard

Senior

Travis always brought his best days to our workouts. No matter what day it was, he was always there, on time, and ready to go. His early body language would lead any onlooker to believe he was not having a great day. However, once we completed our team warm up and stretch, he would look at me with a grin and say, "See ya on the other side". Which meant, "It's time to work". Travis quietly gave us great effort and would never

accept failure. Some of his personal best lifts were a 250 lb Bench Press, 315 lb Squat and a 33" vertical jump just to name a few. He took pride in bettering his own talents, which in turn, bettered our team. ~Scott Bennett

RADFORD UNIVERSITY

Khiana Johnson

Guard

Senior

Khiana has been a bright spot in our program. Once she bought into her training and saw the benefits of it, she has been a great worker, and it has made her one of the most durable players on our squad. She is pound for pound the strongest lady on our team. ~Lucas Mason

ROCHESTER INSTITUTE OF TECHNOLOGY

Alyssa Juergens

Forward

Sophomore

Alyssa has been a natural in the weight room from her first day on campus. She is one of the strongest and hardest working athletes I have had the opportunity to coach. Her leadership and enthusiasm have allowed her and her teammates to grow and progress throughout the year. Alyssa is constantly looking for a greater challenge and the next bench mark to meet. She has set a high standard for her teammates and the student-athletes at RIT. I look forward to seeing just how great her ceiling is over the next two years. Alyssa's vertical jump has increased from 18.9 to 20.4 since her freshmen year. Her Hang Clean PR (145#), Front Squat (200#) and Bench Press (120#) continue to climb. ~Ryan Kelly

2020 — COLLEGE — BASKETBALL

SACRED HEART UNIVERSITY

Olivia Dabney

Guard

Junior

Olivia is a leader on the court and in the weight room. She gives her all everyday and motivates her teammates to do the same. ~Chris Fee

SAGINAW VALLEY STATE UNIVERSITY

Mariah Cook

Guard

Senior

Mariah exemplifies the characteristics of an NSCA All-American in every way. She began as a walk on at SVSU and has earned herself an athletic scholarship during the course of her career. She has modeled the characteristics of toughness, consistency, and discipline in the weight room and on the court. Mariah currently holds the highest vertical jump for females at SVSU at just 5'5" and squats twice her body weight. Her tenacity in the training has earned her the right to strongly contribute on the court during her senior season. She additionally is an aspiring young strength and conditioning coach that will serve the profession well in the years to come. ~Christopher Winter

SPRINGFIELD COLLEGE

Jake Jacobson

Guard

Senior

A senior majoring in Physical Education, Jake Jacobson is constantly looking to improve himself not only as a basketball player but as a person. He is the first one to ask for extra work and is always challenging himself and others in the weight room. He is a quiet leader, leading by example. But, his leadership and determination never goes unnoticed by the coaching staff and his fellow teammates. His consistency, effort and attention to detail will be missed within the Pride men's basketball program and in the weight room. ~Tyler Arsenault

STEPHEN F. AUSTIN STATE UNIVERSITY

John Comeaux

Point Guard

Senior

If there were one word to describe John it would be resilient. John has overcome more adversity, both on and off the court, than most face in their collegiate career. However, he has never used those set backs as an excuse, but instead overcame and became stronger as a result of it.

Not many athletes come back from a micro-fracture surgery, let alone two micro-fracture surgeries and continue to lead their team to success, but John's will and determination helped him to overcome what could have easily been a career ending injury, twice over.

During my time as John's sport performance coach he has always been the hardest worker in the room, not only pushing himself to his physical limits, but leading his teammates to push themselves as well.

I am proud that I was able to be a small part of John's athletic career, and had the privilege of watching him grow and develop not only in the weight room and on the court, but as a man as well.

~Cody Dukquits

2020 — COLLEGE — BASKETBALL

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

Megan Johnson

Forward

Senior

Megan is a four-year starter for the UTRGV Women's Basketball program, and has become one of the primary driving factors for the team's success. She is a leader on the team who not only gives her all every time she is on the court, but gives the same energy effort in every practice, conditioning session, and training session. She is a leader by example that sets a high standard every day. ~Eric Sparks

TRANSYLVANIA UNIVERSITY

Shelby Boyle

Guard

Senior

Shelby has the best work ethic I have ever seen - She is a great asset to any program - academic and athletic
~Zachary Turner

TRANSYLVANIA UNIVERSITY

Michael Jefferson

Guard

Junior

Michael is a Leader by example with a great work ethic
~Zachary Turner

TRINITY UNIVERSITY

Jack Williams

Forward

Sophomore

We are a young strength & conditioning program and Jack's commitment and hard work demonstrate exactly what we want our program to represent. Jack has demonstrated leadership, intensity, and has been a great teammate. His drive will continue to help shape both the men's basketball team and our strength & conditioning program. ~Daniel Martinez

UNIVERSITY AT BUFFALO

Davonta Jordan

Guard

Senior

Davonta has been an incredible leader both on the court and in the weight room. He has embraced all things physical preparation and has enhanced the training culture of the team. Davonta's energy and work ethic are contagious, and he exemplifies the "blue collar" mentality of the program. ~Sean Conaty

UNIVERSITY OF ALASKA ANCHORAGE

Jack MacDonald

Guard

Senior

Jack has shown tremendous development over the course of his career at UAA, in no short tribute to taking complete ownership of his training inside and outside of the gym. There are many reasons we have selected Jack for this award, several of which are physical improvement over the past three years, strength of character, his even-keeled disposition, and the many qualities of leadership he displayed during training hours. It was a pleasure to have coached Jack, and we are excited to see him excel in life! ~Alysa Horn

2020 — COLLEGE — BASKETBALL

UNIVERSITY OF DELAWARE

Nate Darling

Guard

Junior

Nate has worked hard to accomplish his goals in the classroom, community, weight room, and on the court. He has used his time in the weight room expand his abilities on the court. Currently Nate has earned CAA Player of the Week three times. Darling ranks nationally in the top 20 for scoring as we approach the end of the regular season with 20.9 points per game. He also leads the CAA with 79 3-pointers currently which ranks him 9th in Division I. After transferring to the University of Delaware, he understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways to remain dominate at his position. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level. ~Chris Toland

UNIVERSITY OF DETROIT MERCY

BJ Maxwell

Guard

Senior

BJ has been a model Student Athlete here at University of Detroit. He has done everything he has been asked to do with no hesitation. BJ is also that guy that in some cases you need to pull back a little. He has fought injuries since getting here but is always ready to work no matter what. BJ is a leader both on and off the court.

~Nick Wilson

UNIVERSITY OF DETROIT MERCY

Jiera Shears

Guard

Sophomore

Jiera's dedication to the weight room has allowed her to play at the highest level. She comes prepared each day and is always asking for more, usually to the point where

we have to slow her down. She's not afraid of working hard which motivates her teammates to get the most out of the session. Jiera has been a pleasure to work with and well deserving of the NSCA All-American Strength and Conditioning Athlete of the Year Award. ~Trevor Klump

UNIVERSITY OF ILLINOIS-CHICAGO

Jamie Ahale

Guard

Junior

Jamie Ahale, a junior, has displayed exemplary effort on and off the court over the past year. He is attentive, coachable, hard-working, and a terrific teammate. In the weight room he has shown a consistent drive to get better and a determination to improve himself physically. His commitment to excellence carries to all other aspects of his life. Jamie is majoring in civil engineering and has been made the Dean's List and Honor Roll in every semester of his enrollment.

~Gabe Derman

2020 — COLLEGE — BASKETBALL

UNIVERSITY OF LOUISVILLE

Dana Evans

Guard

Junior

University of Louisville

Female

Dana Evans

Sport: Basketball

Position: Guard

College Junior

Height: 5'6"

Weight: 143

Age: 20

Vertical Jump: 32.2"

Long Jump: 8' 3.5"

$\frac{3}{4}$ Court Sprint: 3.14 seconds

Bench Press Poundage: 158

Bench Press Reps: 1

Trap Bar Deadlift Poundage: 385

Deadlift Reps: 1

Evans came to the University of Louisville in 2017, with a 23" vertical jump, McDonalds All-American status, and a lot to prove. She was the first ever freshmen to win the "Iron Cardinal" award, which is an annual competition held by the Performance staff. This award reflects overall athleticism and performance metrics such as power, speed, relative strength, aerobic capacity, and anaerobic power. Since winning the award in 2017, she is the first ever 3x champion (and hopes to defend her title next year). Entering this season, Evans was named Preseason All-ACC but was absent from all other national award watch lists. By midseason, she won the Paradise Jam MVP, ESPN Player of the Week and ACC Player of the Week twice. Since then, she has been nominated to the Wooden Award Late Season Top 20, Ann Meyers Drysdale Award Finalist, Dawn Staley Award Midseason Watch List, Wade Trophy Midseason Watch List, Citizen Naismith Midseason Top 30 and Rated No. 7 on espnW Top 25. No other player has made a larger jump in the

national rankings this year and she is the favorite to earn ACC Player of the Year honors. It is a testament to the drive and competitive nature that Evans brings to the court and weight room every day. ~Kaiti Jones

UNIVERSITY OF LYNCHBURG

Cody Lang

Forward

Senior

Cody's four-year efforts in the weight room and during conditioning sessions allowed him an opportunity to go from a role player to a starter during his senior season. Cody had a 320lb Squat, 265lb Bench Press, & 265lb Hang Clean leading into this season. ~Ed Smith

UNIVERSITY OF MARYLAND

Reese Mona

Guard

Junior

Over the past three years as a member of the University of Maryland Men's Basketball team, Reese has demonstrated unmatched work ethic, consistency and leadership. Reese has never missed a mandated workout and in each of his three seasons with the program he has led the team in extra in-season training sessions. His attitude and energy are contagious in the weight room. Not only does Reese lead by example but he also helps provide additional instruction and guidance to the younger players. Reese began his career as a walk-on athlete but quickly earned a scholarship as a result of his athletic and academic performance. Reese's achievements have not gone unnoticed and were recently featured in The Washington Post. Reese has been a joy to coach and truly exemplifies the what it means to be a student athlete. ~Kyle Tarp

2020 — COLLEGE — BASKETBALL

UNIVERSITY OF MASSACHUSETTS - AMHERST

Djery Baptiste

C

Senior

When you meet Djery for the first time you can see the emphasis he has put on performance, health & wellness. He has an intimidating stature (6'11, 245, 5% BF) and it immediately garners respect of athletes and coaches alike. You can visible see his effort and dedication to the weight room, recovery, and nutrition. It has come to fruition through his passion for health and his inquisitive nature to utilize his resources to the fullest. Extra lifts away from the team, conversations about recovery or the newest nutrition documentary are just small examples; the common denominator being he is always finding a way to better himself as an athlete, a student, and as a person. Djery will use this knowledge and passion throughout life in all avenues, and because of that will find himself to be successful off the court. ~Zane Scott

UNIVERSITY OF MISSOURI-ST. LOUIS

Jason Towery

Forward

Senior

Jason (JT) has been with the UMSL athletic department for the past three years and has made tremendous strides in the weight room. I can always count on JT to come in to a workout and give me his best effort. His hard work has help lead his team to a school record in wins and a regular season conference championship. ~Josh McMillian

UNIVERSITY OF SOUTHERN MAINE

Keenan Hendricks

Guard

Junior

Keenan has led by example since arriving on campus looking for ways to improve VJ and performance on the court. He has motivated other teammates to weight train all year. Team record has improved each year. ~James Giroux

UNIVERSITY OF WISCONSIN - WHITEWATER

Becky Raeder

Guard

Senior

Becky has been incredibly consistent on the court, in the wt. room and with her academics. As a starting guard the last two seasons, she has helped lead the team to the NCAA tournament. As a captain her senior year she is a tremendous role model for the younger players and displays great leadership. Her work ethic will serve her well in all her future endeavors. ~Lee Munger

VIRGINIA MILITARY INSTITUTE

Garrett Gilkeson

Guard

Senior

Garrett has been a tough and competitive basketball player for us at the Virginia Military Institute. He always shows up to train with the competitive mindset and work ethic needed to improve. He provides great leadership to others on the team through his positive interactions and consistent work ethic. Garrett is extremely durable as he has started in 94+ games the last 3 years. He has been one of the top team statistical leaders the past 2 seasons. ~Dave Lawson

2020 — COLLEGE — BASKETBALL

WASHINGTON COLLEGE

Dallas Marshall

Forward

Senior

Dallas grew in more ways than one his four years at Washington College. A part of an undersized team, Dallas had to play out of position in many occasions during his career. He transformed his body through the weight room and nutrition. Apart from his on court accolades, Dallas could squat in the mid 300s and deadlift close to 500 lbs. On the court his numbers speak for themselves! He is a two time All-Conference player, scoring over 1,000 point in his career and captaining his team to two Centennial Conference playoff appearances his junior and senior year. ~Jonathan Jenkins

WAYNE STATE COLLEGE

Halley Busse

Junior

Halley attacks everything at 100MPH including chain pull ups or heavy weights. Bus is always a joy to be around and she only knows how to work hard. She will have an amazing offseason and continue to lead the team in many ways. ~Taylor Feenstra

WAYNE STATE COLLEGE

Ben Dentlinger

Junior

Ben has excelled in the weightroom, he has put on 20lbs of muscle in his time at WSC and cleans 275lbs
~Kenneth Grant Darnell

WAYNE STATE COLLEGE

Nosa Iyagbaye

Sophomore

Nosa has grown a lot in his time here, Gaining 40lbs and seeing consistent ant number increases. ~Dakota Coon

WAYNE STATE COLLEGE

Jordan Janssen

Sophomore

Jordan has put on almost 20lbs of muscle in his 1.5 years at WSC, that size has helped an already skilled player. I am looking forward to him taking the next step and weighing 230lbs! ~Taylor Feenstra

WAYNE STATE COLLEGE

Erin Norling

Junior

Erin has gained 20lbs of lean muscle in her time here, which has directly shown in her all conference performance on the court. ~Dakota Coon

WAYNE STATE COLLEGE

Selena Shady

Sophomore

Selena has fought through a lot and still continues to train hard and consistently. ~Grant Darnell

2020 — COLLEGE — BEACH VOLLEYBALL

JACKSONVILLE UNIVERSITY

Morgan Dees

Senior

Morgan is not only a great athlete, she is an incredible leader on the sand and in the weight room. Her work ethic and energy are contagious to everyone around her. Morgan consistently puts in the extra hours to make sure she is performing at her best. This year she has added over 50lbs to her squat and 20lbs to her clean.

~Kaitlan Aries

WAYNE STATE COLLEGE

Hope Carter

Junior

Hope is an athlete that shows up every day ready to work. She has improved a lot since she arrived on campus. We are looking for her to have a big senior year.

~Dakota Coon

WAYNE STATE COLLEGE

Jacee Webber

Junior

Big Webb excels in the weightroom, even with a smaller frame she is amongst the strongest on the team. Her work ethic and determination fit into the culture of the program. She has come back from an injury to be stronger than ever both physically and mentally.

~Grant Darnell

2020 — COLLEGE — CROSS COUNTRY

COLORADO COLLEGE

Claire Tobin

Senior

Claire is one of the hardest workers in the weight room and her positive attitude and energy are always a motivation for her teammates. Her dedication to the weight room and her sports paid big dividends helping the women's cross country team to its first Southern Collegiate Athletic Conference title since 2016. She personally assisted this title with a top-10 finish at the conference championship. ~Scott Caulfield

FITCHBURG STATE UNIVERSITY

Olivia Mullins

Junior

Olivia Mullins is a two sport athlete participating in both Cross-country and Track and Field. Olivia never misses a scheduled team lifting session. Her fearless approach to training and willingness to expand her comfort zone has led to an exponential growth in her physical and mental strength. Olivia lives the Fitchburg State Strength and Conditioning core values of Focus, Effort, and Teamwork. She is a worthy recipient of this award. ~Jeff Godin

FITCHBURG STATE

Tim Sheehy

Junior

Tim has been a consistent, high energy guy in the weight room since his freshmen year. Beyond his physical improvements and outstanding performance on the course, he has been a great leader for the team. He understands the importance of Strength training for distance runners and has been a great extension of our staff in terms of helping younger athletes on the team understand how the program can help them.

~Jim McGuire

FLORIDA A&M UNIVERSITY

Brian Kiprop

Distance Runner

Junior

As a distance runner Brian excels in the Conditioning side of Strength & Conditioning, his personal record for 5 miles in Cross Country is just under 25 minutes. Over the last two years, Brian has embraced the challenge of resistance training as he strives for greatness on the Cross Country Course and in the long distance track events. Training in the weight room three to four times each week, he approaches every resistance training session with the same passion that he attacks his hill work and tempo runs. As an Exercise Science student and an aspiring coach, Brian is eager to explore the art and science behind his training programs. ~Dr. Brian Hickey

HOBART AND WILLIAM SMITH COLLEGES

Josh Wasserman

Senior

Captain Josh Wasserman has been an outstanding leader since his arrival here on campus. A 3 time dean's list member holding a cumulative GPA of 3.60, he is beyond dedicated to pushing himself and the rest of the team in the weight room. Even though Josh competes in a primarily individual sport, he has made an impact across many. In lifting sessions where we have multiple teams in the weight room, he takes it upon himself to set the energy and pace for everyone in the session. He uses mixed training group opportunities to also support, encourage and spot other student athletes. Over his tenure at Hobart, he has constantly been a top 5 finisher. ~Chris Gray

2020 — COLLEGE — CROSS COUNTRY

SAN FRANCISCO STATE UNIVERSITY

Katya Candray

Freshman

Katya "Kat" Candray had an amazing start to her career at San Francisco State. Candray had a strong indoor track season for the nationally-ranked Gators and is poised for a strong outdoor season. Candray has emerged as one of the program's top runners and leaders. In the weight room, she has set the standard coming into each practice with a positive attitude. She has strived to improve her weight lifting technique and continues to set new personal bests. Candray is a Biology major and aspires to be an orthopedic doctor. ~Ryan Durk

SAN FRANCISCO STATE UNIVERSITY

Joey Manahan

Freshman

Joey Manahan had a terrific cross country season as the team's fifth and final scoring harrier, a position which is crucial cross country team scoring. Coming off a redshirt season, Manahan's hard work has paid dividends during the cross country seasons and will continue to do during the outdoor track and field season. A quiet leader, Manahan has grown fast in his strength and conditioning journey. He consistently supports his teammates while ensuring that he pushes himself further. The San Bruno, California native has done all of this while working towards an undergraduate degree in Business and working at a local running specialty store, where he shares his passion for running with the local community. ~Ryan Durk

UNIVERSITY OF DETROIT MERCY

Alan Nava

Junior

Alan's commitment to strength and conditioning has been incredibly visible throughout his career. With no training under his belt upon his arrival on campus, Alan worked immensely hard to increase his strength and mobility as a runner. His hard work in and out of the room has paid off, as Alan has blossomed into a top contender in the Horizon League in cross country and the middle distance track events. ~Ian Samuelson

UNIVERSITY OF NOTRE DAME

Mikayla Schneider

Junior

Mikayla has shown great devotion to the betterment of herself and her teammates in the weight room. As an endurance athlete, I have never seen someone buy in and set weight room goals the way Mikayla does. It is reflected in her running achievements earning All ACC in the DMR. She sets the standard in the weight room for her teammates and is always helping and encouraging those around her. ~Colleen Looney

2020 — COLLEGE — DIVING

DUKE UNIVERSITY

Nathaniel Hernandez

Senior

Nathaniel's unmatched work ethic, discipline, and attitude epitomizes Duke Athletics. Respected by all teammates and coaching staffs, Nathaniel is determined to make himself and those around him better every day, and in every way. It has been a privilege to work with him. ~Carl Christensen

MARYVILLE UNIVERSITY

Mariah Hagerty

Junior

Mariah has used dedication to the weight room to better herself for her sport. She is a leader in the weight room and for the Maryville Dive Team; her work and dedication show in her results. She has become one of the top Female Divers in the GLVC this year, setting school records in the 3-meter dive and posting NCAA qualifying marks this season. She is a great example of a student athlete with high achievement not only in her sport but in the classroom. ~Jake Fitts



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2020 — COLLEGE — EQUESTRIAN

UNIVERSITY OF LYNCHBURG

Abbie DeFino

Senior

Abbie has been an awesome addition to the equestrian program that helps continue to grow this program's commitment to getting stronger and more fit for competition. ~Ed Smith

2020 — COLLEGE — FENCING

BRANDEIS UNIVERSITY

Maggie Shealy

Freshman

Maggie is an exceptional athlete and human being. Coming in as a freshman, with little to no training experience, she has excelled in the weight room. She never misses a workout and often stays after for some extra work. Her drive and determination has been unparalleled and she has been having an incredible season for our Sabre Squad. ~Jay Mendoza

2020 — COLLEGE — FIELD HOCKEY

APPALACHIAN STATE UNIVERSITY

Rachel Gaines

Goalkeeper

Senior

Rachel is one of the most talented Field hockey athletes I have every had the pleasure of working with. Great on the field, in the weight room and in the class room. A true leader with a great work ethic and winning attitude. 145 Power Clean, 145 Bench Press, 210 Squat and 6'5.5" Standing Long Jump. ~Anthony Glass

ENDICOTT COLLEGE

Kristen McCarthy

Forward

Senior

Kristen McCarthy continues to be a driving force in our athletic performance center. She clearly understands how her work with our strength & conditioning staff will transfer onto the playing surface. Hard work and commitment are a part of her DNA. There is a direct correlation between the success she has had in all of these areas due to the fact that she puts her all into everything that she does and demands the best of herself. She has a high expectation of herself and sets the standard for those around her. Her commitment to strength & conditioning and her leadership has helped create a culture within the field hockey team that led to another conference championship and another NCAA Tournament First Round victory in 2019. McCarthy was named to her second straight Commonwealth Coast Conference Offensive Player of the Year and 1st-Team All-Conference, finishing in the top three in goals (18), assists (10), and points (46). Kristen's success on the playing field - weight room - classroom and beyond are a testament to who she is as a person. Kristen has been a part of our field hockey program for only two years - she has rewritten the record book in every offensive single-season statistical category, won two Conference Championships, she is our program's first-ever Regional

Player of the Year and first 2x First Team All American. Clean: 130lbs Back Squat 245 lbs. ~James Daley

KING'S COLLEGE

Jolee Treslar

Forward

Junior

Jolee started lifting this semester and has done a great job. She has worked past her comforts, and continues to improve. She is a leader in the weight room. Her intensity is contagious and lifts her team during lifts. She has improved drastically over the time that she has been apart of the strength and conditioning program. ~Bryonne Herring

MARY WASHINGTON UNIVERSITY

Morgan MacCartney

Midfield

Junior

Commitment to Excellence in Sport, in School, and in Life ~Asau Rodriguez

SACRED HEART UNIVERSITY

Hailey Power

Goalie

Junior

Hailey has improved and step up and a leader on the field and off. She highly impacts those around her in a positive way. ~Chris Fee

SALISBURY UNIVERSITY

Arielle Johnston

Senior

Arielle has been a passionate and dedicated leader in the weight room, on the field, and in the classroom. Her consistent pursuit of growth to become the best she was capable of becoming was apparent every day in training. Arielle was such a joy to work with day in and day out and will be missed. ~Matt Nein

2020 — COLLEGE — FIELD HOCKEY

UNIVERSITY OF DELAWARE

Femke Strien

Midfield/Forward

Junior

Femke has overcome adversity accomplish her goals in the classroom, community, weight room, and on the field. She has used her time in the weight room to recover from injury and improve her prowess on the pitch. She is a First Team All-American and was CAA Offensive Player of the Year. She is one of our hardest working student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level.

~Christina Rasnake

UNIVERSITY OF LYNCHBURG

Lindsay Riley

Forward

Senior

Lindsay's hard work and dedication in the weight room and conditioning sessions allow her an opportunity to contribute to our NCAA qualifying Field Hockey team this Fall. ~Ed Smith

WASHINGTON COLLEGE

Jessie Willey

Defender

Senior

Jessie was a "walk on" when she arrived at Washington College. She was truly an underdog, and fought her way to a starting role and team captain by her senior year. Her work ethic was undeniable, transforming her athleticism both in the weight room and on the field. This work ethic was not just shown in the weight room. Jessie was on the Centennial Conference Academic Honor Roll in 2017, 2018, 2019, 3x NFHCA Scholar of Distinction (2016, 2017, 2018)

3x NFHCA National Academic Squad (2016, 2017, 2018), and is a member of the Phi Beta Kappa National Honor Society. ~Jonathan Jenkins

2020 — COLLEGE — FOOTBALL

ALBANY STATE UNIVERSITY

Calvin Lewis V

Running Back

Junior

Calvin is an exceptional athlete. He is very explosive, with a 42.5 inch vertical jump and a 300 lb. hang clean. He follows that up with being very strong with a 495 lb. squat and a 315 lb. bench press. ~Troy Williams

AUGUSTANA UNIVERSITY

Alec Blonquist

Defensive Line

Senior

Al has used strength and conditioning to transform his body and performance on the field. He has shown tremendous leadership throughout his career, culminating in being named team captain. Al's love for a challenge and determination to improve will lead him to great accomplishments in life after collegiate athletics.

~Andy Stocks

AVILA UNIVERSITY

Raven Josiah

Running Back

Senior

While I would like to say I am nominating Raven for this award due to his amazing strength that would not do justice to him. I am recognizing Raven based upon what he has done academically outside and inside the weight room. Raven is a Psychology major and he has taken his interest in that field and combined it with his love of training. He is currently performing research at the undergraduate level to test his hypothesis regarding how he can alter the outcomes of APRE training by trying to apply a specific psychological primer. I am honored to be on his thesis review board and excited to see such a young professional bridge the gaps between different interdisciplinary academic areas. ~Brian Ciolek

BLACK HILLS STATE UNIVERSITY

Payton Gilmore

Running Back

Senior

Payton is a leader on and off the field. His strong work ethic, accountability, and coachability made him successful in the weight room and on the field. Payton attacked every lifting session with the same passion he showed on the field and due to that he saw great results.

~Aaron Siekmann

BUFFALO STATE COLLEGE

Anthony Wasiyo

Defensive End

Senior

Anthony transferred here three years ago and started to set himself apart due to his work ethic. He trained very hard and became one of the better defensive ends in recent history. Anthony will no doubt be a success off the field as he looks to start his career after graduation.

~Nathan Young

CENTRE COLLEGE

Zack Edgar

OL

Senior

Zack was one of the strongest players on the field. He posted the following marks: Clean - 330, Jerk - 375 (School Record), Squat - 570, Bench - 350. Zack took pride in his training and earned a starting position and became a team leader. ~Carter Conley

2020 — COLLEGE — FOOTBALL

CENTRE COLLEGE

Zarian Hunter-Cure

RB

Junior

Zarian is pound for pound one of the strongest and toughest players in the program. At 6', 195lbs Zarian runs a 4.65 40, has a 32 in vert. and posts the following strength totals: Clean - 295, Jerk - 285, Squat - 500, and Bench - 325. ~Carter Conley

CENTRE COLLEGE

Ryan Smith

DE

Senior

Ryan trained his way into being one of the most dominant defensive linemen in the league. At only 6', 219 lbs, Ryan posted the following totals: Clean-315, Jerk - 285, Squat - 500, Bench - 350, 40 yd Dash- 4.56, Vert. Jump - 37.5 in. His work ethic set the tone for his success on the field. ~Carter Conley

CLAREMONT-MUDD-SCRIPPS

Jett Zeimantz

Offensive Line

Senior

Two time All-SCIAC selection. 39 Game Stater. Part of an offensive line that paved the way for CMS' Third All-time rusher. (1,305 yards, including a school-record 274 against Whittier. Part of an offensive line that helped CMS lead the nation in time of possession and average 199.7 yards per game on the ground. Clean 375 Bench 380, Squat 585 Science Management major.

~Christopher Vicory

CLEMSON UNIVERSITY

Tremayne Anchrum

OT

Senior

225 Rep Max 29 / Squat 550 / Clean 315 / Vertical 24.5" / Broad Jump 8'7" / 4.65 5-10-5 / 7.72 L-DRILL / 2 X ALL-ACC SELECTION ~Paul Hogan

CLEMSON UNIVERSITY

Tanner Muse

Defensive Back-Safety

Senior

Tanner has earned a spot as one of Clemson's most dedicated athletes in many years. His work ethic and leadership skills earned him Team Captain honors as well as All Conference and All American. Muse has always displayed a attitude of team first, taking pride in doing the small things. In 2016 Muse earned Special Teams Defensive Player of the Year. Muse has two National Championship titles in which he played major roles on the field and in the locker room. Some of Muse's performance numbers include a 345 lbs. bench, 450 lbs. squat, and 320 lbs. power clean. ~Larry Greenlee

2020 — COLLEGE — FOOTBALL

CLEMSON UNIVERSITY

Sean Pollard

Offensive Line

Senior

Sean Pollard, a 6'5 313 lb. offensive lineman, is a tremendous person, student-athlete, worker, and leader for our football team.

On the football field, Sean played 2,328 snaps over 55 games (38 starts) in his career, playing at tackle, guard and center during a four-year span from 2016-19. During Sean's tenure, the Tigers went 55-4, winning two national championships, four ACC Championships, and appearing in the College Football Playoff four times. Additionally, Sean was the 17th player in school history to earn at least three selections to the All-ACC Academic Team. In the weight room, Sean worked diligently each day to improve his abilities and to perfect his craft. As a senior, Sean's testing numbers were as follows: bench press 405 lbs., bench press 225 lbs. 24 times, squat 550 lbs., and power clean 325 lbs. In addition to his weight room and football accomplishments, Sean is a graduate of Clemson University, and he was named to the 2018 AllState AFCA Good Works Team for his community service efforts. Sean puts in the work on and off the field. He displays personal excellence, respect, integrity, and tremendous work habits in all he does. Sean Pollard has earned NSCA Strength & Conditioning All-American honors in my opinion. ~Adam Smotherman

CLEMSON UNIVERSITY

John Simpson

Offensive Line Guard

Senior

John Simpson, a 6'4.5 333 lb. offensive lineman, is an outstanding young man who served this program well as a worker and as a leader.

On the football field, John played 2,043 snaps over 50 games (29 starts) in his career, earning consensus All-

America status as a senior in 2019. In the weight room, John put in the work daily to improve his abilities and to maximize his opportunities. As a senior, John's strength numbers were as follows: bench press 445 lbs., bench press 225 lbs. 34 times, squat 600 lbs., and power clean 365 lbs. In addition to his strength training and football accomplishments, John is a graduate of Clemson University, and he was elected to serve as a permanent team captain for our 2019 squad. He exhibits tremendous character, leadership, personal excellence, and respect in all he does. In my opinion, John Simpson has earned NSCA Strength & Conditioning All-American honors. ~Joey Batson

CLEMSON UNIVERSITY

K'Von Wallace

Defensive Back-Safety

Senior

K'Von Wallace, a 5'10.75 207 lb. safety, is an outstanding young man, student-athlete, worker, and leader for our football team. On the field, K'Von played 1,896 snaps over 59 games (36 starts), and departed Clemson tied for the most career games played in school history. During his four-year career from 2016-19, the Tigers went 55-4, winning two national championships, four ACC Championships, and appearing in the College Football Playoff four times. In the weight room, K'Von brought great effort and energy each day to improve himself and his teammates. As a senior, K'Von's strength training accomplishments were as follows: bench press 365 lbs., bench press 225 lbs. 24 times, squat 510 lbs., and power clean 305 lbs. In addition to his weight room and football accomplishments, K'Von is a graduate of Clemson University, and he was elected by his teammates to serve as a permanent captain for our 2019 team. K'Von puts in the work on and off the field. He displays respect, leadership, attention to detail, and a finish mentality in all he does. K'Von Wallace has earned NSCA Strength & Conditioning All-American honors in my opinion.

~Adrien Dunn

2020 — COLLEGE — FOOTBALL

DUQUESNE UNIVERSITY

Bill O'Malley

Tight End

Junior

Bill O'Malley is the hardest working, most dedicated student athlete I have ever had the privilege of working with. The amount of time and effort Bill has put in to his development has been unmatched. Through a detailed and disciplined approach to strength and conditioning, as well as his craft on the field, he has become a leader and a model for anyone who joins our program. His leadership and willingness to put the team first shows the high character individual that he is. The way he has transformed his body and mind in such a short period of time has been nothing short of remarkable. Bill's personal records include: 315 Power Clean, 485 Back Squat, 335 Bench Press. ~Anthony Longo

DUQUESNE UNIVERSITY

Brendan Thompson

Linebacker

Senior

Brendan Thompson became the heart and soul of the Duquesne Football program in his final two seasons. His leadership and never say die attitude made him the model student athlete. His commitment to his development in the weight room made him one of the strongest student athletes in program history. The determination he showed was passed on to his teammates, making them work harder to achieve their individual goals. He led by example, and I am forever grateful for the impact he made on me and on our program. Brendan's personal records include: 325 Power Clean, 540 Back Squat, 375 Bench Press. ~Anthony Longo

ELMHURST COLLEGE

Shea Kent

OL

Sophomore

Shea truly embodies all the qualities of being a highly driven and positive student-athlete that understands the hard work that is necessary for success. He is one of the most enjoyable student-athletes to be around on the Elmhurst College campus. He always has a positive mindset and is always encouraging his teammates to keep improving. Since he has arrived on campus, he has not missed one workout in two years and is working out voluntarily nearly five days per week in the off season. This has enabled him to post squat numbers of 560 lbs, bench press of 315, and power clean of 250. His constant desire to compete and improve has helped him compete at a very high level in the CCIW, which is one of the best athletic conferences in the nation for division 3. Inside the classroom he has posted a GPA of 3.76 and has been voted as one of the leaders on the football team. Shea is a true example of a successful student athlete that understands the work necessary and has the drive necessary to be successful. ~Glen Brittich

2020 — COLLEGE — FOOTBALL

EVOLVE FITNESS STRENGTH AND CONDITIONING

Zack Mesday

Outside Linebacker

Senior

Zack is one of the hardest working and committed athletes that I have been fortunate enough to coach. He values how the weight room can benefit his football performance and makes intelligent decisions regarding both how he trains and what he puts in his body. Zack played outside linebacker and defensive end at Temple University. From his career he has been recognized as a William Campbell Trophy semifinalist and a Burlsworth Trophy nominee. Zack was on the AFCA Good Works Team watch list and has been awarded many academic accolades such as being named to the Athletic Director's Honor Roll six times and being placed on the Academic All-Conference team four times. ~David LaPlaca

FITCHBURG STATE UNIVERSITY

Richard Austin

LB

Senior

Rich is one of the most consistent workers I've coached during my career. His energy was always the same - high - every day. He was a great leader for his team, both through his actions in the weight room and on the field and in his ability to keep his team together and motivated during tough parts of the schedule. Rich is also an Exercise Science major who is interested in pursuing a career in Strength and Conditioning. ~Jim McGuire

FORT HAYS STATE UNIVERSITY

Hayden Kreutzer

Defensive Back

Senior

5 years ago, Hayden was a walk-on defensive back for our Football team. As a senior this past year, Hayden started every game. His rise through our system was accomplished by his commitment, dedication and tremendous work ethic. His patient, but persistent drive

to be his best is how he was able to persevere, and become the player that he was and the man that he is now. Not only developing in the weight room and on the field, but also in a leadership role of responsibility and accountability. Nothing explains that better than the fact that Hayden had perfect attendance in off season workouts for all five years of his career. ~Doug Boucher

HOBART AND WILLIAM SMITH COLLEGES

Brian Haeffner

RB

Senior

Captain Brian Haeffner helped spearhead the improvement effort of Hobart football from a 5-4 record in 2018 to 9-2 in 2019. Over the course of his career at Hobart College, he has been a multiple selection All Liberty League running back while leading the team in rushing yards and touchdowns his last two years. Haeffner was the heartbeat of the team in the weight room putting up more than 30 reps of 225 Bench Press, Back Squatting over 400lbs and Hang Cleaning 300lbs. Always leading by example and holding himself and his teammates to the highest standard, he has helped instill a top notch culture in the Hobart weight room for years to come. ~Chris Gray

HOPE COLLEGE

Kevin Hazen

Linebacker

Senior

Kevin came to Hope College as a freshman the fall of 2016 as a strong, hardworking student athlete. Throughout his 4 years, he became one of the strongest, most explosive players to come through Hope College. He possesses a work ethic that is unmatched by anyone I have ever coached. He has a career best Power Clean of 380 lbs. He was a physical leader on and off the football field for Hope College. ~Dan Margritz

2020 — COLLEGE — FOOTBALL

HUMBOLDT STATE UNIVERSITY

Joseph Sweeney

Quarterback

Junior

Joseph was the starting quarterback during the last season of the existence Humboldt State University's football program. The team's record that season was not indicative of the hard work, leadership, and dedication that Joseph displayed in the face of constant adversity. He was an ideal example of what a leader in the weight room and on the field should look like. Quarterbacks are not usually known for their prowess in the weight room, but Joseph put up an impressive 335 pound bench press and 385 pound high bar back squat. He was not known to shy away from contact on the field either. Unfortunately, Joseph's collegiate football career was cut short by the canceling of the football program, but he was poised for an impressive career. ~Anthony Ratto

HUMBOLDT STATE UNIVERSITY

Sefa Tauanuu

Defensive Line

Junior

Sefa was a starter at defensive tackle as a true freshman. By his sophomore year he was virtually unblockable one on one; teams were forced to game-plan around his dominate presence in the middle of the field. An academic discrepancy forced him to redshirt his junior year, and then the short-sighted decision by the university to cancel the football program brought his Humboldt State career to a premature end before he could return to the field. Sefa's feats of strength both on the field and in the weight room are legendary; his 675 pound high bar back squat was a standard that he was sure to improve on as his career progressed. I hope that Sefa will have the opportunity to play the game again, he certainly left his mark at Humboldt State. ~Drew Petersen

HUNTINGDON COLLEGE

Drew Schlemmer

Linebacker

Senior

Drew has set the standard for what we want athlete's aspiring to achieve in the daily training environment, with their sport, and as a leader in both arenas. He has given his time selflessly toward the improvement of athletes from every sport on campus. Drew's legacy will live on in Huntingdon College Athletics, Strength & Conditioning, & Football for years to come.

~Charlie Goodyear

JONES COLLEGE

Lakevias Daniel

Defensive Back

Sophomore

Lakevias Daniel came to Jones College with no offers out of high school. After never missing a single class, practice or weight training session, Lakevias had numerous Power 5 offers before signing with Ole Miss. A true leader in the weight room and on the field, Lakevias was pound for pound one of the strongest athletes at Jones squatting 500 lbs at 180 lbs. body weight. He also clocked a 4.38 40 yard dash along with a 39.5 inch vertical jump. Lakevias embodies the definition of hard work and dedication to his craft and his body to achieve his goal of playing at the highest level. ~David Queck

JUNIATA COLLEGE

Bryce Walter

TE

Senior

Bryce's hard word and leadership on the field and in the weight room was a key factor in building a team culture of commitment and work ethic. ~Douglas Smith

2020 — COLLEGE — FOOTBALL

KING'S COLLEGE

Mando Sallavanti

Linebacker

Junior

Mando is a perfect example of hard work and discipline. His efforts in the weight room are visible in his field of play as he leads his team weekly. ~Bryonne Herring

LAMAR UNIVERSITY

Tamatoa Neher

Offensive Line

Senior

Tamatoa (Toa) Neher transferred to our program for the final 2 years of his career. From day 1 it was obvious that he was strong and determined to push his body as far as it could go to establish a lead by example approach at his position group. Toa was quickly respected by his teammates for his no nonsense approach to preparing for Football both in the weight room and on the field. What doesn't show up in his strength numbers is his easy to connect with personality that created a tight knit bond amongst the OL. As Toa takes the next step in his career his blue collar approach and relatable personality will lead to many more positive relationships and successes. ~Travis Nichols

LAMAR UNIVERSITY

Case Robinson

Tight End

Senior

Case Robinson entered our program as a walk-on Freshman Quarterback and left the program as a scholarship Tight End. In making this transition halfway through his career he added 50 lbs to his frame. He did this through committing to a high calorie diet and took every minute of his weight room training seriously for his 4 year career. Case is the epitome of blue collar and an example of how you can transform your body to meet the demands of a physically demanding sport. As Case takes this same workmanlike approach to his post-career

endeavors I have no doubt he will achieve the same success in his life after Football. ~Daniel Darcy

MCKENDREE UNIVERSITY

Matt Cole

WR

Senior

Matt Cole has been a blessing to coach. His physical capabilities are unmatched and his positive attitude has done wonders for our program.

Clean: 325

Squat: 530

Bench: 335

Vert: 37

Broad: 9'11"

~Jordan Fark

MORNINGSIDE COLLEGE

Deion Clayborne

Defensive Back

Senior

It is my honor to work with many great athletes at Morningside College and it is a great privilege to nominate Deion Clayborne. Deion is a four-year letterman, an All-GPAC Conference defensive back, and a two-time National Champion. Deion is a great example of the effort, dedication and the character that every athlete should have. Not only does Deion show his strength on the field and in the weight room, but his continued focus in the classroom and community is an inspiration to this program. Deion is a great student, athlete and person, Deion represents everything the Morningside College Mustangs wants for their athletes. Best weight room performances- Squat:430lbs Bench:250lbs Power Clean:320lbs Vertical Jump:37 inches Broad Jump: 9 feet 1 inch. ~Aaron Jung

2020 — COLLEGE — FOOTBALL

PERU STATE COLLEGE

Brady Stephens

Linebacker

Junior

At 6'1" and 206 pounds, Brady recorded a 285 pound hang clean, a 446 pound squat, and a 319 pound bench press in Spring testing. In the weightroom, on the field, in practice, and in the classroom, Brady is a tireless worker. His current major is Kinesiology, where he carries a 3.83 grade point average, and he has expressed a strong desire to pursue a career as a Certified Strength & Conditioning Specialist. ~Kyle Ryan

RENSELAER POLYTECHNIC INSTITUTE

Grant Tragni

Linebacker

Senior

Grant Tragni has been a fixture of the RPI strength & conditioning program since his freshman year. Through his commitment and dedication to the strength & conditioning program he worked his way into a starting position in his senior year at middle linebacker and was voted a captain by his teammates. Grant's unwavering work ethic allowed him to be 2nd on the team in total tackles and tied for 1st in interceptions, in addition to having a 300 lb clean, 480 lb back squat and 345 lb bench press at a body weight of 205 lbs. ~Sergio Merino

SACRED HEART UNIVERSITY

DeAndre Byrd

Line Backer

Sophomore

DeAndre has provided our program with leadership, toughness, and grit. He works everyday to improve himself and others physically and mentally. ~Chris Fee

SACRED HEART UNIVERSITY

Josh Sokol

Offensive Line

Senior

Josh has provided our program with leadership, toughness, and grit. He works everyday to improve himself and others physically and mentally. ~Chris Fee

SAGINAW VALLEY STATE UNIVERSITY

Max Fister

Offensive Line

Senior

Max began his collegiate career as a walk-on offensive linemen and worked in a starting position at right guard earning an athletic scholarship. Max is the prime example of a relentless worker finishing with a career power clean over 340lbs, a back squat over 500lbs, and a bench press over 350lbs, and achieve personal bests in the vertical jump, 20/40 yd sprint, and the pro-agility. Max exceeded all expectations during the 2019 football season as a leader and worker in the program. Academically Max was a 4.0 student.

~Christopher Winter

SALISBURY UNIVERSITY

Tyler Norwood

OL

Senior

Becoming a DIII All-American is great indicator of the effort Tyler put in day after day and year after year to be great. Not only was he a hard worker but also a good leader. Along with these great qualities, Tyler was highly committed and very dedicated to both his in-season and off-season training. His presence on the field and in the weight room will be sorely missed. ~Matt Nein

2020 — COLLEGE — FOOTBALL

SOUTH DAKOTA STATE UNIVERSITY

Adam Anderson

Wide Receiver

Senior

Adam was very professional in his approach to human performance and being the best student-athlete he could be from day one. He always worked hard and gave his best effort. He put on twenty pounds of body weight in his career while increasing his vertical jump from 31.5 to 38.5 in. He power cleaned 308lbs and squatted 430 at a body weight of just under 200lbs while also decreasing his sprint and agility times. However, his infectious smile and attitude toward life is one of his most impressive characteristics. Adam's work ethic, attitude and determination will ensure that he is a life long champion in whatever he pursues ~Nathan Moe

SOUTH DAKOTA STATE UNIVERSITY

Kallan Hart

Tight End

Senior

Over the top commitment to their development and to their teammates. They followed up their commitment with an exceptional work-ethic that was first class. Their passion for perfection has driven them to an elite tier that will be a standard for those in the future to follow. ~Noah Meyer

SOUTHWESTERN COLLEGE

Zach Gray

Defensive Line

Senior

Zach is the kind of student-athlete that all coaches want to work with. His hard work and dedication to training has shown great improvement in his athleticism on the field. Zach leads by example and helps his teammates on the field and in the training facility. As a defensive tackle, he started in nearly 40 competitions during his collegiate career. Zach has also held multiple training records,

including a 34 inch vertical jump at a body weight of 275 pounds. ~Corey Gray

SPRINGFIELD COLLEGE

Jeff Stern

Half Back

Senior

Jeff is an athlete who excelled physically and as a leader in the weight room during his time with the Springfield College Football program. He set the standard for attitude, effort, and work ethic by holding his teammates to a high standard and holding himself to an even higher standard. There was never a day that Jeff didn't come to lift full of energy, ready to crush whatever we had for planned for the team that day. Physically, Jeff also set a high standard for his teammates. At 195lbs Jeff could front squat 355lbs, bench 280lbs, trap bar dead lift 475lbs and hang clean 255lbs. As a program, we often talk about leaving it better than you found it, and Jeff did that in every way possible. He made his teammates better by showing them how to do things the right way, being the first one to arrive, the last one to leave and giving 100% effort whether it was 6am or 7pm. He made our staff better by challenging us to think outside the box every day bringing up new ideas he gained through his exercise science studies and division I internship experience, and he made our facility better, literally, by coming in to help us clean during his free time. Though his time with our program is over and he is moving on to other things, Jeff has left a lasting impact on Springfield College strength and conditioning and will continue to be the standard for all athletes who come in to train with us. ~Olivia Indorf

2020 — COLLEGE — FOOTBALL

STEVENSON UNIVERSITY

Mario McIntyre

Defensive End

Junior

Mario is an outstanding football player, leading our team in tackles for loss. Mario is a text book example of an athlete who has completely changed their body, and is currently reaping the benefits. He is one of the strongest hard working athletes I have ever worked with, and due to his tremendous leadership many of the other football athletes are buying in at an even higher rate. Energy and effort has never been better and Mario has a lot to do with that. There's nobody more deserving of this honor than Mario! ~Anthony Pedrotti

STONY BROOK UNIVERSITY

Augustus Contressa

Defensive Back

Senior

Augustus is a captain on the team that has been a leader for the last 3 years. As a sophomore he showed this by being an extremely hard worker and contributing to the team anyway he could. As a junior he became a leader on and off the field earning commissioners academic honor roll and 2nd team all CAA. ~Joel Lynch

THE CITADEL

Marquise Blount

Linebacker

Sophomore

Blount put together another dominating season. The sophomore posted 42 tackles, 11.5 tackles-for-loss, 4.5 sacks, one forced fumble and five quarterback hurries in just eight games. He recorded a sack in each of the last three games he played, including a strip sack that led to a touchdown victory. Blount was named a Southern Conference (SOCON) Defensive Player of the Month all while maintaining a 3.04 GPA. He is a Criminal Justice major. ~Jeff Irwin

TRINITY COLLEGE

Daniel Negron

Linebacker

Senior

One of the greatest leaders in the weight room I have ever had. ~Bill DeLongis

TROY UNIVERSITY

Jarvis Hayes

Outside Linebacker

Senior

Jarvis is a very hard worker and super determined. Has no problem going above and beyond to achieve his goals. Jarvis goes 100% in everything he does. ~Richard Shaughnessy

UNIVERSITY OF DELAWARE

Will Knight

Running Back

Freshman

Will has worked hard to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room expand his abilities on the field. In the 2019 season, Knight registered 919 rushing yards, 125 carries, 7 touchdowns, and 275 receiving yards. He received the honor of First Team Freshman All-American due to his play on the field and being ranked 2nd in the CAA in total rushing yards. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level. ~Thomas Evans

UNIVERSITY OF WISCONSIN-RIVER FALLS

Freedom Hunt

Defensive Back

Senior

~Carmen Pata

2020 — COLLEGE — FOOTBALL

WAYNE STATE COLLEGE

Ian Ailts

Senior

Ian was a leader on and off the field. In his 4 years at WSC his body transformed and it paid off on the field.
~Kenneth Grant Darnell

WAYNE STATE COLLEGE

Randy Gehl

Junior

Randy is very hard worker, and someone that loves the weight room. He comes every day looking to improve himself and the people around him. ~Dakota Coon

WAYNE STATE COLLEGE

Ryan Kennedy

Sophomore

Kennedy has always been a leader in the weightroom. He squats well over 600lbs and cleans 365lbs. His weightroom performances has help make him an all conference player on the field ~Taylor Feenstra

WEST TEXAS A&M

Chazz Slatinsky

DB

Senior

Chazz is one of the best athletes I have every worked with. An excellent worker and teammate that gives his all in training and on the field. Over the past two years he has PR'd in every training block. Also, he contributed more than 40 solo stops, helping the WTAMU football program to their best record in three years. ~Ben Kozak

2020 — COLLEGE — GOLF

CLEMSON UNIVERSITY

Ivy Shepherd

Sophomore

Ivy has demonstrated a combination of focus and determination in improving her craft and enthusiasm and joy for the physical training component of her development. She has been a leader in the weight room both as an example and through guiding teammates. She has taken initiative to make the most out of the resources available to her, and has shown interest in understand the reason behind everything we do. Her consistency, positive attitude, and dedication to continual improvement, regardless of circumstance, have earned Ivy the nomination for NSCA All-American Strength and Conditioning Athlete of the Year.

~Thomas Evans

DALLAS BAPTIST UNIVERSITY

Hanna Harrison

NA

Senior

Hanna is in her senior season and has developed into a very strong leader for the program. Always with a smile on her face, she helps make the training process enjoyable for her teammates. Hanna even takes stock in her own training. She offers feedback and recommendations of how she likes to train and what makes her feel like she's at her best. Hanna is always encouraging and holds teammates accountable. Her enthusiasm is infectious and will be difficult to part with.

~Al Spencer

DUKE UNIVERSITY

Ana Belac

Senior

Ana breaks the mold of what its like to train as a golfer. She loves the "big lifts" because it empowers her as a female who plays a sport where "lifting heavy" isn't always seen as a positive. I've seen her push herself in and out of the weight room to become not only a great

athlete, but a great student in the classroom and on the course over her 4 years. I only wish i had more athletes like her who strive to be their best. ~Alexander Merrill

DUKE UNIVERSITY

Harrison Taeae

Senior

Very few athletes can leave everything going on in their lives at the door when the come to train, but Harrison is one of those. He gives great effort in every rep from start to finish. Pairing that great work ethic, with being athletically gifted, Harrison has been a true pleasure to train. Respectful, humble, and overall just a great person. ~Alexander Merrill

GEORGIA SOUTHWESTERN STATE UNIVERSITY

Vincent Norrman

Senior

Vincent is a leader in the weight room setting the example for the underclassmen. Even as he has become a successful golfer he has not allowed his work ethic off the course to falter. Over the course of four years he has set 18, 36, and 54 holes scoring records, the lowest season scoring average (71.55), and so far has the lowest career scoring average in program history (71.63) with 99 rounds currently played with 18 more to go. He is currently on the watch list for the Ben Hogan Award as the only Division II representative. In the '17-'18 and '18-19 seasons he was named to the Peach Belt and All-Region teams. In the '18-'19 season he was a semi-finalist for the Jack Nicholas Award and named First Team All-American. ~Bryce Lawson

IOWA STATE UNIVERSITY

Tripp Kinney

Senior

Tripp has been a great leader in the weightroom for the Men's Golf team at Iowa State. He leads by example and does all of the little things. ~Jovon Shaw

2020 — COLLEGE — GOLF

MARYVILLE UNIVERSITY

Alex Locke

Junior

Alex has been a great leader in the weight room and on the golf course at Maryville University. His performance on the course, in the classroom, and in the weight room make him an ideal candidate for this award. His leadership in the weight room exemplifies what a student athlete should be. He has become a true extension of the strength and conditioning staff's voice in the weight room. ~Jake Fitts

ST. MARY'S UNIVERSITY

Sofia Ruescas

N/A

Junior

Sofia has shown tremendous growth as an athlete and as a leader on her team this past year. She sets the tone daily with her focus, attitude, and desire to push beyond her current limits. She truly competes in the weight room and raises the level of her entire team in the process. She wants to be the very best and puts in the work to back it up. She has broken into the top-100 nationally, and currently sits at #61. Sofia, a junior, is an international student from Spain, and has a cumulative GPA of 3.04.

~C.J. Richardson

STEPHEN F. AUSTIN STATE UNIVERSITY

Justin Benson

Junior

Justin possesses a strong work ethic and is a leader for the golf team, especially when it comes time to train in the weight room. Justin's intent is impressive and among his peers he has served as a source of energy and encouragement that all of his teammates feed off of. Justin considers the weight room a powerful tool for improving his performance. Just this last year Justin has dropped 3 strokes on average on his golf game. One year after walking onto the golf team Justin's hard work paid off when he was put on scholarship in 2019. His work

ethic carries over to the classroom as well where he has maintained a 3.2 GPA. ~Ben Bibby

UNIVERSITY OF ILLINOIS-CHICAGO

Brooke Beyer

Freshman

Since stepping on campus, Brooke has shown a strong commitment and buy-in to the strength and conditioning program. She leads by example with her attention to detail, positive attitude, and willingness to push herself. This approach will serve her well as she continues to chase excellence in the weight room, in the classroom, and on the course! ~Gabe Derman

UNIVERSITY OF TENNESSEE AT MARTIN

Jack Story

Senior

Jack, along with his teammates, have elevated the program's commitment and standard to their physical preparedness. Through this commitment, Jack has won two individual titles, while also helping the team capture four consecutive tournament wins to finish out the fall portion of the 2019-2020 season. Jack has been named to OVC Commissioner's Honor Roll each academic year.

~Chris Gillies

WEST TEXAS A&M UNIVERSITY

Mitchell Downing

Junior

Mitchell shows up each day bringing positive energy and the commitment to improve. In the weight room, he is constantly being the voice of the team pushing his teammates to get better. Along with his voice, Mitchell also leads by example with his 275 pound back squat, 300 pound deadlift, and 30" vertical. His commitment to the process and attention to detail has set the example for the rest of his teammates to follow in the weight room and on the golf course. ~Derek Kennedy

2020 — COLLEGE — GOLF

WINTHROP UNIVERSITY

Zak Butt

Senior

Zak has shown dedication to his training through his relentless pursuit of quality over quantity. He has demonstrated attention to detail in his movement patterns, technique, and his approach to training. He has also shown special interest in strength and conditioning by interning with the department this semester and aiding his fellow teammates in their own athletic pursuits. ~Natalie Kamerer

2020 — COLLEGE — GYMNASTICS

SPRINGFIELD COLLEGE

Taylor Jackson

Vault, Uneven Bars

Senior

Taylor is an athlete who has continued to stand out in the weight room year after year.

Despite the high demands of her sport, Taylor is always ready to work hard in the weight room and push her teammates to do the same. She is someone who displays a high level of effort and determination to be the best version of herself, and this display of work ethic has helped her reach some remarkable milestones in the weight room. Taylor can lift over 500lbs for barbell glute bridge, dumbbell bench press 50lbs in each hand, and lift over 200lbs for safety bar squat. Outside of the weight room, Taylor is also well-accomplished in several areas of her life. She currently sings the National Anthem at all Springfield College home sporting events, is tied for the school record in Vault with an impressive 9.725 and excels as a Physical Therapy major. Her teammates feel she has been an invaluable asset to the success of the team, and she is always finding ways to raise the bar, add creativity to routines, and support her teammates through success and failure. Taylor understands what it means to be a well-rounded student-athlete, and she is always willing to do whatever it takes to be the best she can be. ~Izabella Mocariski

UNIVERSITY OF ALABAMA

Wynter Childers

Senior

As a senior this year, Wynter has set a high standard of work ethic for herself and for her teammates. Even while battling a knee injury, Wynter's been able to make the most out of every practice and lift. She continually challenges herself to be better through asking for more work and by being self-driven to accomplish every task set out for her with vigor. She is a role-model for the team and an athlete that goes above and beyond.

~David Albaranes

UNIVERSITY OF ALASKA ANCHORAGE

Louisa Marie-Knapp

Junior

Athletic careers are full of ups and downs, but one of the trademarks is how the athlete reacts in face of adversity. Lou has faced setbacks and every time works on what she can, moving forward no matter what. I look forward to where this determination and grit will take her!

~Ryan Walsh

2020 — COLLEGE — HOCKEY

COLGATE UNIVERSITY

Sammy Smigliani

Forward

Freshman

As a freshmen Sammy Smigliani has been exceptional in and out of the weight room. Before arriving to Colgate, Sammy competed with USA Hockey in the National Championship winning a bronze medal in 2017. Currently in the 2019-2020 season, she has been ECAC player of the week multiple times in her career for Colgate Women's Ice Hockey. She is strong and aggressive on the ice which shows, as she ranked eighth in the conference for goals as well as being a leader in goals scored for Colgate. Sammy is also one of the top three players in assists and points for Colgate Women's Ice Hockey. I have no doubt in my mind that her accomplishments will continue to grow throughout her career within Colgate Athletics. ~Jasmine Johnson

COLORADO COLLEGE

Andrew Gaus

Forward

Senior

Andrew is one of the hardest workers in the weight room, His dedication to improving his craft is clear choosing to spend a 5th year in college to play hockey and earn a masters degree at CC. He persevered this season with an injury early in the season and continuing to work hard in the gym so that when he was cleared to play his fitness would be on par as if he hadn't missed a beat. He also knows a great deal about his personal fitness and abilities and is able to articulate needs or areas that he can work on with our strength staff to best reach his goals. ~Scott Caulfield

ENDICOTT COLLEGE

Caroline Hughes

Forward

Senior

Caroline Hughes is one of the most competitive individuals that we have had the pleasure of coaching. She is a tireless worker, who set the tone for our team on and off the ice. Caroline's commitment to strength and conditioning was unmatched. Her strength and athleticism combined with her desire to succeed were evident every time she stepped on the ice. Caroline played in every game her senior year, scored key goals, and helped lead our team to the 2019 Colonial Hockey Conference Championship and a trip to the NCAA tournament. Because of the deadline last year, Caroline was unable to be nominated because her season had not ended prior to March 1st. 2018-19 AHCA All-American Scholar. 2018-19 CHC All-Academic Team. 2018-19 CHC All-Conference Second Team. ~James Daley

ENDICOTT COLLEGE

Conor O'Brien

Goalie

Sophomore

Conor O'Brien has started all but one game in goal for the Gulls and posted league bests in wins (19), goals against average (1.72), and save percentage (.941). He was also credited with three shutouts, which tied for the league lead. O'Brien's numbers also make him one of the top-10 goaltenders in all of Division III. He had eight 30-plus save performances, including two in which he eclipsed the 40-save mark. His highest save total for the year came when he stopped 48 chances. 2019-2020 Commonwealth Coast Conference Goaltender of the Year. 2019-2020 CCC All-Conference First Team. 2019-2020 Joe Concannon Award Semifinalist. Clean: 255 lbs. Front Squat: 335 lbs. Bench Press: 245 lbs. ~James Daley

2020 — COLLEGE — HOCKEY

FERRIS STATE UNIVERSITY

Marshall Moise

Forward

Junior

Marshall has done an outstanding job with his preparation and this has shown through in his winning our King of the Camp competitions the last two years. During this time Marshall has set weight-room records for us all while excelling in his conditioning as well.

~Dave Cencer

FITCHBURG STATE UNIVERSITY

Patrick Sullivan

Forward

Sophomore

Sully is extremely driven and his work ethic is outstanding. He is in the weight room every single day throughout the year. He is always searching for ways to get better and improve his performance. He has a solid understanding of the training process and puts it into practice on a daily basis. ~Jim McGuire

HOBART AND WILLIAM SMITH COLLEGES

Travis Schneider

Forward

Junior

Travis Schneider is constantly standing out for his A+ character on and off the ice. A co-captain of the Men's Hockey team for 2019, Travis maintains a 3.8 GPA, led the team in goals in 2018 with 16 and posts a program best Power Clean of 315lbs. His relentless work ethic helped lead the Statesmen to the Frozen Four where he scored a goal in the semifinal. Schneider has totaled 50 career points during his time at Hobart and also has hit marks of 315 1RM Bench Press and 285lbs 1RM Front Squat. He continues to set examples of strong work ethic and leadership both on and off the ice. ~Chris Gray

HOBART AND WILLIAM SMITH COLLEGES

Gina Scibetta

Forward

Senior

Gina is an outstanding worker as evident through her resume but an even better person. At William Smith College she is the all-time leader in goals, assists, and points, a UCHC All Star, AHCA All American, and an AHCA Academic All-American. In the weight room Scibetta is a 200+lbs dead lifter, 100+lbs bencher and relentless effort teammate. In addition to this impressive resume, she also participates in various community service projects all while maintaining her status on the William Smith Dean's List with a 3.6 cumulative GPA. ~Chris Gray

TRINITY COLLEGE

Alex Sinson

Defense

Senior

Named most fit athlete 2 out of the past 3 years on campus. ~Bill DeLongis

UNIVERSITY OF ALASKA ANCHORAGE

Nolan Nicholas

Defenseman

Senior

Nolan again has set a high standard of hard work at our program. Facing budget cuts, injury, he has continued to work hard and lead by example. His character has helped define our program's work ethic and I look forward to seeing where these traits will take him in life.

~Ryan Walsh

2020 — COLLEGE — HOCKEY

UNIVERSITY OF CONNECTICUT

Wyatt Newpower

Defenseman

Senior

Wyatt Newpower may stand at 6'4" without his skates, but he was initially the guy in the background. He didn't dress for every game, he was quiet, and while an extremely talented ice hockey player, he hadn't found his stride at UConn.

Fast forward four years and Wyatt is a dominant, imposing, demanding, challenging leader in every aspect of his student-athlete career. How he got there is a story of commitment. Some students accept their role within a team even if it is not what they anticipated. Wyatt absolutely did not. As he found himself in his suit and tie in the stands on game day his work ethic only grew. Wyatt dedicated himself to staying each summer to train in our facilities, to improve in ways that commanded attention, to bring the younger guys on board, challenge them to be better than they thought possible, and he only continued to develop.

As a senior captain, Wyatt is the guy who will support his teammate to the end of the earth, encourage the younger guys to keep working, throw his arm around you in support, and will be in your face firing you up when things are too quiet. Wyatt has had an absolutely transformative career and the steps he takes every day in the sports performance facilities have amplified a culture of passion, challenge, and success.

~Maureen Butler

UNIVERSITY OF CONNECTICUT

Emily Reid

Defense

Senior

Emily is a fierce competitor who embodies the blue collar attitude that defines our program. She faced major adversity as an incoming freshman with a torn ACL only to suffer a setback and have a second ACL surgery in the same knee. She persevered through her positive attitude and consistent effort. Her tenacity and competitive drive

has catapulted her in overall team performance rankings from 21 to 2 overall. She shows up ready to work each day and is a persistent example of hard work and toughness for her teammates. While she has certainly developed physically, she also has developed into a valuable team leader and was named alternate captain as a senior. Epitomizing the student-athlete concept, Emily was named to the American Hockey Coaches Association All-American Scholars list in 2019. Emily has truly maximized her time here as a student-athlete and it has been a great pleasure to work with her.

~Joel DeMarco

UNIVERSITY OF NEW ENGLAND

Mary Katherine Drinkwater

Forward

Senior

Mary Katherine (MK) has been an exemplary student-athlete in our Strength & Conditioning program for four years. She has become a leader on our ice hockey team and is consistently one of our most enthusiastic, encouraging and dedicated athletes. She possesses an amazing growth mindset and has demonstrated an aptitude for the weight room. She is a stellar example of sticking to the process and has worked hard to maximize her abilities in the weight room. Her efforts under the bar have certainly payed off on the ice! She is leaving our program and her team better than she found it in every way. ~Lyndie Kelley

UNIVERSITY OF WISCONSIN-RIVER FALLS

Freedom Hunt

Defensemen

Senior

~Carmen Pata

UNIVERSITY OF WISCONSIN-RIVER FALLS

Erica Schramel

Defensemen

Senior

~Carmen Pata

2020 — COLLEGE — LACROSSE

ARCADIA UNIVERSITY

Julia Imbert

Attack

Senior

Julia is a member of the Women's Lacrosse Team and a Biology/Pre-Physician Assistant Major with a 3.39 cumulative GPA. She has started in every game since her freshman year, and is a time captain. In 2019, Julia totaled 38 points with 29 goals and 9 assist, leading her team in goals, assists and points. A two time Iron Knight, and previous winner of the Strength & Conditioning Athlete of the Year award, Julia has been integral part our strength and conditioning program. Through her hard work, dedication, leadership, and effort, she continues to help raise the bar for all of the athletes in our program. ~Todd Barnes

DENISON UNIVERSITY

Peter Pittroff

Attack

Senior

Peter is a team captain and communication major. He was honored as one of the top 50 students athletes with the highest GPA at Denison in both 2018 and 2019. He is a two time 1st team all North Coast Athletic Conference honoree, a two time USILA All American, and entering his senior season he is the program leader in assists (169), and is third in points (250). His effort and leadership in the weight room during his career have helped to set an example for his teammates. Entering his senior year, Peter squatted 475 lbs and bench pressed 255 lbs, with a 33 inch vertical jump. ~Beau Scott

EMERSON COLLEGE

Hunter Gervais

Attack

Sophomore

Hunter has been a consistent presence in the weight room. He has emerged as a leader and example for his teammates and other athletes at Emerson. His dedication to physical preparation through strength and

conditioning has allowed to perform at a high level on the field. ~Ron Smithers

HARTWICK COLLEGE

Michael Majchrzak

Attack

Senior

"Shack has grown exponentially from a physical standpoint in the past year I have had the pleasure to work with him. From team training sessions, to conditioning, and additional work that is put in on a weekly basis, Shack has gone above and beyond what is asked of him from a development standpoint. What is more impressive is the leadership qualities he has developed in the time working with him, and now focuses not only on himself in the weight room, but pushes everyone on the lacrosse team to be the best they can during each and every session. It has been a pleasure to see Mike grow, and I look forward to seeing him become a successful young man." ~Andrew Parker

HOBART AND WILLIAM SMITH COLLEGES

Mekayla Montgomery

Defense

Senior

Over her illustrious career, Mekayla has been named an IWLCA All American and to the IWLCA Empire Region First Team multiple times, however it is her character and work ethic that stands out the most to me. She absolutely crushes the weight room hitting an almost 200lbs back squat, a 135lbs hang clean and over a 100lbs bench press. In addition to these marks, Mekayla constantly finds ways to go above and beyond the normal call of duty. Throughout the off season she found herself in the weight room late on Friday evenings just working the technical aspects of her Olympic lifts. While her on field success will help garner much of her praise, it is my belief that who she is as a person and how she works deserves much of the attention and recognition. Mekayla is an unbelievable young woman and a pleasure to coach. ~Chris Gray

2020 — COLLEGE — LACROSSE

HOBART AND WILLIAM SMITH COLLEGES

Dan Ryan

LSM

Junior

Dan Ryan is an outstanding young man who is a multiple year member of our team leadership council. Dan is a lead by example worker who constantly is improving on the field and in the weight room. Ryan boasts a 30+” vertical jump, 275lbs bench press, a 300+lbs squat and has been a huge part of the Statesmen's success on the field playing in over 30 career games. Dan exhibits this first class work ethic in all areas including academics as he is a Dean's List member who maintains a 3.64 GPA as an Econ Major. ~Chris Gray

HOFSTRA UNIVERSITY

Darcie Smith

Midfield

Senior

In my time at Hofstra Darcie Smith has been one of the most impressive student-athletes I've met. She has trained with me year-round (including every summer) over the three years that I've known her. She is our team captain and has an incredible ability to hold her teammates accountable and at the same time encourage them just how they need it. She is always the loudest person in the room. Darcie has demonstrated incredible cardiovascular fitness as one year, she was 1 of only 3 people to pass the fitness test. I am often in my office late, and I see Darcie on a regular basis running at night after training with me earlier that morning. Her work ethic is relentless. This year she has already been one of our Lifters of the Month and will be a finalist for the Strength and Conditioning Athlete of the Year. Here are some of our performance assessments on Darcie:

Front Plank: 10 minutes

Front Squat: 175 lbs.

1 Mile Run: 6 minutes 1 second

Beyond our performance metrics in the weight room, Darcie is one of our best women's lacrosse players on the team. Here are some of her accomplishments:

Ranked fourth all-time at Hofstra in draw controls with 161...Ranked 13th all-time in Colonial Athletic Association history in draw controls.

2020 (current season): CAA Defensive Player of the Week (2/24/20) - our season has just started so no further accolades yet.

2019: Intercollegiate Women's Lacrosse Coaches Association First Team Mid-Atlantic All Region...All-CAA Second Team

2018: Started all 17 games...Tallied 37 ground balls, 30 draw controls, 15 caused turnovers and one goal...Led Hofstra in ground balls, Ranked fifth in the CAA in ground balls

2017: CAA All-Rookie Team...Played in all 16 games and made 14 starts

Serves on the 2019-20 Hofstra Student-Athlete Advisory Committee (SAAC) Executive Board as the media coordinator.

CUM GPA= 3.71

It is my pleasure and honor to recommend Darcie Smith as a 2020 NSCA All-American. ~Justin Bentivegna

2020 — COLLEGE — LACROSSE

HOOD COLLEGE

Olanrewaju Aribisala

Defense

Junior

1 RM Backsquat - 375lb

1 RM Benchpress - 275lb

This year Olanrewaju has gone above and beyond my expectations as a coach. He is an outstanding leader, both on the field and in the weight room. He attacks every lift session with tenacity and energy and exudes that confidence to his teammates. He deserves this award as he is always looking for extra reps to better himself to be the best athlete he can be at Hood. I look forward to working with him next year. ~Erika Moyer

HOOD COLLEGE

Samy Brandt

Midfield

Senior

1 RM Backsquat - 185lb

1 RM Benchpress - 115lb

Samy has been a standout athlete at Hood in the weight room this year. She has a high work ethic, and is constantly pushing her teammates to perform their best. She has excelled in technique and increased her maxes since the beginning of the year. Samy is one of the most coachable athletes I have had the pleasure to work with, and I look forward to hearing about all of her accomplishments after graduation. ~Erika Moyer

KING'S COLLEGE

Jacob Wrede

Defense

Senior

Jacob bought in to the program from the very beginning. Every week he put in the work, and was a vocal leader in the weight room. His efforts showed in his numbers and his efforts were rewarded. He is a phenomenal leader. ~Bryonne Herring

LIMESTONE COLLEGE

Kendall Collins

Defense

Senior

Pure example of a dedicated student-athlete. Kendal is a true leader by his example on and off the field and is the catalyst for how our defense plays. One of the most coachable athletes that I have had the pleasure of working with over my tenure and is an example to our younger players by his unselfish play, his work ethic and his leadership. ~Curt Lamb

PACE UNIVERSITY

Mary Kate Longan

Attack/Midfield

Senior

Mary Kate's effort and approach to strength and conditioning has continued to accelerate the culture of the Pace Women's Lacrosse strength and conditioning program. Mary Kate holds testing numbers of 300 pounds in the box squat, a 6 foot 4 inch broad jump and a 6:22 mile time. Mary Kate has appeared in 54 career games recording 45 career goals, 122 draw controls and caused 44 career turnovers. Last season as a junior she earned NE10 second team all-conference honors.

~Troy Thompson

2020 — COLLEGE — LACROSSE

ROCHESTER INSTITUTE OF TECHNOLOGY

Meghan Donahue

Attack/Midfield

Junior

Meghan is a leader for her team in all regards. As a sophomore, she started all 16 games and recorded the second-most goals for the Tigers, all this in addition to being placed on the Liberty League All-Academic Team. Meghan has grown exponentially in the 2019-2020 season in the weight room, improving her Clean, Snatch and Bench performance, and significantly increasing her Front and Back Squat 3RM over the fall semester. Meghan always comes prepared to challenge herself and her teammates each and every day to be their best and leads by example with her attitude and actions.

~TJ LaVigne

SAINT ANSELM COLLEGE

Joseph Hartigan

Defense

Senior

Joe has shown an immense amount of growth as a leader during his time at Saint Anselm College. At the center of Joe's growth, has been an unwavering commitment to strength and conditioning. Not only does he lead from the front in all aspects, his dedication to empowering his teammates and being a "team first" leader represent why he is deserving of the honor to be an NSCA All-American. His approach to training has improved his performance on the lacrosse field, and has given him the platform and confidence to help lead his team.

~Codi Fitzgerald

SPRINGFIELD COLLEGE

Marella Verde

Middle

Junior

Marella is an athlete who excels physically and as a leader in the weight room during her time with the Springfield College Women's Lacrosse program. She has set the standard for attitude, effort, and work ethic by holding her teammates to a high standard and holding herself to an even higher standard. There was never a day that Marella didn't come to lift full of energy, cheering on her team, and ready to crush whatever we had for planned that day. Physically, Marella also sets a high standard for her teammates. Marella is easily the strongest athlete on the team. At 145lbs, her maxes currently stand at: front squat at 220lbs, bench at 145lbs, and clean at 162lbs. As a conditioning program, we often talk about leaving it better than you found it, and Marella has done that in every way possible. She made her teammates better by showing them how to do things the right way, paying attention to little details, holding herself and her team accountable, and giving 100% effort whether it was after a hard practice or a big win. She made our staff better by challenging us to think outside the box every day and giving interns feedback on how they can become better coaches. Though her time with our program has only just started, Marella is already having an impact on Springfield College Strength and Conditioning and we confident she will leave this place better than she found it. ~Terrie Bradshaw

2020 — COLLEGE — LACROSSE

STATE UNIVERSITY OF NEW YORK AT POTSDAM

Alexa Ferrer

Midfield/Defense

Senior

Alexa is a graduating senior, 4 year player and Exercise Science major. I am the chair of the Health and Human Performance Department and have advised Alexa for the past 4 years. In addition, I also provide Strength and Conditioning to her team and have had the privilege to observe her as she grows into a competent strength coach. Over the past two years, Alexa has embraced a leadership role on her team in the area of Strength and Conditioning. She chose to complete her 120 hour internship under my supervision, writing their off-season and pre-season workouts. She also took the lead in designing testing batteries for both her team and our women's soccer team. She ensures consistency, safe and effective technique and strives to enhance motivation and dedication with her teammates. After her required internship was completed, she requested to continue on that capacity and has also taken on the challenge of writing an annual program for the team. In addition, she is a TA in our PE Weight Training course- providing leadership and exercise instruction to the student body. Alexa exemplifies what we hope our graduates to be and I feel that she is deserving of this honor. ~Tanya Hewitt

STEVENSON UNIVERSITY

Sarah Roerty

defense

Senior

Sarah has been an all conference player since she was named to the MAC first team as a freshman, as well as, IWLCA All Metro and ECAC 1st team. It is no coincidence that she is one of the strongest, hardest working female athletes at Stevenson University. Not only does her ability encourage her teammates to raise the level of their performance in the gym, but it has also given Sarah the confidence to know that she is not going to be pushed around on the field. Rather, her opponents most certainly will. Sarah loves to lift, loves lifting heavy, and

also loves that she is one of the strongest females on campus. She wears this knowledge as a badge of honor. She's actually much stronger than many of our male athletes, works hard to be so, and relishes that fact. As a nursing major, Sarah knows the importance of taking care of one's body, including eating well, resting, hydrating and Crushing Weights!

~M.C. McFadden

STONY BROOK UNIVERSITY

Ally Kennedy

Midfield

Senior

Ally Kennedy is the definition of a blue collar athlete in the weight room and on the field. She comes in every day with the mentality to not only making herself better but also her fellow teammates. Her work has gotten her to have a squat of 225lbs, a bench of 120lbs, a 20yd dash of 2.9sec and a pro agility of 4.6sec. Not only has her work payed off in the weight room but has made her one of the top players in the nation being nominated for the Tewaaron Award as well as being one of 5 females in collegiate lacrosse to currently be on the United States National team. For these reasons Ally has my full backing to be an NSCA All-American. ~Joseph Quattrone

TRANSYLVANIA UNIVERSITY

Hannah Maroni

Defense

Junior

Hannah is a strong young woman who put in a lot of work to earn such recognition ~Zachary Turner

TRANSYLVANIA UNIVERSITY

Trenton Sneed

Attack

Senior

Trenton has a great work ethic and lead by example mentality ~Zachary Turner

2020 — COLLEGE — LACROSSE

UNITED STATES COAST GUARD ACADEMY

Riley McNulty

M

Senior

Riley McNulty has had an uphill battle with knee injuries throughout his career. However, he excelled despite the injuries, surgeries, and rehab. Going into his junior year I collaborated with the Physical Therapists to make sure that we could bring him back stronger and more stable for his Junior and Senior Year. His freshman year, he Hang Cleaned 180lbs, Benched 185lbs, and Back Squatted 275lbs. During this pre-season of his Senior year he was able to come back stronger and crush his 1st year maxes with a Hang Clean of 205lbs, Bench of 225lbs, and Back Squat of 365lbs. He is a great story of hard-work, dedication, perseverance, determination, and inner-fight to come back better than he started.
~Shaakira Hassell

UNIVERSITY OF DELAWARE

Matt DeLuca

Goalkeeper

Senior

Matt has overcome adversity to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room to recover from injury and expand his abilities in cage. DeLuca is a four year starter in goal and currently one of the CAA's best goalkeepers, while ranking sixth in school history with a 10.08 career goals per game average. He is an Inside Lacrosse All-American and has earned 2nd Team All-CAA in 2018 & 2019. As a senior he understands the extra work necessary to recover fully and has identified the weight room as one of the best ways for him to be the best in his position. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level.

~Christina Rasnake

UNIVERSITY OF DELAWARE

Mia DeRuggiero

Midfield

Senior

Mia has worked hard to accomplish her goals in the classroom, community, weight room, and on the field. She has used her time in the weight room expand her abilities on the field. Currently Mia has registered 100 assists and counting in her collegiate career and ranked nationally in 2019 with 3.12 assists per game (6th nationally). She was nominated as a 1st Team All-CAA in 2019 and was Preseason All-CAA starting the 2020 season. As a senior she understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways to remain dominate at her position. She is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level.
~Thomas Evans

UNIVERSITY OF DETROIT MERCY

Alex Jarzembowski

Face Off

Senior

Jarz has come a long way in his 4 years. He has a 3.7 GPA in our engineering program. He has been amazing at balancing a heavy, heavy school work load while becoming the best face off guy in Detroit Mercy history. Jarz has embraced the Detroit Mercy "brand" and has lead the way the whole time.
~Nick Wilson

2020 — COLLEGE — LACROSSE

UNIVERSITY OF LYNCHBURG

Colin Dean

Mid-Field

Senior

Colin has been an absolute four-year leader in the weight room and on the field. You can find this man under a 400lb Squat, 300lb Hang Clean, and a 285lb Bench Press. Colin's efforts in the weight room over his four years have pushed many others to work hard and dominate every opportunity they get to train. ~Ed Smith

UNIVERSITY OF LYNCHBURG

Erin Gardner

Defense

Senior

A staple for four years in the game day line up. Erin has continued to put in high effort and lead from the front in the weight room and during conditioning sessions.

~Ed Smith

UNIVERSITY OF MARY WASHINGTON

Jennifer Bosserman

Runner

Senior

4 time CAC all academic team with a 3.85 GPA. UMW President's List: Fall 2016, Spring 2019: UMW Dean's List: Fall 2017. Member of SAAC committee. 1 of 5 out of state students accepted into the 3 year Doctor of Physical Therapy Program at the University of North Carolina at Chapel Hill. Captain of the women's lacrosse team at UMW, who has been consistently in the top 25 programs in the country each of her 4 years, ranking as low as #6. Tremendous work ethic, who manages to make every single person around her, both players and coaches, better. ~Brett Longobucco

UNIVERSITY OF MICHIGAN

Molly Garrett

Midfielder

Senior

Molly Garrett, a two time team captain and the first Michigan player named to the Tewaarton watch list has been a consummate professional in her time spent here at Michigan. She has been a fearless leader in the weightroom and on the field for the past 4 years and her dedication to her sport and preparation is unmatched. Molly owns several relative strength records, as well as some of the top speed and agility times for the lacrosse team and her attitude and intensity towards her training will leave a legacy with the program and beyond. She is always looking for an edge on her competitors and seeks out her weaknesses with a vengeance, which is why I have nominated her for this award. ~Ashley Jackson

VASSAR COLLEGE

Alessandra Fable

Attack

Junior

Alessandra Fable is asking all the right questions. She is constantly questioning and wondering how she can improve an exercise to achieve maximal performance. Alessandra embraces what it means to be a strong woman and is doing just that by becoming one of our strongest and most well-rounded student athletes.

~Alice Read

VASSAR COLLEGE

Zack Henig

Defense

Junior

Zack Henig is a year-round leader and motivator. He leads by example for both his teammates and all our student athletes. He asks questions and is engaged in every aspect of improving his athletic ability. He is quietly and steadily becoming one of our strongest student athletes and his commitment to the process is what sets him apart. ~Alice Read

2020 — COLLEGE — LACROSSE

WASHINGTON COLLEGE

Kayla Catts

Defender

Senior

Kayla is a stout defender for the Washington College Women's Lacrosse Team. Kayla notched 19 ground balls in 18 games in 2019 and recorded 13 ground balls and nine caused turnovers in 18 games played in 2018, along with playing in eight games in 2017. Kayla is poised to have a fantastic spring season in 2020, but her leadership and work ethic define her more than stats. Kayla is a team captain and leads by example in the weight room. Suffering through several injuries in her college career, she has battled back with great dedication, and loves the weight room. On top of all her on field accolades, Kayla earned Centennial Conference Academic Honor Roll in 2018 and 2019, and was on the 2019 IWLCA All-Academic Team. ~Jonathan Jenkins

WINTHROP UNIVERSITY

Sara McGuire

Goalie

Junior

Sara exemplifies what it means to be a leader both on and off the field. As a coach I can count on her to bring the energy every session, and to push her teammates when needed. No matter the time of day she is always the first one out on the court and always has a positive attitude about training. Not only is Sara constantly pushing herself to be better by coming in outside of her teams scheduled lifting times she also encourages her teammates to do the same. Sara is an amazing example on campus and within the surrounding community of what it looks like to be a Winthrop University student-athlete. ~Shayna Covington

2020 — COLLEGE — MULTI-SPORT ATHLETES

CALTECH

Claire Hu

Cross Country and Track and Field

Track distance

Junior

A junior, Claire Hu competes in both cross country and track & field for Caltech. In the fall cross country season, Hu became the first female competitor to represent the Beavers at the NCAA National Championships in 25 years. Prior to this past season, Hu had been even more successful on the track. She is the program record holder in the 10000m and 5000m races and a two-time conference Championships medalist. Hu has improved her sports performance by fine tuning her mechanics and complements her cardiovascular conditioning with a dedicated daily regimen of core, mobility and proprioception training. As president of the Student Athlete Advisory Committee, Hu is a leader to all her student-athlete peers. ~Sarah Always

FLORIDA A&M UNIVERSITY

Brian Kiprop

Cross Country and Track and Field

Distance Runner

Junior

As a distance runner Brian excels in the Conditioning side of Strength & Conditioning, his personal record for 5 miles in Cross Country is just under 25 minutes. Over the last two years, Brian has embraced the challenge of resistance training as he strives for greatness on the Cross Country Course and in the long distance track events. Training in the weight room three to four times each week, he approaches every resistance training session with the same passion that he attacks his hill work and tempo runs. As an Exercise Science student and an aspiring coach, Brian is eager to explore the art and science behind his training programs. ~Dr. Brian Hickey

KING'S COLLEGE

Mackenzie Yori

Basketball and Softball

Guard/Infield

Senior

Mackenzie brings it every lift. It didn't matter if it was max effort or recovery. She wanted to do her best. She wanted to be pushed, to work hard. She earned it everyday and every week. She is a true leader in the weight room and in the games. ~Bryonne Herring

UNIVERSITY OF SOUTH CAROLINA

Jess Vastine

Beach Volleyball: Top 3 Pairs

Indoor Volleyball: Outsider Hitter

Junior

Jess is a highly motivated dual sport athlete that continues to improve on and off the court. She places emphasis on her annual S&C program in order to maximize her performances for indoor VB (fall semester) and beach VB (spring semester). Coming off of a career year for the Gamecocks indoor team, that saw action into the second round of the NCAA tournament, Jess has carried that momentum over to the beach side to close out her junior year. Through 3 years she has continued to see improvements in all physical assessments which currently sit at: 28.5 inch approach vertical jump, clean 1.2 x BW, squat 1.8 x BW, deadlift 2.1 x BW. All of which put her in the top 10% in each for both teams.

~Keith Scruggs

2020 — COLLEGE — MULTI-SPORT ATHLETES

VASSAR COLLEGE

Colette Cambey

Rowing and Volleyball

Senior

Colette Cambey has no off-season. As a member of both the volleyball and crew teams she is constantly engaged in full time sport practice. This could make it very challenging to train in the weight room. Not for Colette. She has been committed to her weight room training year-round regardless of season. This commitment and hard work has helped her develop into one of our strongest student athletes. ~Alice Read

2020 — COLLEGE — OLYMPIC WEIGHTLIFTING

MENLO COLLEGE

Alyssa Charles

Sophomore

Alyssa went 5/6 with a 2kg Snatch PR. She had a strong showing with her snatch attempts going 3/3. Looking good after her second attempt we decided to jump ahead of her previous max and ended with a 41kg Snatch. Moving on to Clean and Jerks, she made her first 2 attempts easily. Going for a bigger jump on her last attempt, she made the clean but pressed out the jerk. Alyssa finished with a 50kg clean and jerk.

~Sam Burciaga

MENLO COLLEGE

Daniel Kapua

81kg

Sophomore

Daniel is one of the most dedicated, committed, and disciplined athletes I have ever trained. He herniated a disc and was told he would never be able to lift again. Daniel thought otherwise and worked his way back. He kept to his rehab, his program and patiently waited and worked till he was ready to go again. His ambition and heart is second to none. It's truly motivating to watch him chase his dreams and what he wants. ~Karl Reyes

PERU STATE COLLEGE

Josh Dlouhy

81 kg

Senior

Josh, a senior at Peru State College, participates in Olympic Weightlifting in the 81 kg weight class and has recorded a 125 kg power clean 80 kg snatch. A tireless worker, Josh has consistently been participating in Olympic Weightlifting throughout his collegiate career and is the type of athlete that is constantly having to be told that every day is not a max day. his devotion to hard work is also demonstrated by maintaining a 3.85 grade point average as a biochemical science major. ~Kyle Ryan

PERU STATE COLLEGE

Bailey Kuhlmann

55 kg

Senior

A senior kinesiology major, and having set four world and American records as recorded at the 2015 American Amateur Union World Weightlifting/Powerlifting National Championships, Bailey transitioned to Olympic Weightlifting upon entering college. Currently in her senior year, Bailey (54 kg) recorded a 66 kg power clean and a 50 kg snatch. In the classroom, Bailey maintains a grade point average of 3.97 and is currently deciding between graduate school and gym ownership.

~Kyle Ryan

2020 — COLLEGE — ROWING

CLEMSON UNIVERSITY

Makenna Farr

Senior

Makenna Farr displayed consistent effort in her dedication towards becoming the best she can be during her time as a student-athlete. She is driven, positive, hard-working, and a leader in the weight room. She is one of the strongest athletes on the team and has been instrumental in getting her teammates to buy into having intent, focus, and energy in the weight room. Makenna attacks every workout with the same intensity and focus that she has in the boat. ~Erika Troutman

HOBART AND WILLIAM SMITH COLLEGES

Moritz Marchart

Stroke Seat

Sophomore

Moritz Marchart exemplifies unparalleled work ethic and effort in all training sessions constantly seeking to improve daily in the weight room. He voluntarily trains with a focus on aerobic capacity on every off day before classes start and has also added an additional 2 strength sessions this semester to work more on power and strength. He's gained roughly 20 lbs of fat free mass since his freshman year and has become our most potent athlete on and off the water. Moritz is currently in the stroke seat of the 1st Varsity 8 as a sophomore, maintains a 3.9 GPA and has the best personal process on our Top 20 rowing team. ~Chris Gray

ITHACA COLLEGE

Liza Caldicott

Senior

Both a Collegiate Rowing Coaches Association (CRCA) Scholar Athlete and member of the National Invitational Rowing Championships (NIRC) All - Academic Team, Liza excels in the classroom and in the boat. She was a key contributor on the 2018 NCAA Championship Petite Final Champion (Women's Second Varsity Eight Crew) and 2019 NCAA Championship Grand Final - Fourth Place (First Varsity Eight Crew). ~Victor Brown

ROCHESTER INSTITUTE OF TECHNOLOGY

Elliott Gengo

Senior

Elliot is an individual who loves the process. He approaches his training intellectually, collecting HR data, asking questions and doing his own research. Elliot is always seeking ways to improve his training and performance. He regularly comes to the weight room to ask questions and discuss program philosophy and development. Elliot is a hard worker and respected as a leader by his teammates. In the weight room he currently has a 255# Front Squat (1.75 x BW), 190# Hang Clean and 195# Bench Press. Elliot plans to continue his training following his senior season as he prepares for several multi-sport events. ~Ryan Kelly

2020 — COLLEGE — RUGBY

BETHEL UNIVERSITY

Ethan Glasscock

Fullback

Senior

Ethan will graduate the program this coming spring having been a mainstay in the starting lineup since his freshman year in 2015. In that time, he has seen the program win a National Title (2016/17 and move into D2 (2017-Present). He has been a leader on the team, whether he has realized it or not, and will be sorely missed for his effort in the weight room, class room, and on the pitch. His academic successes will see him graduate with a job in the nursing field already lined up.

~Patrick Hafenbridle

MARY WASHINGTON UNIVERSITY

Lewis Grant

Senior

Committed Leader on and off the field

~Asau Rodriguez

2020 — COLLEGE — SKIING

UNIVERSITY OF ALASKA ANCHORAGE

JC Schoonmaker

Sophomore

JC is a phenomenal athlete with a high ceiling. He trains with relentless intensity and consistency, has shown dramatic improvement in the weight-room over the past two years, and is an excellent leader by example. The future is very bright for JC, it is no wonder he always seems to have a raccoon eyed suntan.

~Alysa Horn

2020 — COLLEGE — SOCCER

ALBANY STATE UNIVERSITY

Marisol Estrada

Defender

Senior

Marisol is an exceptional worker, who has come back from an injury, even stronger. Marisol continues to add to her 205 lb. back squat, 90 lb. bench press, 95 lb. hang clean, and 21.7 inch vertical jump. ~Troy Williams

APPALACHIAN STATE UNIVERSITY

Jessica Easley

Defender

Senior

Jessica Easley was an exemplary leader inside and outside of the weight room. Leading into her Senior season with Appalachian's State Women's Soccer team, she not only showed great tenacity in the weight room during the off-season to assist her in making the best athlete possible that she could be, but she also stayed during the Summer to prepare herself for the Fall. She finished her last season this Fall, but she has definitely created a road map for herself to be successful in whatever endeavor she decides to pursue. ~Juan Perez

APPALACHIAN STATE UNIVERSITY

Alex McGrath

Center Midfield

Senior

Alex McGrath was an exemplary leader inside and outside of the weight room. Leading into his Senior season with Appalachian's State Men's Soccer team, he not only showed great tenacity in the weight room during the off-season to assist him in making the best athlete possible that he could be, but he also continued to seek advice from his Strength & Conditioning coaches throughout the off-season and summer. I have no doubt in my mind that Alex will be successful in whatever endeavor he decides to pursue and that right now while he hopes to continue playing soccer at the professional level, his work ethic and leadership skills will assist him in

making him a very sought after player in the market.
~Juan Perez

AUGUSTANA UNIVERSITY

Kelly Partington

Midfield

Junior

Kelly's work ethic and determination has allowed her to excel in the weight room, class room, and on the soccer field. She earned Academic All-NSIC honors in 2017, 2018, and 2019. She was also named team captain in 2019. Kelly has used strength and conditioning along with sports medicine to battle back from numerous injuries. The same attitude that has allowed Kelly to be successful at Augustana will lead her to excellence after college athletics. ~Andy Stocks

AURORA UNIVERSITY

Alexis Abelove

Midfielder

Senior

Alexis's ability to stay focused and perform at the highest level is consistently well above expectations. As an athlete and professional she consistently met or surpassed all weekly facility and program tasks, which included program design, facility maintenance, and volunteering in the local community. ~Chad Trudo

BLACK HILLS STATE UNIVERSITY

Katie Nielson

Forward

Senior

Katie is one of the original members of the soccer program and has grown just as much as the program has. Since Katie first stepped on campus she has dedicated herself to becoming a better soccer player. Katie has a great work ethic and her hard work has earned her lifting records as well as soccer awards throughout her career.
~Aaron Siekmann

2020 — COLLEGE — SOCCER

CALIFORNIA LUTHERAN UNIVERSITY

Maddy Griess

Mid-Field

Senior

Maddy is one of the hardest working, committed, perseverant, and most well-respected student-athletes with whom I've had the privilege to work. The team's unparalleled success during her four years is in large part to her tremendous leadership, care, and work ethic. Given these intangible qualities, Maddy will undoubtedly succeed in whatever career she pursues upon graduation. Indeed, she has been an absolute joy to coach. ~Patrick Holmberg

CLAREMONT-MUDD-SCRIPPS ATHLETICS

Will Birchard

Defender

Junior

Will is a junior defender for the men's soccer team and is currently pursuing a Bachelor's degree in Economics from Claremont McKenna College. Will also attends the Robert Day School and is currently pursuing a Master's degree in Finance. Will earned All-American honors three times during the past two seasons from D3Soccer.com and the United Soccer Coaches organization. Ever since his arrival on campus, Will has strived to improve his performance in the weight room and field. Will is a pleasure to work with and we are continuously discussing ways to improve the team's performance and culture. Will leads by example and is consistently encouraging his teammates to give their best effort. ~Andrew Jones

COLORADO COLLEGE

Aiden Longhurst

Midfielder

Senior

Aiden's dedication to strength and conditioning is unparalleled. He lead by example each day in the weight room and is a great example of what a student athlete can achieve if they dedicate themselves to both athletics and academics. His positive attitude and energy are something that all athletes should strive for.

~Scott Caulfield

COLORADO COLLEGE

Ansley Queen

Midfielder

Senior

Ansley's work ethic and dedication to her fitness will serve her well throughout her lifetime. She always brings a positive attitude and zeal for improving herself to the weight room each day. ~Scott Caulfield

2020 — COLLEGE — SOCCER

DEPAUL UNIVERSITY

Bina Saipi

Midfielder

Senior

Bina has been a remarkable student-athlete to coach and work with over the past 3 years. The aspect I love most about Bina has been her perseverance through serious injuries and her will to keep improving and never giving up. Bina experienced 2 femur stress fractures and had right hip labrum surgery, both of which occurred in 2017. Once Bina rehabbed and made her return, she again faced adversity as she tore her left hip labrum in 2018. Again, she began the road to rehab and made an impactful return to the field during fall 2019. Throughout this time, she has served as a team captain and a team leader in the weight room helping to coach her peers during movements, as well as holding the highest hang clean max on the team with 145lbs at a body weight of 130lbs. Outside of athletics, Bina demonstrates excellence in the classroom with a 3.92 GPA as a Business Management major with a concentration in Human Resources. She is already enrolled and taking classes in a combined Master's degree program for Human Resources and she serves as an ambassador to the program, where she helps new students become adjusted to the program. Bina is a member of DePaul's Captain's Council, which is a leadership organization for student-athletes and she is a part-time worker for DePaul's Academic Advising Center. ~Ryan Nosak

EMERSON COLLEGE

Amanda Benavente

Defender

Junior

Amanda is a dedicated student athlete who has shown a passion for strength and conditioning as a way to prepare for the rigors of collegiate soccer and improve as an athlete. Her leadership, consistency, intent and desire to improve makes her a pleasure to work with in the weight room. She strives to be great and it will be exciting to see her on the pitch for her senior season with all of the work she has put in to prepare. ~Ron Smithers

FITCHBURG STATE UNIVERSITY

Branton Abbett

Keeper

Junior

Branton Abbett has an elite mind set. Always early, he comes to the weight room with his sleeves rolled up, ready to work. He never misses a scheduled session. As a result of his effort, he has seen large gains in his strength both mentally and physically. Branton leads others in the weight room by example and through energetic encouragement. He lives the Fitchburg State Strength and Conditioning core values of Focus, Effort, and Teamwork. Branton is a worthy recipient of this award. ~Jeff Godin

FLORIDA SOUTHERN COLLEGE

Caitlin Quaempts

Defender

Senior

Caitlin exemplifies the characteristics of being an elite student-athlete through her years of hard work in sports and in the classroom! Her leadership and commitment has always been more than exceptional in her 4 year career. ~Zack Wallace

2020 — COLLEGE — SOCCER

GEORGIA GWINNETT COLLEGE

Grace Bullock

Forward

Sophomore

After sitting out multiple seasons due to injury, Grace has become a solid leader in the weight room primarily by example. The Exercise Science major and AD Honor Roll recipient, has embraced the movement principles and understands how improvement in the weight room can help her stay healthy and on the field. She continues to improve her craft with each opportunity and is an excellent example of dedication and work. ~James Williams

GEORGIA GWINNETT COLLEGE

Alex Rivera

Midfield

Junior

Alex has developed into a great leader in the weight room. His vocal and model leadership has significantly improved this year. He is extremely coachable and understands the need for quality movement and baseline strength. The Information Technology major and AD honor roll student-athlete continually works to be a better athlete in the weight room so it will convert to a better player on the field. ~James Williams

HARTWICK COLLEGE

Cassandra Robataille

Goalie

Senior

"Cass is one of the hardest working female athletes that I have had the pleasure of being able to work with. In the year that I have been at Hartwick, her enthusiasm for training, passion for bettering not only herself, but her team as well, and intent she brought to every session models what the development process is all about. I truly wish Cass the best and know she will be successful in all of her future endeavors." ~Andrew Parker

HOBART AND WILLIAM SMITH COLLEGES

Elizabeth Moore

Midfield

Senior

Elizabeth Moore is a 3 time Liberty League All Academic team member, CoSIDA Academic All America District and 2019 United Soccer Coaches Soccer All America. In addition to these accolades, "Bizzy", as she is often referred to, is one of the most hardworking and selfless individuals I have had the pleasure to coach during my career. In the weight room she is a tireless worker who defines and exhibits female strength and empowerment in so many ways. She is a 200+ lbs back squatter and 100+ lbs bencher who has helped lead her team to 2 Elite Eights (2016,2018) Sweet Sixteen (2017) and a Championship Finalist (2019) during her tenure. She accomplished all this while maintaining a 3.79 GPA and contributing to the NASA RockSatX Club for 3 years. What makes Bizzy amazing is that her impact stretches throughout every inch of campus. She is beyond deserving of this All American title. ~Chris Gray

KINETIC SPORTS PERFORMANCE

Sara Oswald

Forward

Freshman

Sara has a work ethic unmatched by almost anyone I have worked with before. She is the type of person that sometimes you have to stop from doing too much. I have had the pleasure of training Sara in the offseason from Lafayette College and she consistently comes in to train and goes above and beyond of what I expect. She will go on to have a great career at Lafayette and I am excited to see where that takes her. In her first year at Lafayette as a forward she started 16 of 18 games, finished T-5 on the team with 5 points, scored 2 goals, and 1 assist. In High School she played for Westtown and Pennfusion Development Academy where she has numerous achievements, one of which is the all time scoring leader at Westtown for both men and women with 77 goals. ~Lukas Smith

2020 — COLLEGE — SOCCER

LIPSCOMB UNIVERSITY

SEAN JOHNSON

Forward

Senior

Olivia went above and beyond during her time here at Lipscomb. Her leadership and work ethic spilled over off the field and into the weight room. Olivia raised the bar when she was in the weight room literally and figuratively. Whether it was the weights or the conditioning she was leader that our team looked to during her time here. ~Sean Johnson

MENLO COLLEGE

Lilly Chisler

Forward

Sophomore

Lilly's commitment and drive to becoming a better athlete are highlighted in her attention to detail during her lifts, nutrition, recovery and willingness to push her teammates. Her passion, willingness to do extra is a testament to her continued progress in the weight room, classroom, and on the field of play. She embodies the four core values of the Sports Performance Department of Menlo College - Trust the process, Gratitude, Relentless Effort, No Excuses ~Victor Brankovich

MENLO COLLEGE

Giovanny Gomes

Midfield

Senior

Gio arrived at Menlo College as a junior college transfer and immediately took advantage of Sports Performance as a tool to improve on the pitch. His work ethic was highlighted by an outstanding spring off-season where he set personal records in all categories along with being voted a team captain. He continued to excel committing to the summer training program at Menlo, leading into his senior season in which he helped Menlo College win

the Golden State Athletic Conference Soccer tournament along with a bid into the national tournament.

~Victor Brankovich

PACE UNIVERSITY

Gracie Inledon

Back

Junior

Gracie Inledon has continued to work hard in the weight room and with her conditioning to help develop her game on the pitch. Gracie has achieved a 255lb Box Squat, 120lb Bench press, 28.5" Vertical Jump and 6'4" Broad Jump. This added strength and muscular development has helped her battle through injuries and maintain her high level of play. This has resulted in her playing in all 56 of Pace's games over the past 3 seasons. She helped lead pace to a 0/97 goals-against average this past season, as well as being one named to the NE-10's all conference third team and one time defensive player of the week. ~Philip R

RADFORD UNIVERSITY

Liam Deacy

Forward

Senior

Liam Deacy (Diesel) is the type of athlete you want as a strength coach. Dedicated, coachable, and willing to run through a wall if you ask him to. Throughout his time at RU Diesel was one of the strongest pound for pound athletes in our program, and a consistent presence in the weight room. ~Lucas Mason

2020 — COLLEGE — SOCCER

Rochester Institute of Technology

Mia White

Forward/Midfield

Senior

Mia is the hardest worker in a room full of hard workers. She consistently challenged herself to achieve new heights. Even after the completion of her eligibility, Mia has been in the weight room 3 days a week trying to take herself and her game to the next level. It is exciting to work with an athlete who brings so much excitement and enthusiasm to the weight room. Mia finished her senior year with a Front Squat max of 150, Hang Power Clean of 125 and Bench Press of 130. She also increased her vertical jump from 14.8 to 16.3 over the course of her final season. ~Ryan Kelly

SOUTH DAKOTA STATE UNIVERSITY

Darien Poelstra

Senior

Darien has gotten the most out of every opportunity presented to her while playing collegiate Division I soccer. Her work ethic and dedication to her craft is what has set her apart from her peers. She is the ultimate teammate and competitor that also sows her time back into the community. Her success both on and off the field is a testament to her daily approach to the opportunities in front of her. Darien is deserving of this award not only because of her weight room accolades but her willingness to get 1% better each day. ~Andre McIntyre

ST. MARY'S UNIVERSITY

Marcus Plataniotis

Defender

Sophomore

Marcus stands out for his unquenchable thirst to learn how to get the most out of his body. He has great self-awareness and works diligently to improve areas where he needs the most work. His work ethic is second to none, and he is obsessive about getting the little things right to maximize his performance. He is never afraid or unwilling to try something that could make him better.

Marcus, a sophomore, is an international student from Australia, and maintains a 3.98 cumulative GPA. ~C.J. Richardson

STEPHEN F. AUSTIN STATE UNIVERSITY

Carli Arthurs

Defender

Senior

Carli has shown the upmost pride and integrity in herself and her team by consistently demonstrating superior work ethic, attitude and effort. Her high motive to succeed and unparalleled competitiveness has allowed her to return from a season ending injury and excel above many of her peers. Not only do these achievements happen on the field, but also in the classroom. ~Christa Robinson

TROY UNIVERSITY

Kiersten Edlund

M/D Mid Field

Senior

Kiersten is a force to be recon with . At 5'4" 145lbs plays hard and with unbelievable effort. She posses a 3.7 GPA in Rehabilitation / Exercise Science , which shows success both on and off the field.. Kiersten also has leadership qualities and is looked up to by her piers . She will be missed but no doubt be a success in any of her future plans. ~Richard Shaughnessy

UNIVERSITY OF DETROIT MERCY

Sophie Mapes

Midfield

Senior

Sophie has been a staple within our women's soccer team. She's been consistent in her training, and a role model for her teammates. From the start, We've been able to count on her to be an extra coach on the floor, teaching and guiding her teammates to get the most out of them. Sophie has been a pleasure to work with and well deserving of the NSCA All-American Strength and Conditioning Athlete of the Year Award. ~Eric Davis

2020 — COLLEGE — SOCCER

UNIVERSITY OF DETROIT MERCY

Sami Nouri

Goalkeeper

Senior

Sami came to UDM with little training experience but has grown into a role model for all of our athletes here. He quickly learned that strength training was important to his athletic development and dove in head first. He's been an incredible leader in and out of the weight room and holds his teammates to higher standards. We can always count on him to take the younger players under his wing and show them the ropes, making it easier to do our jobs. Sami has been an absolute pleasure to work with and well deserving of the NSCA All-American Strength and Conditioning Athlete of the Year Award. ~Trevor Klump

UNIVERSITY OF LYNCHBURG

Nick Morgan

Forward

Senior

Pound for pound the strongest and one of the fastest Soccer players that I've been able to work with. Nick's hard work, lead by doing and not really talk mentality gain him the respect deserved by his teammates. His work in the weight room and during conditioning sessions allowed him to become a valuable option for our Men's Soccer program. ~Ed Smith

UNIVERSITY OF LYNCHBURG

Sarah Pavlovich

Defense

Senior

Sarah is a "lead from the front" type athlete. An Exercise Science student-athlete understood the importance of strength training and conditioning. Through her hard work and determination, Sarah worked her way into being a strong player on the backline for our nationally-recognized women's soccer program! ~Ed Smith

UNIVERSITY OF MARY WASHINGTON

Brooke Bauman

Center Mid

Junior

3 year all conference player and all academic team. Captained her team to win the CAC conference tournament for the first time in over 10 years. Nursing major. Recorded the game-winning goal against #7 CNU in the CAC Semifinals. A great leader and work ethic. Has managed to excel at a very demanding nursing program as well as continue to improve, perform, and lead at an incredible high level for her team. ~Brett Longobucco

UNIVERSITY OF MARY WASHINGTON

Jacob Lovinger

Right Back

Senior

Demonstrated outstanding leadership and commitment to nationally ranked program. 2 year captain leading his team to win the conference tournament and advance to NCAA tournament 3 out of his 4 years. Has received offers to play semi professionally as well as coach a local high school team. Embodies the principles and work ethic on and off the field that the NCAA and NSCA look for in outstanding individuals ~Brett Longobucco

2020 — COLLEGE — SOCCER

UNIVERSITY OF MICHIGAN

Emma Cooper

Forward

Junior

Emma Cooper, a junior forward on the Women's Soccer team, continues to exemplify what it means to be a student-athlete. She exhibits a drive to succeed in the weight room, on the pitch, and in the classroom. Throughout her career here, Emma has been one of the top performers in the S&C program, hitting personal bests that include a 270lb deadlift and 140lb power clean. Emma is also a consistent contributor on the field, having played in 54 games and totaling 2,333 play minutes. Academically, she has been a Two-Time Academic All-Big Ten Honoree as a Chemical Engineer major. Emma's accomplishments demonstrate her attention to detail and dedication to all aspects of being a student-athlete. Emma is an integral member of the University of Michigan Women's Soccer team, with her unwavering work ethic and commitment to the program serving as an example for her teammates.

~Katlyn Haycock

UNIVERSITY OF NORTH CAROLINA AT CHARLOTTE

Michaella Arteta

Midfield

Sophomore

Michaella has shown tremendous improvement both on and off the field since arriving here as a freshman. Her dedication to her own physical development presents itself daily during training and competition. She pushes her teammates daily to be better versions of themselves both physically as well as spiritually. It's been a pleasure to watch her transition to a leadership role and her continued growth will be fun to witness over the next several years. ~Perry Costales

UNIVERSITY OF SOUTHERN MAINE

Adela Kalilwa

Forward

Senior

Adela is was a leading scorer on soccer as well as a returning 2x track & field all american in the horizontal jumps. She has consistently weight trained since arriving on campus, setting a great example for teammates on both sports. ~James Giroux

UNIVERSITY OF TENNESSEE AT MARTIN

Lexi Thomas

Defender

Senior

Since Lexi stepped on campus, she has made a commitment to her fitness and strength. Lexi's leadership and play was integral in team's 2018 OVC conference championship. In addition, to Lexi's athletic and academic commitments she is also in ROTC and will enlist in the Army upon graduation. Her selflessness and dedication to others elevates all those around her.

~Chris Gillies

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

Kinga Szemik

Goalkeeper

Senior

Kinga has been a corner stone for our women's soccer program. She is the teams career leader in games played at 61, minutes played at 5,400 minutes, saves at 225 and, wins at 26. The senior goalkeeper from Pietrzykowice, Poland, represented UT Rio Grande Valley on the Third-Team Scholar All-West Region Team as she holds a 3.89 GPA and is pursuing a degree in psychology. Szemik is the first women's soccer player from UT Rio Grande Valley to earn the award. The senior was also named to the All-WAC Second Team and WAC All-Tournament Team this season. ~Lucas Monroe

2020 — COLLEGE — SOCCER

UW-WHITEWATER

Sara Klimisch

Goalkeeper

Senior

Inside the weight room, Sara was always striving to better herself. She would always ask questions to make sure she was doing the exercises right so that she could help teach and lead the rest of the team. She was a natural leader that kept the rest of the team focused and on task. On the field Sara was a commander. Constantly letting her teammates know what she was seeing and helping guide them into the correct positions. That leadership aided them in winning the 2019 WIAC Conference as well as earning her a spot on the All-WIAC first team. On top of that, she was a 2 time WIAC Defensive player of the week and ranked top 5 in conference goals against average (.91), save percentage (.825), and total saves (66). ~Jesse Koenig

UW-WHITEWATER

Garrett Morgando

Defender

Senior

Garrett was always working hard in the weight room. He was focused and dedicated to getting stronger going into the season. His drive and dedication was palpable and his teammates clung to that and followed his lead in staying focused on their preseason and in season workouts. He made sure everyone was doing the lifts correctly and checking that the team was doing all of their sets and reps. This diligence led Garrett to an ACAA Defensive Player of the Year award, as well as being selected All-American Collegiate Athletic Conference for his performance during the 2019 season. He was also a 2 time ACAA Defensive Player of the Week and helped the team allow only .86 goals per game. ~Jesse Koenig

VASSAR COLLEGE

Fiona Walsh

Goalkeeper

Junior

Fiona Walsh is our strongest student athlete from a women's sport team. She is consistent and steady making improvements in her physical ability each year. Fiona is always seeking more and looking to push herself to new heights. This hard work and commitment is what sets her apart from others and pushes those around her to work hard. ~Alice Read

VIRGINIA MILITARY INSTITUTE

Julianne Knoblett

Senior

Julianne has been a consistent hard worker during her time here at the Virginia Military Institute. She is a two sport athlete competing at a high level in both Soccer and Track while majoring in Biology. She has been a statistical leader on the Soccer Team and is a member of the VMI School record setting 400 meter Relay Team.

~Dave Lawson

VIRGINIA MILITARY INSTITUTE

Broden Schull

Goalie

Sophomore

Broden has been a two year starter at the Virginia Military Institute. In 2018, Earned Southern Conference Men's Soccer All-Freshman honors led all of Division I in saves and saves per game. In 2019, he repeated and led the country in saves and saves per game in division 1. Throughout his career at VMI, he has worked with tremendous effort, focus, and motivation, and he has shown great improvement in himself and his teammates.

~Logan Moody

2020 — COLLEGE — SOCCER

WASHINGTON COLLEGE

Sean Garin

Defense

Senior

Sean was a mainstay on defense for Shoremen soccer, starting in all, but one game his Sophomore, Junior, and Senior seasons. He was a three time All-Centennial Conference Academic Honor Roll Recipient, and captain of the team his senior year. Sean had an unbelievable work ethic and truly drove his team's work ethic in the weight room. Sean was the thermostat when it came to his team's effort, intensity, and drive. Sean also demonstrated his strength with a squat in the mid-300s and a deadlift well over 400lbs. ~Jonathan Jenkins

WAYNE STATE COLLEGE

Madison Graig

Junior

Madison plans to compete in tri-athlete once she graduates. She is one of our strongest soccer players and is always working to improve. Her outstanding work ethic should propel her to a big season in the fall.

~Dakota Coon

WAYNE STATE COLLEGE

Rachel Grisham

Senior

A true example of an Ironcat! Rachel has a 315lb barbell deadlift to go along with a squat over 250lbs. Weight training is something she has a passion for and will continue to train throughout her life, she will be greatly missed for so many reasons- the biggest being her leadership! ~Taylor Feenstra

WAYNE STATE COLLEGE

Sophia Ketchmark

Senior

What Sophia lacks in natural size she more than makes up for in work ethic and attitude. Sophia comes to work everyday with an intent on improving and winning. Her leadership will be missed at WSC! ~Grant Darnell

WEST TEXAS A&M UNIVERSITY

Samantha Silvestre

Defender

Senior

Sam shows up each day ready to put in the work and improve. Whether we are in the weight room or on the field for conditioning, she gives her best effort and encourages her teammates to do the same. For being small in stature Sam has solid total body strength with a 160 pound front squat, 200 pound deadlift, 100 pound hang clean, 100 pound incline, 115 pound bench press while showing her explosive power with a 20" vertical jump. She left a lasting impression on her teammates with her passion, toughness and will to win on the pitch.

~Derek Kennedy

2020 — COLLEGE — SOFTBALL

ALBANY STATE UNIVERSITY

Mikiayah Harris

Infield

Junior

Mikiayah is an extremely hard worker, and it shows in her performance in the weightroom and on the field of play. She has improved to a 235 lb back squat, 115 lb bench press, and a 135 lb hang clean. ~Troy Williams

AQUINAS COLLEGE

Brooke Wila

Centerfield

Senior

Brooke Wila is an all-conference performer for Aquinas College Softball. Her commitment to Strength & Conditioning has allowed her to maximize her God-given athletic ability to Strength & Conditioning is an example for our younger athletes to follow. It has been an honor to be her Strength & Conditioning Coach. ~Brooke Wila

AUGUSTANA UNIVERSITY

Kara McDougall

Outfield

Senior

Kara's tremendous work ethic and grit has allowed her to achieve excellence in the weight room, class room, and on the diamond. She is one of Augustana's strongest athletes pound-for-pound. Kara's 2019 accolades are numerous. NSIC All-Academic Team of Excellence, Easton/NFCA DII Scholar-Athlete, First-team All-NSIC, NSIC All-Tournament Team, NSIC Tournament Champion, Central Region II Champion, and NCAA DII National Champion. The same toughness and drive that Kara used to lead the Vikings to the national championship will carry her on to great things in the future. ~Andy Stocks

AVILA UNIVERSITY

Kelsei Davis

Outfielder/Catcher

Senior

Kelsei provides incredible energy to the weight room. She is a phenomenal athlete on the field, in during her training, and by far one of my strongest female athletes. She is a great mentor to underclassman and drives anyone in her rack to try to achieve more. Over her four years at Avila she has fully committed herself to the process and program. She is the epitome of how I want all my athletes to perform and the best example of an Avila Eagle athlete. ~Brian Ciolek

BLACK HILLS STATE UNIVERSITY

Maddie London

Catcher

Senior

Maddie is one of the most consistent athletes' around. She always shows up ready to work whether in the weight room, or on the field. Maddie has grown over the last 4 years to become the best softball player she can be. ~Aaron Siekmann

BRADLEY UNIVERSITY

Kealia Wysocki

Catcher

Senior

Kealia's drive to become a better player is exceptional. Not only does she push herself in her training, but the willingness to push others to become better is what sets her apart. Within her own training, she has been able to accomplish milestones only a few female student-athletes have achieved such as a 300 lb back squat, 185 lb bench press and 400 lb dead lift. She is the type of student-athlete that always wants and strives to become a better person and player. Her future is very bright! ~Matthew Friend

2020 — COLLEGE — SOFTBALL

DENISON UNIVERSITY

Angel Ehrenschwender

Infield

Senior

Angel is a 3 time team captain, displaying leadership qualities both on and off the field. She is a 4 time NFCA All-American Scholar Athlete (GPA of 3.5 or higher), in addition to being on the NCAC Academic Honor Roll in 2018 and 2019. Angel was also selected as one of the top 50 student athletes with the highest GPA in both 2018 and 2019 at Denison. Angel is a biology major, with a concentration in neuroscience and has worked as a student intern in the weight room as well. She has also been a resident assistant for 3 years, and is the founder and president of the Community of Christian Athletes group on campus.

During her time at Denison, she has seen her weight room numbers improve tremendously. Over the course of her college career, she has increased her squat max from 195 to 355 lbs, her bench press max from 105 to 165 lbs, and her hang clean max from 100 to 155 lbs.
~Beau Scott

EASTERN NAZARENE COLLEGE

Dominique Santos

Junior

Dominique is the type of athlete that gives her all in everything that she does. She pushes herself and her teammates to get better each and every day. Dominique is determined, loyal, passionate, and hungry for success!
~Kylie Waldroop

EMERSON COLLEGE

Lexi Semanchik

First Base

Sophomore

Lexi leads the softball team this year on workout completion dating back to the start of team lifts in September. She has also set personal bests on the bench press, trap bar deadlift and box squat this season.
~Jennifer Boyden

EMORY & HENRY COLLEGE

Caitlyn Yates

Outfield/Pitcher/Utility Player

Senior

Caitlyn is an amazing person to work with and has a passion for bettering herself and those around her. As a four year member of the Emory & Henry softball program, Caitlyn helped her team to two NCAA DIII Regional appearances. According to her softball coach: "On the field, Caitlyn is a true utility player. Most players who call themselves utility players can play infield and outfield. Caitlyn can play infield, outfield, pitcher, and catcher. She also can hit for power right-handed or slap hit left handed. Her skill set as a softball player expands larger than any other player I have ever coached. She is really fast, a great baserunner, a great hitter, and a great defensive player." Physically, Caitlyn is an outstanding athlete. She has several top ten performances in the weight room, including the college's all-time back squat ratio record at 2.219 times her bodyweight. In addition to her athletic accomplishments, Caitlyn is also an active campus sorority member and heads the softball team's "Light It Up Blue" autism awareness event, during which she helped the program to raise a record-breaking \$2400, which was donated to a local Autism Achievement Center. Caitlyn constantly strives to challenge herself, encourage those around her, and she always faces adversity with a great attitude. ~Mike Caro

2020 — COLLEGE — SOFTBALL

FITCHBURG STATE UNIVERSITY

McKenzie Lambert

OF

Senior

McKenzie is the strongest female athlete to come through our program and one of the strongest women I have coached in my career. She holds career PR's of 225 on Front Racked Split Squat and 300 on Trap Bar Deadlift. McKenzie is an outstanding softball player and a great example of effort, accountability, and commitment for her teammates. ~Jim McGuire

GEORGIA GWINNETT COLLEGE

Anya Vandersip

Catcher/OF

Senior

Anya has continued to advance herself each semester of her athletic career. The Criminal Justice major showed a significant increase in her vertical jump as well as split squat this past fall and continues to show improvement every day. Her strength and power increase coupled with her innate capacity to run has developed her athletic ability permitting her to be a more versatile softball player. Her dedication to the weight room has paid off. ~James Williams

HOFSTRA UNIVERSITY

Kristin Hallam

Shortstop

Senior

I have had the absolute pleasure of knowing and working with Kristin for the past four years. Not only does Kristin excel in the weight room, but she has a relentless work ethic towards softball, academics, and extracurricular activities. For those reasons, Kristin exemplifies what it takes to be a NSCA All-American Athlete of the Year. For the past four years, Kristin has demonstrated a consistent work ethic and positive mindset and continuously makes herself and her teammates better. In the weight room, she holds a personal-best back squat

at 285 pounds, a 175-pound hang clean, 140-pound bench press, and a 27.8-inch vertical jump. Not only does her performance reflect in the weight room but she also shines on the field. Kristin has collected several athletic accolades and was named the 2019 CAA Defensive Player of the Year while collecting NFCA All-Northeast Region and All-CAA Accolades as a sophomore. While performing both in the weight room and on the softball field, Kristin also succeeds in the classroom and participates in several extracurricular activities. As an Exercise Science major, Kristin holds a 3.90 GPA and has been awarded with many impressive academic accolades at the University, Conference and national level. She also serves as the Hofstra Student Athletic Association Committee President and serves as the lead voice for the entire Hofstra student-athlete body. Although Kristin has had some injury setbacks, she has always found ways to get better while making her teammates better. She is currently fulfilling an internship with the Strength and Conditioning staff at Hofstra and she is doing a phenomenal job. Kristin has aspirations to become a coach one day and regardless of sport or industry, I believe she will be successful in any career that she wishes to pursue. ~Ashley Christy

IOWA STATE UNIVERSITY

Hannah Carter

Left Fielder

Senior

Hannah has been the hardest working worker in training and has set a high standard for all athletes at Iowa State. ~Jovon Shaw

2020 — COLLEGE — SOFTBALL

JUNIATA COLLEGE

Alyssa Shedlock

Outfield

Senior

Alyssa Shedlock shows consistently outstanding effort during team training sessions and leads her teammates to perform their best in the weight room and on the field. She is a team captain of the Juniata College softball team and has achieved All-Conference - Landmark as well as Academic All-Conference honors. ~Kristopher Bookamer

KENTUCKY STATE UNIVERSITY

Moana Pinner

1st Base

Junior

Moana brings exceptional energy into each training session. Her Hard Work in the Weight Room has benefited her tremendously on the field and allowed her to become a great addition for the KSU program. She is as resilient as they come and never backs away from any challenge. ~Cory Minnie

KENTUCKY STATE UNIVERSITY

Tanisha Valdez

INF

Freshman

Tanisha has done a phenomenal job coming in as a Freshman and establishing a strong work ethic that will benefit her tremendously throughout the rest of her career at KSU. I am looking forward to seeing her continue to grow and and push, not only herself but her teammates, in the years to come. ~Cory Minnie

LIPSCOMB UNIVERSITY

Hannah DeVault

2nd Base

Senior

Hannah is one of the hardest working athletes on her team and is the epitome of what it means to be a Bison. She is always looking for ways to get better and improve

her performance on the field and she loves to get after it in the weight room. She has helped create a culture of a team that has high standards and pushes each other in the weight room. She has a reputation for working hard and not being out worked. She has won the award for Defensive Player of the Year for the last two years in the ASUN conference and last year was named the Player of the Year while winning the conference championship. She has achieved all of this as well as many lifting records all while dealing with the hectic nursing school schedule. She is a great supporter of all of our school's athletics and is well liked amongst all the other athletes.---Clint Woods
~Clint Woods

MARY WASHINGTON UNIVERSITY

Hannah Bruns

Outfield

Senior

Committed Leader on and off the field ~Asau Rodriguez

MARYVILLE UNIVERSITY

Alyssa Callans

Pitcher

Senior

Alyssa displays everything that you would want from a student athlete. She is a great student, leader on the field, and in the weight room. Her accomplishments on the field show the hard work and dedication that she puts into her strength and conditioning. She has achieved First Team All-GLVC honors and been named to the D2CCA Third Team All-American list. ~Jake Fitts

2020 — COLLEGE — SOFTBALL

MENLO COLLEGE

Lauren Harrison

Senior

Broke out during her junior season, playing in 46 games with 44 starts...featured a .401 batting average, good for second best on the Oaks and eighth best in the GSAC...scored 44 times to set the single-season runs record at Menlo College, while also swiping a career-best 21 bases to lead the team...led the Oaks with 22 walks and an on-base percentage of .491...recorded seven outfield assists to finish second on the team...ranks in the top-ten in five different program records at Menlo College including average (7th), hits (7th), steals (3rd), runs (3rd), and triples (2nd)...GSAC/Daktronics-NAIA Scholar Athlete...Google Cloud Academic All-District team member. ~Sam Burciaga

MENLO COLLEGE

Keeley Hernandez

Outfield

Senior

Keeley's hard work and dedication have allowed her to have a significant impact on her team for all 4 of her years. From the moment she stepped into the weightroom, she embraced and attacked any challenge that came her way. She brought a consistent attitude and effort that her teammates and coaches admired. Her efforts translated on to the field, becoming the team's 4 spot hitter every year and becoming one of the team's successful hitters and one of the best outfielders in the conference. Even when things don't go her way, she still brings a positive attitude to motivate her team and herself. She ranks 5th in program history in doubles, ranks in the top-ten in program history in home runs and RBIs, games played and runs scored. What's most impressive, is Keeley's leadership, and how she can be such a momentous presence for the team. ~Karl Reyes

MERRIMACK COLLEGE

Amber Gibbons

Catcher

Senior

"Amber Gibbons has demonstrated the value and importance that physical preparation can play on an athletes development. Her sacrifice and dedication to self - improvement has enabled her to experience success in all domains. Her bestowment as a team captain demonstrates the commitment to herself, her teammates, and the program." ~Michael Kamal

MILLIKIN UNIVERSITY

Kalli Farmer

IF

Senior

Kalli has developed into a well rounded leader in the classroom, weight room, and on the field. Last year as a junior, Kalli was named to the Google Cloud Academic All-America Softball Team as an infielder and was named CCIW First Team All Conference for the second time, while maintaining status as a Millikin Presidential Scholar and a 3.99 GPA. Her performance and effort in the weight room are never questioned and have reflected in her growth as an athlete and inspiration of her teammates. Kalli's overall excellence as a student-athlete and person make her a great candidate for NSCA All American Strength and Conditioning Athlete of the Year. ~Ben Clawson

2020 — COLLEGE — SOFTBALL

MORNINGSIDE COLLEGE

Hallie Misiaszek

Pitcher

Senior

Hallie Misiaszek has been a tremendous asset for the softball team. Possessing a tremendous attitude and hard-nosed work ethic, she has been a leader on and off the field. An everyday type of player as well as an All-GPAC Conference performer and also earning honorable mention All-American, she has been consistently improved in the weight room each year at Morningside College.

Best weight room performances- Squat:160lbs
Bench:115lbs Vertical Jump: 21 inches.

~Aaron Jung

NOVA SOUTHEASTERN UNIVERSITY

Sydney Lageyre

Outfield

Senior

Sydney embodies the characteristics that Strength and Conditioning coaches hope to teach. After suffering a knee injury her freshman year, she dedicated herself to strengthening her body to endure the rigors of the college Softball season. Her work ethic and dedication have made her a natural leader on her team. She is consistently a top performer in every competitive drill she completes. She has shown great improvement in her strength, leads by example, and brings her team with her. Sydney will graduate in May 2020 with a 3.57 gpa in Exceptional Student Education. ~Steven Orris

OAKLAND UNIVERSITY

Lauryn Debono

Pitcher

Junior

Lauryn is a true leader--her drive to succeed, and to see her teammates succeed, is very strong, and her positive attitude, even in the face of adversity, is seemingly

without end. Her work ethic is second to none, as is her desire to improve herself in all facets of her performance. Lauryn truly embodies the ideal of what it means to be an All-American strength and conditioning athlete.

~Jim Seratt

OHIO UNIVERSITY

Caroline Spacek

First Base

Sophomore

Caroline exhibits an uncommon and relentless work ethic to improve herself mentally and physically on a daily basis. Not only has she drastically improved her own strength, speed, and mobility in the weight room but she brings an energy that motivates and excites her teammates to bring that same relentless effort. To fully capture what this young woman means to the weight room culture of this team is not possible within the one paragraph limit. I can think of no person more deserving of this award than Carloline Spacek! ~Jared Azar

RADFORD UNIVERSITY

Sofia Tapia

Catcher/Outfield

Senior

In my 7 years of coaching, Sofia is the most devoted student-athlete I have ever had the opportunity to work with. Her relentless effort, dedication, and passion for strength & conditioning during all of our training sessions are clearly evident and have been proven by her accomplishments. Among the greatest of those are reaching a back squat max of 310lbs and a conventional deadlift max of 350lbs. Not only is she among the strongest female athletes in division I softball, but she also possesses a tremendous amount of speed and quickness. Sofia never settles for second place and consistently creates a gritty and competitive atmosphere leading her teammates to new levels of success in the weight room. ~Jennifer Norton

2020 — COLLEGE — SOFTBALL

ROCK VALLEY COLLEGE

Kirstin Fudge

1b

Sophomore

Kirstin Fudge is currently a sophomore at Rock Valley College, a two year community college located in Rockford, IL. For the past two years she has been a member of the 6x defending Division III National Champion softball program. Kirstin was instrumental in maintaining and enhancing the culture we have built to win six consecutive Junior College National Championships. During her freshman year she earned the Pinnacle Academic All American (4.0 GPA), which is the highest level awarded by the NJCAA. Athletically, she was name First Team All Region for her play at first base. Kirstin was very involved with our mentorship program at Trinity Day Care and the community softball camps that the program provides every year. Kirstin has also been a strong leader in our strength and conditioning program, making some of the greatest gains in her strength and speed. She was also one of our first athletes to embrace the Fusionetics Performance Health System that the athletic department is piloting for this year. Lastly, she just signed a national letter of intent to play softball of NCAA Division II Drury University on an Athletic and Academic Scholarship. Based on all her accomplishments, I can't think of a more deserving athlete of this award. ~Timothy Hatten

SAINT ANSELM COLLEGE

McKenna Smith

Pitcher

Sophomore

McKenna Smith's drive to improve both her own and team's performance is inspiring. Her testing numbers (4.78 sec. Pro Agility, 195 lbs. Front Squat, 26 in. vertical jump, 155 lbs. hang clean, and 2.92 20-yd sprint) are tangible proof of her dedication. However, her willingness to aid her teammates and ability to help others to achieve their very best are the main reasons she deserves this honor. She responds to coaching and makes every effort to be the best version of herself at all times. Her approach to training has improved her performance on the softball field and enhanced the performance of her teammates as well. ~Rob Herrick

SALISBURY UNIVERSITY

Kaleigh Edwards

3B

Senior

Kaleigh is a senior third baseman on the Salisbury University Softball team. Not only is it her diligence, positive attitude, integrity, and leadership that makes her a qualified candidate for this award, but her ability to inspire these same qualities in others. Kaleigh steps into the weight room and the softball field with the same mindset: To put forth every ounce of effort into the next rep, set, play or run, while inspiring her teammates to take the same approach. Aside from the fact Kaleigh is an incredible athlete, it is her outstanding character that unites her teammates and makes others want to be in her presence. ~Matt Nein

2020 — COLLEGE — SOFTBALL

SAN FRANCISCO STATE UNIVERSITY

Sydney Jenkins

Catcher/Infielder

Sophomore

As a freshman last season, Jenkins started in 58 of the team's 59 games behind the plate and threw out a conference-leading 24 runners. She was an instrumental part of the team's run into the NCAA Championships. As a freshman last season, Jenkins started in 58 of the team's 59 games behind the plate and threw out a conference-leading 24 runners. She was an instrumental part of the team's run into the NCAA Championships. During the summer months she participates in the Ventura County fire explorer program, where she plans to become an EMT or firefighter. In addition to her continued growth in the SF State weight room, she has participated in CrossFit for the last five years, where she has also competed competitively. ~Ryan Durk

SOUTHEAST MISSOURI STATE UNIVERSITY

Rachel Anderson

Outfield

Senior

Rachel is an extremely dedicated athlete who works exceptionally hard in and out of the weight room. She is the smallest on the team in stature, but also the strongest and hardest worker. She has the highest weight for clean and one of the highest for squat. She not only works really hard for herself but spends a lot of time encouraging others and challenging them to be their best. When she walks in the weight room the energy skyrockets. Rachel is just an overall weight room warrior and is going to do great things with her energy and work ethic. ~Brie Johnson

ST. MARY'S UNIVERSITY

Rebekah Hubacek

OF

Sophomore

On a competitive team full of hard-working athletes, Bekah has stood out for her growth and improvement this past year. She comes in every day with a desire to get better and compete at everything she does. She has seen significant improvements in her strength, speed and power as a result. She is also extremely positive and encouraging of her teammates, which improves the atmosphere during training sessions. Bekah, a sophomore, maintains a 3.8 GPA. ~C.J. Richardson

STEPHEN F. AUSTIN STATE UNIVERSITY

Brittany Crawford

Outfield

Junior

Brittany, "Crawford", has been an athlete that I have had the ability to coach for her entire career thus far. Her growth and progression through her athletic performance is only the beginning of her accomplishments. Crawford has shown an ability to lead in the weight room, on, and off the field. Her motivation to improve her athletic performance and ambition to succeed in all aspects of life separates her from the rest of her peers. ~Christa Robinson

2020 — COLLEGE — SOFTBALL

UNITED STATES COAST GUARD ACADEMY

Audrey Bartz

3B/SS

Senior

Audrey Bartz was a very shy and strong young lady when she entered into my program but she just didn't know how strong she could become. I told her by her Senior year she would be the strongest woman on campus. She didn't believe me at first, but overtime, Audrey started to shatter her max testing every year. Her Freshman year she Hang Cleaned 120lbs, Benched 155lbs, and Back Squatted 220lbs. During pre-season of her Senior year this year she Hang Cleaned 190lbs, Benched 170lbs, and Back Squatted 300lbs. She's a very hard-working and determined young woman who believed she could become more as an athlete and individual, and she has definitely proved it. ~Shaakira Hassell

UNIVERSITY OF CONNECTICUT

Reese Guevarra

Outfield

Junior

Reese Guevarra is the student-athlete you look to when things are hard. She maintains a consistent intensity and effort that not just leads, but drives her teammates toward excellence. Reese does not have a standard of success as her standard is constantly rising. A junior who has ranked in the top of the team in strength and conditioning performance measures all three years, Reese continuously finds ways to improve herself and bring along her team. She is a well respected teammate who represents herself, her team, her family, and her university well. She additionally represents her history as she has competed in the Asia-Oceania Olympic Qualifier for the Philippines. Academically, Reese has been an exceptional student, most recently earning a 4.0 semester as a Psychological Sciences major. Reese is energetic, inspiring, mature, and her passion, dedication and charisma are absolutely infectious.

~Maureen Butler

UNIVERSITY OF LYNCHBURG

Kortney Leazer

Outfield

Senior

A confident strong female that has never shied away from lifting heavy weights and trying to push her teammates to do more. Fantastic strength athlete that has been a solid contributor to our Softball program here at Lynchburg. ~Ed Smith

UNIVERSITY OF NOTRE DAME

Shelby Grimm

Catcher

Sophomore

I have watched Shelby Grimm develop as a player and leader over the last two years. Shelby demonstrates a strong and relentless commitment to her teammates. When unexpected circumstances caused our only other catcher to retire from the team, Shelby stepped up to assume the sole catching role. This was a huge strain on her physically and mentally, but she has demonstrated that she can be relied on every day. She puts in the extra hours for regeneration work and is committed to her physical strength because she know she needs the durability. It would be hard to find a better teammate. ~Colleen Looney

UNIVERSITY OF SOUTHERN MAINE

Erin Martin

Infield

Junior

Erin's commitment to strength & conditioning continues to motivate her teammates and has helped her garner All Conference recognition. Big improvements this year in her Olympic lifts have led to better power indicators.

~James Giroux

2020 — COLLEGE — SOFTBALL

UNIVERSITY OF TENNESSEE AT MARTIN

Aalia Bivens

Outfield

Senior

Aalia is pound for pound our strongest member on the team. Her commitment to her athletic development saw her transition from second base to the outfield as a junior. A leader to her team in all areas, Aalia has been select each academic year to the OVC Commissioner's Honor Roll. ~Chris Gillies

WAYNE STATE COLLEGE

Kourtney Buresh

Sophomore

Kourtney has been one of the strongest players on the team since her arrival, she has stepped into a leadership role this year and others look towards her for motivation. ~Grant Darnell

WAYNE STATE COLLEGE

Kim Vidlak

Sophomore

Small in size but mighty in strength, Kim shows up to work everyday. Her positive energy and leadership skills make her an example for the entire team.

~Taylor Feenstra

WEST TEXAS A&M UNIVERSITY

SHANNA MCBROOM

Catcher

Senior

Shanna is a very dedicated athlete and pushes everyone around her to be better. The energy she brings to the weight room is second to none and it spreads throughout the entire team. Her commitment to strength and conditioning over the years has helped her become relatively the strongest athlete on the softball team today. Over the course of her career she has added 60lbs to her Back Squat, 25lbs to her Bench Press and has dropped her 20 yard sprint time by .25 seconds. It is with great pleasure that I nominate her for this award.

~Ben Kozak

WINSTON-SALEM STATE UNIVERSITY

Aniyah Jones

Utility

Sophomore

In 2019 As a freshman she hit 8 HR's and stole 11 bases and made the all CIAA-Rookie Team. This year she has improved in the weight room and had a the highest clean at 155 and Squat at 345. One of the quiet leaders on the team but one that continually pushes herself and teammates to achieve perfection in the weight room.

~Marc Heinecke

2020 — COLLEGE — SWIMMING

AUGUSTANA UNIVERSITY

Linzie Kreizel

Fly / Back

Senior

Linzie's love for lifting has propelled her to great heights in the weight room. She has consistently been a top performer, holding many team records. Linzie's strong work ethic will carry her to great things in her career after swimming. ~Andy Stocks

DUKE UNIVERSITY

Alyssa Marsh

Senior

Alyssa has proved to have an outstanding work ethic and attitude in her four years with Duke Swimming. Those attributes have led her to have success academically and athletically. She continues to raise the bar when it comes to being a great teammate and team leader both in the weight room and the pool. ~Carl Christensen

HOBART AND WILLIAM SMITH COLLEGES

Anna Leffler

Senior

Anna Leffler is a two time captain at William Smith College who excels in every facet of her college career. A Dean's List member who carries a 3.79 cumulative GPA, Leffler has set numerous school records in the pool both individually and as part of a relay team. Anna's superior performance carries over to the weight room as well. She boasts a 315lbs 1RM Trap Bar Dead Lift, a 100+lbs Bench Press and a 1RM Front Squat just shy of 200lbs. Academically, Anna has been accepted to and will pursue her Doctoral Degree for OT at Tufts. In her free time, Anna spends time volunteering at the Happiness House working with preschoolers and service learning reading to children at the Discovery Playground. ~Chris Gray

MARY WASHINGTON UNIVERSITY

Erin Whitesell

Fly/Back/IM

Senior

Committed Leader both on and off the field
~Asau Rodriguez

ROCHESTER INSTITUTE OF TECHNOLOGY

Nick Trumper

Senior

Nick has emerged as a strong team leader in the weight room. He leads by example, never missing a training session and always bringing energy and focus. His dedication and accountability have helped make himself and his teammates better. Nick's legacy is a swim program that values and is committed to their dry land training. Over the past two years Nick has experienced great improvements in the weight room and in the pool. He has brought his Front Squat to 225# and Hang Clean to 175# while shaving 3 seconds off his 200m backstroke. I have no doubt Nick will continue his training following his senior season. ~Ryan Kelt

TRANSYLVANIA UNIVERSITY

Drew Dodds

Swimmer

Senior

Drew was dedicated and motivated to be the best
~Zachary Turner

TRANSYLVANIA UNIVERSITY

Mattie Fogle

Swimmer

Senior

Mattie had an outstanding work ethic and earned every bit of the success she received ~Zachary Turner

2020 — COLLEGE — SWIMMING

UNIVERSITY OF DELAWARE

Ellie Keck

Butterfly/Freestyle

Sophomore

Ellie has worked hard to accomplish her goals in the classroom, community, weight room, and in the pool and is only a sophomore. She is very dedicated and her work ethic in the weight room is contagious. She was our top female lifter at our annual Reps for Kids event in the bench press. Keck understands the value of what strength and conditioning can provide her to accomplish her future goals. ~Stefano Pietrobono

VASSAR COLLEGE

Brynn Lautenbacher

Junior

Brynn Lautenbacher has the most impressive body weight strength of all our student athletes. She can do over 100 push-ups without batting an eye and turn around the next minute and complete 10+ chin-ups. Her commitment to improvement sets her apart. She is constantly setting new goals and building a path to achieve them. ~Alice Read

VIRGINIA MILITARY INSTITUTE

Sarah MacDougall

Freestyle

Senior

Sarah was 4 year member of the swim team at Virginia Military Institute. In 2019, She was a part of record-setting 200 and 400-medley teams. Also in 2019, earned the team's Scholar-Athlete Award, given if a student-athlete has a cumulative GPA of 3.5 or higher at the time of the season-ending banquet... also took home the squad's Workhorse Award, awarded to the member of each team who displayed tremendous motivation and work ethic both in and out of the pool. Then in 2020 she was named team captain. When Sarah showed up you knew you were going to get hard work, a positive attitude, willingness to help others, and a desire to get better. ~Logan Moody

2020 — COLLEGE — TENNIS

CALTECH

Miha Valencic

Singles, Doubles

Senior

A senior, Miha Valencic is a Chemical Engineering major and four-year starter on our nationally ranked Men's Tennis team. Valencic has posted an impeccable record since coming to Caltech, having won 13 regular season singles matches in each of the last two seasons. His willingness to compete to the final point in matches, regardless of the opponent, has made for an exceptional career thus far, and he'll have one more year to pad his resume even further. Valencic is a senior leader of the currently 24th-ranked squad, which has been strengthening their competitiveness through significant dedication to out-of-season strength and conditioning. Valencic pushes himself in year-round training and organizes his teammates to train also. ~Sarah Always

CLAREMONT-MUDD-SCRIPPS ATHLETICS

Catherine Allen

Singles and Doubles

Senior

Catherine (Cat) is a senior on the Women's Tennis team and is currently pursuing a degree in Legal Studies: Race and Law from Scripps College. Despite a rigorous academic environment, she serves on the Student Athlete Advisory Committee and recently participated in the NCAA Division III Student Immersion Program at the NCAA national convention. She was one of 40 Division III student-athletes invited to participate in the Immersion program. Cat is an extremely motivated and dedicated student-athlete. Her effort and dedication has resulted in five All-American honors and numerous All-Conference and regional awards during her first three years. In addition to being a great teammate and leader, her unrelenting passion to improve and persevere through any set back makes her very deserving of this award. ~Andrew Jones

HOBART AND WILLIAM SMITH COLLEGES

Walker Anderson

Junior

Walker Anderson is one of the best young men I have had the pleasure to work with. Academically he holds a 4.08 GPA on a 4.0 scale, is a standing member of SAAC and was voted captain of the Men's Tennis team as a junior. Walker embodies our performance motto of "one team" by supporting all and respecting all the student athletes here on campus. He is a tremendous leader in our weight room for all athletes he gets a chance to work alongside of. Anderson has been named a Second Team Google Cloud Academic All-American as well as an ITA All-American in 2019 but is a first class individual through and through. ~Chris Gray

HOBART AND WILLIAM SMITH COLLEGES

Kate Foley

Senior

Over the past 3 years Kate Foley has served as Co-Captain of the William Smith Tennis team and has been a major catalyst for the team's improvement. A double major in Biology and Environmental Studies, she has been named ITA Scholar Athlete and Liberty-League Scholar Athlete while staying on the schools Dean's List. 15-5 last year in doubles and 7-1 in conference doubles, Kate brings this same intensity and success into the weight room where she leads by example pushing herself and her teammates to always bring their best. ~Chris Gray

2020 — COLLEGE — TENNIS

ST. MARY'S UNIVERSITY

Jeremiah Gonzalez

#1 Singles, #1 Doubles

Senior

Playing in the #1 singles and #1 doubles positions, Jeremiah has established himself as a leader both on and off the court. Having been in that position for multiple years, it would be easy to get complacent, but Jeremiah pushes harder than anyone to raise his level, both in team workouts and on his own. He wants to be a better version of himself every single day and his work ethic shows it. He also holds those around him to a higher standard in an effort to become one of the top teams in the nation. He also really works to understand why we train the way we train so that he can gain an edge on his competition. Jeremiah, a senior, maintains a 3.57 GPA.

~C.J. Richardson

UNIVERSITY OF MISSOURI-ST. LOUIS

Marina Prediger

Senior

Marina is a tireless worker. You can count on her to give her best every day. She is a great example to her teammates. Marina excels on the court, in the classroom, and in the weight room. ~Josh McMillian

WILLIAM WOODS UNIVERSITY

Sam Bird

Senior

Sam Bird transferred into William Woods his junior year but immediately bought into the Strength and Conditioning program. Since coming to Woods Sam's dedication to continuously work towards his goals has been visible both in the weight room and on the tennis court. His motivation and enthusiasm towards the sport and the weight room has allowed him to grow into a great leader. Sam has been a great asset to the tennis team, he helped assist them in winning the AMC Conference Championship as well as making second round of the NAIA National Championships. His drive and strong willed mindset allowed him be a great student-athlete to coach. ~Benito Cecenas

WILLIAM WOODS UNIVERSITY

Aaron Westerlund

Senior

Aaron transferred to William Woods for his junior year. This did not prevent him from becoming a leader in the weight room. Since coming to Woods Aaron has been dedicated to becoming his best. His work ethic has been visible both in the weight room and on the tennis court. His motivation and enthusiasm towards the training have allowed him to grow into a great leader. Aaron has been a great asset to the tennis team, he was crucial in winning the AMC Conference Championship and advancing to the second round of the NAIA National Championships. Aaron truly has been a strength and conditioning All-American. ~Bob Jones

2020 — COLLEGE — TRACK AND FIELD

AUGUSTANA UNIVERSITY

Sarah Westerman

Sprints / Jumps

Senior

Sarah's tireless work ethic has led her to success on the track, in the class room, and in the weight room. She has earned Academic All-NSIC honors and is a recipient of the Butch Raymond Scholarship. She is also the holder of multiple weight room records. Sarah's toughness and determination will undoubtedly allow her to achieve great things after collegiate athletics. ~Andy Stocks

AUGUSTANA UNIVERSITY

Alex Woods

Long Sprints / Hurdles

Senior

Alex Woods

Alex's love for lifting has greatly benefitted his career at Augustana. He earned Academic All-NSIC honors during his junior campaign and is consistently a high performer in the weight room and on the track. Alex has thoughtfully pursued both short and long term goals during his athletic career. This foresight will lead him to success after collegiate athletics.

~Andy Stocks

CALIFORNIA LUTHERAN UNIVERSITY

Kayla Cross

Pole Vault

Senior

Kayla's consistency, care, determination, work ethic, persistence, and unmatched commitment to physical preparation over the past four years has enabled great athletic success despite a tremendous academic load. A gifted and hard-working student, Kayla will pursue a PhD in Molecular Biology upon matriculation. Indeed, Kayla is the epitome of what Cal Lutheran Athletics represents and, genuinely, a true joy to coach. ~Patrick Holmberg

CENTRE COLLEGE

Allen Richardson

DL

Junior

Allen is a force on the DL due to his power and strength, and he is a top performer as a thrower for the Track & Field team. Allen posts the following marks: Clean - 325, Jerk - 315, Squat - 635, Bench - 405

~Carter Conley

COLORADO STATE UNIVERSITY

Amelia Harvey

Pentathlon/Heptathlon

Senior

Amelia has worked incredibly hard this year to develop herself into one of the best multi-event athletes in Colorado State University history. She currently ranks in the Top 20 All-Time in many individual events and recently earned #3 All-Time in the Indoor Pentathlon. This is a testament to her hard work and dedication on the track and in the weight room. Things have not always come easy for Amelia as she has had to battle many personal and athletic setbacks on the way, but she has overcome all of them and earned the respect and admiration of her teammates and coaches. She is an absolute pleasure to coach and will go on to succeed in her future endeavors after her time at CSU. ~Adam Parsons

2020 — COLLEGE — TRACK AND FIELD

DEPAUL UNIVERSITY

Adam Nelson

Short Sprinter

Senior

Adam has been one of the most interesting athletes I have ever had the chance to coach throughout the last 7 years of my career. While he possesses a superhuman amount of strength and power boasting numbers like a 500lb squat and a 335lb clean, the aspect I love most about Adam is his quest for knowledge and continually trying to find ways to improve. His knowledge level is akin to that of a college level strength coach and his questions into our program has driven me to become a better strength and conditioning coach. This past year, he brought that same level of focus into the track and set a school record of 6.82 in the 60m dash. Outside of athletics, Adam is a member of DePaul's Captain's Council, which is a leadership organization for athletes and is a member of Black Student Union. He holds a 3.3 GPA as a Health Science major and he is planning on going into coaching after graduation. ~Ryan Nosak

EMORY & HENRY COLLEGE

Justin Fannon

Shot Put, Hammer, Discus, Weight Throw

Senior

Justin is a bright, engaging, and motivated student-athlete. A three year veteran of the football program, Justin made the switch to track and field his junior year and has been one of the college's top throwers ever since. Finishing as the runner up in last year's Indoor Conference Championship, Justin is currently ranked second going into this year's championship. He is also the all-time record holder in the men's 35 lbs. weight throw for the college. Away from the track, Justin is a double major in Business and Technology with a 3.2 GPA and has achieved multiple conference All-Academic Team honors. Aside from his athletic and academic accomplishments, Justin is a leader on the track and field team and is always seeking out ways to help his

teammates and peers at practices and in the weight room. ~Mike Caro

FITCHBURG STATE UNIVERSITY

Cody Soderlund

Sophomore

Cody has set the standard for the Track and Field program in terms of work ethic and performance in the weight room. He a technician as a lifter - likely our most technically proficient on campus and has shown great improvements in all of his lifts. More than that, Cody has been critical as a leader for the team and is the definition of "lead by example." ~Jim McGuire

FORT HAYS STATE UNIVERSITY

Courtney Batchman

Hurdles & Multi

Senior

Courtney began her track career as a hurdler and developed into a Multi (indoor and outdoor). Her drive and determination to be her best was what made her into the athlete and person she is today. Courtney has tremendous work ethic. She loved the weight room and the work it took to develop her for performance and competition. Her commitment to training was outstanding, and that commitment reached far beyond athletics as she was able to graduate in four and a half years with a degree in Nursing. She understood the values of hard work and applied it to all aspects of her career as a student athlete. ~Doug Boucher

2020 — COLLEGE — TRACK AND FIELD

JAMES MADISON UNIVERSITY

Meredith Willis

100m, 200m

Senior

Meredith Willis is not just an exceptional athlete but an exceptional person. In my 7 seasons at JMU, she has had more impact on me than any other person I've coached. In the weight room, as a 125lb sprinter, she's full squatted and full cleaned 275 and 170, respectively. She holds the school record outdoor 200m at 23.84 and multiple positions on the school's top 10 lists. Additionally, she's been on the Dean's List and was the Athletic Director's Scholar Athlete of the Year Award Winner as an accounting major. As a person, Meredith continually shows care and leadership for her team on the track, in the weight room, and in life. Meredith is often thought of as the "team mom". She has taught me to be a better, more compassionate person, and I'm proud to have been her coach for the last 4.5 years. I cannot think of a better, more deserving athlete than Meredith Willis. ~Christian Carter

KING'S COLLEGE

Jackie Ni

Throws

Junior

Jackie's personality and work ethic is a foundation for the throws group. His effort is always 100 percent. He bought in to the program and continues to improve in his events as well as the weight room. Jackie always pushes himself to the limits and continues to seek improvement. Jackie is one of the hardest workers at King's College.

~Bryonne Herring

KING'S COLLEGE

Sarah Zultevicz

Jumps/Hurdles

Junior

Sarah has worked extremely hard to improve her performance. She is a leader in the weight room, and on the track. Her drive for improvement is second to none. ~Bryonne Herring

LEWIS & CLARK COLLEGE

Morgan Taylor

Heptathlon

Senior

Morgan Taylor epitomizes the importance and benefits of strength and conditioning from her freshman year to her senior year. Her commitment to our coaching staff and programs have led Morgan to climb the Heptathlon ranking in the Northwest Conference. Her great work ethic, discipline, and attitude, all of which epitomize what the Lewis & Clark Strength and Conditioning Program is all about, resulted in Morgan statically improving year after year in every event of the Heptathlon. It has been a privilege to work with such an outstanding young woman. ~ Angela Dendas-Pleasant

LIPSCOMB UNIVERSITY

Ahmed Amaar

Senior

Ahmed captures every opportunity to improve not only his own physical capabilities in training but those of his teammates as well. He is an exemplary leader in the way he is able to receive instruction, mentor those around him, and relentlessly attack his training. Every coach who is blessed with an opportunity to work with athletes like Ahmed understand the value of someone who lifts others up and provides another voice in the weight room. His work ethic is evident both in the results of the weight room and on the track. ~Trey Kilgore

2020 — COLLEGE — TRACK AND FIELD

MCKENDREE UNIVERSITY

Tsitsi Mahachi

Triple Jumper, Long Jumper, and Sprinter

Senior

Tsitsi was a Second Team All-American as a Triple Jumper qualifying for both indoor and outdoor National Championships in 2019. Has won several GLVC Championships in the triple jump, long jump, as well as the 100m and 200m events. Was a member of the NCAA DII Outdoor Championship 4x400m relay team that earned fourth place in the nation with their 3:40.18 finish. In the weight room Tsitsi has been a very hard worker and coachable athlete. She is everything you look for coaching an athlete. Most importantly Tsitsi has been very successful academically, as she has been on the Dean's List (3.6 GPA or higher) for the past 5 semesters in a row. ~Guillermo Blanco

MENLO COLLEGE

Hannah Dumaine

Cross Country/Mid-Distance

Freshman

~Laura Patrick

MENLO COLLEGE

Logan Pine

Junior

Logan exemplifies leadership and hard work. He constantly pushes himself and others around him to exceed their goals and expectations. He also shows the mark of great integrity by fulfilling all his responsibilities in the weight room, on the track, and in the classroom.

~Jess Sayo

MENLO COLLEGE

Iaan Shodiss

Sprints

Junior

Iaan Shodiss is one of the hardest workers you'll find on the track and in the weight room at any given time. He is a student of the sport and possesses an eagerness to be challenged. He holds school top-10 marks in events ranging from the 60m all the way the 600m. He's one of those athletes that is asking great things of himself before his coaches even ask great things of him.

~Laura Patrick

2020 — COLLEGE — TRACK AND FIELD

MIDAMERICA NAZARENE UNIVERSITY

Ardeen Walker

Multi

Senior

I chose Ardeen because she is an incredible athlete but not only is she a good athlete, she encourages her teammates, is a great student and I have seen her progressively improve her performance as well as observed her work ethic improve dramatically in the weight room. She began her time at MNU as a shy athlete and is finishing a confident strong woman. She has been a big contributor to the 4th straight Women's Team Indoor Conference Championships and 2nd back to back Women's Team Outdoor Championships. She claimed 1st place at the 2019 Outdoor Conference in the 400m—56.52 & Long Jump—5.95m. At the 2019 Outdoor Nationals, Ardeen came in clutch and cleared the next height on her last attempt to move her into 3rd place. She couldn't complete her 3 attempts at the next height because she had to run to the start line for her 400m hurdle final. After almost 2 hours of high jump competition in the middle of the afternoon, Ardeen was able to run an even faster time than she did in the prelim. Her new personal best time of 1:01.4 landed her 5th overall for her first All-American honor in the 400 hurdles and second All-American honor of the outdoor season. The Women's team claimed a 12th place overall finish at the 2019 Outdoor Nationals. That is their top overall team finish since rebooting the program. At the Indoor 2020 Conference Championships Ardeen won first place in the 400m—56.91*, 600m—1:34.96*, Long Jump—5.52m^, and High Jump—1.65m^. She also anchored the 4x400m with a team time of 4:01.82 which is currently 6th in the nation! I'm excited to see how she will finish her senior year and then move on to her teaching career. I know her experiences will help her as she moves into her role as a teacher and coach. ~Whitney Rodden

ROCHESTER INSTITUTE OF TECHNOLOGY

Zach Darling

Thrower

Senior

Zach is one of our strongest overall student-athletes. His name appears frequently on our leader board and he is always seeking additional opportunities to demonstrate his strength. Zach approaches all aspects of training and preparation with a must win mentality. He frequently visits the weight room outside of training to discuss current/future programs, learn how to improve as a lifter and a thrower or just for casual conversation. His abilities and personality make him a great individual to coach and be around. Currently Zach has a Hang Clean of 275#, Front Squat of 415# and Bench Press of 335#. ~Ryan Kelly

SOUTH DAKOTA STATE UNIVERSITY

Oksana Covey

Senior

Proved to be a passionate individual about their training that demonstrated endless enthusiasm to their teammates. Those around them felt their commitment to training and lead by example through their dedication to perfection. ~Noah Meyer

SOUTH DAKOTA STATE UNIVERSITY

Sam Zenner

Senior

Sam Zenner is the ultimate student athlete, community member and team leader. His approach to life on a daily basis is infectious and his work ethic unmatched. Sam is more than deserving of this award. ~Andre McIntyre

2020 — COLLEGE — TRACK AND FIELD

STEPHEN F. AUSTIN STATE UNIVERSITY

Caitlin Lennon

Multi Events

Senior

Caitlin Lennon has helped the women's track and field team at SFA continue to be a dominant force within the Southland Conference. Caitlin shows great discipline and effort through the training process, and the consistency in her actions has truly paid off. Her competitive nature makes her an exceptional fit as a multi-event athlete and her drive to be her best has aided in the overall success of the track and field program at SFA. Her collegiate career best marks include:

200:	25.76
600:	1:28.14
800:	2:15.18
60 Hurdles:	9.17
100 Hurdles:	14.42
400 Hurdles:	1:01.79
High Jump:	1.62 Meters (5' 3.37")
Long Jump:	5.36 Meters (17' 7")
Shot Put:	11.39 Meters (37' 4.5")
Pentathlon:	3675
Heptathlon:	5039

These qualities that Caitlin possesses have led to an impressive collegiate career thus far, and will continue to lead to another productive year during her senior season. Additionally, these same qualities Caitlin possesses during training are seen in her academic career as well. Caitlin graduated with her Bachelor's degree in Accounting, and has begun her pursuit of a Master's degree in Professional Accountancy in her final year of eligibility. Caitlin's consistent and persistent effort to be her best on the track and in the classroom has opened the doors to many professional opportunities away from sport. Whatever endeavor Caitlin pursues, she has the necessary tools for success to last a lifetime. ~Dan Wenger

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

Yariel Matute

Sprints

Senior

Yariel has a long list of athletic accomplishments, including the 2019 WAC Athlete of the year for the WAC Indoor Championships. Yariel is a member of Track & Field National team for the country of Honduras, and currently holds Honduran national records in the indoor 200 meter dash, as well as, the outdoor 400 meter dash. Yariel has been a leader for the UTRGV Track & Field program in the weight room that constantly pushes all of his teammates to give their best every day. ~Eric Sparks

TRINITY UNIVERSITY

Androniki Defteraious

Heptathlete

Senior

Androniki has made an incredible commitment to growth and development in her time here at Trinity. She holds herself responsible to the highest standards, and this is reflected in what she has achieved in our program. We are grateful for these efforts and what it means to our program. ~Daniel Martinez

2020 — COLLEGE — TRACK AND FIELD

UNIVERSITY OF DETROIT MERCY

Kyri Jackson

Sprint, Hurdles, Decathlon

Senior

Since Kyri stepped on campus at Detroit Mercy, she has set an example for her teammates and fellow Titans. From day one, Kyri has fully committed herself to her improvement through strength and conditioning. That commitment has helped Kyri attain multiple top five league finishes throughout her career, highlighted by a 2018 heptathlon Horizon League Championship. She has also taken her success and leadership out of the weight room as a leading member of the Detroit Mercy Student-Athlete Advisory Committee, for which she was nominated President for the 2018-19 school year.

~Eric Davis

UNIVERSITY OF DETROIT MERCY

Eric Leduc

Throws

Senior

Eric has been a remarkable example for his teammates at the University of Detroit Mercy. Eric's work ethic, consistent positive attitude, and dedication in the weight room and in the ring has established him as one of the top weight and hammer throwers in Titan history. Eric has also transitioned his weight room habits in the classroom, graduating with a degree in computer information systems and pursuing his Master's degree.

~Ian Samuelson

UNIVERSITY OF HOUSTON

Nora Monie

Field Athlete

Senior

Texas relays discus champion 2108

Texas relays shotput champion 2018

https://www.tfrrs.org/athletes/5602144/Houston/Nora_Monie.html ~David Miller

UNIVERSITY OF NORTH DAKOTA

Adam Mehr

Throws

Senior

It has been a privilege to coach Adam and be a part of his athletic journey. He has dedicated himself to get better in the class room, in the throwing circle, and in the weight room his entire career. This dedication and commitment has led Adam to accomplish All-Academic Honors and All-Conference Honors in the Big Sky Conference. His throwing personal bests are 20.05m in the weight throw which is the school record, and 59.94m in the hammer throw which ranks him second in school history. Adam has been a great example to his teammates of what hard work and dedication can achieve. He has been a wonderful ambassador of not just effort in the weight room, but also that quality of training must be the highest priority. ~Alex McKee-Crow ~Alex McKee-Crow

UNIVERSITY OF NOTRE DAME

Summer Thorpe

Hurdles

Senior

Summer is an inspired athlete. When I started working with her a year ago, she had a quite confidence and determination to get the job done regardless of the task. I have watched her develop into a leader on the team and holding her teammates accountable. Just yesterday I saw her take time out of her workout to make sure one of her teammates was able to finish a pull up set that she had been hesitant to put effort towards. She understands that hard work breeds success, in and out of the weight room. It has led to her achievements as a track athlete, qualifying for the NCAA Outdoor Championships and racing her Junior Year. I am excited to see what this year brings for Summer and her leadership role on the team. ~Colleen Looney

2020 — COLLEGE — TRACK AND FIELD

UNIVERSITY OF SOUTHERN MAINE

Kayla Hoggard

Sprints/Jumps

Sophomore

Kayla has had a record setting indoor season in 2019 now owning school records in 55/60 and long jump. The latter event is also a qualifier for the upcoming NCAA championships. She has dramatically improved her lifts this year to help power her performances on the track.

~James Giroux

University of Tennessee at Martin

Brady Fry

Sophomore

As a freshman, Brady made his presence known by winning the 60 hurdles at the OVC Championships. Since then, he has added two OVC Conference runner-up finishes while battling through time lost due to sickness. Brady's approach to training and concern for performance both on the track and in the weight room is one of the highest standard. ~Chris Gillies

WEST TEXAS A&M UNIVERSITY

Valda Kabia

Sprinter

Senior

Valda has been an incredible athlete to work with. She is the type of person who isn't satisfied and always pushes herself to be better. This mentality has helped her add 10lbs to her 1RM Power Clean, 50lbs to her 1RM Back Squat, and 20lbs to her 1RM Bench Press. All the hard work she has put in has paid off for her tremendously on the track. She holds the schools 200 meter record for both indoor and outdoor, is a 4 time All-American, the 2019 LSC Indoor Outstanding Female Track Athlete, and helped in winning the 2018 NCAA D2 Indoor National Championship. I'm proud to nominate Valda for this award. ~Matt Segura

WEST TEXAS A&M UNIVERSITY

Tyler Pickens

Shot Put

Junior

Tyler is very dedicated when it comes to training and works hard every time he's in the weight room. He embraced the difficult off season training and pushed past limits that he didn't think he could. With his commitment to strength and conditioning he has added 75lbs to his 1RM Power Clean, 40lbs to his 1RM bench press and 175lbs to his 1RM deadlift. Due to his added strength he has become our best male shot putter and has added over 4 feet since his freshman year. His efforts in the ring aided in winning the 2019 LSC Indoor Track and Field Championships. He has also been nominated for the LSC Men's Field Athlete of the week. I am proud to nominate Tyler for this award. ~Matt Segura

WILLIAM WOODS UNIVERSITY

Megan Van Harn

Multi's, Shot Put

Senior

Megan Van Harn has been dedicated to our program from the first time she stepped into Weider Fitness Center. Few student-athletes work harder than she does. This has been infectious to many of our athletes. Megan appreciates being pushed and accepts trying various training methods. She has developed into a great multi-event athlete. She has qualified for nationals in multiple events on several occasions. She has finished 3rd in the nation in Heptathlon twice and is a many time NAIA All-American. She would have been able to graduate after the fall semester but choose to stay in order to train and compete with some of her teammates. Megan has been one of the best student-athletes I've had the pleasure to work with at William Woods University. ~Bob Jones

2020 — COLLEGE — TRACK AND FIELD

WINTHROP UNIVERSITY

Taryn DeLeon

Heptathlete

Senior

~Eli Foy

WINTHROP UNIVERSITY

Will Metcalf-Shull

Sophomore

Will's Dedication, not only to the sport of track & Field but also to the weight room, has laid the ground work for success. This success is demonstrated in his individual performances as well as in his ability to lead the team. Will is a role model within the weight room and leads by example during each session. ~Benjamin Abbott

2020 — COLLEGE — VOLLEYBALL

APPALACHIAN STATE UNIVERSITY

Emma Longley

Outside Hitter

Senior

Emma is one of the most talented athletes I have every had the pleasure of working with. Great on the court, in the weight room and in the class room. A true leader with a winning attitude and great work ethic. 135 Power Clean, 125 Bench Press, 185 Squat and 31.5" approach vertical jump. ~Anthony Glass

ARCADIA UNIVERSITY

Angelo Giuffrida

OPPOSITE HITTER/OUTSIDE HITTER

Senior

Angelo is a member of the Men's Volleyball Team and a Business Administration Major with a 3.2 cumulative GPA. He is a part of the first MAC Commonwealth Championship team. Angelo has reached Iron Knight 3 times, and has twice received the Male Strength & Conditioning Athlete of the Year award. Angelo has been an integral part our strength and conditioning program. Some of his accomplishments in the weight room this year include, 34 inch Vertical Jump, Bench Press 225x6, and Deadlift 515 x3. Through his hard work, dedication, leadership, and effort, he has continued to help raise the bar for all of the athletes in our program. ~Todd Barnes

ATHLETIC PERFORMANCE TRAINING CENTER

Abby Leigh

Hitter

Freshman

Abby continues to work hard to be the best college student-athlete she can be. ~Brian Lebo

AUGUSTANA UNIVERSITY

Mearah Miedema

Middle Blocker

Junior

Mearah's intense love for lifting and competition has made her a pleasure to work with. She holds team records in the vertical jump and approach jump. Mearah was named to the NSIC All-Academic Team in 2018 and 2019. Mearah's affinity for lifting will undoubtedly fuel her future endeavors. ~Andy Stocks

BLACK HILLS STATE UNIVERSITY

Peyton Bodemann

Middle Hitter

Sophomore

Peyton is one of the strongest female athletes' across the board. She always comes in with a great attitude and is ready to work. Peyton has learned how to push herself past her comfort zone to become a better player. ~Aaron Siekmann

BUFFALO STATE COLLEGE

Eimile O'brien

Outside Hitter

Senior

Emilie has easily been one of the hardest working athletes over her four years. She has single-handedly changed the training culture of her team while battling through injuries. She has also excelled in the classroom and been involved in our campus community in various roles. ~Nathan Young

2020 — COLLEGE — VOLLEYBALL

BUFFALO STATE COLLEGE

Eimile O'brien

Outside Hitter

Senior

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ENDICOTT COLLEGE

Mackenzie Kennedy

Libero

Senior

Mackenzie Kennedy was named Libero of the Year and 1st-Team All-Conference by the Commonwealth Coast Conference again this year. Followed by an AVCA All-American Honorable Mention nod, Kennedy has seen the dedication that she has put into strength & conditioning pay off. She recorded a conference-best 356 digs in the Fall season and averaged 5.53 digs per set. She had 20+ digs in 16 matches this year, topping out with 31 in a five-set match. Kennedy continues to demonstrate strong leadership and effort in the athletic performance center. She drives her teammates to be better and is well respected. Hang Clean: 175 lbs. Back Squat: 295 lbs. Bench Press: 140 lbs. ~James Daley

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digs in 16 matches this year, topping out with 31 in a five-set match. Kennedy continues to demonstrate strong leadership and effort in the athletic performance center. She drives her teammates to be better and is well respected. Hang Clean: 175 lbs. Back Squat: 295 lbs. Bench Press: 140 lbs. ~James Daley

HUMBOLDT STATE UNIVERSITY

Kayla Costello

Defensive Specialist

Senior

Kayla was one of the most dedicated and consistent athletes in the weight room during her career at Humboldt State. She set the example for the rest of her time every time she was in the weight room. Kayla's number in the weight room were a product of her hard work and dedication with a projected a high bar back of 245 pounds and power clean one rep of 185 pounds. Her numbers on the court were equally as impressive with over 175 digs and 2.12 digs/set. ~Anthony Ratto

HUMBOLDT STATE UNIVERSITY

Odelia Ryan

Outside Hitter / Defensive Specialist

Senior

Odelia was a tremendous leader in the weightroom and on the court. Her dedication and work ethic has set the tone for the volleyball program for the past several years; her presence is already missed. Odelia's numbers in the weight room were quite impressive with a projected 300 pound high bar back squat, and a 185 pound one rep clean. Her numbers on the court were equally impressive with 400 overall digs, and 4.37 digs / set! ~Drew Petersen

2020 — COLLEGE — VOLLEYBALL

HUNTINGDON COLLEGE

April Reese

OH

Senior

April has shown a high level of dedication to not only her training, but she has played an integral role in the development of the culture within our volleyball program. Her hard work, mindset, and leadership have provided our athletes an excellent example of how to maximize yourself in the training environment.

~Charlie Goodyear

IOWA STATE UNIVERSITY

Candelaria Herrera

Middle Blocker

Senior

I am honored to nominate Candelaria as an NSCA All American for the 2019 - 2020 school year. Candelaria is one of the most dedicated student-athletes I have had the pleasure of working with during my tenure as a strength and conditioning coach. She is always challenging herself in the classroom, on the court, and in the weight room and it has shown in her achievement on and off the court. Candelaria is not only a leader for the Iowa State University volleyball team by earning herself Big 12 honors, a member of the AVCA All-Midwest Region team, but she is also a member of the Argentinian National Volleyball team set to represent her country in the 2020 Olympic Games in Tokyo. We (Iowa State University Strength and Conditioning Staff) could not be more proud of Candelaria and the achievements she has accomplished. ~Tim Dombrowski

JACKSONVILLE UNIVERSITY

Mallory Mattingly

Outside Hitter

Senior

Mal is the definition of a leader by example. Her hard work and dedication on the court and in the weight room have elevated the entire team. She consistently comes in for extra work and makes sure she performs every task the right way. This year she has added over 5" to her vertical jump. ~Kaitlan Aries

JUNIATA COLLEGE

Morgan Edwards

Outside Hitter

Senior

Morgan's four years at Juniata College resulted in All American, Regional and conference awards, but her greatest contribution was her example of work and team commitment. These attributes were major factors in our Volleyball Programs success. ~Douglas Smith

JUNIATA COLLEGE

Joe Fick

Outside Hitter

Senior

Joe Fick has an outstanding work ethic in his training and is a great team leader. He is a team captain of the men's volleyball team at Juniata College and has achieved All-Conference - ECAC honors. ~Kristopher Bookamer

KING'S COLLEGE

Toni Galasso

Libero

Sophomore

Toni is a vocal leader with her team. She seeks to improve every time we train. She takes on the challenges I present to her and sees them through. Every week I push her to new limits and she never fails to exceed those limits. ~Bryonne Herring

2020 — COLLEGE — VOLLEYBALL

LAMAR UNIVERSITY

Erin Pequeno

Defensive Specialist

Senior

Erin Pequeno overcame adversity on an annual basis over her 5 year career. To see her triumph and fail repeatedly, yet continue to get back up and fight even harder again was a true inspiration to both her teammates and myself. Her efforts paid off as she had her best season in year 5 both from a performance standpoint and a health standpoint. Her personality is contagious and deep down inside is a fighter who will overcome any adversity that she will face now and in the future. ~Daniel Darcy

MENLO COLLEGE

JaNay Wooten

Setter

Junior

JaNay shows great leadership and discipline in sport and sport performance, which is what Menlo College look for in athletes. She is always on time and works hard in the weight room and is dialed in on her nutrition. JaNay is a standout athlete. ~Joshua New

PERU STATE COLLEGE

Claire Cudney

Outside Hitter

Senior

At 5'9", Claire finished the 2019 season at Peru State College being recognized as a NAIA-Daktronics Scholar Athlete, a Heart of America Athletic Conference (Heart) All-Conference Honorable Mention, and as an Omaha World-Herald All-Nebraska NAIA/NCAA D3 Volleyball Honorable mention. Claire finished the 2019 season as the team leader in kills with 310 and in digs with 458. For her career, she played in 345 games amassing 619 kills, 51 assists, 47 service aces, 1,110 digs, ten solo blocks, and 57 block assists. Claire's success on the court mirrors her commitment to the weightroom with a recorded

squat of 185, a clean of 135, and a 28 inch vertical. An elementary education major, Claire currently maintains a grade point average of 3.91 as a two-sport athlete (volleyball and women's basketball). ~Kyle Ryan

POINT LOMA NAZARENE UNIVERSITY

Jaime Cymbaluk

OH

Junior

Jaime has shown tremendous growth as a student-athlete throughout her first 3 years at Point Loma Nazarene University. In the weight room, her leadership shines brightest, as she consistently models the way for her teammates. Her approach to the weight room has shaped her into an outstanding role model for the younger athletes and has also landed her at the top of the leaderboard for numerous lifts. Additionally, she was entrusted with leading the team through warm ups prior to strength and conditioning sessions, practices, and games. Her dedication in this area is setting her up to have a tremendous senior season. ~John Abbatoy

PORTLAND STATE UNIVERSITY

Parker Webb

Outside Hitter

Junior

Parker missed an entire year due to injury. She stepped up in the weight room and transformed herself into a more durable productive athlete. Through her hard work in the weight room she was able to play all but one set her Jr. year. ~Frederick Scott Fabian

2020 — COLLEGE — VOLLEYBALL

RADFORD UNIVERSITY

Stephanie Neast

Right Side Hitter

Senior

Stephanie is certainly one of the strongest players I have ever coached. Her mild mannered personality was overshadowed by the strong numbers she posted on a daily basis in all our workouts. She had lots of physical issues she had to overcome, but never missed a single workout and continued to put herself on a different level than the rest of the team with her feats of strength, which when finished, she would simply turn with a dimpled, sheepish grin, shrug her shoulders and move on to the next task. Some of her more impressive feats are a 275lb front squat and a 185lbs hang clean after 12 sets.
~Scott Bennett

SAN FRANCISCO STATE UNIVERSITY

Jessica Haynie

Outside Hitter

Junior

Haynie has made a lasting impact on the San Francisco State Volleyball program. Haynie earned back-to-back All-CCAA nods after taking home Second Team honors a season ago. The junior was fourth in the CCAA with 0.43 aces per set, and her 41 total aces were third most in the conference. She is the first SF State student-athlete to receive All-CCAA awards in back to back seasons since 2015. In the weight room, she attends every practice with a positive attitude and determined work ethic. With these crucial attributes she has set multiple personal records in the weight room and performs as a top lifter on her team. Haynie is a Fall 2019 CCAA All-Academic Honoree and has maintained a place on the Dean's list at SF State, holding a cumulative GPA of 3.54. She in her final year of her Mechanical Engineering major.

~Ryan Durk

ST. MARY'S UNIVERSITY

Lindsey Kaufman

Setter

Junior

Lindsey's dedication to improving herself as an athlete has been phenomenal this year. Working on her own over the summer she came back in the best shape I've seen her in since I've been here. This is a testament to her work ethic, self-discipline and accountability. She followed that up by continuing to push herself through in-season and off-season training, and seemingly sets new PR's in our tests every week. She also puts in additional voluntary work on her days off to improve other areas she feels need work. Lindsey, a junior, maintains a 3.68 GPA. ~C.J. Richardson

UNC-CHARLOTTE

Hannah Sofie Perrens

Defensive Specialist/Setter

Senior

Hannah Sofie Perrens strives for greatness in all she does. Her dedication within the Weightroom, on the Court and in the Classroom allows her to stand out among her peers and earn their respect as a Leader. Her effort on a daily basis is unparalleled. The attributes mentioned as well as others, will assist her in what she has learned in the athletic realm and apply it to everyday life. ~John Patrick

2020 — COLLEGE — VOLLEYBALL

UNION UNIVERSITY

Laura Rose Gray

Middle Blocker

Junior

With her grit and competitive attitude, Laura Rose Gray epitomizes the all-American athlete. Laura Rose refuses to settle for "good enough," but instead looks for ways to improve herself, on and off the court. Her work ethic is evident to her coaches and teammates. Throughout a season riddled with difficulty, she found ways to succeed and to lead, in spite of any and all setbacks. Her devotion to the weight room, developing her strength and honing her skill, combined with an impressive season, displays Laura Rose's drive and commitment to excellence. With 113 kills, 60 total blocks, and 152 total points scored over the season, Laura Rose sets the bar high for her team and her conference. Moving beyond even her current accomplishments, she continues to improve, displaying that she truly is a force to be reckoned with.

~Jonathan Wilson

UNIVERSITY AT BUFFALO

Rachel Sanks

OH

Senior

Rachel demonstrated a strong interest and passion for strength and conditioning all year long. Her commitment and development in the weight room raised the standard for her teammates, and showed others what is possible. Having Rachel in a lift group was like having another coach on the floor during volleyball lifts. Even more impressive than her own development was her selflessness in brining others along with her.

~Sean Conaty

UNIVERSITY OF DELAWARE

Andie Hanus

Defensive Specialist/Libero

Senior

Andie has worked hard to accomplish her goals in the classroom, community, weight room, and on the court. She has used her time in the weight room to overcome injury and expand her abilities on the court. Hanus was a transfer to the University of Delaware and exhibits a contagious work ethic. She was the 2019 CAA Defensive Specialist of the Year and tallied over 1,000 digs in her collegiate career. She is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level. ~Chris Toland

UNIVERSITY OF LYNCHBURG

Lauren Stanford

Libero/Defensive Specialist

Senior

Lauren was a four-year staple in our Volleyball program. From her off-season efforts in the weight room to her leadership on and off the court, Lauren dominated all aspects during his time here Lynchburg. ~Ed Smith

2020 — COLLEGE — VOLLEYBALL

UNIVERSITY OF MICHIGAN

Paige Jones

Outside Hitter

Sophomore

Paige Jones, has continually 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 earning a starting role during both her freshman and sophomore seasons, along with leading the team in several playing categories. In addition, this past season she earned several honors to include Big Ten conference player of the week, AVCA All-North region first team, All-American third team, and All-Big Ten first team. Paige progressed in all areas of strength and conditioning, to include setting several personal records. Paige's leadership by example has been paramount in inspiring her teammates to achieve personal bests within the strength and conditioning program leading to new levels of physical preparedness. Paige 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. Paige's pursuit of excellence is also evidenced by her earning 2019 All-Academic Big Ten conference recognition.

~Michael Favre

UNIVERSITY OF MISSOURI-ST. LOUIS

Kylie Rudsinski

Opposite Side Hitter (Right Side)

Senior

Kylie is one of the hardest working athletes I've ever met. She gives her all day in and day out. She graduates ranking third in kills (1,243) and ninth in total blocks (295), including sixth in block assists (271). Her leadership in the weight room will be greatly missed.

~Josh McMillian

UNIVERSITY OF SOUTHERN MAINE

Lauren Delissio

Libero

Junior

Lauren's dedication to strength & conditioning has led to yearly improvements in her VJ and power indicators. Her consistent training example has helped other teammates embrace performance training. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

Jamie Jannarone

Outside Hitter

Junior

Since arriving on campus Jamie has helped lead the team on the court and off. Her improvements in strength & conditioning have helped her VJ and on court performance. She has become one of the stronger, most powerful athletes on campus. ~James Giroux

VASSAR COLLEGE

Kevin Ros

Outside Hitter

Senior

Kevin Ros is consistent and focused. It is not uncommon to see Kevin in the weight room four or five days a week year-round. Whether he is lifting or mobilizing Kevin brings a focus and dedication to every aspect of his training. This dedication sets him apart and has helped him develop into one of our most powerful student athletes. ~Alice Read

WAYNE STATE COLLEGE

Alyssa Ballenger

Junior

Alyssa excels in the weightroom, she recently did 20 consecutive pullups and cleaned 145lbs

~Kenneth Grant Darnell

2020 — COLLEGE — VOLLEYBALL

WAYNE STATE COLLEGE

Jaci Brahmer

Junior

Jaci has been a genetic elite since her first day at WSC, on top of that her drive and work ethic are unmatched and pushes all her teammates. She is a great example of what being s Wildcat means! ~Taylor Feenstra

WAYNE STATE COLLEGE

Maddie Duffy

Junior

Maddie is our strongest volleyball player. She recently has hit numbers of a 300lb deadlift and 150lb clean. ~Dakota Coon

WAYNE STATE COLLEGE

Haley Kauth

Senior

Haley's attitude and outlook are unmatched. Watching her develop athletically over her 4 years at WSC has been enjoyable, she will be greatly missed! ~Taylor Feenstra

WEST TEXAS A&M UNIVERSITY

Selena Batiste

Outside

Senior

Selena has played both setter and outside hitter during her career at WT. Her strength and power have allowed her to be extremely versatile on the court. Her lower body strength is impressive with a 275 pound front squat, 330 pound dead lift, 150 pound hang clean while still jumping 22.5 inches. And to show the balance of her upper body she comes in with a 180 pound bench press and 160 pound incline. Selena is a fierce competitor both on the court and in the weight room. She was a leader all four years either from the setter position, swinging from the outside or getting her teammates ready to conquer the next set. ~Sarah Ramey

2020 — COLLEGE — WATER POLO

UNIVERSITY OF MICHIGAN

Maddie O'Reilly

Junior

Maddie is a Junior attacker on the Michigan water polo team. Since her freshman year, Maddie's role in the pool has grown and developed but her desire and effort to be the best has been there from the start. She is very savvy, technical and detail oriented with her training and demands the best from not only herself, but her teammates also. She leads the team in almost every absolute and relative strength test we perform, with no sign of slowing down in her pursuit of success in and out of the pool. ~Ashley Jackson

UNIVERSITY OF MICHIGAN

Sofie Pontre'

Junior

Sofie is a Junior defender and 2020 captain of the Michigan Water Polo team. She has grown into her role as a leader, in and out of the pool, by putting in the work behind the scenes. Though sometimes the quiet type, leading by example, she tends to be the thermostat for the team's training sessions. She is methodical with her approach and makes sure she is doing her best work, every rep. She also holds the team to a high standard and asks for their best each day, and is not afraid to push them to their limits for the benefit of the whole. Sofie seeks understanding in her weaknesses and demands the responsibility for success, but never the credit! ~Ashley Kowalewski

2020 — COLLEGE — WHEELCHAIR BASKETBALL

THE UNIVERSITY OF ALABAMA

Rosalie Lalonde

Position 3

Senior

Rosalie is one of the hardest working and toughest athletes I have worked with in my career. She is always pushing herself to be better on the court and in the weight room and simply does not accept anything but the best from herself. In addition to her competitive spirit, she is also a fierce teammate. Rosalie is constantly encouraging her teammates while also leading them to be better. During her tenure at the University, she has helped lead the Crimson Tide to two National Championships. She is also a member of Team Canada Wheelchair Basketball where she was voted Junior Player of the year in 2015. Also, she represented her country in the 2016 Paralympics in Rio and led them to a gold medal at the Lima 2019 Parapan American Games. Rosalie is also a superior student. She is on pace to finish her bachelor's degree in Human Development and Family Studies in May 2020 with a 3.46 GPA. Rosalie is a respectable student, a remarkable athlete, and an outstanding individual. ~Will Wright

THE UNIVERSITY OF ALABAMA

Lindy Bridges

Position 2.5

Senior

Lindy is a hard-nosed, blue-collar individual and a pleasure to train. He is constantly pushing himself physically in the weight room and on the court and has earned everything in his athletic career. Lindy always brings a high positive energy to training sessions that is contagious amongst his teammates. Lindy has been an instrumental part of the two National Championships won during his time at the University and always finds a way to lead regardless of how his role may change. He is also a committed student who has completed his bachelor's degree at the university in Exercise and Sport Science and is currently working on a master's degree in Sport Management. Lindy's contributions to the university will leave a lasting impression for future generations and I am proud to have worked with him. ~Will Wright

2020 — COLLEGE — WHEELCHAIR TENNIS

THE UNIVERSITY OF ALABAMA

Lauren Haneke-Hopps

Senior

Lauren has impressed me with her dedication as a student athlete from day one. She always brings a strong positive energy to the weight room and is the first person to positively motivate her teammates. Lauren appreciates that her performance is a result of multiple parameters and is always pushing herself to be the best in each area. Lauren's dedication to strength and conditioning goes beyond the court and into the classroom where she is on track to finish her bachelor's degree in Kinesiology in May 2020 with a 3.79 GPA. She also plans to pursue her Masters in Kinesiology directly after. Lauren has helped lead the Crimson Tide to three National Championships and has been a team captain two years in a row. She won a Bronze Medal at 2016 World Team Cup and is currently a member of Team USA Wheelchair Tennis. Overall, she is an incredibly selfless teammate and a remarkable leader. ~Will Wright

2020 — COLLEGE — WRESTLING

AUGUSTANA UNIVERSITY

Regan Bye

Senior

Recipient of the NCWA Academic All-American team. Was part of the NSIC All-Conference Team. Awarded the Dean's Food Athlete of the Month. Regan has amazing leadership skills and incredible work ethic. He was a pleasure to coach and I wish him the best of luck in his future endeavors. ~Michael DiClementi

IOWA WESTERN COMMUNITY COLLEGE

Melvin Hernandez

Weight Class: 149lb

Sophomore

Melvin Hernandez is the definition of a complete student-athlete. Academically, he holds a 4.0 GPA while also hosting team study halls in his dorm twice a week. He demands excellence from himself and his teammates, exemplifying true leadership. Athletically, he's ranked as one of the best 149lb wrestlers in the country and is on the hunt for an individual national title come March! Melvin's intensity and relentless desire to get better uplifts every athlete around him to do the same. Whether it's during strength training, drill sessions, or in the classroom; Melvin holds himself to the highest standard possible. ~Dakota Moran

ITHACA COLLEGE

Ben Brisman

141 / 149

Senior

Ben is a great standard for commitment and consistency. His success is due to repeated efforts day in and day out. Named to both the National Wrestling Coaches Association (NWCA) and Empire Collegiate Wrestling Conference (ECWC) All - Academic Teams, Ben excels on and off the mat. Persistent in pursuit of excellence, Ben became the wrestling programs 12th NCAA Individual National Champion. ~Victor Brown

MARYVILLE UNIVERSITY

John Anderson

Senior

John is an outstanding student, athlete, and leader. John shows a great deal of pride and leadership in the weight room and has used it to greatly excel in his sport. He has been able to overcome several injuries in his career and has used strength and conditioning to help return to a high level of performance. John is a model student athlete and a perfect example of who you would want as a leader on the team and in the weight room. ~Jake Fitts

MENLO COLLEGE

Tiana Jackson

Junior

Tiana shows outstanding qualities of leadership, hard work, and accountability. Her work ethic is undeniable as she prides herself on becoming as strong as possible. Tiana shows up early and stays late, without complaints, and ensures that her entire team follows the same example. She holds herself and her teammates to a higher standard, and it shows through her achievement as All-American and the team winning National Championship honors. ~Jess Sayo

MENLO COLLEGE

Blaysen Terukina

Junior

2019 All American and he is Conference winner at 133 weight class ~Sam Burciaga

2020 — COLLEGE — WRESTLING

MILLIKIN UNIVERSITY

Bradán Birt

165lb

Junior

Bradán has been devoted to school and wrestling for his entire high school and collegiate career. His hard work in the classroom, weight room, and wrestling room is contagious and is on display in his personal and the team accomplishments. Already a 1-time Scholar All American, 2-time All American, and 2-time individual CCIW Champion, this season he lead Millikin Wrestling to its first team conference championship in school history and he is hoping for a run at the National Championship at 165lbs (currently ranked 5th nationally). ~Ben Clawson

SAN FRANCISCO STATE UNIVERSITY

Maximillian Schneider

Junior

Schneider is currently ranked No. 4 in the nation, at 157 pounds, for the No. 13-ranked San Francisco State wrestling team. The Chicago native was named RMAC Wrestler of the Year and selected for the All-RMAC First Team. He posted an incredible perfect 18-0 regular season record, including 14-0 in duals. Schneider has notched a total of 12 pins this year, including 11 in the first period and six in the first minute of action. His impeccable season began with his hard work and dedication in the weight room. Here Schneider leads by example, takes initiative, and can be seen pushing himself during every lift, regardless if the focus is on strength or technique. Schneider demonstrates that belief in oneself, dedication, trust in the process, and passion for a sport can lead to success. ~Ryan Durk

UNIVERSITY OF DUBUQUE

Jevontea Yarbrough

141lbs

Senior

Jevontea is a standout athlete on and off the mat. He has put his efforts to work in the weight room which have translated tremendously to the mat. Jevontea is highly

respected by his teammates and is a leader who is an excellent example for his team. During the current wrestling season, Jevontea led the team in overall wins, during the first semester. Jevontea represents the University of Dubuque with a great work ethic, phenomenal effort, and outstanding attitude. He has bought in to our philosophy and knows that better never stops in all areas of life. Bodyweight 148lbs, hang clean 1RM 245lbs, bench press 1RM 200lbs, back squat 1RM 315lbs, pull-ups 26 ~Nate Hansen

UNIVERSITY OF MICHIGAN

Jack Medley

125lb Weight Class

Junior

Jack Medley, a redshirt sophomore wrestler, has continually progressed his leadership in 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 both his physical preparation and wrestling, have been instrumental in earning the starting spot on the team at 125lbs, along with all the numerous personal records he established this past off-season. His personal bests include 315lb deadlift, 210lb bench press, 160lb power clean, 30 pull-ups and an 8:09min 1.5-mile run, all while being in the 125lb weight class. In addition, he smashed the team push-up record with an amazing 300 push-ups without rest. Jack's leadership by example has been paramount in inspiring his teammates to achieve personal bests within the strength and conditioning program, leading to new levels of physical preparedness. Jack 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. Additionally, Jack earned the University of Michigan Academic Achievement Award and Academic All-Big Ten conference recognition as a School of Kinesiology major this past year, further demonstrating his dedication to excellence. ~Katlyn Haycock

2020 — COLLEGE — WRESTLING

UNIVERSITY OF MICHIGAN

Mason Parris

Heavyweight

Sophomore

Mason Parris, a sophomore wrestler, has continually progressed his leadership in and commitment to strength and conditioning, along with the wrestling program as a whole, leading to him being named a team captain for the 2019-20 season. His dedication, positive attitude, attention to detail and relentless effort to both his physical preparation and wrestling, have been instrumental to him not only earning the starting spot on the team at heavyweight, but also in winning the 2019 Freestyle Junior World Championship in the 125kg weight class. Among his numerous personal bests this year is setting the team all-time Clean record at 345lbs. Mason's leadership by example has been paramount in inspiring his teammates to achieve personal bests within the strength and conditioning program leading to new levels of physical preparedness. Mason has repeatedly earned the respect of the coaching staff and his fellow teammates due to his willingness to rise to any challenge in order to make Michigan Wrestling successful.

~Michael Favre

2020 — HIGH SCHOOL — BASEBALL

ATHLETIC PERFORMANCE TRAINING CENTER

Tim Baird

Pitcher

Senior

Tim is extremely dedicated and a hard worker. His achievement drive will serve him well as a college student-athlete, and beyond. ~Brian Lebo

ATHLETIC PERFORMANCE TRAINING CENTER

Brady Maciak

Outfield

Senior

Brady is a hard worker and role model who will continue his education and baseball career in college. ~Brian Lebo

ATLANTIC COUNTY INSTITUTE OF TECHNOLOGY

Tony Santa-Maria

Shortstop

Senior

Tony is constant presence in the weightroom as a leader and a positive influence for the younger athletes. He has a great attitude and is always open to suggestions and constructive criticism when it comes to learning new exercises or adjustments in his program/nutrition. Tony has Benched 205lbs, Cleaned 235lbs, Squatted 340lbs, Deadlifted 420lbs, and has a 30.6" vertical using a force plate. Tony is destined for success in whatever he chooses to do because of his dedication to academics, the weightroom, and baseball. ~Vincent Mahoney

BRIDGTON ACADEMY

TJ Keefe

C

Senior

TJ brings a tremendous amount of effort, but also charisma to the weight room. He is working hard, just as much as he is smiling or helping out another teammate through the lift. In my short time knowing him, I have watched him grow to appreciate his own accomplishments, and the ones of those around him. ~Sam Sahl

CATE SCHOOL

Kevin Morales

Junior

Kevin quietly and methodically gets his work done every day he is in the weight room. Coaches often preach about being good at the little things. Well, Kevin is a testament to the validity of that approach. Without fanfare, he listens to instruction and diligently applies himself until he's able to perform what it is we've asked him to do. The amount of focus and attention to detail he displays is impressive. As a result, he is a pillar to the culture of our program and we're proud to nominate him for this award. ~Erik Hansen

DOBYNS-BENNETT HIGH SCHOOL

Derek Thurston

1st Base

Senior

Derek transformed himself during his high school tenure. His leadership and enthusiasm have been contagious throughout the baseball team. He has become one of our strongest athletes and it has all come down to the effort he put into making himself the best possible player he could be. ~Zack Fleming

2020 — HIGH SCHOOL — BASEBALL

GEORGETOWN PREPARATORY SCHOOL

TJ Williams

Center Fielder

Senior

As far as athletes go, TJ has been one of the hardest workers I have been around. His level of intensity and dedication to his craft has left the place better than he found it. ~Eamon O'Liddy

LAKE CENTRAL HIGH SCHOOL

Doug Loden

Infield

Senior

Doug is an outstanding young person. He has a great personality and well respected by both students and staff. Doug is a pleasure to have in classroom as well as the weight room. Doug is always willing to put in extra time to get better and to help his teammates to get better. His dedication and determination have allowed him to be one of our most consistent baseball players. ~Thomas Halterman

LAMOURE HIGH SCHOOL

Tate Mart

3B/SS

Freshman

Tate epitomizes humility combined with an exceptional work ethic. He does everything at such a high-level -- never makes excuses, always strives to get better, and excels on the baseball field. Working with Tate as he's contributed to a few state tournament babe ruth teams (including a state championship) and started for the school's varsity baseball team the last couple years has been a pleasure. He's as committed and consistent of a high school athlete as I've been around. ~Tyler Thielges

SAINT FRANCIS HIGH SCHOOL

Max Porter

Outfield

Senior

Max's dedication to improving his athletic ability by using strength & conditioning is second to none. In each movement we track he is by far the leader across all sports. We are excited to see his hard work and preparation put to use on the baseball field this spring. ~Jake Siebert

SOUTHSIDE CHARTER HIGH SCHOOL

Braden Jones

Pitcher

Senior

Braden has been a leader in our S&C program the last several years he is a multi sport athlete who has developed tremendously over the course of several years. He has been an asset to our baseball program as they have developed their S&C Program. ~Deerick Smith

ST. JOHN'S COLLEGE HIGH SCHOOL

Dylan Winebrenner

Catcher

Senior

Dylan has truly shown what hard work and training can do for athletic performance. He has constantly looked to get better every practice and workout session. As a team captain, he leads by example and has earned the respect of his teammates. He has also shown high level skills in the weight room, which has helped him behind the plate commanding the field. He will continue be a great athlete as he moves on to play Division 1 baseball next spring. ~Brandon Remalia

2020 — HIGH SCHOOL — BASEBALL

ST. LAURENCE HIGH SCHOOL

Edwin Alvarez

Inf

Senior

Edwin is a true leader both on and off the field. Edwin had the biggest gain in the weight room this off-season going from a 355 pound squat to a 475 pound squat and also having the highest bench on the team. You can often see Edwin staying late working on his hitting and fielding. Edwin is a great kid who works hard each day. It has been a pleasure working with him for the last two off-seasons. ~Brad Leshinske

THE PEDDIE SCHOOL

Patrick Cettina

Catcher

Senior

Patrick made leaps and bounds this year in the weight room, transforming himself into a college baseball player during his four years in the weight room. As a catcher, Patrick knew he had to improve his leg strength. He accomplished that with Hex Bar Deadlift: 475 lbs, YOKE Bar Split Squat: 315 lbs, and YOKE Squat: 405 lbs. He was also a leader within his lifting group, a senior captain of the baseball team, and a fitness captain in the weight room. On the field last year, he was 1st Team All League, All Prep State, and All Area. He also a strong student in the classroom.

~Mike Volkmar

THE WEBER SCHOOL

Slaide Naturman

Catcher

Junior

Slaide is the star example of an athlete's increased performance on the field through dedication in the weightroom. Slaide came into the strength training program with a goal of gaining lean mass to improve his performance on the field and condition his body to help avoid non contact injuries. In 10 weeks Slaide was able to put on 6 pounds of lean mass and increase his arm strength allowing him to throw at a higher velocity than he had ever experienced before. Playing the position of catcher, Slaide has become a dominant defensive player and a true threat to all runners on the base path. Slaide has also set a positive example in the weightroom and influenced his teammates to work harder and push themselves as well. ~Jessica LaGala

TOPSPEED STRENGTH & CONDITIONING

Robert Moore

Second Base

Senior

Robert Moore is one of the top baseball players in America and a true testament to what hard work can achieve. As a freshman he boasted a vertical jump of just 18 inches, by the start of his senior year that number would be more than a foot higher at 31.4 inches. He was one of the most consistent athletes I have ever come across in all my years of coaching. His hard work wasn't limited to just work in the weight room either, he also turned himself into best players at his position, earning a ranking as one of the Top 20 high school players in the nation before foregoing his senior year to go start at second base for the University of Arkansas as a 17 year old. Then as if that wasn't impressive enough he was also named SEC Player of the Week and National Player of the Week in just his second week of college baseball.

~Joseph Potts

2020 — HIGH SCHOOL — BASKETBALL

ARDREY KELL HIGH SCHOOL

Meghan Rogers

Point Guard

Senior

Meghan has excelled in the weight room and on the court. She always gives great effort and is the leader you look for in a program. Her work in the weight room has helped her to excel on the court where she is the school record holder in assists for a single game, single season, and career. ~Brian Bosman

ATHLETIC PERFORMANCE TRAINING CENTER

Kendall McCormick

Guard

Junior

I have had the pleasure and privilege of working with Kendall for the past six years. Not only is she a hard worker in the weight room and talented basketball player; she is also an amazing young lady. ~Brian Lebo

BROOKINGS HIGH SCHOOL

Johanna Miller

Post/wing

Senior

Johanna is a natural leader on and off the court. She has the uncanny ability to get the best out of her teammates, even when the stakes are down. Johanna has played an integral part in the high number of female participants in our program. Johanna will excel at the next level as will compete in basketball at Augusta. ~Kerry Brown

COACH ROZY PERFORMANCE

Matthew Mors

Forward/Post

Junior

This is Matthew 3rd Year being nominated as an NSCA All-American. He has used strength and conditioning to elevate his performance in all areas of basketball - as well as being a stand out in Baseball and Track. Some of his accomplishments this year are:

Verbally committed to play Division 1 Basketball at the University of Wisconsin on September 29, 2019.

Also received Division 1 Basketball Scholarship offers from Creighton, South Dakota State University, University of South Dakota, Texas Christian University, University of Nebraska, University of Iowa, Iowa State University and University of Colorado.

2019 Yankton Press & Dakotan's Boys Athlete of the Year.

2019 Yankton High School Boys Track Team Most Valuable Athlete.

2019 South Dakota Boys Basketball Gatorade Player of the Year.

2019 South Dakota Class AA All-State Team.

2019 Class AA All-Tournament Team.

2019 All ESD Conference Team.

2019 Midco Sports Network – South Dakota Class AA Boys Basketball Player of the Year.

2019 Argus Leader – South Dakota Boys Basketball Player of the Year.

2019 Argus Leader First Five for South Dakota Boys Basketball.

2019 Argus Leader Sports Awards Finalist for South Dakota Boys Basketball Player of the Year.

2019 Sanford Pentagon/KELOLAND Media Group Finalist for South Dakota HS Boys Basketball Player of the Year.

2019 Yankton High School Basketball Team Most Valuable Player.

2019 National Strength & Conditioning Association All-American nominee in the sport of Basketball.

2019 (January 3-10) Awarded Midco Sports Network Game Ball for player of the week in SD.

2018 South Dakota Class AA All-State Team.

2018 Class AA All-Tournament Team.

2018 All ESD Conference Team.

2018 Midco Sports Network – South Dakota Class AA Boys Basketball Player of the Year.

2018 Argus Leader – South Dakota Boys Basketball Player of the Year.

2018 Argus Leader First Five for South Dakota Boys Basketball.

2020 — HIGH SCHOOL — BASKETBALL

2018 Argus Leader Sports Awards Finalist for South Dakota Boys Basketball Player of the Year.

2018 Sanford Pentagon/KELOLAND Media Group Finalist for South Dakota HS Boys Basketball Player of the Year.

2018 South Dakota Boys Basketball Gatorade Player of the Year Finalist.

Member of 2018 Sanford Pentagon/KELOLAND Media Group's South Dakota HS Boys Basketball Team of the Year.

2018 Yankton High School Basketball Team Most Valuable Player.

2018 National Strength & Conditioning Association All-American nominee in the sport of Basketball.

2017 South Dakota Class AA All-State Team as an 8th Grader. First ever 8th Grade Boy to be selected to the SD Class AA All-State team. ~Mark Roozen

COACH ROZY PERFORMANCE

Madison Wuebben

Senior

Madison has been a stand out athlete in three sports over her high school career, in Soccer, Basketball and Track. She has a college scholarship to continue to play basketball in College at University of Sioux Falls. As a Sophomore, in basketball Madison was All Conference ESD, Offensive Player of the Year, Team leader free throw percentage 85%. As a Junior she was All Conference ESD, Offensive Player of the Year and All State. As a Senior, she helped lead the team to the ESD Conference Champions going 8-0, 3rd on Yankton High all time scoring list, featured in the Hansen-Anderson BB preview, Invited to play in the SD All Star game - postseason, holds the Yankton High School--Game/Season/All Time Total for 3 pointers, Team Captain, Team Leading Rebounder, total points this year and last year, Invited to play with the AAU North Stars. Played for two years, 4 year Letter Winner. In Soccer, she was All ESD Conference, All State, Most Improved, ESD Conference Champions, State Champions, 5 year Letter Winner (8th grade thru 12th). In TRACK Madison, in her Junior year Track letter winner all 4 high school seasons, Placed in the Long Jump at the State Meet (7th).

Madison has been using strength and conditioning to help improve her performance in all her sports with consistent training and hard work.

~Mark Roozen

CORE FIT

Josephine Howery

Point Guard

Senior

Josephine Howery is the embodiment of dedication, consistency, and relentlessness in the pursuit of her goals in her sport, as well as her life. She is not only an excellent basketball player, outstanding student, and an all around good person, but she is an ambassador to the game of basketball by virtue of her humble nature and cheerful demeanor in her relationships with her coaches, teachers, peers, and the public. Josephine's basketball accomplishments are too numerous to list, but highlights include: USA Today Basketball All-American, Colorado 3A Player of the Year, 2x Colorado 3A State Champion ("18,"19), school record 41pts in a game, and over 1500 points amassed in under 4 seasons. She is also an honor roll student, and going to play basketball at The Colorado School of Mines on a full scholarship. Josephine is just as dedicated to and enthusiastic about her weight training as she is basketball, and her weight room record is impeccable to say the least. She was awarded the NSCA Strength and Conditioning All-American Award in 2019 and at the end of 4 years in the Core FIT training program she will have accumulated over 550 training sessions, and has the strength numbers to illustrate her commitment. Josephine is not only an All-American in the weight room and on the basketball court, but she is an All-American in her life. ~Cass Barrett

2020 — HIGH SCHOOL — BASKETBALL

DOBYNS-BENNETT HIGH SCHOOL

Braxton Kulbacki

Post

Senior

Braxton dedicated himself to becoming the best he could become and it shows in the way he improved over his time at Dobyns-Bennett. He is an example what hard work can do to improve performance. He is an outstanding young man and is going to make a great impact in this world. ~Zack Fleming

GALLUP HIGH SCHOOL

Jordan Hanley

Senior

The leadership you possess on the court and in the weightroom describe the athlete you want to be. Having an open mind to whats to come is your biggest advantage in life, but most importantly following every detail to its finest point is where I see leadership. Thank you for letting me be your strength & conditioning mentor as you go forward into college and athletics. ~Travis Ashley

LUDINGTON AREA SCHOOLS

Katie Mesyar

Guard

Senior

Katie Mesyar is a great example of an athlete that consistently pursues excellence. Katie has earned a scholarship to Mid Michigan College to further her education and play basketball next year. On literally hundreds of invisible mornings before school you would find Katie strength training or fine tuning her basketball skills at LHS during her high school career. She has transformed herself into a strong and explosive athlete through her relentless and continuous efforts to do what others are not willing to do. Katie is a person of great character as well. As a multi sport athlete involved in several LHS organizations, she has maintained active membership in the National Honors Society. Katie is a compelled teammate. ~Rich Kirby

MARQUETTE UNIVERSITY HIGH SCHOOL

Samuel Capper

Power Forward

Senior

Sam Capper is a great asset to our strength and conditioning program, our school, his team, and all those around him. Throughout his high school basketball career, he has committed himself to improving as a basketball player on the court and a better athlete in our weight room. The improvements that he has made physically are a direct result of the consistency over four years and the intensity with which he has attacked his workouts. In addition to the gains Sam has made, he has helped others along the way and been a pleasure to coach. He is a leader in athletics, the classroom, and the community. This has been shown through the contributions made to the basketball team, achieving high honor roll, and performing service to the community. We wish him success as he moves on and continues to pursue his goals. ~Michael Duehring

MARSHALL SPORTS MEDICINE INSTITUTE

Jaemyn Brakefield

SF/PF

Senior

Jaemyn Brakefield is not only ESPN Class of 2020 #24 player in the nation, Duke commit, 3.0+GPA student, but a workhorse in the weightroom. Jaemyn for the past 2 years working with me has easily learned proper movement patterns for complex lifts and has the dedication to come in for 6AMs or post practice 9PMs. Brakefield works just as hard, if not harder, off the court as he does on the court. His understanding that nutrition and strength training is a big piece of success in basketball is why he has been named 2-time WV Gatorade Player of the Year and committed to ACC powerhouse Duke; and why he will excel at the next level. ~Kevin Brooks

2020 — HIGH SCHOOL — BASKETBALL

NOTRE DAME ACADEMY

Ashley Lemens

Guard

Senior

While being a three sport athlete, Ashley Lemens still finds a way to get into the weight room consistently all year round and is the strongest female athlete in the school. Her dedication to her training has contributed a lot to her growth in athleticism over the years and makes her a key contributor to all three sports she participates in. ~A.J. Giovanetti

PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

Ryan Bart

Guard - Team Captain

Senior

Ryan Bart is one of the most dedicated athletes with whom I've had the pleasure of working. His year-round commitment to strength and conditioning has become a model for younger players to emulate. A three-year member of our varsity basketball team, Ryan's physical strength and work ethic has allowed him to have a remarkable basketball career. I am proud to have been his Strength & Conditioning Coach. ~Todd Johnston

SOUTHSIDE CHARTER HIGH SCHOOL

Olivia Allen

Sophomore

Olivia has been a tremendous worker in our girls S&C program and is not only a leader for the girls but for our school and athletic development program as a whole. She never missed one session in the summer and always asked to do extra. She has been instrumental in the girls basketball team turning their program around this season. ~Deerick Smith

VIKING PERFORMANCE TRAINING

Fletcher Hartsock

Senior

Fletcher is a weight-room transformation come to life. A 6' 6" beanpole when he began weight training, Fletcher added 30 pounds of muscle to his frame over the next year and a half and is now recognized as one of his formidable basketball team's top threats as the inside man. Fletcher's intensity and commitment to training year-round have also made him fearless in the paint, willing to go up against anyone to take control of the court. ~Jerry Handley

VIKING PERFORMANCE TRAINING

Carson Poffenberger

Junior

Carson is a perfect example of how long-term, consistent effort in the weight room continues to improve performance and confidence. Training with us since the summer before his freshman year on a high-performing high school team, Carson has emerged in his junior season as one of the team's leaders and top players, using his strength and body to continue pushing the pace and taking control for his team. With another year of development ahead of him in high school, Carson will surely be something to watch due to his relationship with the weight room and hard work. ~Jerry Handley

2020 — HIGH SCHOOL — CHEERLEADING

JOPLIN HIGH SCHOOL

Hannah Shepherd

Senior

Hannah has been instrumental in leading the way for the women's powerlifting team at Joplin High School. She placed 3rd in the State Powerlifting Meet with lifts of 185 lbs in the bench press, a 360 lb. squat and a deadlift of 285 lbs. Hannah is also a two-year letter winner with the Cheerleading program at Joplin. Hannah's athletic accomplishments are only overshadowed by her work in the classroom. She has served as a Cadet Teacher going into the elementary schools to assist in mentoring young students. Hannah understands the value of commitment and isn't afraid to make the sacrifices necessary to see her commitments through. ~Michael Lawrence

THE WEBER SCHOOL

Izzy Wachter

Flyer

Freshman

Izzy is a first year cheerleader who came in with a dynamic smile and a work ethic like no other. Her dedication to her craft became readily apparent to her teammates and coaches as she continuously worked throughout the season on both her stability and strength. Izzy noticed that as a flyer, she needed to improve her strength and stability during stunts. She constantly asked for ways to improve this. Izzy quietly worked on her own time as well as off to the side during practice to constantly improve. By the end of the season her teammates and coaches all saw dynamic improvement. She was able to advance to more complicated stunts all through the work that she put into her strength program. ~Jessica LaGala

2020 — HIGH SCHOOL — DIVING

THE OHIO STATE DIVING CLUB

Noah Duperre

3 Meter/Platform

Senior

Noah Duperre is, by most measures, a highly accomplished diver. Over his career he has (according to USA Diving's website): Placed in the top ten in 18 national events, finished top ten at 7 international events, and he has committed to dive collegiately at the University of Texas at Austin. As a strength coach, the most noticeable aspect of his training efforts, however, is the way he has utilized his conditioning time over the past year. At the start of last season, Noah had a promising season ripped away from him as a diving injury busted his left foot severely enough to result in surgery and a premature end to his season. Rather than allowing despair and resentment set in, however, Noah turned all his focus into finding ways to progress his conditioning despite his limitations. Seeing the way that he took ownership of his recovery and progression, on top of working on what he could control, Noah took advisement from the Strength staff and his physical therapist and used it to maintain focus and prepare for a triumphant return to the sport he loves. I feel that Noah took massive strides in his personal desire for improvement, and ended up a better athlete and person for it.

~Clayton Miller

2020 — HIGH SCHOOL — FIELD HOCKEY

REACH YOUR POTENTIAL TRAINING

Shannon Tringola

Senior

Shannon is a highly dedicated athlete and displays a high level of discipline throughout her daily life. She is committed to being the best at her position and sport and this can be seen through her training habits in the weight-room and on the practice fields. Not only does she train year round but she volunteers her own time after training to help train the younger athletes to learn more about the WHY behind the program. Her on going and building attitude to learn and grow within strength and conditioning helps her to be a top level athlete in New Jersey. Gaining honors, all shore, all decade ,and breaking numerous records at her high school shows the kind of committed, consistent , and dominate athlete she is. ~Jacob Ruch

THE PEDDIE SCHOOL

Gianna Metzger

Midfield

Senior

Gianna is leading the way for our school's first Powerlifting club. She is wonderful example for other girls in the weight room and is constantly reaching out to help the younger girls. She has been part of the field hockey team the last 4 years. She was injured mid-season this year and has built herself back up through powerlifting. She always looking to get better, learning from each rep. She certainly has a great love of the iron. Her best lifts so far this year are a 215 lbs Back Squat, a 105 Lbs Bench Press, and a 240 Lbs Deadlift. Gianna is also a strong student in the classroom. ~Mike Volkmar

2020 — HIGH SCHOOL — FOOTBALL

ATHENS ACADEMY

Kurt Knisely

DB; RB

Senior

Kurt demonstrates the gold standard for Athens Academy's Strength and Conditioning program. His dedication to consistent training, servant leadership, drive and competitive nature contribute to his success on and off the field. As one of the strongest pound for pound athletes to come through our program, Kurt's athletic ability is extremely impressive, but it's his attitude, character and effort that have enhanced his talent and allowed him to develop into the well respected student athlete he is today. Our program's goal is to maximize each student's genetic potential; Kurt has made our job easy in this endeavor, and I am forever grateful for the opportunity to coach this Spartan. Kurt will continue his football career at the University of Georgia. ~Bryan Pulliam

BRIDGTON ACADEMY

Wellington Pereria

LB

Senior

An athlete and teammate that leads without words. Wellington's actions speak volumes for his prowess in the weight room and on the field. In addition to his character, his hard work in the realm of strength and conditioning has earned him many advancements in his own personal fitness. I have no doubt that with his work ethic (and choice of weight room music) he will be cheshired as an individual and teammate as he continues onto his collegiate career. Bridgton Academy feels fortunate to have had Wellington Pereria move through our doors! ~Sam Sahl

BROOKINGS HIGH SCHOOL

Caden McKeown

Linebacker, Special teams

Senior

Caden is a young man that lives his life to the fullest, both on and off the field. He leads by example, always puts his best foot forward, and is dedicated to helping those around him become a better version of themselves. Caden's heart was a big piece of our state runner up football team this last fall ~Kerry Brown

CATE SCHOOL

Will Bouma

Quarterback

Sophomore

In my experience as a high school strength coach, humility is one of the most impactful traits in a teenage boys' training regime because of the unfortunate (false) social messaging they receive that their identity as "men" is in some way dependent their athletic performance. This makes the weight room space tricky because more likely than not, they over-estimate their abilities and take instruction as a criticism of their masculinity which often spirals downward into a fixed mindset, crippling their potential to grow and learn and perform better. However, Will has managed to overcome that process entirely with his humility. Even in the moments, I can tell it's frustrating for him to go down in weight in order to master form, he's able to regather himself, accurately categorize the instruction as instruction (not criticism) and move towards bettering himself as an athlete. He is on a great trajectory and has developed into a role model in the weight room. ~Erik Hansen

2020 — HIGH SCHOOL — FOOTBALL

CEDARBURG HIGH SCHOOL

John McFadden

Defensive Line

Junior

John is the definition of hard work; his passion to succeed is unmatched. With his work ethic and attention to detail in the weight room, on the field and in the classroom, he has proven himself to be a leader amongst his teammates. John is extremely committed and dedicated to his pursuit of excellence. Through his hard work, John was named 1st Team North Shore Conference Defensive Line this past fall and has continued his pursuit of excellence this offseason in the weight room.

~Jon Verdegan

COACH ROZY PERFORMANCE

Kyle Hirsch

Running Back - Corner Back

Sophomore

Kyle is a three sport athlete competing in Football, Basketball and Track. As a sophomore this year, and over the last 2 years playing varsity football, Kyle has an average of over 5.8 yards per carry, 10 TD's, and over 2,000 all purpose yards. On defense, he has recorded 66 tackles, 6 for loss, 4 interceptions, 2 forced fumbles and 3 fumble recoveries. On the basketball court, Kyle, this season, has gotten 103 rebounds as a point guard along with his 44 steals in 18 games with a 11 point per game average. He is a sprinter on the track team. In the weight room, Kyle improved his squat from 280 to 350 lbs in the summer off-season, dropped his pro-agility from a 4.63 to a 4.3, his 40 sprint from a 4.98 to a 4.78 and improved his vertical jump from a 25 to a 28.5 inch vertical, at a body weight of 160 lbs. ~Mark Roozen

DOBYNS-BENNETT HIGH SCHOOL

Jet Harris

Linebacker / Fullback

Senior

Jet is one of the most hard working, dedicated individuals I have ever coached. His leadership was monumental towards the success of our program this year. Jet is commissioned to the Air Force and I am thankful to know that young men like him are willing to serve and protect our country. ~Zack Fleming

GREENWICH HIGH SCHOOL

Edward Iuteri

Defensive Line

Senior

Two time CT All State and Walter Camp Foundation recipient as one of the top 26 players in CT from the coaches association.

Ed/s 1090lbs included 275 hang clean, 400lb Bench Press, 405lb Front Squat along with 23 Dips and 11 Pullups. His 4.94 40 yard dash and 4.65 Pro Agility made him the top point getter on the team. Academic 4.2 GPA put him in the top of his class. Ed's attitude and work ethic was second to none as a role model and team Captain. Ed was an integral part of the undefeated 13-0 CT State Championship Football team that placed 30th in the nation. As a finalist as the County player of the year and currently looking forward to attending and playing at TUFTS University. ~Patrick Mediate

2020 — HIGH SCHOOL — FOOTBALL

HOLY INNOCENTS' EPISCOPAL SCHOOL

Hunter Hawk

Linebacker

Senior

Hunter has a 4.05 GPA and a member of the National Honor Society and Headmasters list Junior and Senior year. He was 1st team All State, All Region Defensive Player of the Year, Georgia Athletic Coaches Association All State Linebacker, All Metro and North Fulton 1st Team Selection. 2 Year Captain. Our team went undefeated this season and made it to the Final Four for the first time in school history. He finished as the all time single season record holder for tackles and all time career record for tackles. His Effort in the weight room is second to none. He has always been the athlete that everyone on the team looks to for leadership and energy. At 5' 9" and 195 lbs, he has a 500 lb 1rm, and 465 3rm Back Squat, 300 lb 1rm Bench, and 265 1rm Clean. We capped him at 500 lb on his Deadlift. His vertical jump is 32.3 and his 40 is 4.61. He will continue his football career at Washington and Lee. He is a great man, student and athlete. ~Peter Tongren

JOPLIN HIGH SCHOOL

Parker Erickson

Defensive End

Senior

Parker played a key role in Joplin's run to the State Championship game and runner-up finish. A coach's dream regarding his preparation, Parker was nominated as 2nd Team All-Conference, 1st Team All-Area, and 1st Team All-District. Parker's personal bests include a 275 lb. bench press, 425 lb. squat, and 225 lb. power clean. Parker exemplifies integrity as he consistently prepares to the best of his ability, even when no one is watching. Parker's commitment to our community is also evidenced in the fact, that he voluntarily gives his time to mentor the Joplin youth football teams.

~Michael Lawrence

LUDINGTON AREA SCHOOLS

Parker LaCombe

Wide Receiver , Defensive End

Senior

Parker is a great role model demonstrating what happens when you work hard and consistently. He has transformed himself into a strong explosive athlete that aided in his football team making the playoffs the last two seasons of his junior and senior years. More importantly is Parkers humble and hungry attitude towards being a great teammate. Despite several post season honors and accolades, when asked of his proudest/memorable sports moment, Parker states, "Being able to play Varsity Basketball with my brother." Parker is a member of the National Honor Society as well. Parker is a compelled athlete. ~Rich Kirby

NOTRE DAME ACADEMY

Ben Smet

Wide Receiver / Defensive Back

Senior

Ben has been a constant in the weight room over his four year career. Ben's effort and dedication all year round made him an easy choice for captain of the football team. Ben carries himself with the utmost character and serves as a positive role model to his teammates and others in the school. He's competitive and always pushing himself and his teammates to get better. ~A.J. Giovanetti

POPE JOHN XXIII HIGH SCHOOL

Michael Maglio

Offensive Line

Senior

Michael Dedicated himself to transforming his body physically between his sophomore and his Senior year. His weight room numbers went up and his body changed. He made himself into a good offensive lineman in a very tough league and his teammates looked up to him as a leader for his hard work and dedication. ~Joe Lopez

2020 — HIGH SCHOOL — FOOTBALL

ROCK CREEK HIGH SCHOOL

Charlie Killingsworth

Quarterback

Junior

Charlie exemplifies what this award stands for as well as our strength and conditioning program. Not only is he an All-State Quarterback he is a leader within our school, community and our sports programs. ~Mark Oberkrom

SEATTLE PREPARATORY SCHOOL

Nathan Smith

Offensive Line/Defensive Line

Senior

Nathan Smith is one of the most dedicated athletes I had to the opportunity to work with during my career as a strength and conditioning coach. Nathan has dedicated himself during the past four years to improve in every area of his athletic ability for football. The commitment that Nathan has demonstrated during his high school career has allowed him to become a great leader on and off the field.

Nathan has a true passion for the game of football. That passion carries over to his preparation to play the game as well. His relentless work ethic and countless hours of dedication to training have made Nathan a true “lead by example athlete”. Through consistent dedication Nathan has achieved a 245 lb hang clean, 410 lb back squat, a 240 lb bench press, a 4.63 pro agility shuttle run, a 4.95 electronic timed 40 yd dash and a 27.9-inch vertical jump at a bodyweight of 210 lbs.

As I look to the future I am confident that Nathan’s continued growth will make all of us who have had the privilege of working with him proud and honored to have been a part of his development as a young man.

I cannot think of anyone more deserving of the honor of All American Strength and Conditioning Athlete than Nathan Smith. ~Mike Durand

SOUTHSIDE CHARTER HIGH SCHOOL

Alex Palmer

Running Back/ MLB

Senior

Alex has been a leader for our entire school district in football and our S&C program. He has maximized his athletic potential through his hard work and determination. ~Deerick Smith

THE PEDDIE SCHOOL

Jack Barnes

Linebacker

Junior

Only in his second year in the program, Jack has transformed his body, mobility, and strength. Jack is very coachable. He quickly recognized his weaknesses and has worked tirelessly to improve them. He is a technician in the weight room paying attention to the smallest details. His strongest lifts are a 305 lbs Bench Press for 1 rep, 515 lbs Squat for 1 rep, and a 500 lbs Trap Bar Deadlift for 5 reps. Jack was 1st Team All-MAPL Linebacker in the fall. He also a strong student in the classroom.

~Mike Volkmar

TITUS SPORTS ACADEMY

Willie Taggart, Jr.

Senior

Florida State High School State Championship Runner-Up, Tallahassee Quarterback Club Player of the Year

~Ron Miller, Jr.

2020 — HIGH SCHOOL — FOOTBALL

VIKING PERFORMANCE TRAINING

Marshall Whipkey

Quarterback

Senior

A true leader, Marshall has commanded his team to impressive seasons in a tough conference. Marshall loves to work, and the more classic the training style - such as squats, deadlifts, bench press, and tire flips - the more he loves to push himself on them and find out how they will help him grow as an athlete, and as a leader from the front lines. ~Jerry Handley

WINDSOR HIGH SCHOOL

Kyle Stallings

Tight End

Senior

Ralph Waldo Emerson's words could well have been in regards to Kyle Stallings; "to map out a course of action and follow it to an end requires courage." Kyle took the potential he had and meticulously followed his training to maximize every ounce of it. Unwavering consistency and commitment resulted in Kyle becoming one of the fastest athletes at Windsor, as he currently holds the football team's 20 yard dash record. His teammates recognized his diligence and hard work by electing Kyle as a captain of the football team as well as selecting him the winner of the Owl Award, which is the highest honor a football player can receive at Windsor. Kyle's work ethic was not limited to his athletic endeavors alone, as he also earned Academic All-Conference honors. While he may not have been the best athlete in the school, he was certainly the best at doing his best day after day, week after week, month after month, and year after year. It is for this reason that Kyle Stallings is an NSCA All-American. ~Ty Van Valkenburg

WINONA STATE UNIVERSITY

Aaron Witt

DE/OLB

Senior

Aaron is an EXTREMELY coach-able athlete who has received a full athletic scholarship from the University of Wisconsin to play football. I have worked with Aaron since he was in 6th grade where he came in to start learning how to train. He has been consistent with his training ever since and truly models what it means to be a leader and great teammate. Aaron is planning to become a strength and conditioning coach for a career. I coach collegiate athletes along with high school athletes in the Winona area and Aaron stands out above them all. I hope Aaron can be highly considered for this award.

~Eric Weigel

2020 — HIGH SCHOOL — GOLF

COACH ROZY PERFORMANCE

Gavin Haselhorst

Sophomore

Gavin placed 6th this year at the Class AA State Golf Tournament as well as being selected to the State All-Tournament Team for Class AA. He was 3rd in the ESD Conference Championship and was selected as Team Captain and also the teams Most Valuable Golfer. Gavin was elected as the teams Clutch Buck Award winner and Grinder Award winner in his Freshman year, he continues to use that drive and determination in the weight room to improve his game. Over this last off-season, Gavin went from a 140 lb bench to a 180 lb bench at a body weight of 170 lbs. His squat max went from 220 lbs up to 275 lbs while improving his vertical from 26 inches to 28.75 inches. He has become a leader on the course and in the weight room with his team mates as well as other athletes in other sports. Gavin also competes in Track and Field in the spring. ~Gavin Haselhorst

2020 — HIGH SCHOOL — GYMNASTICS

VIKING PERFORMANCE TRAINING

Makenzie Poe

Junior

"If I could be at the weight room for 4-5 hours a day, 6-7 days a week, I would!". "Can I push a car today?". Sentences any strength coach would love to hear from ANY athlete, let alone a petite, powerhouse high school gymnast! Makenzie is a weight room treasure, constantly pushing herself to become the best gymnast she can be, and a better, more confident version of herself as well. As a consistently positive person, Makenzie is a leader through work ethic, performance, and force of personality. ~Jerry Handley

2020 — HIGH SCHOOL — HOCKEY

NOTRE DAME ACADEMY

Jacob Conrad

Defense

Senior

Jacob is a leader who quickly earned the respect of both his teammates and coaches. He earned his respect through consistent hard work done with a positive attitude both on the ice and off. These characteristics and many more are on display in the weight room every day that Jacob is in there. Not only does he push himself to get better everyday, he holds his teammates to that standard which is one characteristic that makes Jacob a great captain. Jacob's dedication to his off ice training is one of many reasons he is experiencing success on the ice as he is widely regarded as one of the best hockey players in the state. ~A.J. Giovanetti

VIKING PERFORMANCE TRAINING

Daniel Arthurs

Junior

A true leader on the ice, Daniel brings exactly what every hockey team wants - toughness, talent, grit, persistence, a relentless attitude, and the ability to lead from the front. As a junior with 3 years of Strength & Conditioning under his belt, Dan has seen how it's impacted his game, and he harnesses it like the tool of self development it is. Daniel's commitment to being the best player he can culminated this year in a 2-goal, MVP performance leading his team to their second consecutive state championship. ~Jerry Handley

2020 — HIGH SCHOOL — LACROSSE

CATE SCHOOL

Peter Bulkley-Armas

Senior

Peter is willing to put in as much work as anyone asks him to do...and then he'll do more just to make sure he can be the absolute best he can be. His is a rare kind of work ethic these days. He is not loud, nor is he a man of many words. But his actions speak volumes, projecting an inspiring message across campus. ~Erik Hansen

CATE SCHOOL

Xander Murray Osborn

Sophomore

Every time Xander walks into the weight room, I can be assured of two things. One, he will give his best effort. Two, he will have that infectious "alright, let's get to it today" kind of an attitude that can just as easily be leveraged to crack a (much needed) joke as it can to evoke an inspiring level of effort. As a result, he is a leader in the weight room and someone we rely on quite a bit to further the culture of the program. ~Erik Hansen

PRINCETON HIGH SCHOOL

Benjamin Quinones

LSM

Senior

Ben is a standout lacrosse player who is a leader on the field, as well as, in the weight room. Ben is the athlete who is early to help set up and late to leave to get extra reps and work in. He is that teammate and person who checks in when they know someone is struggling, is always there to offer encouragement, and holds others accountable. Ben is always striving to improve and his energy and passion to "get better" is contagious to his fellow teammates and student athletes. Ben will be attending American University next year. ~John Torrey

THE PEDDIE SCHOOL

Tyler Wasilewski

Defense

Senior

A Varsity starter since Freshman year, Tyler had surgery for a torn ACL in March of 2019 during his Junior year. Over the past 12 months, he has persevered to transform his body. It is truly an amazing story. He lost 30 lbs of body fat to a very lean 165 lbs. He rebuilt his body stronger than before the injury to a 275 lbs Bench Press, 335 lbs Squat, a 335 lbs Deadlift for 3 reps, and 12 pull-ups. Many athletes would have used the injury as an excuse. Not Tyler. He is an amazing example of student athlete pushing through a devastating injury and coming out stronger on the other side. He also a strong student in the classroom. ~Mike Volkmar

2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

ARDREY KELL HIGH SCHOOL

Michael Hetzel

Football and Lacrosse

Wide Receiver/Running Back/Safety

Senior

Michael's hard work in the weight room contributed to his on field success where he earned All-Conference honors while leading Ardrey Kell to the winningest season in school history. ~Brian Bosman

ATHLETIC REPUBLIC

Bryce Collins

Soccer and Track & Field

Mid-Fielder, High Jump

Senior

Bryce has an unmatched work ethic and an unbelievable will to outwork his competition and do everything he can to become better and hit his goals. He not only pushes himself, but motivates and encourages every single other athlete that is around him. Bryce was named to the PA All-State Soccer team this fall, in which he is the first athlete from his high school to ever accomplish this. He is a district champion in the high jump as a junior and holds the school record in the event. He recently just qualified for the New Balance National meet in March and is a front runner for the gold medal at states this spring. This is all possible because of his work ethic and effort in his training which is unrivaled by any other athlete I have worked with. ~David Johns

BENNINGTON HIGH SCHOOL

Nick Bohn

Baseball: Third Base/Pitcher

Basketball: Power Forward

Football: Quarterback, Punter

Senior

Nick Bohn has been a 3-sport athlete for us his entire HS career. In football, he has been a 2-year starter for us at Quarterback, throwing for over 3000 yards this season and earning all-state honors. In basketball, Nick has helped get his team to a current 16-4 record. In baseball last season, Nick helped our team win their first baseball state championship in school history. In the weight room, Nick's leadership and work ethic have helped drive himself and his team to a new standard, allowing our athletics to excel to new levels as of lately.

~Brandon Mimick

CATE SCHOOL

Ophelia Ke

Squash and Swimming

Sophomore

No other athlete at Cate School has demonstrated more consistency in her workouts than Ophelia. Monday through Thursday, Ophelia arrives at the gym by 6:15am, gives her best effort, and then proceeds with the rest of her morning routine before heading to class. Every afternoon, she is either practicing for squash (at a national level) or at the pool training for the swim season. In my experience as a strength coach, athletes begin to see real results when they're able to combine consistency with effort. It is no surprise, then, that Ophelia is experiencing noticeable improvements in both her sports. Her hard work is paying off! ~Erik Hansen

2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

CLARKE ATHLETICS

Tyler Gearman

Hockey and Track & Field

Forward / Center

Freshman

Tyler Gearman is an honest servant leader. Gearman performs at a high level on the ice and during dryland strength and conditioning. He leads his teammates through modeling good behavior and performance. Moreover, Gearman has shown perseverance through a shoulder injury and has worked back to be ready for his club and high school teams' playoff run. As part of the McKinney North Stars, he represents the USA Hockey ADM well by leading 'learn to skate' clinics and helping with the North Stars' 10U practices. Not only does he lead and perform on the ice but he also performs in the classroom, earning a weighted 4.44 GPA. ~Dennis Kelly

DIVINE SAVIOR HOLY ANGELS HIGH SCHOOL

Jadin O'Brien

Basketball: forward

Track and Field: heptathlon, long jump, high jump, 4x100m, 4x400m, 100m hurdles, and 300m hurdles.

Senior

Jadin's work ethic is second to none as she balances academics in hopes of studying pediatric medicine with a rigorous dedication to her athletic pursuits, primarily within the track and field arena. Her track and field accomplishments include a combined 6-time conference champion, 5-time regional champion, 4-time sectional champion, 3-time state champion; AAU Junior National champion and third place at USA Nationals in the heptathlon; two-time conference athlete of the year; and is named to twelve school records, including relays. More impressively, Jadin's dedication is regularly expressed in the weight room with an unwavering commitment to learning technique, maintaining open communication with her coaches, and curiosity to learn the "whys" of the strength training program. She is incredibly encouraging with her peers and is quick to

smile and laugh, demonstrating an honest enjoyment of the workouts and being alongside her teammates.

~Shana McKeever

DUTCHTOWN HIGH SCHOOL

Riley Lawrence

Football and Wrestling

Offensive Line

Senior

Riley is an extremely hard worker, multi-sport letterman, and football team captain. His commitment to strength and conditioning has helped him excel as an athlete and earned him football All-District Honors in both 2018 and 2019. He has also been named to All Parish, All Baton Rouge Metro, and the Baton Rouge Red Stick Bowl Teams. Riley is not only a great athlete, he is a tremendous student. He maintains a 4.0 GPA while also scoring a 29 on the ACT. He is a true leader on the field, in the classroom, and in the community. It is my honor to nominate Riley as a National Strength and Conditioning Association All-American because he truly embodies the characteristics of a great student-athlete.

~Daniel Keragan McCready

FARIBAULT HIGH SCHOOL

Evan Larson

Basketball and Football

TE/DE, Forward

Senior

Evan's dedication to the weight room earned him a spot on the football field and basketball court his senior year. His attitude, effort, and selflessness on and off the field is something every coach dreams of. Evan also takes pride in the classroom holding a 3.4 GPA. He is always there when you call upon him, and always is willing to step up to be that role player. Evan is the first one to put the hard hat on and go to work, never backing down to new challenges, and most importantly he always puts the team before himself.

~Johnny Frank

2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

FOX CHAPEL AREA SCHOOL DISTRICT

Alex Wecht

Football and Wrestling

Outside Linebacker/Running Back, 160 lb. Wrestler

Senior

High School Scholar All-American Award: National Wrestling Coaches Association and the United States Marine Corps

Pennsylvania All-Academic High School Wrestling Team by the PA Wrestling Coaches Association

2019 PA Big 56 Northern Conference WPIAL Northern Conference First Team Outside Linebacker

Nathan H. Kaufman Scholastic Athletic Award - from the Western PA Jewish Sports Hall of Fame

WPIAL Wrestling Qualifier, 3x All-County Wrestler

Football Team Captain

2x Wrestling Team Captain

Iron Fox Award Winner - voted on by HS S&C coaches as athlete most dedicated to Strength and Conditioning ~Brandon Peifer

GOSHEN CENTRAL SCHOOL DISTRICT

Andrew Robinson

Baseball and Football

Senior

Andrew is a pleasure to work with. He started in the weight room before he entered High School and has been consistent thru his High School career in season and out of season. He always made time to get his lifts in, after school, in the evening or before the start of the school day. His commitment to the weight room has helped him improve on the baseball and football field. His dedication and hard work has made him a leader on and off the field. ~Robert McIntee

GRAND ISLAND NORTHWEST HIGH SCHOOL

Whitney Brown

Basketball and Volleyball

Guard, Setter

Senior

National Honor Society, All-state Honorable Mention in volleyball, All-Conference in volleyball

Basketball- All-State 1st team, plans on attending The University of Nebraska for Basketball ~Troy McNeil

GRAND ISLAND NORTHWEST HIGH SCHOOL

Grady Griess

Football and Wrestling

DL, 220 pounder

Senior

Grady is a great kid and wants to be a pilot in the Navy. All-state in football and returning state champion in wrestling. Grady is currently ranked #10 in the nation at 220 pounds. Grady has over 150 wins in his career. Plans on attending the Naval Academy on a wrestling Scholarship next fall. ~Troy McNeil

GRAND ISLAND NORTHWEST HIGH SCHOOL

Rans Sanders

Baseball and Football

Pitcher and Quarterback

Senior

Rans is great kid on and off the field. Rans is a great student in the class room, and plays for the name on the front of the jersey, not the back. Rans was selected all-state in football and baseball, also selected as a captain in both sports. Rans plans to attend Cloud County on a scholarship in baseball. ~Troy McNeil

2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

HAMILTON HEIGHTS HIGH SCHOOL

Katie Smith

Diving and Soccer
Captain, Midfield

Junior

In a summary from all of us who work with Katie: Genuine. She is an example of humble leadership. Everyone in the room works hard because of her energy. She motivates from the front with hard work, encouragement, and with investment in those she's trying to lead. Unafraid to call herself out in front of her peers for her shortcomings. Always search for the best in herself, in others, for any situation. Hardest working kid in the room. Someone I hope to be. ~Jan Clifton-Gaw

HAMILTON HEIGHTS HIGH SCHOOL

Isaac Tuma

Baseball, Basketball, and Football
Utility, defense/offense, outfield.

Sophomore

In a world of specialization, Isaac IS the throwback, prototype athlete. He is invested in developing into the best version of himself, quietly leading his peers thorough his actions. When he does address a situation, his clear summation of effort and outcomes is powerful. He is not afraid or unwilling to be outstanding in one sport and work hard at the JV level for another; when many of his peers feel entitled to be 'given/assured' a varsity spot or quit, Isaac simply gets back to work building his sport skills and strength/conditioning needs for that specific endeavor. Said of him by a staff member, "I wish I did have 10 more of Isaac- I could spend more time on strategy and less on motivation. He is so driven to be the best he can be." Isaac is the athlete who will not be outworked in his preparation, is straightforward and humble, and would probably tape the ankles and drive the bus to an event if he needed to do so. ~Jan Clifton-Gaw

HEREFORD HIGH SCHOOL

Slader McCracken

Football and Golf
Wide Receiver

Senior

Slader McCracken has been on of the hardest working athletes I've had at Hereford High, both on the field and in the weight room. He is a leader who constantly works to make everyone better by encouraging them and holding him accountable. I've been so blessed to work with him, see him develop as an athlete and a young man. This year in football, Slader earned 1st team all district honors as a wide receiver, led our team in receptions and receiving yards and was named THSCA 1st team Academic All-State. ~Sarah Baulch

LAKE WORTH HIGH SCHOOL

Davion Haynes

Basketball, Football, Other, and Track & Field
Senior

This award recognizes Davion's athletic accomplishments and dedication to strength and conditioning. Davion has earned this award for his dedication, passion and commitment for improving himself physically and mentally thru strength and conditioning. ~Quentin Posey

2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

LUDINGTON AREA SCHOOLS

Riley Calhoun

Basketball – Guard

Football - QB

Senior

Riley Calhoun is a compelled athlete. He excels in multiple sports and is a great leader. As his basketball coach would say, "He is a man built for others." Riley is a well done is better than well said kind of guy. He is a come with me kind of leader. He has maintained a 4.0 GPA while leading his basketball team to the final 4 his junior year and quarterbacked his football team to the playoffs the last two seasons while earning several all conference accolades over his career. He never misses a training session for any of his teams as well as strength sessions. Riley has transformed his body into a lean and powerful athlete. Riley is a compelled athlete.

~Rich Kirby

MAINE SOUTH HIGH SCHOOL

Peter Skoronski

Basketball - Center

Football - Left Tackle

Track & Field - Shot Put/Discus

Senior

This athlete has sustained an amazing work ethic often strength training early in the morning before practices in afternoon. Being a 3 season athlete should take a toll on academics but he has maintained above 4.0 GPA and taking 4 advance placement classes. Peter has also been named All State in both football and track for 2 years.

~Jerry Bornhoff

MARYSVILLE HIGH SCHOOL

Jose Aceves

Football and Track & Field

Center, Defensive Tackle, Discus, Shot Put

Senior

Jose has an outstanding work ethic and the results show. He is a great track and field athlete, our hardest worker in the weight room, and was a strong leader on the football field. The only thing more impressive than his athletic ability and work ethic is his character. He is an outstanding young man and has a bright future ahead of him. Jose is helping lay the foundation for multiple programs on campus, and for that we will forever be indebted to him. ~Jordan Holmes

MOUNTAIN VIEW HIGH SCHOOL

Carsyn Milburn

Lacrosse and Volleyball

Middie and Outside Hitter

Senior

Carsyn is an extremely hardworking student-athlete and an excellent representative for our school and community. Carsyn has played four years of varsity lacrosse as well as two years of varsity volleyball. She was named offensive MVP for volleyball her senior year and has been a scholar athlete every year she has played. Carsyn's best lifts are a 245 lb. back squat, 255 lb. deadlift, 125 lb. bench press, and 145 lb. power clean. All of her accomplishments have been achieved while maintaining a 3.93 GPA. ~Brad Palmer

2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

MOUNTAIN VIEW HIGH SCHOOL

Jeremy Tuider

Football, Track & Field, and Wrestling

Defensive End

Senior

Jeremy is an outstanding student-athlete and community member at our school. Jeremy is a two year starter for football, and was selected by his teammates as one of our captains his senior year. Jeremy was also named to the 1st Team All-Region, and 1st Team All-County teams as a senior. He is also a varsity wrestler and shot put and discus thrower for our track and field team. Jeremy is an excellent representation for our school, community, athletic program, and strength and conditioning program. His best lifts are 475 lb. back squat, 315 lb. power clean, 275 lb. bench press, and 600 lb. deadlift, as well as having a 37" vertical jump. Jeremy has accomplished all of this while maintaining a 3.65 GPA. ~Brad Palmer

PROVIDENCE DAY SCHOOL

Kevin Sangmuah

Football and Wrestling

Linebacker

Junior

Kevin comes to the weight room with intensity and purpose. He understands his hard work in the weight room has contributed to his success in his chosen sports.

Max Bench: 265 Clean: 245 Squat: 405

Football

All-Conference Linebacker

Won Linebacker Award for the season

2-way starter

Wrestling

3x CISAA Conference Champion ('18, '19, '20)

NCISAA State Runner Up ('19)

NCISAA State Champion ('20)

~Thomas Caruso Sr.

SOUTH FREMONT HIGH SCHOOL

Tristan Olson

Football, Track & Field, and Wrestling

Running Back, Weakside End

Senior

From the conclusion of his junior year through his senior year Tristan has been a model of hard work and dedication. Tristan had near perfect attendance for summer conditioning and is always willing to put in extra work. A reflection of his hard work is the accolades he received as a player. He was named the district defensive player of the year (70 tackles, 7 TFL), second team all-district running back (5.34 YPA), and won the district wrestling championship at his weight class (160 lbs). Additionally, he enters the state tournament as the #1 seed. Above this, his presence as a leader in the weight room drives his teammates and sets an example of how great athletes should approach training. He is the epitome of what a coach wants in a student-athlete! ~Justin Jicha

ST. CLOUD HIGH SCHOOL

Kaylin White

Diving and Olympic Weightlifting

Senior

Four-time state qualifier for Florida High School (FHSAA) Weightlifting, runner-up her sophomore and junior year and state champion her senior year. 150lb bench press and 180lb (unofficially ties the state record) CJ in the 110lb weight class senior year. Multiple conference, district, and regional titles in both weightlifting and dive in addition to holding multiple school records in weightlifting. Placed 9th this year at the FHSAA Dive State championships. Also a national qualifier for Olympic weightlifting and a former high-level gymnast.

~Cory Aun

2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

STRONG ROCK CHRISTIAN SCHOOL

Saralyn Green

Basketball and Track & Field

Junior

Saralyn competes in Basketball and Track & Field here at Strong Rock Christian School. Her dedication to improving her performance has been apparent as she has competed in the state track & field championship for throwing. She pushes her teammates to be their best and serves those around her with a humble heart. She serves others by attending school mission trips and has maintained a 4.56 GPA in the midst of playing sports and being involved in other school activities. ~Emily Mayer

STRONG ROCK CHRISTIAN SCHOOL

Ethan Roberts

Baseball and Cross Country

Senior

Ethan competes in both Cross Country & Baseball at Strong Rock Christian School. His hard work & dedication to improve his physical performance has aided him in earning a college scholarship to play baseball at Truett McConnell College next year. He has earned the highest honor in our Strength & Conditioning program by earning Elite Patriot multiple times during his high school career. ~Emily Mayer

USTA PLAYER DEVELOPMENT, TRAINING CENTER EAST

Olivia Fermo

Tennis and Cross Country

Singles, Middle Distance Events

Freshman

Olivia exemplifies what it means to be a student athlete and has done so consistently for the six years I have know her. She not only pushes herself to get -better each and every day, but is also a terrific role model and leader for the athlete's she trains with. Olivia places a high value on her physical training by making time to include strength and conditioning into her lifestyle as well as in her pursuit of athletic excellence. ~Mark Lerman

WILLS POINT ISD

Juan Martinez

Football, Powerlifting, and Track & Field

Offensive Tackle, Shot Put thrower

Senior

Juan is a three time all-district offensive lineman in football and this year he graded out at 90% and had 56 pancake blocks in eleven games. Last spring he was an Track and Field Regional Qualifier in Shot Put with a 48 foot 6 inch throw. Last year in Powerlifting he Qualified for regionals and placed 4th with a total of 1,485 pounds in the Squat, Bench, and Deadlift. He currently holds the school record with a 505 pound raw squat. He has gained over eighty pounds of body weight since his freshman year. Juan currently is number one in the region for his weight class 275 pounds and has already qualified for regionals with a 1,555 total in powerlifitng. ~Robert Gail

WILLS POINT ISD

Alexa Morones

Cross Country, Powerlifting, and Track & Field

Junior

Alexa last spring was apart of the Area Qualifying Girl's Mile Relay Team, She also was a part of the Regional Qualifying Cross Country team this past Fall. Last year in Powerlifitng she Quallified and placed Second at Regionals, then went on to the Texas High School Women's Powerlifting Association State meet in Waco, Texas and broke her Personal Records in Squat 215 pounds and Deadlift 220 pounds at a body weight of 95.4 pounds. This year she is currently in second place in the region trailing first place by five pounds and broke her own personal records in Squat with 240 pound and Bench Press 85 pounds. ~Robert Gail

2020 — HIGH SCHOOL — OLYMPIC WEIGHTLIFTING

TOHOPEKALIGA HIGH SCHOOL

Liz Marie Santana

Olympic Weightlifting

Sophomore

Liz carries a 3.5 GPA and participates in many extra curricular activities. Liz always came into the training hall, with enthusiasm and willingness to get better every practice. Throughout the season, she improved on her lifts by 45 pounds. Competing in her first year in the sport, she placed top 6 at districts and competed at regionals with many seasoned athletes. As a leader, Liz gained the trust from her peers and continues to encourage others and educate fellow lifters on proper technique. ~Katie Benacquisto

2020 — HIGH SCHOOL — ROWING

THE PEDDIE SCOOL

Joe DiCola

Sophomore

Joe DiCola was our first IRON FALCON this year. The IRON FALCON is a program I created that quantifies our foundational exercises for Strength, Power, and Speed relative to her body weight. Only a Sophomore, Joe has an obviously love of strength and fitness. Highlighting his excellent relative strength, his best lifts are: 175 lbs Barbell Front Squat for 5 reps. 255 lbs Hex Bar Deadlift for 5 reps, 20 pull ups, and a 60 lbs Dumbbell Single Arm Snatch. Joe also takes time to mentor his peers in the weight room. He also a strong student in the classroom.

~Mike Volkmar

THE PEDDIE SCHOOL

Clara Middleton

Junior

Clara sets an amazing example for the other girls in the weight room. She has been involved in the weight room since her freshman year. Our weight room also houses our rowing machines, therefore she rarely leave. Her commitment to improve herself is contributed to 6am workouts and extra workouts after practice. Clara was apart of first boat that won 2019 MAPL Championship. A lightweight rower, her strongest lifts are Barbell Hip Thrust: 225 lbs for 12 reps. Squat: 175 lbs for 5 reps. Sumo Deadlift: 185 lbs for 5 reps. Bench Press: 85 lbs for 5 reps. She also a strong student in the classroom.

~Mike Volkmar

2020 — HIGH SCHOOL — SOCCER

COACH ROZY PERFORMANCE

Sadie Fedders

Goal Tender

Senior

Sadie is a three sport athlete excelling in Soccer, Basketball and Track & Field. As a goalie for the soccer team, Sadie racked up 21 career shut-outs, going 2 years without giving up more than 1 goal in a match. She was nominated for Argus Leader Soccer Athlete of the Year, Selected as Defense Player of the Game at the State AA Championship where her team finished off a 15-0-2 season as State AA Champions, 1st Team All-State as goalie. The team was also 2x Conference champions and she was on the 1st Team All Conference Squad. In basketball, she has helped the team to the 1st Conference Championship in 14 years, working for 10 wins in a row and going 8-0 in Conference play. She is also a thrower in track with PR's in the shot of 30' 5" and 101' 11" in the disc. Sadie is also a leader within the strength and conditioning program using performance training to help her achieve success on the field, court and in the ring. With her 245 lb squat, 135 lb bench, 19.2 inch vertical jump, 5.12 in the pro agility run and a 1.61 in the 10 yd sprint, Sadie excels in the weight room to help achieve in her sport. ~Mark Roozen

COACH ROZY PERFORMANCE

Payton Wolfram

Senior

Payton is being nominated for NSCA All-American for her 2nd Year; as a Junior and now as a Senior. She is part of the AA State Championship Soccer Team that went 15-0-2 and was selected to 1st team All-State, was selected to First Team All-ESD Conference Soccer Squad, lead the Yankton Soccer team to it's second straight ESD Conference Title, recording a 7-0-1 record.. She is a basketball standout who so far this season has helped lead the Yankton Gazelles to the Conference Championship going undefeated in conference play, and

being an outstanding track athlete as well. Payton's honors over the past three years include:

Junior Year

- All ESD Conference – First Team – Soccer
- AA All-State – First Team – Soccer
- Team Captain – Soccer
- 3 sport athlete including basketball, soccer and track
- MVP of Yankton High School soccer team

Sophomore Year

- All ESD Conference – First Team – Soccer
- AA All-State – Second Team – Soccer
- AA State Qualifier in 400 meter dash
- 3 sport athlete including basketball, soccer and track

Freshman Year

- 3 sport athlete including basketball, soccer and track

Other Academic Achievements and Affiliations

- National Honor Society Member
- Roll of Excellence – Freshman –

Sophomore – Junior Years

- Y Club Member
- FCA Member
- Yankton High School Student Council Member
- Coach at Yankton youth basketball camps – Freshman, Sophomore and Junior Years
- Coach at Yankton youth soccer camps – Freshman, Sophomore and Junior Years

~Mark Roozen

2020 — HIGH SCHOOL — SOCCER

COLLINSVILLE HIGH SCHOOL

Joey Rigby

Forward

Sophomore

Joey is sophomore that plays football and soccer and contributes to both of those varsity teams. He is a leader by example with super high character! When he trains, he punches in and he goes to work. He is an outstanding young man! ~Adam Hass

COLLINSVILLE HIGH SCHOOL

Joey Rigby

Forward

Sophomore

Joey is sophomore that plays football and soccer and contributes to both of those varsity teams. He is a leader by example with super high character! When he trains, he punches in and he goes to work. He is an outstanding young man! ~Adam Hass

JONATHAN DAYTON HIGH SCHOOL

Hunter Gollin

Center Back

Senior

Hunter is a four-year varsity player for the soccer team, and a two-year captain as a junior and senior. Hunter's commitment to our strength & conditioning program has shown not only in his level of play on the field, but in his discipline, focus, and consistent effort every day in the weight room. Hunter can always be seen helping our younger athletes through their exercises or picking up empty water bottles after everyone has already left. Hunter has become one of the hardest working athletes to walk through our doors, and that attitude will be on display next year when he goes on to the next level to play for Drew University in the 2020 season.

~Mark Cugliari

VIKING PERFORMANCE TRAINING

Michaela August

Defender

Sophomore

A disciple of the weight room since middle school, Michaela has grown up understanding the benefits of strength and conditioning to the soccer pitch, watching older sister (and past NSCA S&C All-American) Jordan transform her game. As a result Michaela has taken the same approach, and has become one of the most powerful players on the field, and a tough-as-nails leader for the team. With a squat over 200lb and Clean & jerk of 125lb while only a sophomore in high school, Michaela's abilities to impose her will against opposing offenses will only continue to improve. ~Jerry Handley

2020 — HIGH SCHOOL — SOFTBALL

ATHLETIC PERFORMANCE TRAINING CENTER

Paige Heffke

Pitcher

Junior

Paige is dedicated to improving herself as a student-athlete, and will be an asset as a college student-athlete.

~Brian Lebo

JONATHAN DAYTON HIGH SCHOOL

Kaya Mahy

Shortstop

Junior

Entering her Junior season, Kaya is a three-year varsity player on the softball team and was nominated for the New Jersey top sophomore softball player last season. Aside from leading her team in the weight room and on the field, Kaya also excels in the classroom as an exceptional student. In the weight room, Kaya leads our female athletes in attendance of off-season workouts, and is a true motivator to the whole group. Kaya is an athlete who knows the importance of working on all aspects of her game all year round and has not only fully committed to our strength & conditioning program, but has made everyone around her better with her positive attitude. Kaya represents our program in both strength and behavior, making her a great role model for any girl coming up in our program. ~Mark Cugliari

WEST JORDAN HIGH SCHOOL

Siena Young

Center Field

Senior

Siena Young is very dedicated to strength and conditioning and has a never quit attitude. Siena is always pushing her self to work harder and is a leader. Siena has only been working with me for 1.5 years and has more than tripled her PR's, has taken 1/2 a second off her home to first time, became a varsity starter, had 11 stolen bases last season, and is now committed to play college softball. Siena will continue to work hard, push herself, and push her teammates to be great. Siena Young is well deserving of this award. ~Jocelyn Kaufman

WINDSOR HIGH SCHOOL

Alyssa Copeland

Infielder

Senior

Consistent, diligent, and determined, Alyssa turned herself into one of the strongest and quickest female athletes at Windsor. Through her high level of work, Alyssa earned a permanent starting role on the Softball team. Even better, a strong senior year put Alyssa in a position to continue to play softball in college. With her maturity and perpetual positive attitude, she is more than prepared to compete at the next level. It is also for these reasons that Alyssa will be truly missed in the Windsor High Weight Room. It was apparent Alyssa took her training seriously and was compelled to make the most of her abilities. And for doing so, Alyssa has earned the title of NSCA All-American. ~Ty Van Valkenburg

2020 — HIGH SCHOOL — SWIMMING

LUDINGTON AREA SCHOOLS

Audra Shoop

Senior

Audra Shoop is a tenacious individual that gives her all in everything she does. She is a compelled athlete in the weight room and in all her endeavors always finding ways to make sure she gets her tasks and training completed. She is our first female athlete to earn over a score of a 4 on our Oriole Strength Index. Our strength index is a formula in which we divide an athletes body weight into total amount lifted on our 3 main lifts. While earning the right to compete in the State meet for swimming and earning first team all conference honors in the shot put as a junior in track, as well as many other honors, Audra maintains a 3.9 GPA and is an active member of our National Honor Society. Audra will be competing at the next level as a member of the St. Ambrose University Swim Team next year. She is a compelled athlete. ~Rich Kirby

PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

Christopher Chertos

50/100 yard Freestyle

Senior

As a student at Kenowa Hills, Christopher is part of a Co-Operative program for Swimming with Grandville, a neighboring high school. He has been a member of the Swimming Team for the last couple of seasons. His consistent approach to Strength & Conditioning over the last couple of years, including summers, has allowed him to achieve his PEAK Performance at the recent Conference Championships. Christopher shaved over 8 seconds off his previous 100 yard time and over 3 seconds from his previous best in the 50. As a member of Mrs. Pacanovsky's ASD classroom, Christopher comes to PEAK Performance with a student LINK (a student Aide) to help with his communication. Being on the Autism Spectrum Disorder has provided some unique challenges regarding his Strength programming, and as such, his student LINK over the last two years deserve special mention. A huge thank you to "Coach Spencer" and "Coach Nolan" for their work with Christopher in PEAK Performance and for their friendship with him. Spencer VanDyke and Nolan Collins share in this prestigious honor. ~Todd Johnston

2020 — HIGH SCHOOL — TRACK AND FIELD

ATHLETIC PERFORMANCE TRAINING CENTER

Emily Skoczen

Distance Runner

Senior

Emily is a hard worker and terrific young lady, who always strives to improve and excel, in the classroom and on the track. ~Brian Lebo

COACH ROZY PERFORMANCE

Jaiden Boomsma

Senior

Jaiden is a standout in multiply sports. In Track; she has the Indoor School Record in the 60 meter dash at 7.82, School Record in the indoor 100 Meter in 12.40, the outdoor school record in the 100 at 12.27 (FAT), has the School Record in the long jump of 18' 4 1/2 feet and has the 11th best jump in school history with a leap of 35' 2.75 feet. At State in 2019, she was 2nd in the long jump, 2nd in the 100, 5th in the 200 and 3rd in the 4x200 relay. Jaiden has been an all-state gymnast. In Soccer she lead the team with 14 goals, has been All Conference for the past 3 years, First Team All State in Soccer in 2018 and 2019, Team Captain in 2018 and 2019, Conference Champs for 2 years in a row, State Champs in 2019, Holds the school career scoring records with 49 goals, was MVP of the SD State 2019 Championship Game, was 2019 South Dakota Girls Soccer Player of the Year for the US Coaches Ass., 2019 United Soccer Coaches Fall High School All-Northwest Region Team, up for 2019 Argus Leader Soccer Player of the Year and 2019 SD Gatorade Soccer Player off the year. In 2018 and in 2019 she was the Press & Dakotan Prep Athlete of the Year, was a 2019 NSCA All-American, is going to South Dakota State University on a Track & Field Scholarship to major in the Medical Field with a 4.0 Grade Point Average.

~Mark Roozen

COACH ROZY PERFORMANCE

Andrew Gustad

Pole Vault

Sophomore

Andrew placed 2nd in the Pole Vault at the State B Track Meet as a Freshman. He is a 3 sport athlete that has used Strength and Conditioning, beginning as a 6th grader to elevate his performance in all sports. In football, over his first 2 seasons, Andrew, playing both sides of the ball, Andrew has averaged 4.8 yds per carry, has had over 1000 all purpose yards each year, recorded 99 tackles, 8 for loss, had 2 interceptions, 2 forced fumbles and 3 fumble recoveries. On the hardwood, he averages 11 points per game, has 112 rebounds this season and 24 steals. He has run the Pro Agility in 4.32 sec., squats 350, benches 250 and has a 28 inch vertical at a body weight of 180 lbs. ~Mark Roozen

COACH ROZY PERFORMANCE

Kayla VanOsdel

Discus and Shot Put

Junior

Kayla is a 3 sport athlete; competing in Volleyball, Basketball and Track & Field. In Track, as a sophomore, Kayla as Discus State Champion with a PR and throw of 125' 4". She also placed 7th at the State Track meet in the Shot with a put of 36' 3" also her PR. In Volleyball, Kayla was part of the 1st Conference Championship Team ever from the school and was part of the team that set the School Record for "Most Wins" in a season with a 24-9. In basketball, Kayla averaged 8 points per game, 6 rebounds, 17 steals, and 8 blocks for the season. In the weight room and performance area, Kayla is one of the top leaders in the school, with a 17.5 vertical, a 1.69 in the 10 yd dash, and a 4.93 pro agility run with a 245 lb squat and a 155 lb bench. ~Mark Roozen

2020 — HIGH SCHOOL — TRACK AND FIELD

COLLINSVILLE HIGH SCHOOL

Kaleb Cunningham

Sprinter

Junior

Kaleb has dedicated himself to strength and conditioning and leads by example every day during training sessions. He participates in track and football with a mind set of making himself better physically and mentally. As a coach I couldn't be prouder of his effort and program buy in. He is a good character kid that puts the work in everyday! ~Adam Hass

COLLINSVILLE HIGH SCHOOL

Kaleb Cunningham

Sprinter

Junior

Kaleb has dedicated himself to strength and conditioning and leads by example every day during training sessions. He participates in track and football with a mind set of making himself better physically and mentally. As a coach I couldn't be prouder of his effort and program buy in. He is a good character kid that puts the work in everyday! ~Adam Hass

DOBYNS-BENNETT HIGH SCHOOL

Natalie Bates

All-Around

Senior

Natalie is the ideal student-athlete. Her accomplishments in the classroom and on the track have come through her decision to be the best that she can be. Her effort in all that she does is inspirational and I am excited to all that she accomplishes in life. ~Zack Fleming

GOSHEN CENTRAL SCHOOL DISTRICT

Gabriela Joseph

Shot and Disc

Senior

Gabi is a great person to be around. She is respectful and hard working. She is an example to both our female athletes as well as all our athletes. She has shown that the weight room can be an important part of their training and she is willing to put in the work to perfect her technique in all her lifts. Gabi has been a leader all through her High School career. ~Robert McIntee

IOWA CITY CITY HIGH SCHOOL

Ryan Carter

Sprinter/Hurdler

Senior

Ryan has displayed great commitment and leadership to our Track and Field Strength and Conditioning Program. His ability to take charge and teach not only the varsity groups, but the freshman and sophomore groups as is exemplified each and everyday in the weightroom and during our speed training sessions; Ryan has increased his numbers in his Bench Press, Back Squat, and Power Clean each year. Ryan sets a great example for our younger athletes to train hard that they may see what they are capable of in the sport of Track and Field. It has truly been an honor to coach Ryan. ~Jason Dwight

2020 — HIGH SCHOOL — TRACK AND FIELD

KINETIC SPORTS PERFORMANCE

Aiden Barnhill

Long Distance

Junior

Aiden has a drive to get better every time he comes in to train. He consistently comes in to train around his busy track schedule and it has been an honor to see him improve and see him work towards achieving his goals. In his time running for Downingtown West he got 2nd at the district 1 meet, 6th at the PA state meet, and 9th at the Manhattan Invitational with a top PA time for the 4k among other achievements. I'm very excited to see where his running career will take him in his last few seasons in high school and in the future. ~Lukas Smith

LAMOURE HIGH SCHOOL

Karly Just

Distance

Junior

Karly takes her training very seriously. She has an uncommon desire to do things the right way and pursue her best. It is evident in her athletic performance growth over the last year. She is a well-rounded individual that is involved in many community/school events. As she continues to excel in track & field, we know that we can always count on her to give her best and compete with outstanding sportsmanship. ~Tyler Thielges

MARQUETTE UNIVERSITY HIGH SCHOOL

Adedapo Adeboyejo

100m, 200m, 4x100, 4x200, Long Jump

Senior

Coming off of successful season of Track/Field and Powerlifting where he set multiple state records, Adedapo entered his senior year with renewed commitment and dedication to the weight room. This is evident from Adedapo's unparalleled effort on each set and rep. Thus it is no surprise to the myself and the coaches that his strength and power gains have been remarkable. Adedapo is a leader in the weight room. He

positively influences others by bringing energy and encouragement to all students equally regardless of age, skill level, or experience. Moreover, he has done this while maintaining his academics, hosting a 3.80 GPA and becoming accepted into the U.S. Air Force Academy where he plans to continue training and competition. I heartily recommend Adedapo for this award.

~Andrew Kossow

NORTH STAR HIGH SCHOOL

Kaitlin Hellbusch

Long Jumper/High Jumper

Senior

Kaitlin is an outstanding young student/athletes with a 4.29 GPA. She is hard working, self-motivated and pushes herself relentlessly. Kaitlin holds the school record of 5'5" in the high jump is a Track and Field State Champion Athlete. She has received a scholarship and plans to attend the University of Nebraska Omaha after graduation. ~Stewart Venable

POPE JOHN XXIII HIGH SCHOOL

Bridget McNally

Sprinter / Long Jump

Senior

Bridget's dedication and commitment to getting better has paid off in her senior year. She qualified for Nationals and the Meet of Champions. She has been the model for consistency and steadily improving herself physically throughout her four years at Pope John. She will be attending Dartmouth University on a track scholarship next year. ~Joe Lopez

2020 — HIGH SCHOOL — TRACK AND FIELD

PRINCETON HIGH SCHOOL

Kylee Silverman

Thrower

Senior

Kylee is a consistent weight room warrior. She is one of the strongest female athletes in the weight room and her presence, positive attitude, helping nature, and desire to perform at the highest level is an inspiration to her fellow track and field teammates. Kylee will be attending Denison University after graduation. ~John Torrey

PROVIDENCE DAY SCHOOL

Eliza Cardwell

100m, 300m hurdles, Long Jump, High Jump

Junior

Eliza is developing into a very explosive athlete. She leads by example in the weight room working hard every day with a mastery of all the Olympic lifts.

Maxes

95lbs Bench

105lbs Clean,

135lbs Back Squat

195lbs for the deadlift.

Team Captain

State Champion in the 300m hurdles

State Runner Up in the 100m hurdles

State finalist in the long jump and triple jump

School Record for the indoor long jump ~Tom Caruso

ST. LAURENCE HIGH SCHOOL

Kayleigh Pudil

Sprints

Senior

Kayleigh is a special kind of student athlete. She has a 4.21 g.p.a and is involved in 2 sports. Her main sport Track and Field has seen her excel over the last 2 seasons propelling her to pursue track in college at Lewis University. Within the weight room she owns 2 records in vertical jump and 10 yard dash, she is also top 5 in

broad jump. She leads by example never missing her lifting sessions and helping her teammates in the weight room. We are excited to see her PR this spring in her outdoor season. ~Brad Leshinske

STRONG ROCK CHRISTIAN SCHOOL

Emma Garmon

Shot Put & Discus

Junior

Emma competes in Softball and Track & Field here at Strong Rock Christian School. Her efforts in the weight room contributed to her having the opportunity to compete in the state track & field championship for throwing. She encourages those around her and serves her fellow classmates and teammates with a heart of humility. She has maintained a 4.1 GPA during her athletic pursuits while also attending mission trips with the school to serve those in need.

~Tobias Jacobi

SYOSSET HIGH SCHOOL

Evan Rosen

Shot Put, Discus, Weight Throw

Junior

Evan's work in the weight room has helped him tremendously in both football and track & field. He has excelled in his throwing events to be a top competitor in NY State. As a 10th grader, Evan hit the BFS All-American standards for his age and weight class in Power Clean, Squat, Bench Press, and Deadlift. His work ethic in the weight room is contagious, and much of his success in sport is due to his dedication to strength and conditioning. ~Chris Gagstetter

2020 — HIGH SCHOOL — VOLLEYBALL

ATHLETIC PERFORMANCE TRAINING CENTER

Jordan Chessar

Hitter

Junior

Jordan is a hard worker and strives to excel, on and off the court. ~Brian Lebo

ATHLETIC PERFORMANCE TRAINING CENTER

Maria Futey

Hitter

Junior

Maria works hard to be the best she can be, and looks forward to competing in college. ~Brian Lebo

ATHLETIC PERFORMANCE TRAINING CENTER

Amanda Leigh

Setter

Junior

Mandy is a hard-working, achievement-driven student-athlete and teammate. ~Brian Lebo

COACH ROZY PERFORMANCE

Molly Larson

Sophomore

Molly is making an impact on the volleyball court and in the weight room to help improve her performance levels. As a sophomore, Molly has set the record "Digs" records for most in a match - 49, most in a season 540 and most in a career 1425 with 2 years left to play in her high school career. She was part of the team that broke the record for "Most Wins" in a season with a 24-9 record, along with bringing home the schools first Conference Championship. She as a 99.2% serve percentage and 94 points this last season, with 32 aces and 15 kills. Molly also is a stand out on the basketball court, leading the team in scoring, rebounds, assists, steals and blocks. She also played 615 minutes out of a total of 640 minutes played this past season. She is also a distance runner for the track team. She is a leader in the weight room and in all performance training using strength and conditioning to excel at all her activities. ~Mark Roozen

SAINT FRANCIS HIGH SCHOOL

Taylor Tullo

Outside Hitter

Senior

Taylor's leadership and work ethic really showed this year during her Senior Volleyball season. Both in the weight room and on the court she led her team, challenged her teammates, and expected a high level of performance. She is a great example of using the strength & conditioning to better herself and teammates on the playing field. ~Jake Siebert

2020 — HIGH SCHOOL — VOLLEYBALL

SOUTHSIDE CHARTER HIGH SCHOOL

Haleigh Cummings

Junior

Haleigh has been a tremendous asset for us in developing our girls strength and Conditioning program. Her abilities in the weight room and positive attitude bring up all the other athletes around her. She works hard and goes above and beyond of what is asked of her. ~Deerick Smith

TOPSPEED STRENGTH & CONDITIONING

Elise McGhie

Setter

Senior

Elise was statistically one of the top high school volleyball players in America, handling over 2400 opportunities with the ball with an error rate of less than 1%. A Gatorade Player of the Year nominee who signed to play for the University of Kansas, she also handled business in the classroom as evidenced by her 34 ACT and 100.3 GPA. In addition to her success in the class and on the court she was also a leader in the gym, helping show other athletes the ropes whenever asked and always providing a great example of a highly successful player that also pushes themselves during training sessions to be even better. ~Joseph Potts

VICTORY SPORTS PERFORMANCE

Emma Santa Maria

Freshman

Emma Santa Maria is an athlete every coach dreams of. She comes in and focuses on every rep of every set. There is never a doubt in my mind that she is giving 100% effort. Her hard work has certainly paid off. She dominates on the court and has been recognized with many different awards and placements. Her only being a freshman is scary for her opponents. Can't wait to see her back in action this coming Fall! ~Anthony Vernice

2020 — HIGH SCHOOL — WRESTLING

NORTH STAR HIGH SCHOOL

Austyn Dougherty

Senior

Austyn is an intelligent, determined and a driven student/athlete. He is self-motivated and consistently strives to help his peers in becoming better athletes. He has a strong desire to learn and continually grow and his work ethic is incredible to witness. Austyn has a 3.45 GPA and has received several scholarship offers for college. Austyn played football his Freshmen year in High School but sustained two concussions that year. Since then he has focused exclusively on wrestling for the past 3 years. He plans on going to school and becoming a Fire Fighter/Paramedic after graduation. ~Stewart Venable

STRONG ROCK CHRISTIAN SCHOOL

Trevor Borom

113lbs & 120lbs Weight Class

Senior

Trevor competes in Cross Country, Wrestling, & Soccer here at Strong Rock Christian School. He dedication to improving himself physically was on display last spring as he claimed the Single A-Private 113lbs State Wrestling Championship. He commitment to being the true definition of "Student -Athlete" not only has led to success in the athletic arena but also the classroom as he has a Grade Point Average of 4.25 and been named to the Honor Roll each semester during his high school career. Trevor is one of the hardest working young athlete's I have ever had the pleasure to coach in my career. ~Tobias Jacobi

THE WEBER SCHOOL

Zamir Norry

Weight Class 152

Sophomore

Zamir spent the first half of the school year in the weight room. He always worked with focus and determination. He is a self-started who would set goals for himself and diligently work in the weight room to achieve those

goals. Although he was quiet and focused, he was always a leader and there to help others push themselves to be better. As winter season approached, Zamir began his first year as a wrestler. At practices he showed the same level of maturity and discipline and he soaked in every word from his coaches. As a first year wrestler in the beginning of the season he had to rely heavily on the strength gains he achieved. As the season continued, Zamir developed technique that drove him to dominate at Area, through sectionals and ultimately placing 10th in the state in the 152 weight class. Even though this was his first year, the benefits from his strength training coupled with his coachable attitude helped bring him through to a very successful season. Zamir is the epitome of an All American Strength and Conditioning Athlete of the Year, taking the advantages he has gained from his strength training and translating that to success on the mat. ~Jessica LaGala

VICTORY SPORTS PERFORMANCE

Gavin Damasco

Senior

Gavin Damasco's worth ethic and will to win is like nobody else. I've known he was a great athlete since I started training him 4 years ago. The most inspiring act he did was after losing in the Suffolk County Finals, he was in the weight room the next day. Everyone else was taking the day off, which is not out of the questions. In his mind, he wanted to be better than anyone. Aside from wrestling and the weight room, Gavin excels in the classroom, he recently committed to Davidson College. As many people know, Davidson is an extremely competitive school academically. Not only am I confident he will emerge as their first wrestler to All-American out of Davidson, but he will also maintain excellent grades. Athlete's like Gavin are true role models and should be recognized as such. ~Anthony Vernice