
ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

*RECOGNIZING THE ACHIEVEMENTS OF
STUDENT – ATHLETES DURING THE*

**2021 – 2022
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.*

COLLEGE — ACROBATICS & TUMBLING

FAIRMONT STATE UNIVERSITY **REGHAN MOLLOHAN**

Base **Sophomore**

Reghan Mollohan, a sophomore from Beckley, West Virginia, is an exceptional student-athlete and one of the hardest working and determined members in our strength and conditioning program. Reghan has embraced strength training and is extremely coachable. She has a key role on our Acrobatics & Tumbling team, as a base, participating in 7 heats and the team event. Her role as a base requires her to have high levels of strength and power, which she has worked hard to achieve. Reghan currently has a 235 lbs back squat and a 305 lbs deadlift. Her work ethic also carries from the weight room and mat into the classroom. Reghan currently has a 3.7 GPA, majoring in Exercise Science, and has been named to the MEC All-Academic team and the NCATA Academic Honor Roll. Our Acrobatic & Tumbling program, strength & conditioning program and entire athletic department are all better because of student-athletes like Reghan Mollohan. ~Adam Kolberg

MARS HILL UNIVERSITY **BRYNLIE JOHNSON**

Tumbler/Top **Sophomore**

Brynlie was nominated for the 2022 NSCA All-American Award for displaying exceptional attitude, effort, and attention to detail on and off the mat. As a sophomore at Mars Hill University, she holds a 3.92 GPA as a double major in Criminal Justice and Psychology. In addition, Brynlie holds the University's relative back squat record for all female student-athletes, squatting 1.65 times her body weight, while also being ranked second in the relative bench press. More importantly, Brynlie is the definition of a servant leader and places her teammates before herself to ensure the team is moving forward toward our end goal. It is with great honor and humility that I nominate Brynlie Johnson for the 2022 NSCA All-American Award. ~Jared Carter

COLLEGE — BASEBALL

ACADEMY OF ART UNIVERSITY

TY CONRAD

Outfielder

Senior

Ty is a tremendous athlete! He is one the hardest working athletes at ART U, both athletically and academically. Ty is very goal oriented, and strives to reach small, short-term goals each day. He is aby far THE strongest athlete at ART U (BW: 230, Squat: 400, Bench: 250, Deadlift: 500). Ty has been an All-PacWest conference and All-West Region selection for the baseball team at ART U. ~Brian Hernandez

AUGUSTANA UNIVERSITY

JT MIX

Infield

Senior

JT is a dedicated leader on the baseball team. He brings energy and passion into the weight room while pushing himself and teammates on and off the field. A four-year starter, three-time NSIC All- Academic Team member, 2018 NCAA DII National Champion, and stand-out performer in the weight room, JT shows excellence in every facet of being a student-athlete. JT will undoubtedly carry these fantastic qualities into his future endeavors. ~Andrew Stocks

BARRY UNIVERSITY

JAKE FISHMAN

Right Handed Pitcher

Sophomore

Jake, more commonly known as “Fish”, has bulldozed the qualities of an NSCA All American Strength and Conditioning Athlete during his career as a Buccaneer. His outstanding drive to better himself academically and athletically has led to him crushing it in the weightroom, in the classroom, and on the field. Fish is one of those athletes who is the first one to volunteer to help tarp the field, throws a bullpen with 100% intensity and intent, and is first in the weightroom after practice to put up

numbers his teammates look up to. No matter how long the day, Fish maintains a positive outlook on his training and conditioning, never just “checking a box”, but showing up every day so his teammates follow suit. Fish changes the energy in his weight lifting group, whether it's getting his teammates fired up about nutrition, putting up three plates on a front squat, or helping reign back in the room to focus. He attacks every pitch, every lift, every school assignment with an edge so infectiously competitive that it makes you want to be a part of the action. Fish not only strives to live in the strike zone, but also strives to be the best in the classroom. In addition to maintaining a 3.2 gpa, he is doing an internship with “Elite Squad” travel baseball club, in order to help mentor the upcoming generation of ball players in all aspects of life, not just baseball. He was also named to the President’s Award this Fall semester, an award that recognizes students who have achieved a 4.0 for the semester. Fish is one of those athletes who was born with hustle, even after a long day hitting the books you will see him running out to the field with a big grin on his face, ready to compete on the mound, then crush it in the weightroom. ~Alexa Garcia

BRANDEIS UNIVERSITY

DREW MICHAUD

SS

Junior

Drew has been a consistent force for our strength & conditioning and baseball programs. Over the last 3 years he has developed into a true leader. He is always willing to help his teammates out and attacks every training session with high intensity. He sets a great example for those around him and truly upholds the standards that we set at Brandeis Strength & Brandeis Baseball. ~Jay Mendoza

COLLEGE — BASEBALL

CALIFORNIA STATE UNIVERSITY SAN MARCOS

MARK STANFORD

1B

Senior

Mark Stanford is fun to watch in the weight room and is the epitome of outstanding drive. Aside from extremely impressive weight room metrics, Mark is a player who stands out as a leader and pushes his teammates to give their best effort every day. Even though he is already a standout in the weight room, he is always seeking coaching and is invested in his career as a baseball player. Lastly, he holds an overall grade point average of 3.97. Mark is an absolute pleasure to coach. ~Ryan Paniagua

CAMPBELL UNIVERSITY

RYAN CHASSE

Pitcher

Junior

Ryan is an athlete that constantly looks for ways to maximize his potential and gain an edge on his opponents. Since stepping on campus in the summer before the start of his freshman year, he has worked extremely hard to change his body composition and compete at the highest of levels. Ryan is a leader on and off the field as well as in the weight room. He is a highly decorated pitcher earning countless awards from the Big South Conference, as well as being named to the freshman All-American team in 2019. ~Matt Rodriguez

CLEMSON S&C

GEOFFREY GILBERT

Pitcher

Junior

Geoffrey Gilbert has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman two years ago. He attacks every workout, warmup and conditioning session with the same intensity and focus that he has on the mound for the Tigers. Geoff is one of the strongest athletes on the team, demonstrated by his 400 pound reverse lunge. Geoff has also been instrumental in getting his teammates to buy into prioritizing their nutrition and sleep and having intent in the weightroom. No one works harder or puts more into their preparation than Geoffrey. ~Rick Franzblau

COLBY COLLEGE

CABOT MAHER

Two Way

Senior

Cabot's commitment to the weight room and doing things right shows in his on field performance as well as the progress he has in the weight room. This year he squatted 405 for the first time in his life and is one of the strongest pound for pound athletes in the department. Cabot is a captain for his team and leads through example at all times. He commands respect from his teammates and other athletes through his strength and focus. After a great off season of training, Cabot is poised to make another run at another All-Conference worthy performance in his senior season. ~Greg Cox

COLLEGE — BASEBALL

FAIRMONT STATE UNIVERSITY

PJ LANHAM

Catcher / DH

Senior

PJ Lanham, a redshirt senior, from Mill Creek, West Virginia, is an exceptional student-athlete and is one of the most dedicated and hardest working young men that I have had the pleasure to coach. PJ has been extremely consistent with his training which has allowed him to become a key contributor to the baseball program over the past three seasons. His leadership and work ethic on and off the diamond makes PJ a great role model within our baseball program. So far this season PJ has started every game, either as a catcher or DH and is top two on the team in HR and RBI. As a graduate student, working on his masters degree in exercise physiology, PJ has a GPA of 3.85 and has been named to the MEC all-academic teams and the ABCA Academic Excellence Award each of the last three seasons. Following this season, PJ will be pursuing his doctoral degree in physical therapy at West Virginia University. Our baseball program, strength & conditioning program and entire athletic department are all better because of student-athletes like PJ Lanham. ~Adam Kolberg

GEORGIA GWINNETT COLLEGE

AUSTIN BATES

Catcher

Senior

Pound for pound one of the strongest athletes at GGC, Austin has an excellent work ethic in the weight room. His movement base is unmatched by many. His strength and mobility are the base for his exceptional athletic power. His attention to detail with each and every movement leaves little to be coached. Austin's exceptional lower extremity strength has allowed him to catch almost every game in his career at GGC. ~James Williams

HOFSTRA UNIVERSITY

KEVIN BRUGGEMAN

Catcher

Junior

Over the past year I have had the pleasure of knowing and working with Kevin and the Baseball team. Kevin not only excels as an established lifter in the weight room but does far more than just meeting the programmed sets and reps. Day in and day out Kevin demands excellence from himself and his teammates, constantly setting the bar of excellence. Kevin is one who can lead by his voice, but I think his true strength is found within his actions. From the moment he walks into the weight room you can see the focus he brings and the intent with which he performs his exercises. There are certain guys who can "turn it on" every time they get under a barbell and Kevin is one of those guys. From his 500 pound deadlift in the fall, to his 400 pound split squat in the spring Kevin displays nothing but strength and power that the team feeds off of. Kevin exemplifies what it takes to be an NSCA All-American Athlete of the Year. Kevin has shown nothing but great work ethic, immense passion, and dedication to become the best version of himself as a person and as an athlete. I truly appreciate the effort that he has put forth in my time working with him, it is something that any coach loves to witness. Kevin has aspirations of working in the criminal justice field where I know he will reach any goals he wishes to. Congratulations Kevin on earning this award. ~DJ Melgar

HUNTINGDON COLLEGE

COLTON CLARK

Utility

Senior

Colton has been committed to his own training, and to encouraging a culture of training within our baseball program. He has been an extremely reliable young man, both on and off the field. ~Charles Goodyear

COLLEGE — BASEBALL

LAMAR UNIVERSITY

JACKSON DALLAS

Pitcher

Senior

Jackson Dallas (Baseball – Pitcher)

Jackson “Jack” Dallas began his career at Lamar University as a dual-sport athlete, competing in both Baseball and Football. After deciding to focus his efforts solely on Baseball, he quickly emerged as a leader both on and off the field. His energy, enthusiasm, and “lead by example” mentality have made him one of Lamar University’s top athletes. The 2021 Baseball season saw Jack earn All-Conference honors, where he led the Southland Conference and was ranked 11th nationally in saves. As he completes his final season, not only does Jack continue to lead in Baseball but also in the classroom where he is on track to graduate with a degree in engineering. Jack’s athletic and academic accomplishments alone are quite impressive, but the fact that he is raising a new born daughter along the way adds a whole new level of appreciation to his endeavors.

~Travis Nichols

LINDENWOOD UNIVERSITY

MATT HANSON

Infielder

Sophomore

Matt has dedicated himself to training and bettering himself as a college athlete ever since starting at Lindenwood University. His consistency and hard work have helped him develop into the strongest member of the Lindenwood University baseball team. As a result, his teammates look up to him as a role model and leader because of his ability to push himself and compete every day while creating a fun and positive environment for those around him. ~Michael Reese

LONG ISLAND UNIVERSITY

JAMES STEINDL

Pitcher

Graduate Student

Steindl has faced many roadblocks during his college baseball career but he has never given up. James always finds a way to train and keep himself and his teammates accountable. After a breakthrough this fall Steindl has really locked in and will make great strides in the rest of his college career. ~Robert Bouchey

MANHATTANVILLE COLLEGE

JOSEPH SILVESTRI

Catcher

Senior

Joe exemplifies leadership on and off the field. His consistency in giving 100% effort while having the drive to improve every day has been contagious within his team and the strength and conditioning department. In addition, he holds others accountable and has found ways to get the best out of his teammates. Joe excels in the weight room and classroom. He holds school records in the Clean, Back Squat, and Bench Press, while also being named Academic Honor Roll in his conference every year as a member of the team. Joe's impact will be felt even when he is gone as he has helped create a positive culture within his team. ~Joel Lynch

COLLEGE — BASEBALL

MARYVILLE UNIVERSITY

ALEX HOFF

OF

Senior

Alex has been a leader and example in the Maryville University weight room over the years. He has dedicated his time and effort to building resiliency to continue a high level of play on the field putting in the time and effort building his strength, power, and speed. Some of his highlights include starting 36 games last season, going a perfect 8 for 8 in stolen base attempts, and completing 88 put outs with zero errors for a perfect 1.000 fielding percentage. Alex is a leader in the weight room and on the field and is the exact definition of an NSCA All-American Strength and Conditioning Athlete. ~Jake Fitts

MISSOURI VALLEY COLLEGE

ELLIOTT WILK

Outfield

Junior

Elliott, crushed the weight room this year. He led by example for all of his teammates not only by pushing big weight but by doing it with exceptional form and plenty of speed. ~John Anderson

NORWICH UNIVERSITY

HAYDEN ROBERGE

Outfielder

Junior

Hayden is a very hard worker as well as a leader both in & out of the weight room. Hayden is committed to his sport & wants to help his team succeed in any way. ~Scott Caulfield

NOVA SOUTHEASTERN UNIVERSITY

DANIEL IRISARRI

Infield

Junior

Daniel Irisarri is a leader for his team on and off the field. After suffering a season-ending injury as a sophomore, he committed himself to getting back on the field through the weight room. His training effort and intensity have allowed him to improve his strength and power, while maintaining his speed and quickness. Daniel holds himself to the highest standard as a student-athlete and most importantly, he expects the same from his teammates. He will graduate in May with a degree in Management. ~Steven Orris

PACE UNIVERSITY

MITCHELL MCCABE

Outfield

Senior

Mitchell McCabe has used strength and conditioning to help him put together an impressive career on the diamond. Mitch constantly is pushing himself to improve and holds notable testing numbers with a 525- pound box squat, 360- pound bench press, 9'1" broad jump and 30' vertical jump. Mitch has seen his approach to strength and conditioning transfer to the diamond with career numbers of a .323 batting percentage, 17 runs scored, one home run and 22 RBIs. During the 2021 spring season, he was selected to the Northeast-10 All-Conference second team. ~Troy Thompson

COLLEGE — BASEBALL

POINT LOMA NAZARENE UNIVERSITY

OTTO KEMP

Infielder

Sophomore

Otto Kemp embodies a Zeal Lion. Throughout his career at Point Loma he has invested time and energy into improving his strength, power, and speed in the weightroom. Some of his best performance stats include a 6.3 60 yard sprint, and a deadlift 3 rep max of 405lbs. Otto has seen how strength & conditioning can support his playing performance as he was awarded conference freshman of the year last year and looks to capture attention for the conference player of the year this year. Otto's impact doesn't stop there, he spreads his infectious work ethic and drive with his teammates. As a leader on the field and in the weight room, Otto is a leader among men and we are blessed to have his efforts recognized by this award.

~Erik Pedersen

SACRAMENTO STATE

MARTIN VINCELLI-SIMARD

1B, C

Junior

Martin is one of the strongest athletes I have ever coached, but his work ethic and dedication to his physical preparation are even more impressive than his 1RM's. He's not simply the athlete who squats or deadlifts the most on the team, he also routinely works on his mobility, focuses on his nutrition and embraces all areas of sports performance, to be the best version of himself. When he steps in to the weight room he gives everything he has to training, every day, with no excuses. His leadership by example in this regard has been extremely valuable for our younger student-athletes, who see how his commitment translates to his on the field performance. ~Tristan McLaren

SAINT JOSEPH'S COLLEGE OF MAINE

BEN GRAVEL

Outfield/Pitcher

Senior

Ben has been a tremendous leader both in the weight room and on the field for our baseball program during his time at Saint Joseph's. He has dedicated himself to developing his strength, power, speed, and athleticism with hard work and dedication. In the weight room, Ben is pound for pound one of the strongest on his team. On the field, he has a career batting average over .300 and was named to the first-team All-Conference team in the Spring of 2021. Between his tireless commitment to his craft and the motivation he provides for his teammates, Ben is a perfect recipient of this award. ~Jameson Collins

SALISBURY UNIVERSITY

SKY RAHILL

1B

Senior

Sky is a Senior first basemen on the Salisbury Baseball Team. Sky has an infectious attitude that inspires and influences the people around him. He has consistently shown a willingness to do whatever it takes to be great, including his diligence to make himself the best version he can be both on the field and in the weight room. He not only demonstrates unwavering energy, integrity, and dependability, but he inspires these qualities in his teammates. ~Matt Nein

COLLEGE — BASEBALL

SUNY OSWEGO BENJAMIN WILCOX

Pitcher
Senior

Originally from Australia Ben has established himself as a leader on the field, in the locker room and in the weight room. Ben was on pace to be a leader of the pitching staff only to have his junior season cut short due to COVID. He continued to train and then suffered an elbow injury to start the 2021 season. He has worked hard with the AT staff and in the weight room to rehab the injury and is currently leading our staff to hopefully another NCAA berth and a national ranking. ~Kevin Joyce

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY BRETT CAIN

Outfielder
Senior

Went 1-for-4 vs. Northern Colorado (5/14) ... Went 4-for-12 with two walks, a home run, a double, two RBI and two runs scored in three-game series vs. Baylor (2/21-22) ... Homered in debut vs. Baylor (2/21). ~Eric Sparks

UNIVERSITY OF DELAWARE CHRIS LUDMAN

Right-Handed Pitcher
Senior

Chris 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 expand his abilities on the mound. He has been named to the CAA Commissioner's Honor Roll and has served as a team captain while at UD. As a Senior, he understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways to remain dominant in his sport. 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. ~Stefan Pietrobono

UNIVERSITY OF MICHIGAN WILLIE WEISS

Pitcher
Senior

Willie Weiss made an impact in our weight room from day one. The energy and work ethic he brings to each session is infectious. He is one of the most competitive student-athletes I have ever had the pleasure to work with. He has pitched in some big spots for us and his relentless attitude and work ethic have made him the consummate teammate. It is with great pleasure that I nominate Willie Weiss for All-American Strength and Conditioning Athlete of the Year. ~Jason Cole

UNIVERSITY OF SOUTHERN MAINE JOSH JOY

Pitcher
Senior

Josh has been leading the pitchers by example working hard on all elements of performance training. His better testing results include 305 Front Squat and 450+ deadlift. Pitching speed has improved to right around 90mph. He has the team ready for a potential NCAA qualifying year. ~Jim Giroux

UW-WHITEWATER ERIC HUGHES

Outfield
Sophomore

Eric has been a tremendous leader through his strong work ethic and consistency in the weight room. He is a hard worker and uses every opportunity to better himself. Eric had a strong freshman season for the Warhawk baseball team and will be a key contributor to the team in the future. ~Lee Munger

COLLEGE — BASEBALL

VASSAR COLLEGE
ANDREW KANELIS

Outfield
Junior

Andrew Kanellis is self-motivated and dedicated. Andrew brings a heightened level of intensity to each lift. He pushes himself and those around him to work hard in all aspects of their development. Andrew has developed into one of our strongest student-athletes, highlighted by a career high 300lbs hang clean and 580lbs deadlift.
~Alice Read

WEST TEXAS A&M UNIVERSITY
IZAIAH MADRID

Infielder
Senior

Izaiah comes to work each and every day, either in the weight room or on the diamond. He is passionate about both, and brings positive energy that helps his teammates put forth their best effort as well. Izaiah is an all around athlete in his ability to do well at strength, power, speed, agility or baseball skills. His competitive spirit is tough for most to match and fun to work with each day. ~Sarah Ramey

WILLIAM WOODS UNIVERSITY
TYKLEN SALMONS

Outfield
Junior

Tyklen Salmons is a student-athlete that has used the athletic performance program to improve. He has done a great job of following his program and progressing as an athlete. He has gained strength, flexibility, and arm speed which has allowed him to become a valuable member of the WWU baseball team. His hard work has led to him being one of our top outfielders. By doing so he earned respect from both his teammates and coaches. I have enjoyed working with Tyklen and am very proud of his accomplishments. ~Bob Jones

WRIGHT STATE UNIVERSITY
GEHRIG ANGLIN

Infield
Junior

Gehrig is a tremendous worker and because of his tireless effort has earned every opportunity that has come to him. He is a lead by example teammate and helps define the outstanding culture we have on the Wright State Baseball team. ~Cole Pittsford

COLLEGE — BASKETBALL

APPALACHIAN STATE UNIVERSITY

ADRIAN DELPH

Guard

Senior

Adrian is a leader on and off the court. He is a self-starter and motivates everyone around him. In the weight room and on the court, he excels because of his winning attitude. I am extremely proud of all his accomplishments. He was our 2021 Mountaineer Power Club award winner. He has played in 93 games (74 starts), averaging 9.5 points on 40.9 percent shooting and 3.6 rebounds. He has 94 assists, 70 steals and 28 blocks, has reached double figures in scoring 43 times, including five games of 20 or more points. Adrian was named Third Team All-Sun Belt in 2020-21 after averaging a career-high 13.0 points and 4.4 rebounds. ~Anthony Glass

AUGUSTANA UNIVERSITY

ADAM DYKMAN

Forward

Senior

Adam has been a key piece to the culture of his team as well as the Augustana weight room. Balancing the demands of graduate school, work and basketball; Adam was still able to keep strength and conditioning a priority in his daily activities. Throughout his career Adam has evolved his training to focus on his health, injury prevention and specific training goals. All of which has carried over on the court to a tremendous improvement in production and minutes played. ~Andrew Stocks

AUGUSTANA UNIVERSITY

JANELLE SHIFFLER

Forward

Senior

Janelle's hard-nosed mentality permeates her pursuits in the classroom, on the court, and in the weight room. She shows tremendous effort and toughness regardless of the situation. Janelle has earned multiple Academic All-

NSIC honors and serves the student-athletes of Augustana as a graduate student in athletic training. The same attributes that have made her successful in her collegiate career will carry her to great things in the future. ~Andrew Stocks

BRADLEY UNIVERSITY

ISIS FITCH

Post

Sophomore

Isis has made unbelievable strides since she has entered Bradley University. Her dedication to training (on and off court) and work ethic is unparalleled. This especially shows in the weight room with her back squat max improving to 240 pounds, her bench press at 145 pounds and hip thrust over 400 pounds. All of this effort has translated on the court as well with her playing minutes more than doubled from her freshmen year. She is an exceptional leader and I am excited to see what the future has in store for her. ~Matt Friend

CALIFORNIA

LOGAN ALTERS

Guard

Junior

Logan is an unquestionably motivated student-athlete that exemplifies what it means to be an All-American. His dedication to his basketball and academic development is matched by his relentless desire for physical improvement. Logan portrays the qualities of a leader, motivator, and competitor. His progress in the weight room and bodily transformation can be contributed to his consistency and work ethic. As a teammate, Logan serves others through empathy, commitment, and toughness. He is critical to our weight room culture and program as a whole, and I could not be more honored to nominate him for this award. ~Blake Bender

COLLEGE — BASKETBALL

CAMPBELL UNIVERSITY

AUSTIN MCCULLOUGH

Guard

Senior

Austin comes to work everyday with a high level of focus and effort. His ability to be able to demonstrate this daily, on and off the court, speaks to his consistent effort in putting himself into the process of what ever he is a part of. He is someone who always holds himself accountable to the standards and principles set by himself and the program he is a part of. His care and support of the people around him make him one of the best teammates you could ask for. ~Matt Rodriguez

COLORADO COLLEGE

ANNA FANELLI

Guard

Junior

Anna is one of the quietest athletes I know, but the work she does speaks volumes. She is tenacious, selfless, and works incredibly hard. Anna demonstrates immense grit and resiliency both in the weight room and on the court. ~Emily Andersen

DENISON UNIVERSITY

SOPHIA CHEROS

Post

Senior

Sophia has been a leader throughout her four-year career at Denison. She is a four-year member of the women's basketball team, in addition to working as an intern in the weight room for the past three years. She also completed a summer strength and conditioning internship at Clemson University in 2021. While at Denison, she has improved in all our weight room metrics. She finished her career with a hang clean max of 175 lbs, a bench press max of 160 lbs, and a squat max of 255 lbs. Sophia's leadership as both an athlete and a coach will be missed. Sophia is a Health, Exercise, and Sport Studies major with a 3.41 GPA. Her work ethic and

approach to training have been a tremendous example to her younger teammates. She is pursuing a career in the strength and conditioning field. ~Beau Scott

DENISON UNIVERSITY

OMAR ELLIOTT-DIAB

Forward

Senior

Omar has brought an exceptional work ethic since the first day he stepped in our weight room four years ago. Over the course of his career, he improved his hang clean max from 165 to 270 lbs, his bench press max from 205 to 295 lbs, his squat max from 290 to 420 lbs, and his vertical jump from 32.3 to 37.9 inches. he is a four year member of the men's basketball team as well as Denison's Men of Color Group. He also served as a student intern in the varsity weight room in addition to interning with the strength and conditioning department at UC Davis in the summer of 2021. Omar's work ethic and dedication to the weight room will be missed. Omar is a Health, Exercise, and Sport Studies major. ~Beau Scott

DUQUESNE UNIVERSITY

LIBBY BAZELAK

Point Guard

Senior

Libby is a prime example of a successful student-athlete. This season she has reached 1,000 career points and has been a leader in many areas for the team. Her competitive drive is unmatched and is not only evident on the court. She is currently studying to be a Physician Assistant and has long work hours throughout the week. Despite her hectic schedule, she remained focused and never missed any training sessions in the weight room. She has been one of the hardest working student-athletes that I've met and I wish her even more success after she graduates this semester. ~Elizabeth Lee

COLLEGE — BASKETBALL

DUQUESNE UNIVERSITY

MOUNIR HIMA

Center

Mounir transformed his body, adding 18 pounds to his frame and becoming a strong contributor to our 2022 season. He impressed me with his commitment to strength and conditioning when we devised a nutrition, sleep, and training plan to continue progressing through Ramadan. Mounir showed up every day at 5am and got stronger and bigger while committing to his fasting restrictions. Mounir always has a great attitude and energy for his teammates during training sessions.

~John Henderson

DUQUESNE UNIVERSITY

JACKIE JOHNSON III

Point Guard

Freshman

Jackie Johnson made a point of committing to strength and conditioning, nutrition, and the work it takes to make impactful change. Since joining Duquesne, Jackie has consistently trained 4-6 days per week in addition to the required team activities. Jackie cut his body fat percentage from 10% to 4%. Jackie improved his maxes on clean, squat, bench press, shoulder press, and his vertical jump substantially which has translated to improved performance and health on the court. Outside of the weight room Jackie is committed to elite nutrition and does not order food from team orders without direction from strength and nutrition staff. ~John Henderson

EMERSON COLLEGE

JAMES BECKWITH

Guard

Junior

James is a dedicated student athlete in all aspects. His consistency in training and desire to improve makes him a leader in the weight room and on the court. ~Ron Smithers

FAIRMONT STATE UNIVERSITY

KATY DARNELL

Guard

Junior

Katy Darnell, a junior from Charleston, West Virginia, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Katy is dedicated to strength training and is extremely coachable. Katy's work ethic in the weight room transfers onto the court where she plays with passion and toughness that has helped lead to her success. She leads by example and helps make everyone around her better. She has averaged over 10 points and 7 rebounds per game in each of the last two seasons. Katy's work ethic and dedication as a student-athlete also carries into the classroom. She currently has a 3.7 GPA, while majoring in exercise science, and has been named to multiple MEC all-academic teams. Katy will also be a valuable member of our softball program this spring. Our basketball and softball programs, strength & conditioning program and entire athletic department are all better because of student-athletes like Katy Darnell. ~Adam Kolberg

FORT VALLEY STATE UNIVERSITY

NIKKI CULBREATH

GUARD

Junior

Nikki is a hard worker in and out of the weight room that balances being a scholar athlete, honor society and R.O.T.C.. She maintains a steady work ethic that shows in all aspects of her life. ~Korrey Hammond

COLLEGE — BASKETBALL

FORT VALLEY STATE UNIVERSITY

JOE WILLIAMS

CENTER

Sophomore

Joe loves improving his game through strength and conditioning. His work ethic shows during his play for rebounds, block shots and scoring in the paint. He earned the Wildcats Co-Men's Athlete of the Week honors in two games averaging 10.5 points, 7.0 rebounds 2 blocked shots. ~Korrey Hammond

HARTWICK COLLEGE

LIAM DRENNAN

Center

Junior

Through adversity this year, Liam has stepped up and become the voice for the basketball team. He has taken on a position of leadership within a young team, and has done whatever it took on the court and in the weight room to ensure an opportunity to develop was not wasted. He has grown physically in his time at Hartwick, and am excited to see what another off-season can do for his potential. ~Andrew Parker

HOLLINS UNIVERSITY

TIA TUCKER

Guard

Freshman

Tia is redshirt freshman guard on the women's basketball team and pursuing her bachelors degree in art history with a goal to continue to graduate school for architecture and design. Tia is an exemplary student-athlete and tremendous contribution to Hollins University athletics program. Her energy, leadership, and work ethic in the weight room, on the court, and in the classroom have contributed to the team's overall success. Tia holds performance test records in the vertical jump, broad jump, pro-agility, back squat, bench press, and deadlift. She also excels academically, earning recognition on the Dean's List multiple semesters, Honor

Roll, and ODAC All-Academic Team. Additionally, Tia is an active member of the Black Student Alliance.

Tia consistently shows up ready to work hard with a positive attitude and a hunger to improve daily. Her ability to inspire and challenge others, is part of what makes her a tremendous competitor, leader, and a momentous part of our Women's Basketball Program. She is without a doubt one of the strongest and toughest student-athletes, both physically and mentally that I've ever coached. It is a privilege to coach, mentor, and assist in the development of a young woman with such incredible character and drive. ~ Leslie Williams ~Leslie Williams

IDAHO STATE UNIVERSITY

FINLEY GARNETT

Guard

Senior

"Is there a time I can lift today?" is a common text I receive from Finley on regular basis. Especially during this season. Always wanting to improve her game, Finley is by far the hardest worker on the team, and it has been a pleasure watching her hard work translate to the court as she's played a vital role in her team's back-to-back conference championships. Because of her ever-growing love for the weight room and her curiosity of the S&C field, she has decided to pursue an internship with our strength staff after this season concludes. We look forward to working with Finley as an athlete and as a future strength professional. ~Brandon Stephens

COLLEGE — BASKETBALL

IDAHO STATE UNIVERSITY

JARED RODRIGUEZ

Forward

Junior

“J-Rod” has been an excellent addition to the Bengals. Jared has become one of our “Gym Bro’s” and for good reason, as he brings great energy and an awesome work ethic to every session. From increasing his vertical jump to decreasing his sprint and shuttle times, J-Rod’s growth this summer was awesome to watch as he improved in everything during our 8 weeks together. Jared has embodied what it means to work and “Saw Wood.”
~Brandon Stephens

LAMAR UNIVERSITY

ANGEL HASTINGS

Guard

Senior

Angel Hastings has exemplified the qualities of the phrase “Lead By Example” since her first days at Lamar University. Recording a career-high 29 points in only her sophomore year at Lamar, Angel has continued to grow over her years as both an athlete and as a leader. Her work ethic, energy, and positive impact on team morale is unmatched. She has overcome adversity time and again to become an inspiration to those she encounters. Every time she sets foot in the weight room she is ready to push herself to her absolute limit and to motivate her fellow teammates to do the same. ~Austin St.Cyr

LEWIS & CLARK COLLEGE

DELSIE JOHNSON

Forward

Senior

Delsie Johnson has been an essential piece for the Lewis & Clark Women’s Basketball Program for the past four years. Her commitment to our coaching staff and programs have led Delsie to have a career high senior season. Johnson garnered her third conference selection in as many years and was named to the All-Northwest

Conference First Team. Delsie collected 1,000 career points in just three seasons due to COVID. Her leadership, great work ethic, discipline, and attitude in the weight room and on the court never went unnoticed. She truly epitomizes what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Delsie is determined to make herself and those around her better every day, and in every way. It has been a privilege to work with such an outstanding young woman. ~ Angela Dendas-Pleasant
~Angela Dendas-Pleasant

MONTANA STATE UNIVERSITY

AMIN ADAMU

Guard

Senior

Amin has put in a tremendous amount of work to develop himself through strength and conditioning. He is without question the strongest athlete on the team. He has recorded personal and team leading numbers in the Hang Clean 240 lbs. Dead Lift 480 lbs. Bulgarian Squat 245 lbs. Vertical Jump 37.9 Broad Jump 10’2 and 3/4 court sprint 3.07 seconds. Amin has developed himself in to one of the top players in the Big Sky Conference through his dedication to strength and conditioning. Amin comes focused and ready to train or practice every day. It has been an absolute pleasure working with this young man the last 3 years. ~John Sauer

COLLEGE — BASKETBALL

MORNINGSIDE UNIVERSITY

ZACH IMIG

Guard

Senior

Zach Imig is a prime example of what it means to be a Morningside Men's Basketball player. His dedication to improving his physical abilities in the off-season was unsurpassed. Zach is a tremendous leader on and off the court. His dedication not only excels in the weight room and gym but follows him into the classroom as well. He has helped create a standard of excellence in the weight room and what it means to our men's basketball program for years to come. It has been a pleasure working with this young man and watching him benefit from his hard work over the years. ~Aaron Jung

MORNINGSIDE UNIVERSITY

SIERRA MITCHELL

Guard

Senior

Sierra Mitchell is the type of athlete that every coach wishes of coaching one day. Every day she brings the same relentless energy and commitment to training, conditioning, practice, and her academics. Her tireless work ethic and leadership is what separates her apart. Her dedication to improving her physical abilities is unmatched. She gives everything she has every day while continuously bringing a positive spirit to the team and motivating her teammates to do the same in the weight room, gym, and classroom. It has been an honor and privilege to watch her grow each year, and the positive impact that it has had on the women's basketball program. ~Aaron Jung

PACE UNIVERSITY

LAUREN SCHETTER

Forward

Senior

Lauren Schetter has put together one of the best careers in the history of our Women's Basketball program and has used the strength and conditioning program to assist her in her career. Lauren holds notable testing numbers of a 275-pound box squat, 140-pound bench press, 135-pound hang clean, 26.5" standing vertical jump, 28" approach vertical jump and a 7'0" broad jump. Lauren's career on the court has been even more incredible. Lauren is the 4th player in program history to total more than 1200 career points, 500 career rebounds, and 100 career blocks. Lauren has earned all-conference honors every year, being named to the NE10 All-Rookie Team in 2018, NE10 Honorable Mention in 2019 and NE10 All-Conference Second Team in 2020. ~Troy Thompson

PERU STATE COLLEGE

MADDY DUNCAN

Guard

Sophomore

Maddy Duncan is a second-year member of the Peru State Women's Basketball Team. This year she was voted a team captain, the only underclassman to receive this honor. Currently, Maddy leads the team in points per game and minutes per game. This past Fall, Maddy recorded the best time in the pro agility test (4.57 s), the best vertical jump (31.5 in), and broad jump (86 in), reflecting the success of a program based upon ground-based power. Maddy is a leader on the court in many ways that statistics don't show and will continue to be a big part of the success that Peru State Women's Basketball has this year and beyond. ~Kyle Ryan

COLLEGE — BASKETBALL

PERU STATE COLLEGE

ISAAC SIMPSON

Forward

Senior

Isaac Simpson's determination to make himself a better athlete, beginning in the weightroom, has paid off for him as he was selected as team captain for his Senior year at Peru State College. A tireless worker, Isaac benched only 170 pounds when he reported as a freshman, and had no practical experience performing the Olympic lifts. This past Fall, Isaac tested out with a 220 lb. bench press, a 405 lb. squat, and a 295 lb. power clean. Isaac is an elementary education major with a 4.0 grade point average and will undoubtedly be successful in his chosen career, just as he is on the basketball court. ~Kyle Ryan

PORTLAND STATE UNIVERSITY

TREY WOOD

Forward

Sophomore

Trey is been a great asset to our Men's Basketball team. Trey has over come high school injuries to be a very productive lifter and player on the court for our program. Trey goes above and beyond in the weight room to better himself for the court. He comes in on game days to make up lifts our team cant get in because of covid make up games. He is a great representative of what a NSCA All-American is about. ~Frederick Scott Fabian

SAGINAW VALLEY STATE UNIVERSITY

MADDIE MALONEY

Point Guard

Senior

Maddie Maloney is the model of NSCA All-American! She has been a four year starter at the point guard position achieving her 1,000th point during her senior season. Additionally she has led her team to one of the best starts and very successful 2020 and 2021 seasons. Maddie leads in the weight room at an extremely high level. She

has is a consistent worker and winner in everything she does. Maddie earned second team all conference in 2020 and is on track to yet again earn GLIAC all-conference awards. Maddie also has earned Strength and Conditioning athlete of the month awards on several occasions due to her personal achievements in training. Maddie is also extremely successful in the classroom maintaining an average GPA well above 3.5. It is a pleasure to nominate Maddie Maloney for NSCA All-American. ~Christopher Winter

SAGINAW VALLEY STATE UNIVERSITY

JAMES TOOHEY

Guard

Senior

James has been a member of the men's basketball program at SVSU since 2017. James has been in and out of the starting line-up throughout his career, finishing this season in the starting line-up leading the team in 3pt percentage and capturing the South Division GLIAC Championship. James has been a weight room leader throughout his career finishing this year with personal bests in clean, squat, bench, and vertical jump. James has modeled consistency, character, and discipline every year for his teammates and has served as a great leader during his tenure. Additionally, James has maintained a cumulative GPA exceeding 3.5 and will complete both his bachelors and MBA in just under 6 years. He is very deserving of this award. ~Christopher Winter

COLLEGE — BASKETBALL

SAINT JOSEPH'S COLLEGE OF MAINE

ALYSON FILLION

Guard

Senior

Aly checks off all the boxes that encompass an NSCA All-American. To start, she is constantly trying to improve her game, whether in the gym getting shots up or in the weight room getting extra work outside of team lifts, she is always mastering her craft. In the weight room, her Front Squat max of 185 lbs., Bench Press max of 140lb., and Trap Bar Deadlift max of 275 lbs make her one of the strongest females at Saint Joseph's. On the court, she has received numerous honors for her play including All-Conference & All-State recognition. Lastly, Aly served as a captain during her senior season, highlighting her ability to lead and push her teammates to achieve their goals. Aly has given her all to Saint Joseph's and her teammates over the years and is a tremendous recipient of this award. ~Jameson Collins

STATE UNIVERSITY OF NEW YORK AT POTSDAM

DYAMON HUNTER

Guard

Senior

Dyamon Hunter is a senior Exercise Science major and member of our varsity women's basketball team. Ms. Hunter is strong leader both on the court and in the weight room. Her sport coach, Brittany Cohen, comments that "Dyamon is the captain of our team and is a tremendous leader on and off the court. She sets the standard of what we want all our players in our program to strive to be.". In the weight room, Ms, Hunter leads by example. Her calm, "never say quit" attitude has helped mold a team culture committed to off-court training. She not only uses her academic preparation to support her teammates but is also completing a Strength and Conditioning internship this semester where her expertise is motivating other Bears to be their best. We are proud to call Dyamon Hunter an Exercise Science major and a SUNY Potsdam Bear. She is a shining

example of who we hope our students to be and demonstrates the professional character that will continue to advance our discipline. Thank you for considering Dyamon for this award. ~Tanya Hewitt

STEPHEN F. AUSTIN STATE UNIVERSITY

TASHARIAN ROBINSON

Guard

Senior

Tasharian's attention to quality is what helped this year with improvements in all aspects of performance. She not only got stronger and faster this off season, but she also improved her mobility as well. She also seeks out extra work to take her game to the next level as well as improve specific disfunctions she may be experiencing ~Jon-Paolo D'Este

STONY BROOK UNIVERSITY

GIGI GONZALEZ

Guard

Junior

One word should come to mind when you think of Gigi Gonzalez, "Kaizen" a Japanese word meaning "continuous improvement." Over my last 10 months coaching Gigi, that word has been the staple that has led to her success this year. Along with continuously pushing herself in the weight room leading to the highest vertical jump and number of pull-ups on the team, she has put in the most number of extra workouts at 44 extra sessions, many of which were on game days (home and away), a new routine for her this year. This continuous improvement over the course of the year is mirrored in her continuous improvement on the basketball floor, Increasing her minutes from 11.2 mpg to 29.2 mpg along with her scoring of 3.1 ppg to 9.9 ppg. All of her success over the past year was attributed to her Kaizen which is an intangible trait that will lead to her continued success in basketball and in life. ~Kevin Markle

COLLEGE — BASKETBALL

STONY BROOK UNIVERSITY

TYKEI GREENE

Guard

Redshirt Junior

Tykei Greene models consistency in everything he does. In my two years working with him I have never seen him give anything less than 100 percent effort in the weight room or on the floor. An incredible athlete, Tykei has the third highest vertical jump recorded within SBU Men's Basketball at 43.5 inches and is pound for pound one of the strongest athletes in our department. His intensity and consistency in the weight room transfers over to his game as well. He received all conference honors in 2021-2022, leading the America East in both offensive rebounds, and total rebounds at the guard position. ~George Greene

SUSQUEHANNA UNIVERSITY

OLIVIA BRANDT

Forward

Senior

Liv is an absolute warrior in the weight room and on the court. I was lucky to have had the opportunity to have Liv as an extension of our coaching staff on the weight room floor as we worked to cement our culture. Her hard work culminated in a breakout senior season for the River Hawks, as the forward was named to the Yvonne Young Esworthy Tournament Team, along with making the WPI Winter Classic Tournament Team accolades. Brandt has been among the Landmark Conference leaders all season in double doubles, averaging just shy of a double-double on the season. Brandt has added 368 rebounds for her career, while blocking 62 shots as well. She has been a great leader for the program and has left her mark on our weight room through her attitude, effort, and enthusiasm throughout her career. ~David Kitchen

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

TAYLOR MUFF

Forward

Senior

Multi-Sport Athlete that is a graduate transfer this year. Current member of our Women's Basketball team. Averages 13.5 ppg with 6.8 rebounds. Played volleyball the last four seasons for the Bears where she wrapped up a volleyball career that saw her finish with 1,118 kills, 1,043 digs, 113 aces in 107 career matches. Muff was named to the All-Big Sky First Team in her junior and senior season while helping the Bears to a 2019 Big Sky Championship. ~Eric Spark

TRINITY COLLEGE

TYLER MOLA

Guard

Senior

He exemplifies our core values of Dedication, Effort, Attitude and Team First. ~Bill DeLongis

TRINITY UNIVERSITY

AJ CLARK

Guard

Senior

AJ has been a leader in this program his whole career. He engages each challenge that comes with being a student-athlete at Trinity with a full heart, and because of that he has had a definitive impact. He is intelligent, hard working, and holds his teammates accountable to very high standards. He makes our program very proud. ~Daniel Martinez

COLLEGE — BASKETBALL

UNIVERSITY OF ALABAMA

KEON ELLIS

Guard

Senior

Since he arrived on campus, Keon's focus and intensity in the weight room has been as consistent as any athlete I have ever been lucky enough to coach. This has undoubtedly made an impact with his on court performance and our program's success. Whether it's seeking out extra training opportunities or maximizing the academic resources available to our team, Keon demonstrates what it means to be a student-athlete while being successful in both areas. ~Mike Snowden

UNIVERSITY OF COLORADO

EVAN BATTEY

Forward

Senior

Author and motivational speaker Israelmore Ayivor could have been describing Evan Batty when he explained that "leaders show examples. They have something to offer and they'll offer it by the process of how they got it." The process by which Evan Batty has become a leader both on and off the court is one of great (and often stubborn) determination, consistency, and a willingness to put in the hard work "behind the work" in order to succeed. Not only has Evan had to overcome hardships like that of the stroke he experienced his freshman year or challenges such as cutting 40lbs from his once 300lb frame, but he does so with a smile and impeccable character that distinguishes Evan Batty as a role model for all athletes. Never complaining, Evan leads by example, one that has and will continue to makes his teammates, coaches, and the community of Boulder better because of his efforts.

Evan's weightlifting are not to bad either standing at 6'8" with a 7'0" wings span at 260 pounds

Bench Press 315 | Squat ATG 395 | Trap Bar deadlift 565

~Stephen Englehart

UNIVERSITY OF DELAWARE

LIZZIE OLEARY

Forward

Senior

Lizzie 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. Lizzie has used her 5th year of eligibility to lead her team and always exhibits a contagious work ethic. 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. ~Rich Levy

UNIVERSITY OF DELAWARE

DYLAN PAINTER

Forward

Senior

Dylan 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 to expand his abilities on the court and to return to the court from injury. Currently, Dylan ranks 4th in school history with a 56.2 career field goal percentage. 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 dominant 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. ~Rich Levy

COLLEGE — BASKETBALL

UNIVERSITY OF MARY

MEGAN VOIT

Junior

Not only has Megan excelled in her own performance numbers as a result of her commitment and consistency with training, she elevates those around her to a higher standard. Her mindset and approach to training along with recovery is contagious in and out of the weight room. ~Michael Silbernagel

UNIVERSITY OF MISSISSIPPI

MILICIA REID

Point Guard

Senior

Throughout her time at Ole Miss, Mimi has been an example of hard work, consistency, dedication and toughness. Her athletic improvement has been a reflection of her work-ethic, boasting a 155lb improvement on deadlift (400lb) as well as major improvements in vertical jump (+7.6"/ +50%) and a 20% improvement in her 10yard sprint time. She has averaged nearly 28 minutes per game through all 4 years of her playing career, all while maintaining academic excellence. Her influence on the Women's Basketball program at Ole Miss has left a legacy, and has been an absolute pleasure to coach, day in and day out. ~Tim Boeni

UNIVERSITY OF NEW ENGLAND

ALEX KRAVCHUK

Guard

Senior

A graduate student-athlete, Alex has been the definition of dedication to the cause over his 5 years. He has completely transformed his movement patterns and athleticism in the weight room. He has always been successful on the basketball court, but through his commitment to the weight room, he has improved every facet of his game. In doing so, he has completely rebuilt his team's culture in the weight room. He is a polarizing

figure who effectively leads his team in the weight room and requires them to put forth extra effort. The growth of his team has followed his personal trajectory and he has helped set them up for continued success! ~Lyndie Kelley

UNIVERSITY OF PROVIDENCE- GREAT FALLS

REED HAZARD

Guard

Junior

Reed is a great all around athlete that can do it all. She brings great energy and effort on and off the court each day. Reed takes great care of her body and understands the demands of the sport/season. She inspires her teammates at team lifts and encourages them to stretch as often as possible. Reed plays a huge role in the success of the women's basketball team. I've enjoyed getting to know Reed not only as an athlete, but as an individual as well. She has a great personality and outlook on life. ~Will SeEVERS

UNIVERSITY OF PROVIDENCE- GREAT FALLS

JAKE OLSEN

Sophomore

Jake has bought into the weightroom and completely transformed his body. He puts himself through an intense off-season to ensure that he is in peak physical condition and ready for the start of each season. Jake brings great energy and enthusiasm to the room each day. He always shows up on time, lined up, and ready to go. His teammates all listen to him and respect him. ~Will SeEVERS

COLLEGE — BASKETBALL

UNIVERSITY OF VIRGINIA

MCKENNA DALE

Guard

Senior

From the day McKenna got to UVA, she has displayed a work ethic I haven't seen in many years. No matter what happens on the court, she brings the same level of intensity into every weight room session. She has worked her way into the lineup and received more minutes as the season has gone on partly because of her work ethic and ability to keep herself in top physical condition. It is a privilege to nominate McKenna for this award. ~Jeremy Golden

UNIVERSITY OF WISCONSIN

MATY WILKE

Guard

Freshman

It is difficult to put into words who Maty Wilke truly is. She entered her freshman year about five months post-op from an ACL reconstruction and meniscal repair. Midway through our summer session the meniscal repair failed, requiring a scope to clip it out. A huge disappointment to the entire program, the setback forced her to redshirt her freshman season. Throughout rehabilitation, the resiliency and maturity Maty has exhibited consistently exceeds what is typical of those her age. In my 12 years as a strength and conditioning professional, I have never worked with an athlete who exemplifies such passion, persistence and mental fortitude. She tackles each rep with deliberation and imposes her competitive drive into a commitment to face challenges directly. Her ability to overcome disappointment and rehabilitate her knee with intense mental and physical pace illustrates her dedication. Despite her personal struggles, Maty endeavors to remain a supportive and empathetic teammate who continuously impacts her peers positively through action. Without having stepped foot on the court, she has made and continues to make everyone around her better. ~AJ Whitehead

UNIVERSITY OF WISCONSIN-WHITEWATER

REBEKAH SCHUMACHER

Guard

Senior

Cool, calm, and collected, Rebekah's quiet confidence as captain is a huge reason why her team has won multiple regular season and conference tournament titles. She embraces the challenge of taking the last shot, because she has put in countless hours in the weight room and on the basketball court. Her preparation is a shining example to her teammates of what dedication looks like, and it will serve her well as she pursues a career in education. ~John Schimenz

VASSAR COLLEGE

DANI DOUGLAS

Guard

Senior

Dani Douglas is self-motivated and committed. Dani is steady and strong in all she does in the weight room and leads by example for her teammates and others with focused intensity. She embodies the word grit by consistently pushing her physical limits and raising the bar for both herself and those around her. ~Alice Read

VASSAR COLLEGE

ZACH JOHNSON

Forward

Junior

Zach Johnson is powerful and competitive. He has developed into one of our strongest brewers while pushing his teammates to challenge their inner strength. Zach brings a competitive nature to the weight room that helps drive his performance to the next level. His strength and domineer are what set him apart. ~Alice Read

COLLEGE — BASKETBALL

VIRGINIA TECH **AISHA SHEPPARD**

Guard
Senior

Aisha Sheppard came to Virginia Tech a thin young lady from Washington, DC, and through hard work, discipline and many tough workouts she will graduate with her Masters degree, and as the all-time leading scorer in school history and as the all-time leader in 3-pointers made in ACC history. On top of her diligent work on the court, Aisha's hard work in the weight-room and in conditioning has developed her into a First-Team All ACC selection. ~Greg Werner

VITERBO UNIVERSITY **KACIE GROSS**

Forward
Senior

Kacie was the true definition of a leader this year. She was consistent in the weight room and on the court. She always was pushing herself and others to get better. ~Kyle Cluppert

VITERBO UNIVERSITY **JACK MONIS**

Forward
Junior

Jack has continually improved himself on and off of the basketball court. His hard work in the weight room, during practice, and anytime in between has led to him receiving a Male Athlete of the Year award, an NSAA First Team All-Conference nomination, and most recently a Player of the Year award. ~Kyle Cluppert

WEST TEXAS A&M UNIVERSITY **SIENNA LENZ**

Guard
Junior

Sienna is the type of student-athlete you want to have a full team of. She shows up each day ready to work, compete and give her very best effort. Despite setbacks over the course of her career she resets and gets ready to attack whatever is up next. She smiles through the hard days and doesn't let them get her down. She lifts her teammates up and leads by example what it means to give your best each day on and off the court. ~Benjamin Kozak

WESTERN MICHIGAN UNIVERSITY ATHLETICS **GABI SAXMAN**

Guard
Sophomore

Gabi is an extremely driven and self-motivated student-athlete whom has invested in the weight room and is seeing the benefits from it with her on-court performance. Pound for pound she is the strongest and fastest athletes on the team. She scored top three marks in five of the 10 various performance testing measures to start the off-season training and has proven to be a reliable and durable asset to the team. She is always a positive and energetic presence in the weight room who continually strives to lead by example, push her teammates, and be better than she was the day before. ~Tim Herrmann

WRIGHT STATE UNIVERSITY **ANDY NEFF**

Forward
Senior

Andy is without question one of the hardest working student-athletes at Wright State University. The effort and energy he brings to the weight room is contagious and fuels teammate to match his drive. ~Cole Pittsford

COLLEGE — BEACH VOLLEYBALL

JACKSONVILLE UNIVERSITY

SHAYLEE BEFUS

Senior

Shaylee is a leader not only on the sand but in the weight room as well. She brings tremendous effort and energy, pays attention to the small details, and doesn't accept anything less than her best. Shaylee pushes herself and her teammates to be the best versions of themselves they can be every day. She embodies everything about this award. Her passion for strength and conditioning is truly unmatched and she is deserving of every award she receives. ~Kaitlan Aries

COLLEGE — CHEERLEADING

WEST VIRGINIA UNIVERSITY

KAITLIN NUTTER

Freshman

I first came to know Kaitlin during her senior year in high school when she committed to the weight room for her cheerleading and high jump performance. After a successful high school career I've been blessed to continue Kaitlin's Strength & Conditioning during the start of her career as a college cheerleader as a member of WVU Cheer! Kaitlin's work in the weight room has certainly paid off as she's remained healthy, continues to get stronger, and is one of the highest performers on her team... even continuing to surprise and impress her teammates with her strength and explosiveness! Kaitlin is a joy to work with and a young woman with a very bright future. ~Jerry Handley

COLLEGE — CROSS COUNTRY

COLORADO COLLEGE

LILY BRAZIL

Junior

Lily has been battling a hamstring injury all year, but has persevered and put in the work necessary to improve her injury status. Lily is always the hardest working athlete in the room. Whether it is an optional day or not, Lily is in putting in her best work. ~Derek Savage

DUKE UNIVERSITY

NICK DAHL

Men's Distance

Senior

I have only been able to work with Nick for the 2021/2022 seasons, but it is apparent that he pushes himself to be the best. He trains to win. Nick has been able to set numerous school and personal records while running for Duke T&F, and he has been putting in the training to make sure it doesn't stop there. Weight training has been a big part of the Duke Distance/XC program this year, and it is apparent that he takes training his body seriously. I am proud to nominate Nick Dahl for All-American in Strength & Conditioning. ~Jordan Bar

DUKE UNIVERSITY

MICHAELA REINHART

Women's Distance

Senior

I have had the pleasure of coaching Michaela in Strength & Conditioning for the past 5 years (currently a graduate student). I have never met someone who worked as hard as possible in all aspects of their training, no questions asked, with complete trust in those coaching them. Michaela is the epitome of a coachable athlete, and her dedication and hard work shows in her performance and her contributions to Duke Track & Field. Duke University is lucky to have an athlete of such character and quality come through its program, and she truly is leaving Duke better than she found it. It is an absolute pleasure to

nominate Michaela Reinhart as an All-American in Strength & Conditioning. ~Jordan Bar

FAIRMONT STATE UNIVERSITY

CARLINA JACQUEZ

Sophomore

Carlina Jacquez, a sophomore from Fairmont, West Virginia, is an exceptional student-athlete. This year, Carlina's hard work and consistency with our strength training program and her dedication to succeed as a runner paid off. Carlina finished in 18th place at the NCAA Atlantic Regional and received All-Region Honors, as she ran a personal best time of 22:17.5. Carlina's work ethic and dedication as a student-athlete also carries into the classroom. She currently has a 3.6 GPA and was recognized on the Mountain East Conference Academic Honor Roll and the USTFCCCA Women's All-Academic team. Carlina has already found a great deal of success early on in her career, and it will be exciting to see what her future holds. Our cross country program, strength & conditioning program and entire athletic department are all better because of student-athletes like Carlina Jacquez. ~Adam Kolberg

FLORIDA A&M UNIVERSITY

JOSIAH DAVIS

Runner

Senior

Florida A&M University's Josiah Davis is a Graduate Transfer student from The United States Coast Guard Academy. A middle-distance track specialist at Coast Guard, Josiah embraced the challenge of moving up in distance for his final year of eligibility at FAMU. Adopting an endurance-based strength training program coupled with aerobic capacity development utilizing running and cross training workouts, Josiah was FAMU's top Cross Country runner in the Fall of 2021. Away from running, Josiah is a commissioned US Coast Guard Officer and maintains a 4.0 in his Master's of Public Administration curriculum. ~Brian Hickey

COLLEGE — CROSS COUNTRY

FORT VALLEY STATE UNIVERSITY

KASHIA DANVILLE

Distance Runner

Senior

Kashia is a hard worker that developed into one of the team leaders. Her progress in the weight room has reflected in improved performances every meet. This past season she earned 2021 SIAC Women's Cross Country All-Conference Honors. ~Korrey Hammond

FORT VALLEY STATE UNIVERSITY

YESAHK ERGANO

Distance Runner

Sophomore

Yesahk pushes himself in all aspects of his life. His drive to improve in the weight room has reflected in improved performances every meet. This past season he earned 2021 SIAC Men's Cross Country All-Conference Honors. ~Korrey Hammond

HOLLINS UNIVERSITY

KAITLYN OKIN

Senior

Kaitlyn is a senior student-athlete on the cross-country team at Hollins University. I have had the opportunity to coach Kaitlyn for most of her career at Hollins. She has been committed to improving her performance and abilities and as a result she has improved her strength, mobility, and endurance tremendously. She has dealt with a hip injury which she is going to have surgery for but has never stopped working hard to get better despite the pain. She is tough as nails! Kaitlyn has had an outstanding academic career at Hollins, majoring in public health, she has consistently made the deans list and ODAC All-Academic team. Beyond that, Kaitlyn has been a leader in the weightroom, on her team, and in many other contexts. She has always been extremely thoughtful, consistently putting others before herself and doing random acts of kindness for others. It is a

pleasure being her strength coach. ~Leslie Williams
~Leslie Williams

IDAHO STATE UNIVERSITY

BRANDON WALKER

Sophomore

Brandon is a fantastic student-athlete dedicated to his schooling, sport and the weight room. He takes pride in where he does work, always making sure the weight room is cleaned up and shows leadership with helping others during the team lift. Although he battled some injuries, he always asked for exercise modifications and was the last to leave the weight room, ensuring he was getting better any way he could. I look forward to seeing his hard work transfer into successes during track season. ~Brandon Rodewald

IDAHO STATE UNIVERSITY

KATIE WEEDN

Senior

Katie has been impressive this year with her work ethic and discipline in the gym. She leads by example and is bought in to the program. I've enjoyed watching her push herself on her lifts and even get outside of her comfort zone. She has also seen success running, posting season bests during cross and I am exciting to see her success transfer into the track seasons. ~Brandon Rodewald

COLLEGE — CROSS COUNTRY

IOWA STATE UNIVERSITY THOMAS POLLARD

Senior

Thomas demonstrated consistency and leadership in the weight room with his strength training during the cross season. In his first season in the weight room and last season on the course he consistently achieved personal records in his strength performance metrics while also achieving personal records on the cross course as he became an All American. Thomas's willingness to try something new and have faith in the process, focus on each task at hand, and intent each day was fun to be apart of. 2% was earned. ~Ben Durbin

UNIVERSITY OF WISONSIN-WHITewater DAVID FASSBENDER

5k, 10k, Distance Medley Relay

Senior

David shows up to every workout with a great level of enthusiasm and intention. His hard work motivates those around him and has translated into success in both cross-country and track & field. David's accomplishments up to this point include USTFCCA All-American (2020: 5,000-meter run, distance medley relay), NCAA Indoor Championship qualifier in the 5,000-meter run and distance medley relay, WIAC Men's Track Performer of the Year (2021 indoor), WIAC champion (first-team All-WIAC) in the 10,000-meter run (2019, 2021), the 3,000-meter run (indoor 2020), the distance medley relay (2020) and the 5,000-meter run (2021 outdoor), first-team All-WIAC in the 3,000-meter run (2021) and 5,000-meter run (2021 indoor), second-team All-WIAC in the distance medley relay, honorable mention All-WIAC in the 1-mile run (2021). His work ethic is inspiring and contagious to everyone around him. ~Dylan Garbutt

COLLEGE — DIVING

DUKE UNIVERSITY

HAREL ANOLICK

Senior

Harel has exemplified what it means to be a Blue Devil throughout his entire career. The intent and effort he brought to every session models what the development process is truly about. Harel has a bright future ahead and it has been a pleasure to work with him the past four years. ~Carl Christensen

DUKE UNIVERSITY

MADDY PFAFF

Senior

Maddy has been an outstanding student athlete at Duke University. She is incredibly consistent, positive, and diligent. Her attributes will have a long-lasting impact on our program and enable her to have continued success in the future. It has been great to work with Maddie during her career! ~Carl Christensen

IOWA STATE UNIVERSITY

MICHELLE SCHLOSSMACHER SMITH

Senior

Michelle brings a positive and contagious attitude into the weight room every day. It is rare to find an individual with such competitive drive coupled with extraordinary kindness towards those she works with. She leads by example and is committed to the success of the program and team. Her work ethic through adversity has proven to be the difference maker in a senior year full of success. ~Madeline Prado

NORWICH UNIVERSITY

SARAH CARLS

Diver

Senior

Sarah is a very hard worker as well as a leader both in & out of the weight room. Sarah is committed to her sport & wants to help her team succeed in any way. ~Scott Caulfield

COLLEGE — EQUESTRIAN

HOLLINS UNIVERSITY

AUSTIN GORE

Junior

Resiliency, perseverance, grit, toughness, and leadership are just a few of the characteristics that come to mind when describing Austin Gore. During the summer of 2021, Austin had a traumatic accident where she was thrown off a horse and suffered a broken pelvis and sacrum. Because of this, she had to return home to be on bed rest and heal instead of starting her Fall 2021 semester on campus and riding with her team. Instead of feeling sorry for herself, she committed to the rehabilitation process and has returned in November 2021, which is much faster than anyone anticipated. Her unshakable commitment to her own recovery and improvements, as well as her teams, is remarkable. She always brings a positive and inspiring energy and passion to the program that motivates her teammates to be better every single day. Her incredible work ethic has driven her to come back from a devastating injury to participate in the spring season. It is my honor as her strength coach to nominate her for this award. ~Leslie Williams

SACRED HEART UNIVERSITY

ALYSSA KINNEY

Senior

Senior Captain, Alyssa Kinney, embodies the leadership and work ethic that is well deserved for the All-American Strength and Conditioning Athlete of the Year. Kinney does all of the little things right in and out of the weight room that allow her to get stronger and succeed while she is in the weight room. Her leadership and ability to demonstrate through action drives those around her to push themselves. ~Olivia Kibrick

COLLEGE — FENCING

DUKE UNIVERSITY

KEVIN CHAO

Men's Fencing

Epee

Senior

Kevin is a standout in the weight room, not just in the amount of weight he can move but in the quality of his movement. Unfortunately he has suffered several injuries during his career at Duke, but he has been determined to put in work despite his ailments. Kevin is an incredibly hard worker, a great student athlete, and has shown his ability to come back from injury multiple times by working hard and training with quality while being coachable. He is a pleasure to coach, and I am honored to nominate Kevin Chao as All-American in Strength & Conditioning. ~Jordan Bar

DUKE UNIVERSITY

ALEX GORMAN

Women's Fencing

Saber

Senior

I began working with the Duke Fencing program in the summer of 2021, which is when I began training Alex Gorman. From the start she showed her passion for weight training. Training beyond what is required of her, Alex is always looking to push herself to break new PR's and get an edge. She is dedicated and coachable, and it has been a pleasure being able to work with Alex. I am excited to nominate Alex Gorman as All-American in Strength & Conditioning. ~Jordan Bar

COLLEGE — FIELD HOCKEY

ENDICOTT COLLEGE

CLAIRE BONCEK

Defender

Junior

The dedication and results that Claire has in the performance center are evidence of the hard work that she puts in on the field, in the classroom, and beyond. Claire has transformed herself into a model student-athlete and an amazing team leader. She is so highly respected by her teammates as well as her coaches and will go down as one of the all-time greats to play field hockey at Endicott. ~James Daley

HARTWICK COLLEGE

LEAH TOLLEY

Midfielder

Junior

Leah has been bought into the process since day one. She continually seeks improvement, extra work, and anything that she can do to better herself. In her time at Hartwick that effort she puts into herself has grown onto her teammates as well. She has become a leader and I am excited to see what she can do in her senior season. ~Andrew Parker

HOBART AND WILLIAM SMITH COLLEGES

EMILY LEONARD

Forward

Senior

Emily Leonard – Over the course of Emily's time at William Smith, her love for the weight room has grown exponentially every year. Year after year she has continued to impress by setting new PR's on an assortment of exercises leading up to hitting lifetime PR's of 185 lbs Back Squat, a 260 lbs Trap Bar and a 105 lbs Bench Press. She is a true leader by example, Emily has helped increase her programs buy-in to the weight room as well as establish a new set of standards. Coaching Emily is what makes this job as fun and enjoyable as it

can be and it is an absolute honor to nominate her for this award. -CG ~Chris Gray

LONG ISLAND UNIVERSITY

MICHAELA ZABICKI

Defense

Senior

Since day one Michaela has been a warrior in the weight room. She not only pushes herself but her teammates as well. Zabicki is a leader inside and outside of the weight room. She is passionate and never backs down from a challenge. Since day one Michaela has been a warrior in the weight room. She not only pushes herself but her teammates as well. Zabicki is a leader inside and outside of the weight room. She is passionate and never backs down from a challenge. ~Robert Bouchey

MERRIMACK COLLEGE

RILEY BROWN

Goalkeeper

Senior

"Regardless of the adversity she has faced, Riley's attitude and effort has never faltered. She has dominated the weight room for 4 years and has always been a source of leadership and energy for her teammates. The same values she carried in the weight room were reflected on the field. Riley left her legacy at Merrimack College and will go on to start a new one, serving as a policewoman, protecting our safety. Thank you, Officer Brown." ~Michael Kamal

COLLEGE — FIELD HOCKEY

SAINT ANSELM COLLEGE

JACKIE GAUMER

Back

Senior

Jackie Gaumer's hard work, consistency, and positive attitude never fail to impress. Leading by example and being a role model for her teammates on and off the field is something she excels at. She is one of the strongest players on the team. Above all else, her enthusiasm and drive are contagious and makes everyone else around her want to get better. Her commitment to being a well-rounded student athlete has allowed her to be available for games throughout her career. Jackie will have an impact on every athlete that come through the field hockey program for years to come. ~Shannon Smith

UNIVERSITY OF DELAWARE

GRACE MILLER

Forward

Senior

Grace 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 to excel and improve her prowess on the pitch. She is an All-CAA Second Team player, 2019, 2020, & 2021 NFHCA Division I National Academic Squad member, and a 2020 & 2021 NFHCA Division I Scholar of Distinction. 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

VASSAR COLLEGE

GIANNA TRUNFIO

Forward

Freshman

Gianna Trunfio defines hard work and determination. Don't let her quiet demeanor fool you, Gianna is mentally tough and physically strong. As only a first year she is quickly becoming one of our strongest brewers. It is this strength, dedication and commitment that sets her apart. ~Alice Read

COLLEGE — FOOTBALL

ALBANY STATE UNIVERSITY

ANTHONY HARVEY

DL

Sophomore

Anthony is an extremely athletic, hard worker, and it shows in his play. He has a back squat of 603 lbs., bench press of 437 lbs., hang clean of 353 lbs., and a vertical jump of 37.2 inches. ~Troy Williams

AUGUSTANA UNIVERSITY

MADDEN PIKULA

Wide Receiver

Senior

Madden has been a high performer in the weight room throughout his career. His character and work-ethic are second to none. Madden trains with purpose and intensity, all while supporting his teammates. Madden has persevered through multiple injuries, but has never allowed them to slow him down in the weight room. Madden has also achieved great things on the field and in the classroom. He is an NSIC champion and multiple NSIC All-Academic Team of Excellence honoree. It has been a pleasure to coach Madden as a student-athlete but even better to get to know the man. ~Andrew Stocks

AVILA UNIVERSITY

EXAVIOR LOWE-BOHANNON

Defensive Line

Senior

Exavior Lowe-Bohannon has been a foundation of the football team defensive line for all four years he has been at Avila University. He is a Kinesiology undergrad student that learned to apply his knowledge to his own training. In his final year he was able to be an intern in the weight room and teach the information he had learned to new athletes. Not only was he one of the strongest football players we ever had, but he was always dedicated to the program and successfully complete all his off-season training while he was at home out-of-state on breaks. He went from being shy and reserved to a vocal leader in the

weight room and held his teammates to a higher level of accountability. ~Brian Ciolek

BUFFALO STATE COLLEGE

KYLE SCHREADER

Offensive Line

Senior

Kyle has demonstrated his ability to handle responsibility during his time at Buffalo State. Kyle excelled in the weight room, on the football field, and in the classroom while holding down a job at the same time. His ability to manage his responsibilities allowed him to become one of our football captains and a standout leader on campus. Many of our younger athletes look up to him since he was an excellent example of a true student-athlete. ~Nathan Young

CAMPBELL UNIVERSITY

JULIAN HILL

Tight End

Senior

Julian is a relentless worker that has been committed to developing himself physically and mentally since his first days on campus as a freshmen. Julian has developed from a walk-on tight end coming off of an ACL repair in high school to being one of the strongest players in our football program and a 2x All Big South Conference performer on the field. His consistent approach to training can be seen in his performance both on the field and in training. He has accumulated 47 catches for 559 yards and 2 touchdowns in his career and become a high-level performer in training as well (Bench Press: 390 lbs / Back Squat: 500 lbs / Clean: 305 lbs). ~Matt Rodriguez

COLLEGE — FOOTBALL

CENTRAL COLLEGE

BLADE DURBALA

Defensive line

Senior

Blade Durbala, a 6-1, 280-pound defensive lineman, served as a team captain on Central's 2019 and 2021 American Rivers Conference championship teams. The 2021 team advanced to the NCAA Division III quarterfinals with a 12-1 record and No. 6 final ranking. Blade was a two-time D3football.com All-American and won the American Rivers Conference defensive MVP award in 2021. In the weight room, Blade's work ethic and competitive drive were second to none. He pushed himself and his teammates to fully reach their potential in every training session. As a senior, Blade's testing numbers were: 32" vertical jump, 1.67 10-yard dash, 5.10 40-yard dash, 4.40 pro agility, hang clean 390 lbs., back squat 760 lbs., bench press 460 lbs. Blade also served as a student intern in our strength and conditioning program. He designed and implemented year-round programs for our men's soccer team and assisted with the training of 10 other athletics teams. After graduating in December with a degree in exercise science, Blade began work as a graduate assistant strength and conditioning coach at Tennessee Tech University. ~Kyle Johnson

CENTRE COLLEGE

OLIVER HUNTER

DL

Senior

Oliver is one of the strongest and most intense athletes in the country. He is an all-conference defensive lineman on the football team, and he throws for the track team. He sets the tone in all the training, as he is a relentless competitor. He cleans 375 lbs, benches 330 lbs, and jerks 335 lbs ~Carter Conley

CHADRON STATE COLLEGE

JUSTIN CALDERON

Offensive Tackle

Senior

After receiving All-America honorable mention at Nassau Community College in New York, he joined the CSC team in 2019 and blocked for the second-best offense in the Rocky Mountain Athletic Conference. In doing so, he was credited by his head coach and position coach, Jay Long, for personally giving up zero sacks on the season. The Eagles tied for fewest sacks allowed as a team that season. Calderon earned selections to the All-RMAC First Team, All-Region Third Team, and All-Nebraska DII First Team that fall.

As a senior in 2021, Calderon was a pick for the American Football Coaches Association All-America Second Team. He led a unit which produced the RMAC's third-best passing offense as well as the No. 2 third-down conversion rate. He was tagged for his second All-RMAC First Team honor, made the All-Nebraska DII list for the second time, and made the "squad" list on D2Football.com's Elite 100 team. He was rated the No. 7 offensive tackle in Division II by the College Football Network, in the preseason.

Calderon came to Chadron as a talented athlete with a very low training age inside of the weight room. He molded himself into one of our most efficient movers inside of our room. Justin consistently brought his best effort day in and day out. His best marks inside of the weight room include a 345lb hang power clean, a 445lb front squat, and a 385lb bench. Justin also holds the Chadron State offensive line record in the 40-yard dash at 4.96 seconds. ~Chase McLendon

COLLEGE — FOOTBALL

CHADRON STATE COLLEGE

COLE THURNESS

Wide Receiver

Senior

Cole Thurness had a remarkable career at Chadron State College. Thurness holds records in the weight room for the receiver group including the vertical 39.5", back squat 515 lbs., hang clean 335 lbs., 40 yard dash 4.48 laser, and pro agility 4.02 laser. Thurness excelled on the field through his final season finishing with 193 receptions, 2541 yards, and 26 touchdowns. Along with his offensive production, Thurness also participated in 50 career tackles on special teams. His receptions and touchdown are both school records. The College Sports Information Directors of America (CoSIDA) organization recognized Thurness as a second team academic All-American in 2020. Thurness was also recognized by the National Strength and Conditioning Association (NSCA) committee and awarded NSCA All American weight lifter honors for the 2021 season making him a two time NSCA All American. ~EJ Kreis

CLEMSON

JORDAN MCFADDEN

OT

Senior

2 YR STARTER. THIS COMING YEAR WILL BE 3RD YEAR STARTING. 2021 ALL-ACC. 2.9 GPA. 4 X ACC PLAYER OF THE WEEK. ~Paul Hogan

CLEMSON UNIVERSITY

BAYLON SPECTOR

LB

Senior

Baylon was a two-year starter, led the team with 85 tackles last season, earning ACC player of the week in the process. Was voted permanent Captain by his teammates, earned 2nd team All-ACC in 2020. Also earned All-ACC Academic team in 2021. Finished his

senior season at 6'1, 230 lbs. Benched 305, Squat 500, Power Clean 340, and 225 rep 27. ~Larry Greenlee

COACH ROZY PERFORMANCE

JOHNNY CARDOZA-CHICAS

Special Teams - Kicker/Punter

Freshman

Johnny Cardoza-Chicas is a Freshman on the Mount Marty University Football squad in Yankton, South Dakota. The first year punter and kicker was named Honorable Mention All-Conference and Voted Special Teams MVP by his teammates. He had 66 punts for 2490 yds, or a 37.7 yd a punt average. He had 13 punts inside the 20 yd line and hit his longest punt of 54 yds. Johnny uses the weight room to help improve his performance on the grid iron and has a 310 lb squat and a 225 lb bench. ~Mark Roozen

COACH ROZY PERFORMANCE

EVARISTO "KIKO" NUNEZ

Offensive Line

Junior

Evaristo "Kiko" Nunez is a Junior at Mt. Marty University, from Dickinson, TX. He was part of the first ever football team at the University. He played in the first inaugural season this past year and started every game on the offensive line. Kiko also plays baseball on MMU's baseball team as a First Basemen. In football Kiko was elected Honorable Mention All Conference, was voted Team Captain and also voted as Offensive Lineman MVP by his teammates. After one full year following the schools strength program, Kiko has improved his bench to a max of 365 lbs, in the squat he hit 450 for his max, while hitting 30.5 inches in the vertical jump.

~Mark Roozen

COLLEGE — FOOTBALL

COACH ROZY PERFORMANCE

JONTE "DREW" PENDLETON

Defense Player - Linebacker

Junior

Defensive Player - Jonte "Drew" Pendleton

Drew is a Junior at Mount Marty University in Yankton, South Dakota, getting his major in Exercise Science. The 5'11", 208 lb linebacker played the first inaugural season for the school. He was a stand-out on the squad, having 67 total tackles, 36 solo tackles, 7.4 tackles a game and was voted as most consistent player off the team by his teammates. In the weight room, Drew is a great leader and has a 445 lb squat, a 335 lb bench, while hitting a time of 4.21 in the pro agility run and hitting a 35.5 inch vertical jump. ~Mark Roozen

CULVER-STOCKTON COLLEGE

ANDREW RUPCICH

Offensive Lineman

Senior

Leadership, Passion, and intensity are just a few of the quality attributes that come to mind when describing Andrew Rupcich. His unwavering commitment to his own development, as well as that of his teams, is remarkable. He leads from the front and brings an energy and passion to the program that motivates his teammates to compete every single day. Rupe's commitment to strength and conditioning has helped him see a rise in his own game and become a leader of the program. The 3x 1st Team All-American committed time to his overall athletic development to earn himself an opportunity to compete in the NFLPA Collegiate Bowl as well as the NFL Combine. ~Tyler Aulbur

DUQUESNE UNIVERSITY

JAKE DIXON

Offensive Line

Senior

Jake is the epitome of what it means to be a student-athlete at Duquesne. His level of commitment and dedication to his personal development, as well as that of his teammates, is unmatched. He transferred to Duquesne after playing college volleyball. He showed up weighing 209lbs and played sporadically as a tight end. Over the course of 2 years, he reached a new playing weight of 295lbs and made the transition to Offensive Tackle. He made the commitments inside and outside of the weight room to ensure he could always be on the field. He made the commitment to not only do the work that was required at a high level, but do the extra work as well. Jake's leadership, toughness, and competitiveness helped him reach his goals in the weight room, classroom, and football field. I can not say enough about the impact Jake has left on our program or on me personally. Jake's personal records include: Clean=330, Back Squat=475, Bench Press=415. ~Anthony Longo

EAST TENNESSEE STATE UNIVERSITY

TIMMY DORSEY

Defensive Line

Senior

Timmy is a consistent and hard-working student-athlete. He always brings great energy and intensity to the workouts and sets the pace of his position group. His work ethic in the weight room has helped him perform at a very high level on the football field as a member of a Championship football team, ~DAVE LAWSON

COLLEGE — FOOTBALL

EAST TENNESSEE STATE UNIVERSITY

JOE SCHREIBER

Offensive Line

Senior

Joe consistently shows passion and intensity in the weight room. He sets the standard and example for his position group and the team as a whole. His efforts directly translate to his on-field success and to the success of his championship football team. Joe's energy, work ethic, and attention to detail make him stand out as a leader in the ETSU Football program in all areas. He is outstanding and dependable in his academics as well, making him a great example of what any student athlete should strive to be. ~Jordan Anderson

ENDICOTT COLLEGE

SHANE AYLWARD

WR

Sophomore

Shane is a hard worker and was a key member in helping the football team be successful this year. He was voted the Conference Rookie of the Year and 1st Team All-Conference by his opponents. He led the team in receptions, receiving yards, receiving yards per game, and receiving touchdowns this past season. Shane has a great work ethic which shows as he is able to balance the challenges of being a college student and athlete. This past season Shane was voted team captain by his peers. His fellow players recognize him as a leader and a man of character. They are willing to follow him in every practice and game. In the performance center, Shane has never been late or missed a workout and is pound for pound one of our strongest players. He leads in the performance center the same way he leads on the field by his work ethic, energy, and effort. ~James Daley

FAIRMONT STATE UNIVERSITY

BROCTON BLAIR

Linebacker

Freshman

Brocton Blair, a freshman from Huntington, West Virginia, is an exceptional student-athlete and is one of the toughest and hardest working young men that I have had the pleasure to coach. As a freshman, Brock is already one of the leaders on our football team, on and off the field. During the 2021 football season, Brock led the team and the league's freshman defensive players in tackles with 83. He also recorded 8.5 TFLs and 2 sacks. He was voted the Mountain East Conference Defensive Freshman of the Year award and was a second team All-MEC linebacker. In the weight room, Brock is relentless in his efforts to improve his strength and power. He already has impressive strength numbers, as he currently has a 550 lbs squat, 550 lbs deadlift and a 385 lbs bench press. With his work ethic, I have no doubt that these metrics will continue to improve. Brock's discipline, work ethic and leadership also show in the classroom. He currently has a 4.0 GPA and was named to the MEC all-academic team. Our football program, strength & conditioning program and entire athletic department are all better because of student-athletes like Brocton Blair. ~Adam Kolberg

FORT HAYS STATE UNIVERSITY

AMARI ANGRAM-BOLDIN

Offensive Lineman

Senior

Amari is a hard working dedicated young man, that understands what commitment and dedication means in life. Amari matured into a great leader for his team. He was multiple year starter and received All-MIAA three years, All-Super Region 2 years, and All-American honors his Senior year. His honors were earned from hundreds of hours in the weight room, developing himself into a tremendous athlete and person. ~Doug Boucher

COLLEGE — FOOTBALL

FORT VALLEY STATE UNIVERSITY

KEON BOGAN

Defensive Back

Sophomore

Keon lives for the rigor of strength and conditioning. His work ethic, drive and leadership can be seen in every interaction to motivate himself and teammates. ~Korrey Hammond

GEORGE FOX UNIVERSITY

CHAD BLETKO

Tight End

Junior

Chad is an outstanding Tight End, both as a blocker and pass catcher. In March of 2020, During the Covid spring season Chad torn his labrum and rotator cuff. He then had surgery on April 30th. Through a tremendous amount of hard work and detection to the rehab process Chad was able to come back ahead of schedule. Some doctors told him it would take between 6 and 9 months to recovery, Chad came back and played on October 2nd, 5 months after his surgery. Chad started, and made big contributions on a team that went 6-3(only losing one game that he played in). Now in the offseason, Chad has not only gotten his strength back to were it was before the surgery, but he is even stronger, making him the strongest player in our weight room. Chad has a 3.7 GPA, and is a tremendous leader on campus, and on the football team. ~Ken Ingram

HARTWICK COLLEGE

NOAH HURT

Offensive Line

Sophomore

Noah's growth in the weight room is a testament to the hard work he is willing to put into his training. He not only is a leader in the weight room, but off the field he handles all of his business like a professional and exemplifies what owning all facets of the process should look like. ~Andrew Parker

HOBART AND WILLIAM SMITH COLLEGES

ISAIAH BOONE

DT

Senior

From the first day I stepped on campus, "Boone" as he is referred to by teammates, impressed me with his electric personality, his leadership traits, and overall strength in the weight room. Boone is an absolute joy to coach, watching his character spread to every last person while he is in the room. Boasting a squat to almost 600lbs, a clean that reached close to 300 and a bench over 300 as well, Isaiah made every moment he was in the weight room an memorable one. He embodies all that any strength coach would want out of their leaders yet is an even better human being. - CG ~Chris Gray

HUNTINGDON COLLEGE

MARC STRUCK

Defensive Line

Senior

Marc has been an extremely consistent guy on the field, in the weightroom, in leadership, and in the classroom throughout his time. His work ethic was impeccable, and the sacrifices he made for his college have been priceless. Marc embodies the word commitment. ~Charles Goodyear

COLLEGE — FOOTBALL

IDAHO STATE UNIVERSITY

CORTLAND HORTON

Defensive End

Freshman

“Cort” is just one of those athletes that makes any strength coach look good. His dedication and commitment to his physical performance is apparent and inspiring to those around him. Cortland’s effort is second to none and it’s no surprise that it led to significant growth in the weight room and increased playing time towards the end of last season. Excitement is the first word that comes to mind when thinking about Cortland’s future development and untapped potential. His progress is going to be a fun one to monitor and be a part of. ~Brandon Stephens

LONG ISLAND UNIVERSITY

FRANK SOKENIS

Defensive Tackle

Junior (Red Shirt)

Frank continues to show Athletic excellence on the field and in the weight room. After recovering from shoulder surgery his sophomore year, he has dedicated his time to recovery and mental preparation to return to action. In doing so he has become a pivotal player in the Sharks rotation. His increase in strength, power and confidence has boosted him to the next level in his football performance. He has bought in to the 1% mentality and continues to grow as a young man. ~Robert Bouchey

MARS HILL UNIVERSITY

SETH BRANHAM

Center

Senior

Seth Branham was nominated for the NSCA All-American Award for displaying exceptional attitude, effort, and attention to detail both on and off the field. Although a majority of his achievements are statistically immeasurable given the position, Branham was the anchor of our offensive line allowing 1 sack and grading

out at an 85.5(pass/run), while starting the last 22 games straight. Even more so, Seth has consistently shown the unique ability of pushing himself beyond breaking point, regardless of the activity, for the sake of his brothers and our team's end goal. Thus, it is with great honor that I nominate Seth Branham for the 2022 NSCA All-American Award. ~Jared Carter

MCMURRY UNIVERSITY

REAGAN SULLIVAN

Tight End

Senior

Sullivan is the ideal definition of a All-American Strength & Conditioning Athlete of the Year. He holds himself as a leader on and off the field, along with leading his team in the weight room. He holds his teammate and himself accountable on all fronts in order to bring a focus on growth development in the weight room and out of it for our football program by pushing himself to the limit the coach expects with a full understanding of why we are doing what we are doing. ~Zak Snell

MISSOURI VALLEY COLLEGE

DREW PETERSON

Defensive Back

Junior

Drew, excelled both on the field and in the weight room this year. He continually brought it to each training session, with a positive outlook and high intensity, whether it was early morning or afternoon. He sets a great example for his teammates in everything he does. ~John Anderson

COLLEGE — FOOTBALL

NORWICH UNIVERSITY

ZEV MOTEW

Inside Linebacker

Senior

Zev is a very hard worker as well as a leader both in & out of the weight room. Zev is committed to his sport & wants to help his team succeed in any way. ~Scott Caulfield

PACE UNIVERSITY

KEVIN TOOTE

Offensive Line

Senior

Kevin Toote has exemplified what it means to be a NSCA All-American Athlete of the Year. His dedication to strength and conditioning and his sport have helped him excel and grow, not only as an athlete, but as a leader. Kevin has earned incredible numbers in the weight room with a 645-pound box squat, a program record 465 pound bench press and impressive explosive numbers with a 27" vertical jump and an 8'4" broad jump as a 305 pound offensive lineman. As a starter since he arrived on campus, Kevin has transferred these tremendous numbers and work ethic, into being one of the best offensive linemen in the Northeast-10 Conference, earning first-team All-Conference in 2021 and serving as a team captain. ~Troy Thompson

PERU STATE COLLEGE

MARLON WARREN

Running Back

Junior

Marlon has proven to be a tireless worker and team leader in the off-season conditioning sessions. His Spring testing recorded a 530 lb. squat, a 315 lb. clean, and he recorded a 225 bench press 17 times. His infectious energy and can-do attitude can be relied upon to lift everyone's spirits when the workouts become especially grueling, which makes him a valuable asset for the entire team. ~Kyle Ryan

SACRED HEART UNIVERSITY

DEANDRE BYRD

Senior

His work ethic, energy, and consistency to show up everyday is unmatched. He gives no excuses and leads by example. ~Chris Fee

SACRED HEART UNIVERSITY

MALIK GRANT

Junior

His work ethic and consistency to show up everyday is unmatched. He gives no excuses and leads by example. ~Chris Fee

SAGINAW VALLEY STATE UNIVERSITY

NICHOLAS WHITESIDE

Defensive Back

Junior

Nick Whiteside has been a consummate leader in strength and conditioning and on the football field. He lead a defense that at one time was ranked #1 in the country in take a ways. Nick was named to the Division 2 Second- Team All - American List. In his Summer off-season training he broke every prior PR specifically broad jumping 10'5", Power Cleaning 315, Back Squatting 455, and running approximately 22 mph in the flying 10 yd sprint. Nick completely changed his body composition in 2021 from a 6'3, 195lb corner to playing the position this season a 210lbs finishing as one of the best man coverage corners in the country. His buy-in and energy about training has been contagious among other members of the program and he has lead with character and integrity. Nick is also a phenomenal student in the classroom as he purses an undergraduate degree in Kinesiology holding a GPA above 3.3. It is my pleasure to recommend Nick Whiteside for the NSCA All-American Award. ~Christopher Winter

COLLEGE — FOOTBALL

SAINT ANSELM COLLEGE

MICHAEL BOUCHER

Offensive Line

Senior

Michael embodies everything this award stands for, showing it as a player and person. A team captain his senior year, he always put others before himself and strived to perform at his very best. Not only being a leader in the weight room, but performing in the classroom as well by earning a spot on the NE10 Academic All-Conference team for the Fall of 2021. Leaving an impact on the program and community, Mike has shown the qualities that will lead him to success in and outside of athletics. ~Brennan Fleming

SLIPPERY ROCK UNIVERSITY

JEFF MARX

Defensive Line

Junior

Jeff is a rising senior in our football program and has been excellent both on and off the field. His season was cut short last year due to a broken foot but in the 2018 and 2019 season, he was voted both all PSAC and all region. Jeff has aspirations to be a collegiate strength and conditioning coach and is a natural leader in our weight room. While playing football, he spends summers interning with the University of Pittsburgh football program to continue his pursuit of strength and conditioning. ~Joe Marella

SNOW COLLEGE

LANDON MOLEN

Long snapper

Freshman

Landon has consistently put forth effort to gain strength and accomplish the opportunity of being a college long snapper after having torn his ACL his Jr year of high school football. He has made great gains and has been very coachable along the way! ~Jan Jorgensen

STEPHEN F. AUSTIN STATE UNIVERSITY

RYAN WAUGH

Tight End

Senior

Ryan consistently has the right attitude brings high intensity to all training sessions. He is a great teammate who sets a high standard for himself and demands that from his teammates. He is mission focused and makes decisions that are good for his team.

Ryan is an example to follow off the field as well maintaining a GPA over 3.0. He is also a member of SAAC currently serving as the Vice-President.

Ryan's commitment to his preparation allows him to bring his best everyday.

~Joshua Stoner

STONY BROOK UNIVERSITY

TYLER DEVERA

TE/WR

Redshirt Senior

Tyler Devera is the definition of consistency in every aspect of being a Student-Athlete. In his first two years here at Stony Brook he has shown his desire to get better on the field and specifically in the weight room as he continues to improve in every aspect of athletic performance. He does everything that is asked of him which has developed him into a leader. In the weight room he prides himself on helping younger athletes improve their technique and challenge them to be better at the little tasks. On the field he is a respected teammate and coaches do what is asked of him to make the team better. ~Vinnie Cagliostro

COLLEGE — FOOTBALL

TRINITY COLLEGE

NOAH GLANTZ

D-Line

Senior

He exemplifies our core values of Dedication, Effort, Attitude, and Team First. ~Bill DeLongis

TROY UNIVERSITY

JAKE ANDREWS

Offensive line

Junior

Jake shows the consistency, intensity, reliability, toughness and leadership of an All American. Every day he sets the tone of the workouts and demands great effort from his teammates. Jake is 6'3", 315lbs , GPA- 2.65., Lifts-- Power Clean-390, Bench-455, Squat- 550, Dead lift-605. ~Richard Shaughnessy

UNITED STATES COAST GUARD ACADEMY

MICHAEL PALERMO

LB

Senior

As a senior captain for the 2021-22 season, Palermo was tied for 1st place in the NEWMAC for solo tackles with 56 and was third in the conference with 78 total tackles from his linebacker spot. Mike ended the year as a 2nd Team selection at LB in the NEWMAC conference and has been a 3x selection for the NEWMAC All Academic Team. Mike held a 3.85 GPA as a management major at the academy never missing the Dean's list. Mike will graduate from the academy and serve as an Ensign in the United States Coast Guard. ~Timothy Farina

UNIVERSITY OF DELAWARE

LIAM TRAINER

Linebacker

Junior

Liam 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 expand his

abilities on the field. His passion for the weight room is like no other and has also excelled in the classroom as a CAA Commissioner's Academic Honor Roll member. 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 MARY

DEVIN BECK

LB

Junior

The numbers that Devin is putting up in the weight room speak for themselves, the aspect of training that stands out even more is the the commitment and dedication to making not only himself but his teammates better in the process. ~Michael Silbernagel

UNIVERSITY OF MARY

DRAKE LALIM

Offensive Lineman

Sophomore

Drake is the type of athlete that is very detailed oriented as well as strives to be better in everything he does in life. He is a leader and makes sure his teammates do things right. He pushes himself physically to be the strongest offensive lineman he can be as well as pushing his teammates in his position group as well as others to be better. ~Danielle Radosa

UNIVERSITY OF NORTH CAROLINA PEMBROKE

EVAN VANMETER

DB

Junior

Evan is the definition of a Brave! He is always pushing, not only himself, but his teammates to perform better. He is a true leader on and off the field. ~Cory Minnie

COLLEGE — FOOTBALL

UNIVERSITY OF WISCONSIN-RIVER FALLS

BEN BEISE

Tight End

Senior

Ben has had an amazing journey during his college football experience. His physical transformation from a quarterback to an All-Conference tight end is a perfect example of what one man can do when they have a burning desire to achieve excellence and surrounds himself with people that support, push, and demand excellence. I'm happy to have been able to witness his career and see the success he has had on the field and the future success he will have off of the field. ~Carmen Pata

UNIVERSITY OF WISCONSIN-WHITEWATER

RYAN PONICK

Running Back, Special Teams

Junior

Ryan is the epitome of what it means to be a leader. He holds himself to the highest standards, giving his very best effort on every single rep. More importantly, he raises his teammates' level of performance through words of encouragement. He is genuinely excited about the success of others and will be the first one to congratulate his teammates on their accomplishments. This selfless attitude is a key reason why he was named captain in 2021, earned 1st team all-conference honors as a specialist, led his team to a conference title, and secured a birth in the national semifinals. ~John Schimenz

VIRGINIA MILITARY INSTITUTE

MICHAEL JACKSON

Wide Receiver

Senior

Mike is a leader on the field and in the weight room. Mike embodies our core Strength & Conditioning tenets of ownership, progress and consistency. He is no stranger to hard work and sacrifice, he has always been

willing to put in extra work since he arrived on Post. He has steadily improved throughout his career, culminating in his best season statistically as a senior. Mike is a reliable playmaker who made game-winning catches to help lead VMI to it's first Southern Conference championship in over 40 years and first back-to-back winning seasons in over 60 years. ~Dave Forman

WEST TEXAS A&M UNIVERSITY

JARROD COMPTON

Running Back

Senior

Jarrold Compton is unique. By this is I mean, he is not only an exceptional football player he is an all around phenomenal human being. A senior, returning for an additional year that has consistently improved in all areas of athletic development. From his first day on campus he has embodied what it means to be a West Texas A&M football player. He shows up early and attacks every training session with enthusiasm, visible effort and great focus. Furthermore, he has seen significant improvement in all objective measures (squat, bench, clean, broad...etc.) of athletic performance; a few stand out measures include a one rep max front squat over double body weight, strict press over 1.5 x body weight and a broad jump of 9'6". Jarrold is a true teammate, not scared of holding his teammates accountable and being the voice of the offense. I have no doubt in my mind he will continue to be successful in all his future endeavors. ~Benjamin Kozak

COLLEGE — GOLF

APPALACHIAN STATE UNIVERSITY TIMOTHIOUS TIRTO TAMARDI

Junior

Tim has been an exceptional teammate on and off the field during his time at Appalachian State University. As part of the Men's Golf team, Tim has always been the type of athlete that goes above and beyond to not only continue to get better on the course, but continue to help his teammates get better as well. Tim is very consistent with his work ethic and it shows on every aspect of his daily routine. ~Henry Murray

DALLAS BAPTIST UNIVERSITY JULIA GARCIA

Julia's passion for training was not always burning bright but when she began to see the results and find enjoyment in it, she has renewed her commitment to performance. Julia could barely do a glute bridge her freshman year and is now one of the strongest girls on the team. She regularly stays after to get extra work and encourages her teammates to join her! ~Alex Spencer

IDAHO STATE UNIVERSITY TYA SETH

Senior

Tya has been nothing but a delight to work with during our brief time together. She's a natural leader and competitor who brings a great attitude to every training session. Tya's willingness to take initiative not only for her own betterment, but for the betterment of her team is what impresses me the most. She continues to seek advice and guidance from our strength staff and has been a positive influence for her teammates. ~Brandon Stephens

IOWA STATE UNIVERSITY RICKY COSTELLO

Senior

Ricky's happy place is the weight room! He is someone that comes into every session with maximum intent. He is well respected and uses his voice to unify and create harmony amongst the team. He is excited for the success of those around him and completes his day to day tasks with integrity. Ricky continuous to show improvements in strength and power, even after years of training. He will continue to do so because of his dedication and strong work ethic, which will serve him well as he pursues golf on the next level. ~Madeline Prado

IOWA STATE UNIVERSITY TAGLAO JEERAVIVITAPORN

Junior

JJ is a fun spirited individual. A true professional at her craft, JJ tackles every task with gratitude and respect. The growth she has shown this year comes from her willingness to put in the extra work. She is open to criticism and uses it to fuel change. Her game, confidence and weight room performance continue to increase and I'm excited to see her development in all areas. ~Madeline Prado

LONG ISLAND UNIVERSITY ANDRÈ ULVENES KLEPPE

Sophomore

Andre has been one of the hardest working athletes both in the weight room and on the course. He is always striving to get to that next level. Kleppe will continue to push the envelope and be successful in life. ~Robert Bouchey

COLLEGE — GOLF

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY LEONARDO NORVELLA

Sophomore

Competed in six tournaments ... finished tied for 14th at the Western Athletic Conference Championship with a three-round score of 219 after posting rounds of 72, 75, and 72 ... tied for 78th at El Macero Classic with a three-round 238 after rounds of 77, 87, and 74 ... finished tied for fifth place at the Big Texan Invitational after posting a three-round 215 with rounds of 71, 70, and 74 ... tied for 45th at the GCU Invitational with a three-round 222 after posting rounds of 72, 73, and 77 ... posted a fourth place finish at the Colin Montgomerie Invitational with a three-round 215 with rounds of 68, 77, and 70 ... made collegiate debut at the LaTour Intercollegiate where he finished tied for 21st with a two-round 149 after rounds of 80 and 69. ~Eric Sparks

UNIVERSITY OF DELAWARE ROBERTO NIEVES

Senior

Roberto has worked hard to accomplish his goals in the classroom, community, weight room, and on the course. He has used his time in the weight room to expand his abilities on the course at the highest level. Currently, Roberto is the Golf program leader with 13 career rounds in the 60s. He also averages 72.27 shots per round, the lowest in program history goal percentage. He understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways to remain dominant in his sport. 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. ~Mesiah Polycarpe

UNIVERSITY OF TENNESSEE AT MARTIN TATE CHUMLEY

Senior

Tate's performance as a student-athlete on/off the course, in the classroom, and in the weight room make him a deserving candidate for this award. Tate has been a mainstay in our golf line-up since arriving on campus as a freshman. Through his consistent work on and off the course, he gathered All-OVC honors and helped the program win the OVC conference championship in 2021. Tate is another fantastic leader and example for the program on how the weight room can positively impact one's development as a golfer. ~Chris Gillies

UW-WHITEWATER JESSICA LABERGE

Senior

Jessica is a tireless worker and is truly dedicated to using strength and conditioning to help her golf game. She always does everything asked of her and goes above and beyond with her tremendous work ethic. Jessica has been a contributor to a strong Warhawk golf team and is looking forward to a great Senior season. ~Lee Munger

COLLEGE — GOLF

WEST TEXAS A&M UNIVERSITY

JOSH ROCHE

Junior

Josh is an outstanding athlete to have in the weight-room. He brings the team together by setting the standards high and is bought in to the value that strength and conditioning adds to golf and his personal life. Not only is he extremely coachable, he leads by example through his commitment to lifting and never misses a beat. He consistently improves his strength, attention to detail, and desire to help others. I can always trust that Josh will work hard, guide others to improve their technique and effort, and implement the feedback he is given. I am positive that whatever environment Josh finds himself in, his peers will continue to look up to him for his positive attitude, the way he treats others, and his ability to get the job done. ~Sophia Kennedy

WILLIAM WOODS UNIVERSITY

PAIGE HAWKINS

Senior

Paige Hawkins is a great example of hard work and dedication. Each year she has worked hard to improve herself physically and mentally. Paige has gained strength and power which has greatly enhanced her golf game. This past fall she shot her best round of 1 under in a tournament. Her hard work has not gone unnoticed by others. She had earned respect from teammates and coaches. This had helped establish her as a leader in the weight room. Paige will be greatly missed next year. ~Bob Jones

COLLEGE — GYMNASTICS

IOWA STATE UNIVERSITY ANDREA MALDONADO

Senior

Andrea demonstrated consistency and leadership in the weight room with her in season strength training. She reached new career highs on her floor routine, and continued to reach new personal records in all of her strength metrics in the weight room. Every day she demonstrated tremendous focus and intent to continue to get stronger and better, and that focus was contagious with the rest of the team. She also committed to extra 1on1 strength training sessions to accelerate her progress after returning from injury. She is a great ambassador of Iowa State university and provides a great example of how to overcome adversity and achieve your goals with hard work and consistency. ~Ben Durbin

UNIVERSITY OF MICHIGAN ABBY HEISKELL

All-Around Senior

Abby is currently a Senior in the All-Around for the University of Michigan Women's Gymnastics team and a member of the 2019, 2020, and 2022 Big Ten Championship teams and the 2021 National Championship team. Abby's commitment to strength and conditioning has grown tremendously over the course of her career. Abby arrived on campus while still rehabilitating a significant time loss injury. She worked progressively and intentionally through that rehab, along with overcoming several other personal setbacks, to reach the level she has sustained over her Junior and Senior seasons. During the onset of the Covid-19 pandemic, which abruptly ended her team's season on the precipitous of post-season competition, she made no excuses and found ways to stay physically prepared. As a Junior, she achieved All-American status and served as the anchor on the final event at NCAA Championships, scoring a 9.925 on Balance Beam to clinch the first National Championship in program history. Abby's perseverance in overcoming setbacks, coupled with her increased level of commitment to strength and conditioning within weeks after playing a vital role in her team's National Championship, has earned the respect of her teammates, coaches, and support staff alike. As a team captain, her success, and that of her team's during her Senior season is not surprising, however, it all speaks to her character as an individual and a competitor. In sport that relies on individual performance, her focus on team success and elevating those around her has helped take our program to new heights. I am fortunate to be able to work with Abby as she continues to pursue greatness and achieve immense personal and team success. It is with great pleasure that I nominate her for this award. I look forward to continue helping her reach her goals as a student-athlete and beyond. ~Lew Porchiazzo III

COLLEGE — ICE HOCKEY

BUFFALO STATE COLLEGE

TROY BUTTON

Defense

Senior

Troy has been a fantastic student-athlete during his time here at Buffalo State. He has led his team on and off the ice and has been a voice of reason during the last two years. Troy has bought into the Buffalo State system and helped his teammates find their way. He has also started graduate work during his last year here and has shown consistency and coachability. He will continue to lead in his chosen field when he graduates. ~Nathan Young

COLBY COLLEGE

NINA PRÜNSTER

Goalie

Senior

Nina is consistently one of the strongest athletes on her team. As a current captain, she leads her team with her consistent work ethic, organizational, and leadership abilities. Nina carries herself professionally and takes her position and sport seriously, frequently performing extra work in an effort to bring up her weaknesses and improve herself and her physical preparation. A notable training achievement was Nina's commitment to improving her chin-ups. Which she improved by more than 5 reps over the course of 6 weeks last year. ~Greg Cox

COLORADO COLLEGE

BRYAN YOON

Defenseman

Senior

Bryan is a solid foundation for this team. Being the captain for a team with a new coaching staff, including myself, he's done a phenomenal job helping shape the culture. Whether on the ice or in the weight room, Bryan does the right things the right way with a high level of intensity and consistency. It's for these reasons that I'm

extremely excited to nominate him for this award. ~Cam Davidson

HOBART AND WILLIAM SMITH COLLEGES

JOE HALSTROM

Goaltender

Senior

A quiet and steadfast worker, Joe has been a constant standout in the weight room over his tenure at Hobart College. His numbers speak for themselves as well with a Bench Press nearing 300lbs, a Front Squat Close to 400, a Hang Clean at 275lbs and a Trap Bar Deadlift in the high 500lbs mark. What makes Joe a special individual is his weight room drive and his coach ability. He continues to strive for more day in and day out, in season or out of season. It is a privilege and distinguished honor to nominate Joe for this award. - CG ~Chris Gray

LINDENWOOD UNIVERSITY

MEARA RYAN

Forward

Junior

Meara is an exceptional athlete and human being, especially when it comes to training. She demonstrates a relentless work ethic, and pushes her teammates every single time she is in the weight room. She takes pride in her work, and is always more than willing to put in the time to perfect her craft. ~Collin Kohlasch

NORWICH UNIVERSITY

ALEXA BERG

Goalie

Senior

Alexa is one of the hardest working athletes in the gym and our top goalie which goes hand in hand per her work ethic and commitment to her strength training program. She always brings a positive attitude and energy to our lifts and supports her teammates. ~Scott Caulfield

COLLEGE — ICE HOCKEY

NORWICH UNIVERSITY

SCOTT SWANSON

Forward

Senior

Scott is a 5th year grad student who chose to play one final year while working on a masters degree. He's by far one of the hardest working athletes in the gym with an incredible work ethic and commitment to our strength training program. He always brings a positive attitude, a big smile, and energy to our lifts and supports his teammates. ~Scott Caulfield

SAINT MICHAEL'S COLLEGE

ANDREW DECRISTOFORO

D

Senior

Andrew has excelled in all facets of his career here at Saint Michael's College. He started while earning his Captainship as only a sophomore, Andrew has made a huge impact not only for his team, community, and academically, but a significant impact here in the Varsity Weight Room. I have had the pleasure of having him serve as an intern the past two years and being a huge comment of our first refuel station here at the college. Andrew will go on to do great things in all aspects of his life. ~Ryan Garrow

STATE UNIVERSITY OF NEW YORK AT POTSDAM

CHRIS GRATTON

Defense

Senior

Chris Gratton is a senior Exercise Science major and Defenseman for our varsity men's hockey team. Chris is an aspiring strength and conditioning coach and has completed several relevant internships. Even though his fieldwork requirement for the major has been satisfied, Chris has elected to complete an internship this semester under the coach at Saint Lawrence University to further broaden his experience. For the past several years, Chris has mobilized his team's off-ice training. He writes

workouts, instructs lifts, provides motivation, and demonstrates exceptional commitment to effective training for his sport. Academically, I have received numerous compliments on Chris' professionalism and leadership in the classroom. I have no doubt that his commitment to excellence, academic preparation, and athletic experience will translate into a successful strength and conditioning career. I'll be proud to call him a colleague. Chris Gratton is EXACTLY who we hope our students to be when they take the next steps in their professional journeys. Thank you for considering him for this award. ~Tanya Hewitt

UNIVERSITY OF CONNECTICUT

MARC GATCOMB

Forward

Senior

Marc Gatcomb has always stood out in strength & conditioning since coming to campus. As a senior alternate captain he is ranked #1 on the team holding two team records in performance testing. He has shown consistent growth each year and not only makes himself better, but those around him as well. Marc is the athlete that is always working, embracing training and understanding the process. It is no surprise that he holds a leadership position within the team because he is always looking to raise the bar and elevate the standards. ~Maureen Butler

COLLEGE — ICE HOCKEY

UNIVERSITY OF NEW ENGLAND

MEGHAN HAMILTON

Forward

Senior

A born leader, Meg has been the driving force behind her team's success in the weight room during her four year career. Pound for pound, Meg is one of the strongest female athletes we have on campus and her numbers in the weight room have taken off over the past two years! What is most impressive about Meg is her dedication to mastering the tiny things upon which big things rely. She is a tactician in the weight room, constantly seeking to improve her athleticism on the ice via her strength programming. Her coachability and consistency are second to none. Her care for her fellow teammates is evident at all times! She has helped lead her team to the Nor'easter Women's Strength & Conditioning Team of the Year two times. She has truly embodied our "Leave it Better" philosophy! ~Lyndie Kelley

UNIVERSITY OF PROVIDENCE- GREAT FALLS

LEVI ANDERSON

Defense

Senior

Levi has been a pillar for the Men's Hockey team. He is a guy that holds everyone on the team accountable and keeps the boys locked in. Levi is someone that I have deep respect for and know that he won't let me down. It has been great watching him grow into the leader and man that he is today. ~Will Seevers

UNIVERSITY OF SOUTHERN MAINE

BRIANNA DOTY

Defense

Senior

Bri has been a team leader in the weight room for 4 years. Always one of the stronger athletes on the team. Her best testing performances were hockey specific energy system tests, power clean 130 and an excellent chin up score. Served as a student assistant coach in S&C

this year. Helped lead hockey to best record in years.
~James Giroux

UNIVERSITY OF SOUTHERN MAINE

TYLER GARDINER

Forward

Senior

A religious year round trainer Tyler has quietly led the team by example. Has shown gradual improvement in testing results over the years. Best results are 225 hang clean @ 160 bodyweight and one of the better team verticals @ 29". His on ice performance is very consistent all season. ~Jim Giroux

UNIVERSITY OF WISCONSIN HOCKEY

TAREK BAKER

Forward/ Center

Senior

Tarek is the epitome of a leader in the weight room both in his actions as well as his attitude. He mentored younger members of the Wisconsin Men's Hockey program in ways they could take care of their bodies in the offseason as well as in season. More over, he continues to lead in the room and demonstrates excellent technique, intent and focus when he is training. As a strength and conditioning professional, I believe that Tarek Baker exemplifies of what it means to be a great athlete in the weight room. He is a leader in attitude and action, he strives to push himself and others physically and he wants to learn about how the field of strength and conditioning can advance his hockey career.
~Paul Valukas

COLLEGE — ICE HOCKEY

UNIVERSITY OF WISCONSIN WOMEN'S HOCKEY

MADDIE POSICK

Forward/ Defense

Senior

Maddie Posick is the perfect example of a hardworking, positive, energetic leader in the weight room. Her attention to detail, leadership and overall attitude makes her one of the best athletes I've ever had the honor of working with. She not only holds herself to a high standard when it comes to the weight room but she does an incredible job showing the younger generation how to train. She has help set the Wisconsin Women's Hockey program up for continued success in the weight room due to her excellent leadership and hard work over the course of her career here at the University of Wisconsin.

~Paul Valukas

UNIVERSITY OF WISCONSIN-RIVER FALLS

CALLIE HOFF

Forward

Senior

Callie's dedication to improving herself has been evident since the first day she stepped foot on campus. Callie has not only grown as a hockey player but also has grown as a leader of her team. To anyone that knows her, it is not a surprise that she has become the all-time leading point scorer and we all know she will be successful when she starts her professional career. ~Carmen Pata

WESTERN MICHIGAN UNIVERSITY ATHLETICS

ETHEN FRANK

Forward

Senior

During each year of Ethen's career on the Bronco Hockey team, he has consistently been one of the strongest and best conditioned student-athletes on the team. His dedication in the weight room and his relentless work ethic have paid huge dividends to his on ice performance. He placed top three in eight of ten various performance testing measures prior to the start of the season and has not only led the team in goals scored but all of Division I Hockey this past season. Ethen has been a tireless worker, who leads by example, does all that is asked, and always strives to be better than he was the day before.

~Tim Herrmann

COLLEGE — LACROSSE

CAMPBELL UNIVERSITY

CHANDLER STEWART

Defense

Junior

Chandler brings a consistent and great attitude with her every single day regardless of anything going on around her; when the time comes to work, she is ready and prepared to train. She keeps her head down looking for consistent improvement within her training and performance which consistently yields great results. Chandler has proven herself able to become physically competent to attack every challenge presented to her in training, and also mentally resilient enough to show up prepared for training session after session. ~Matt Rodriguez

COLBY COLLEGE

HALLIE SCHWARTZMAN

Senior

Hallie is an individual who lights up the very space she occupies without even trying. Hallie always brings an enormous amount of energy and positivity everywhere she goes. Whether that is walking into the weight-room, or in the hallways, she greets everyone with a genuine smile. In the weight-room, Schwartzman is a modest leader, often lifting more than others, but is the first to callout a teammates accomplishments before her own. Although there are no captains, Hallie has stepped up to be a leader on the team by taking responsibility for communication with staff and coaches, and setting the example for accountability and hard-work for her fellow players. She is a true team player. Her love for the game and team spirit will be dearly missed. ~Catharine Moss

DREXEL UNIVERSITY

ALLISON DRAKE

Attack

Junior

Allison has worked extremely hard in all areas of our strength and conditioning program to improve her

individual athleticism. Allison's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~Michael Rankin

DREXEL UNIVERSITY

BRENNAN GREENWALD

Defense

Senior

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

DUQUESNE UNIVERSITY

MAGGIE FLYNN

Defense

Senior

Maggie has made great strides over her career to ensure that she could contribute to her team. She has not only made contributions, but has become a mainstay on the field and has been voted a team captain. Her relentless energy, and drive to make herself and others better make her worthy of this award. The summer prior to her senior year, she made the commitment to train to improve her weaknesses despite having a demanding workload outside of her athletic obligations. She even made the commitment to get in as many extra workouts as she could to continue to develop. Through the dedication and hard work, she was able to breakthrough a number of plateaus. Her commitment to the weight room has proven to help her become the player and person she is today. Maggie's personal records include: Clean=120, Back Squat=185, Bench Press=115 ~Anthony Longo

COLLEGE — LACROSSE

EMERSON COLLEGE

AINSLEY BASIC

Midfield

Senior

Ainsley is an incredibly dedicated and hard-working student athlete. She's been one of the most consistent student athletes in her time at Emerson. An incredibly coachable athlete who puts in the work in the weight room and on the field. ~Ron Smithers

EMERSON COLLEGE

BRENDAN GILLIES

Defense

Sophomore

Brendan's consistency over the last year has shown in his significant increases in strength and the physical transformation in the muscle he's gained. His improvements in key lifts, willingness to improve and be coached, and attention to detail day in and day out have helped him to improve significantly in strength and power. ~Ron Smithers

ENDICOTT COLLEGE

JACK SUTHERLAND

Attack

Senior

Jack has developed from a skilled freshman to one of the most dominant players in Division III and best lacrosse athletes to come through Endicott. On the field, he earned USILA All-American, IMLCA All-Region, and CCC 1st Team All-Conference honors. He was one of the best Attackmen in the country while at Endicott. What was not clear on the stat sheet was Jack's commitment to his training and his work ethic in the performance center. When asked about his success, Jack Sutherland will tell you that his production is a direct result of the work he did with our Strength and conditioning staff at Endicott. Countless hours working to improve his speed, strength, and scoring ability. He credits the strength & conditioning staff with their direction and coaching to

allow him to become an All-American on the field by his junior year. He is coachable, self-motivated, and team-oriented. As a testament to these skills, Jack was voted Captain by his teammates in addition to all of his on-field accolades. He has a strong understanding of the skills needed to be successful on and off the field. He has shown a clear commitment to his development through his growth and work ethic over four years and the results it produced on the field. ~James Daley

EPI CENTRE

MEAGAN BEAL

Midfield

Junior

Meagan Beal is the epitome of an all-around athlete. Elite level human, student, teammate, and lacrosse player both on and off the field. She is a legend locally, All Southern Conference 1st team standout in 2021, and on her way to becoming an NCAA First Team All-American in 2022. She is always the first one to arrive and last to leave. Meagan is a true leader in every aspect of the word. Currently playing in her 2nd official season at Furman University she is constantly being recognized by her coaching staff and peers for her performance in the classroom, weight room, and of course on the field. During her All-American Highschool career I had the pleasure of meeting and training Meg 2-3x a week in her off seasons and have continued to support and train her when she's home from college. She is all that and then some and we look forward to seeing her continue to rise while setting new levels for herself and those around her. ~Keith Deyo

COLLEGE — LACROSSE

HARTWICK COLLEGE

EMILY MADIGAN

Defender

Freshman

Emily has shown that she will be a leader for the lacrosse team since day one. She came into college physically prepared, and has bought into the process of becoming the best she can be. She has natural ability, coupled with a relentless pursuit of improvement. I am excited to see what her future holds for Hartwick Women's Lacrosse
~Andrew Parker

HARTWICK COLLEGE

KYLE PEARSON

Midfield

Senior

Kyle's progress over his four year career has shown what hard work and dedication to development can do for an athlete. His focus on the process day in and day out has set him up to see high level success not just in the weight room or on the field, but in whatever his future holds.
~Andrew Parker

HOBART AND WILLIAM SMITH COLLEGES

PAYTON MCMAHON

Mid/Attack

Senior

Payton McMahon – As coaches, more importantly strength coaches, we are fans of athletes that do the right thing, the right way, all the time. Payton embodies every ounce of that statement. From the minute her feet touched down on campus she has been a leader both in and out of the weight room. While her numbers speak for herself (200+lbs back squat, 115lbs Bench, 135lbs Hang Clean, 245lbs Trap Bar) it is her consistency that stands out the most. Payton never backs down from a challenge and because of that and her consistency, she has grown into an exceptional leader. Payton has and will continue to raise the bar for our weight room until the day she graduates. - CG ~Chris Gray

HOFSTRA UNIVERSITY

TIM HEGARTY

Defense

Senior

Over the past year I have had the pleasure of knowing and working with Tim and the Men's Lacrosse team. Tim not only excels as an established lifter in the weight room but does far more than just meeting the required sets and reps. Day in and day out Tim demands excellence from himself and his teammates, consistently setting the bar of excellence. For those reasons Tim exemplifies what it takes to be a NSCA All-American Athlete of the Year. For the past 4 years, Tim has demonstrated consistent work ethic, determination and drive to become his best version of himself as an athlete and as a leader. Not only does Tim perform in the weight room but also as a key component of the teams defensive success. No matter the setting or situation Tim is as consistent as they come, from 5:00am lifts or redzones in the summer to the opening whistle of each game, consistency is a staple of Tim's makeup. Tim has aspirations of fulfilling a career in the field of athletic training where I believe he will be successful in improving the wellbeing of many. Congratulations Tim on a career full of Culture. ~DJ Melgar

COLLEGE — LACROSSE

HOFSTRA UNIVERSITY

CHARLIE RAGAULT

Longstick Middle

Senior

Over the past year I have had the pleasure of knowing and working with Chuck and the Men's Lacrosse team. Chuck has been a pleasure to coach and watch in the weight room. From day one of working with him he has established himself as one of the best and most intense lifters that I have had the pleasure to coach. With his technique and mindset prior to every set, drill and game you can see Chuck demands excellence from himself while also pushing his teammates to reach their full potential. For those reasons Chuck exemplifies what it takes to be a NSCA All-American Athlete of the Year. For the past 5 years, Chuck has demonstrated consistent work ethic, determination, and drive to become the best version of himself as an athlete and as a leader. Chuck not only performs in the weight room but acts as a prime example of excellence in any setting that he may find himself in. Chuck has aspirations of fulling a career in Orthopedics following Medical School, where he will play a key role in restoring the health of many. From 5:00am lifts in the summer to the opening whistle of each game, Chucks brings nothing but his best day in and day out. Congratulations Chuck on a career full of Culture. ~DJ Melgar

HOLLINS UNIVERSITY

TATE HURLEY

Defense

Sophomore

Tate has shown incredible commitment to strength and conditioning as well as tremendous leadership in the weight room and on her teams. She is a multi-sport student-athlete, a member of the lacrosse, equestrian, and soccer teams. Tate has been a standout student-athlete since the moment she arrived on campus and her commitment to excellence goes far beyond the athletic realm. She is naturally one of the most athletic student-

athletes we have while also one of the most dedicated and hardworking of any athlete I've worked with. Tate has consistently improved her strength and conditioning personal records each semester she's been at Hollins. Her positive energy and kind demeanor is infectious. I have seen her overcome difficult circumstances with tremendous grace, maturity, and toughness. She is also a courageous leader, always putting others and her teams before herself. It is a great honor to coach a tremendous student-athlete like Tate. ~Leslie Williams
~Leslie Williams

JACKSONVILLE UNIVERSITY

JEREMY WINSTON

Midfield

Senior

Jeremy has consistently dedicated himself toward his development and physical preparation from day one. He embraces all that strength and conditioning can provide and works tirelessly to not only improve his own abilities but elevate his teammates around him both on the field and in the weight room no matter their year or place on the depth chart. With all the roles and responsibilities that come of a graduate student-athlete and captain he has embraced his earned role and continues to lead by example in each and every training session. His consistent hard work sets the standard for his teammates and his always positive attitude and encouragement is an infectious reoccurring presence felt on the field and in the weight room every day. ~Nick O'Brien

COLLEGE — LACROSSE

LIBERTY UNIVERSITY

RYAN REYNOLDS

Goalie

Senior

Ryan Reynolds is an exercise science major who recently passed the CSCS exam as a part of his coursework. On the field, Reynolds has been a dominant goalie, which earned him the distinction of the Atlantic Lacrosse Conference Defensive Player of the Year, along with making the All-Tournament Team and being named the Defensive MVP. He also earned himself the 1st Team All-Conference honors. Reynolds was an instrumental part of his team winning the 2021 Atlantic Lacrosse Conference championship title in 2021 with 14 saves. As a team captain, Reynolds has been a steady demonstration of leadership during his tenure with the team. His work ethic on the field and in the weight room is exemplary and deserving of recognition. He shows up to lifts with a purpose, leading by example. ~Justin Kilian

LINDENWOOD UNIVERSITY

KELSEY LONG

Defense

Junior

Kelsey is one of the most exceptional athletes that I have ever had the opportunity to work with. She demonstrates a relentless work ethic, and is extremely motivated/driven to become the best athlete she can be. She not only does a great job at pushing herself, but she also pushes her teammates to be the best version of themselves every single day. ~Collin Kohlasch

LINDENWOOD UNIVERSITY

JONY MAJOR

Faceoff

Junior

Jony is extremely dedicated to his craft in the weight room. He comes in everyday with a strong attitude to get better, and to also make his teammates better. He is always looking for ways to put more work in, and makes

the most of every single rep. He sets a high standard for others to reach. His work relentless work ethic makes it no surprise that he is one of the best faceoff men in the country. ~Collin Kohlasch

LONG ISLAND UNIVERSITY

SAMANTHA DICKERSON

Attack

Freshman

Samantha has made great progress in the weight room since she arrived on campus in the fall. Dickerson's confidence, strength and coachability have all increased. Samantha will achieve great things during her college career. ~Robert Bouchey

LONG ISLAND UNIVERSITY

KARL LACALANDRA

Long Stick Midfielder

Sophomore

Karl continues to grow on and off the field with his dedication in the weight room. He is a great young man and is learning what it takes to be a leader. His commitment to excellence is going to be a difference maker for the Sharks this year. His hard work has help transform his body and performance to help him achieve all of his lifting and lacrosse goals. ~Robert Bouchey

MARYVILLE UNIVERSITY

JULIA BANFIELD

Junior

Julia's effort and attitude continues to set the bar in the weight room. She puts in effort and drive to continue building strength and resiliency to keep her play on the field at the top of its game. In a shortened 2020 season she was able to score 5 goals in 5 games. She is a leader in the weight room and it will continue to reflect in a positive manner to her play on the field. ~Jake Fitts

COLLEGE — LACROSSE

NORWICH UNIVERSITY
PAYDEN MASARACCHIA

Attacker
Senior

Payden is a very hard worker as well as a leader both in & out of the weight room. Payden is committed to his sport & wants to help his team succeed in any way. ~Scott Caulfield

NORWICH UNIVERSITY
BRITTNEY POLJACIK

Defense
Senior

Britt is a very hard worker as well as a leader both in & out of the weight room. Britt is committed to her sport & wants to help her team succeed in any way. ~Scott Caulfield

PACE UNIVERSITY
TAYLOR ROSSI

Defense
Senior

Taylor Rossi has grown tremendously in the strength and conditioning program over the last five years. Taylor holds the second-highest squat max in program history with a 325 pound box squat, also she holds notable testing numbers of a 115-pound bench press and 115-pound hang clean. Her dedication is evident in her conditioning as well, posting a mile time of 6:27, and a 40-yard dash time of 5.9 seconds. Taylor has started 47 of the 51 games she has played in over the last 4 seasons, and she has served as a team captain for the last three. During those 51 games, she has collected 66 ground balls. ~Troy Thompson

ROCHESTER INSTITUTE OF TECHNOLOGY
MYRANDA D'ANTICO

Attack
Senior

Randy is a competitor who loves spending time in the weight room but never seems satisfied. She is always looking for that next mountain to climb and pushing to out due herself. Randy is one of the strongest athletes on her team and still hungry to improve. Randy's work ethic and can-do attitude are contagious and continue to lift the bar higher for herself and her teammates. Her current training maxes are a 115# Hang Clean, Front Squat of 185# and a Hexbar Deadlift of 255#. ~Ryan Kelly

ROCHESTER INSTITUTE OF TECHNOLOGY
STEPHEN KETELSEN

LSM
Senior

Sarge never takes a day off. He is always pushing and challenging himself. Sarge is consistently the hardest worker in the room and leads by example. He does not need to say much as his strength and work ethic alone inject energy into team training sessions. Sarge currently has a Hang Clean of 225#, Front Squat 340# and Hexbar Deadlift of 535#. ~Ryan Kelly

COLLEGE — LACROSSE

SAINT JOSEPH'S COLLEGE OF MAINE

LYDIA DEXTER

Attack

Senior

Lydia is one of the most resilient and persistent athletes I have had the opportunity to work with. Over the course of her career, she has sustained major injuries that required surgery, but she never strayed from the process and continued to get herself back to the level she was at previously. In the weight room, she motivates and challenges her teammates to push themselves and also pushes herself in the process. While she has had an accomplished career on the field, she has also made a great impact on the other athletes both on her team and throughout the school. She was part of the first class of Strength & Conditioning interns within the department and has also served as an Assistant Strength & Conditioning Coach while attending graduate school on campus. Her commitment to the program and dedication to the coaching profession are both reasons why Lydia is a great recipient of this award. ~Jameson Collins

SALISBURY UNIVERSITY

MARY CLAIRE HISLE

GK

Senior

MC always enters each training session with a positive attitude ready to attack her training. She is a great role model for younger athletes on the team as she is never complacent despite her successes on and off the field. Never a complainer and always a doer, she sets the tone for her team without having to say much. A great person, player, and all-round athlete, MC certainly deserves the title of NSCA All-American! ~Matt Nein

SPRINGFIELD COLLEGE

CONNOR ROBERTS

Defense

Senior

Started all three games for the Pride during his third season on Alden Street... Picked up 11 ground balls while causing seven turnovers... Posted a career-high four caused turnovers in a loss against Clark... Tied a career-high in ground balls, scooping up five in the last game of the season ~Tyler Stasiowski

UNITED STATES COAST GUARD ACADEMY

LOGAN TOBIAS

Midfield

Senior

Logan is a Senior at the United States Coast Guard Academy and upon graduation will serve his country as an Officer in the United States Coast Guard. Currently serving as a captain for the 2022 season, he is a pre-season 1st Team All New England selection by the NEILA. In addition to his leadership and athletic accomplishments, Logan is also known for his high academic standing. He is currently the #1 ranked scholar at the United States Coast Guard Academy and is the Honor Graduate for the class of 2022. Bench – 315, Squat – 405 , Deadlift – 520, Total = 1,240 @ 210lbs bodyweight. ~Timothy Farina

UNIVERSITY OF BRIDGEPORT

ADDISON PLUME

Attack

Senior

Addison is one of the hardest working athletes I have had the privilege of coaching. She continuously goes above and beyond what is asked of her. Her work ethic and discipline is evident in both her athletic and academic career. Nice job Addie! ~Paul Spada

COLLEGE — LACROSSE

UNIVERSITY OF DELAWARE

KEVIN LYNCH

Defense

Senior

Kevin 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 on the field. Lynch is a team captain and has been a member of the CAA's Commissioner's Academic Honor Roll. As a Senior, he understands the extra work necessary 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. ~Thomas Evans

UNIVERSITY OF DELAWARE

DANIKA SWECH

Midfield

Senior

Danika has worked hard to accomplish his goals in the classroom, community, weight room, and on the field. She has used her time in the weight room to expand her abilities on the field. She is a team captain and has been a member of the CAA's Commissioner's Academic Honor Roll. As a Senior, she understands the extra work necessary to be the best in 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 MICHIGAN

JACKSON ZAUGG

Defense

Senior

Jackson has grown a lot during his career at Michigan. He has had many hurdles to get over. Through all of it he has been dedicated to the process and has developed into one of the leaders of our program. His work ethic and

resiliency have been the blueprint for his success. Jackson has set the standard for our veterans and younger players alike. I am honored to nominate Jackson Zaugg as an All-American Strength and Conditioning Athlete of the Year. ~Jason Cole

UNIVERSITY OF NEW ENGLAND

MIKE SPILLANE

Defense

Senior

Mike embodies Nor'easter G.R.I.T. - Greatness, Resilience, Integrity & Tenacity in our strength and conditioning program. Although he has battled some injury in his time as a Nor'easter, he has remained wholly dedicated to both his personal and team improvement in the weight room. Mike is an incredible leader to whom his teammates and other athletes on campus gravitate toward. He is a role model for all Nor'easter student-athletes, not just his lacrosse teammates. Mike has given everything he has to every lift over his 4 year career, and it shows in his athletic development and growth as a leader. He is respected by all who know him and he has set a standard for what it means to lead in our Nor'easter Strength Program. ~Lyndie Kelley

VASSAR COLLEGE

JAMES NICHOLAS

Midfield

Junior

James Nicholas is well-rounded and embodies hard work. James can clean 300lbs and deadlift 600lbs in one moment then turn around and jump 38 inches in the next breath. James is constantly asking questions and analyzing technique to improve each rep. His energy and intrigue is contagious and those around him can't help but push themselves harder. ~Alice Read

COLLEGE — MULTI-SPORT ATHLETES

Aurora University

Malik Whitehead

Football, Track & Field

Wide Receiver, Sprints/Jumps

Junior

Malik is a very dedicated and hardworking student athlete. As a dual sport and NACC scholar athlete, Malik is committed to academic and athletic excellence. Malik brings energy and passion to the program that motivates his teammates to be better every single day. He also interns as strength coach for Aurora's strength and conditioning staff to develop as a coach and volunteers to help the growth of our student athletes. ~Jenee Rago

Braden River High School/ State College of Florida

Kaylyn Shippey

Olympic Weightlifting, Other, Volleyball

Freshman

Kaylyn is a dual enrollment student, spending her senior year of high school as a full-time student at the State College of Florida. She competes for Braden River High School as captain of the high school weightlifting team, support staff for varsity volleyball and serves as a student athletic trainer. She also takes the Certified Personal Trainer Industry Certification class at BRHS. She is the 2022 County Champion, a district and regional medalist and a multi-division FHSAA state qualifier. As a member of the USA Weightlifting club, Team Florida Gulfcoast, she won local titles and qualified for national competition. She will compete the first week of a March at her first national meet at the Arnold Classic Sports Festival in Ohio ~Richard Lansky

King's College

Joe Herman

Football, Volleyball

Wide Receiver/ Outside Hitter

Junior

Joe leads by example daily. Herman succeeds in the classroom as well as the playing field. His commitment to success through strength and conditioning is unmatched. ~Bryonne Herring

Lamar University

Steven Jones, Jr.

Football, Track & Field

DB

Senior

Steve Jones has represented his hometown school proudly both on and off the gridiron and track. Steve has demonstrated being the model dual-sport student-athlete from start to finish of his career. His steady and respectful demeanor make him a pleasure to work with on a daily basis. He has been a consistently loyal, humble and hard-working man that will continue to positively impact lives in his life after college as a nurse. ~Daniel Darcy

COLLEGE — MULTI-SPORT ATHLETES

Manhattanville College

Kasey Molito

**Lacrosse, Rugby
Fly Half, Defender**

Senior

Kasey Molito first and foremost is an amazing person. She is beloved by her teammates and coaches because of her excellent communication skills, the care she has for her teammates, and her competitiveness. During the inception of the Rugby program at Manhattanville College, she solidified herself as a leader and had team-highs in tackles and points for the season. She was named on the National Intercollegiate Rugby Association All American Team. In addition, Kasey has quickly transitioned into becoming a key contributor on the Lacrosse team. I am proud to nominate Kasey for this award. ~Joel Lynch

McMurry University

Emily Holland

**Guard (Basketball), Forward (Soccer)
Freshman**

Emily Holland is a dual-sport athlete who excels in both sports, along with excelling in the weight room. She shows a great understanding for how to train with efficiency and focus in both sports. She transitions well between the sports, from one training to the next without missing a step and continues to grow everyday.
~Zak Snell

COLLEGE — RIFLE

UNITED STATES MILITARY ACADEMY

AARON FLOWERS

Senior

Dedicated to academic achievement as well as performance in the weight room and in the range. Competing in a sport with minimal transfer from the weight room he brings energy and intensity to all environments he is in. ~Peter Kenn

UNIVERSITY OF MISSISSIPPI

ABIGAIL BUESSELER

Senior

Abby has said that she is “driven to pursue mastery of (her) craft” and challenges herself and her teammates every day. This is clearly evident in her dedication to the weight room, her sport, and the classroom. Abby consistently brings great focus and passion to the weight room and celebrates her teammates’ achievements with them. Her joy is contagious and her success in all facets of being a Rifle student-athlete is well deserved. ~Christina Lodato

COLLEGE — ROWING

DUQUESNE UNIVERSITY

ELIZA MANCE

Senior

Eliza knows exactly what it means to be hard working and disciplined. It does not matter how practice went, what day of the week it is, or how her day has gone. Eliza shows up with a good attitude, ready to work every time she steps in the weight room. Her positive attitude radiates to all athletes around her as she encourages her teammates and regularly cracks quality jokes to put a smile on their faces. Eliza is also one who never seems to back away from a challenge. I often times find that her efforts set the bar for the rest of the team to strive for. Eliza has not only been a great impact on our team, but a phenomenal student athlete to work with. ~Ryan Schaub

HOBART AND WILLIAM SMITH COLLEGES

ANNIE WERTHEIMER

Senior

Annie Wertheimer – Annie is one of the most resilient and hard-working athletes I have had the pleasure to coach. Navigating challenges throughout her college career, she without a doubt always finds a way to raise the level of herself and her teammates even when dealing with challenges. Over her tenure at William Smith she has also taken on quite a leadership role within the rowing program and in the weight room which has helped earn her a full ride to attend Rutgers upon graduating from WS. I am beyond proud of all that Annie has accomplished in our weight room but also for herself. ~Chris Gray

COLLEGE — RUGBY

LONG ISLAND UNIVERSITY

ANNA WALLACE

Sophomore

Anna has made vast improvements both mentally and physically over the past year. Her presence in the weight room has not gone unnoticed. Wallace has really grown to enjoy training and will achieve great things on and off the field. ~Robert Bouchey

NORWICH UNIVERSITY

JACKIE FREDERICO

Hooker

Senior

Jackie is a very hard worker as well as a leader both in & out of the weight room. Jackie is committed to her sport & wants to help her team succeed in any way. ~Scott Caulfield

NORWICH UNIVERSITY

JACK TELLIFSON

Hooker

Senior

Jack is a very hard worker as well as a leader both in & out of the weight room. Jack is committed to his sport & wants to help his team succeed in any way. ~Scott Caulfield

TRINITY WESTERN UNIVERSITY

SCOTT BOWERS

Front Row

Senior

Scott has a relentless work ethic and is always pushing his teammates to be better as well. He doesn't settle for anything less than his best, both in the weight room and on the pitch. He is a team leader, both on and off the field, and as one of our older players he sets the tone for the rest of the group. He is incredibly strong, but always knows when to push himself and when to rest as he knows to put his sport above any of his lifting. He has had many conversations with me to help guide my

programming as I start to learn more about the demands of rugby and what the guys need to perform optimally. He is extremely fit, crushing our bronco test with similar times to our backs, and he is always holding guys accountable. On top of everything, he also writes for our school newspaper and takes great pride in everything he does. ~Cole Hergott

UNIVERSITY OF NEW ENGLAND

KATIE BERGER

Fly Half

Senior

Berger is an exceptional human. She has been the heart beat of her team in the weight room, facilitating the flow of energy and effort just like she does on the Rugby pitch for both 15's and 7's. She has consistently grown, year by year, in the weight room with an immense amount of dedication to the smallest details. Her transformation over her four years has been a pleasure to witness, but more importantly, she has helped transform her team's culture. She also served as a Strength & Conditioning Intern for our Nor'easter Strength Program, during which she helped her fellow Nor'easters across our athletics department! Although her numbers are impressive in the weight room, it is her ability to polarize others through her own effort that has been her greatest success. It is no surprise that her team competed in the NIRA DIII National Championship this past season! ~Lyndie Kelley

COLLEGE — SOCCER

AUBURN UNIVERSITY

MADDIE PROHASKA

Goalkeeper

Sophomore

Maddie is dedicated to becoming the best goalkeeper in the SEC and making it to the next level. She is constantly looking to put in the extra work needed to be great. Starting as a freshman in 2020, she earned top drawer team of the week honors as well as SEC all freshman team honors in 2020, named to SEC preseason watchlist in 2021, two time SEC defensive player of the week in 2021. Lead our team to a SEC league best 5 shutouts. Only the beginning for this highly driven young athlete.

~Matt Smith

AUGUSTANA UNIVERSITY

JENA MITCHELL

Defender

Senior

Jena's love for lifting has been a tremendous asset throughout her career. She has set a great example for her teammates while still having fun in the weight room. Jena has been named to the NSIC Fall All-Academic Team multiples times throughout her career. Jena's consistency and high effort mentality are qualities that will be a great advantage as she continues on into her career. ~Andrew Stocks

AURORA UNIVERSITY

JESSICA MIRSKY

Midfield

Senior

Jessica brings outstanding work ethic both on and off the field. Her leadership and passion to the soccer and strength and conditioning program motivates her teammates to be better every single day. She is committed to academic and athletic excellence and has been recognized as a NACC scholar athlete. ~Jenee Rago

CLEMSON UNIVERSITY

CAROLINE CONTI

Forward

Junior

Caroline arrived to Clemson with a highly talented class. She stands out due to her overwhelming desire to compete and work on the pitch. Caroline has been named both the ACC Offensive Player of the Week and United Soccer Coaches National Player of the Week multiple times during her career thus far at Clemson. Her leadership and talent extends to the weight room as well as conditioning sessions. Caroline has emerged as a leader who possesses a mix of humility and swagger. She leads by example and has an approachable personality which allows for her to be a great teammate. Caroline is part of the Women's Soccer leadership group and is a reliable athlete both in her sport and in Strength and Conditioning. ~Ryan Metzger

CLEMSON UNIVERSITY

GEORGE MARKS

Keeper

Senior

Displaced exceptional work ethic and was relentless in developing and executing his process. ~Michael Bruno

COLORADO COLLEGE

BRANDON BURKE

Goal Keeper

Junior

Brandon is a phenomenal leader in the weight room and on the field. He puts in 100% effort day in, and day out. He brings the moral of the rest of the team up and is constantly looking out for his teammates. Brandon has seen a lot of progress in strength and speed due to his hard work in the weight room. ~Derek Savage

COLLEGE — SOCCER

COLORADO COLLEGE

ASPEN JETER

Defender

Senior

I'm very excited to nominate Aspen for this award. She exemplifies everything we look for in a high performer that can elevate your team on and off the field. She is a high character individual who brings it every day to every session and I've appreciated her work and enjoy working with her. ~Cam Davidson

CULVER-STOCKTON COLLEGE

CORAL DILLIE

Forward

Senior

Coral is an exemplary leader inside and outside of the weight room. Over the course of her four years with Culver-Stockton Women's Soccer, she has shown great consistency and enthusiasm in her training. Her dedication to improvement is infectious amongst her teammates. Beyond the weight room and pitch, she is the true definition of a scholar-athlete. As a Health Science major and while working toward her MBA, Coral has worked as a strength and conditioning intern coaching and programming for the Wildcats. Coral, thank you for all you have done for C-SC Women's Soccer and this strength and conditioning department over the past four years. ~Tyler Aulbur

DALLAS BAPTIST UNIVERSITY

ALEX KNEPPER

Alex is always going above and beyond with his training. He is truly invested in understanding the principles and science behind our training programs. He has started interning with our Athletic Performance Department and I have seen him reach a new level of understanding and passion. His work ethic does not stop at the pitch or weight room. He is a leader in the locker room and boasts a 3.95 GPA. ~Alex Spencer

DUQUESNE UNIVERSITY

BELLA DEFABBO

Goal Keeper

Senior

Bella has consistently worked to improve her fitness/strength development over her career. She is someone that shows up to training every day with a positive attitude and strong desire to get better. Her outstanding work ethic both on and off the field has made her an exceptional leader. ~Chris Gilman

DUQUESNE UNIVERSITY

BROOKE KIRSTEIN

Forward

Sophomore

Brooke has gone above and beyond to improve her performance as a soccer player. She is always seeking out extra conditioning sessions and ways to improve her sport performance. Her ability to lead by example and encourage others has molded her into the ultimate team player. ~Chris Gilman

DUQUESNE UNIVERSITY

DOMENIC NASCIMBEN

Goalkeeper

Senior

When you think about the word competitive, you need to think about Dom. This is an athlete who will do everything in his power to make sure he is setting himself apart from the crowd. Not only does he do all of the required and optional extra work, but he requests even more on top of that. He doesn't just try to outwork his competition; he also tries to best himself, regularly challenging teammates and coaches alike to critique his form to make sure each rep is performed better than the last. Dom's leadership on the team is highly evident by his regular encouragement to his teammates, driving them to bring the same level of competitiveness that he demonstrates day after day, rep after rep. ~Ryan Schaub

COLLEGE — SOCCER

EMERSON COLLEGE

JOSEPHINE MAZZA

Defense

Junior

JoJo is one of the most consistent athletes at Emerson when it comes to strength and conditioning. She understands the importance of training year round to become a more robust and resilient athlete. JoJo leads by example in the weight room and on the pitch. ~Ron Smithers

ENDICOTT COLLEGE

JOE MEPHAM

Midfield

Sophomore

Joe has a steely determination and high level of focus when it comes to competition, honing his skills as an athlete, and working toward his career goals on and off of the soccer field. He has the ability to motivate his teammates through his actions of outworking others and playing sports aggressively. These personality traits are directly correlated to his success in the strength and conditioning arena. Joe uses the strength gains, speed and stamina gains, and discipline learned from following a strength and conditioning program to ultimately support his individual success in all aspects of his life (great health, strong mentality, positive relationships, and balancing academics/athletics). Joe Mephram has been selected by his peers and coaches as the men's soccer team captain. ~James Daley

FAIRMONT STATE UNIVERSITY

TAYLOR KENNEDY

Goalkeeper

Junior

Taylor Kennedy, a junior from Evans, West Virginia is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. As a goalkeeper, Taylor has started every game of her collegiate career and has

earned All-Mountain East Conference post-season honors in all three of those seasons. She has an .859 career save average. Taylor is a team captain and is a leader in the weight room, on the field and in the classroom. She is majoring in exercise science and currently has a 3.91 GPA. In addition to her on-field honors, Taylor has been named to multiple MEC All-Academic teams for her achievements in the classroom. Our soccer program, strength & conditioning program and entire athletic department are all better because of student-athletes like Taylor Kennedy. ~Adam Kolberg

GEORGIA GWINNETT COLLEGE

THOMAS HERWIG

Defender

Junior

Since arriving at GGC as a freshman transfer, Thomas has worked extra hard in the weight room. He is always working to improve his movement quality and works to motivate others to always be a little better. He has made quality strides to increase his squat and deadlift numbers concurrently noting improvements in his jumps and power. His drive and enthusiasm in the room are unmatched. ~James Williams

GEORGIA GWINNETT COLLEGE

JOY MERTZIG

Forward

Junior

After battling thru injury most of her career, Joy was able to play in the majority of the games due to the dedication and hard work in the weight room. A leader on and off the field, Joy worked to increase her flexibility, strength and power so she could continue to compete at a high level. Her attention to movement qualities were vital in her long-term success. ~James Williams

COLLEGE — SOCCER

HOBART AND WILLIAM SMITH COLLEGES

SARAH GRAY

Forward

Senior

Sarah Gray – If you could bottle up and sell Sarah Gray’s energy, enthusiasm and weight room execution, I would be a millionaire. I can confidently say I have never met someone who through thick and thin shares such a positive aura with those that she is around. Sarah is also a BEAST in the weight room and never shies away from a challenge. Boasting a 200+ pound back squat as well as a 100+ pound bench, her dedication to this room is unparalleled. Sarah is a tremendous athlete but more importantly she is one of the best human beings I have had the pleasure to coach and be around. ~Chris Gray

HOLLINS UNIVERSITY

MADISEN CHARLES

Forward

Senior

Madisen is a senior forward on the soccer team and pursuing double majors in psychology and public health. She is one of the most dedicated and hardworking students-athletes I have encountered in my career. I’ve had the pleasure of Coaching and mentoring Madisen as a student-athlete on the soccer team and as an intern strength and conditioning coach for most of her career at Hollins. She consistently gives amazing effort and positive energy in everything that she does. Madisen has an extremely strong work ethic, she always shows up, puts in the work, and is coachable. She has been extremely dedicated to strength training, increasing her personal records in all her lifts every year. Beyond that, Madisen has been a leader academically as she was named to the ODAC All-Academic Team and the dean’s list for multiple years. Additionally, she is currently serving as the president of the Student-Athlete Advisor Committee. Madisen has shown tremendous courage and resilience, persevering through extremely some difficult circumstances while always striving to do her

best at everything that she does and push others in the same way. Madisen has the heart of gold and has been a tremendous leader for her team and many others. It has been a privilege to Coach Madisen and watch her mature into such an amazing young adult. The sky is the limit for this young woman! ~Leslie Williams

HUNTINGDON COLLEGE

DOREN STALEY

Defender

Senior

Doren has done a tremendous job in leading by example, and encouraging those within her program to perform at a high level. Her commitment has been unwavering, and her sacrifice priceless. ~Charles Goodyear

IDAHO STATE UNIVERSITY

GABBY WARTA

Midfielder

Freshman

Gabby has shown success both on the field and in the weight room this year. As a freshman she led the team in goals this past season and has become a leader in the weight room as well. Her hard work to improve her own strength and speed is well respected by the team and she’s been incredible to coach. I look forward to watching her continue to grow as a leader and become even more dominant on the field. ~Brandon Rodewald

IOWA STATE UNIVERSITY

EVA STECKELBERG

Holding Mid-Fielder

Junior

Eva is a leader for us in every aspect. She is a major contributor on the field and consistently pushes herself and everyone around her in all aspects of training on a daily basis. She excels in the classroom and has sacrificed time to serve in her community. She is an incredible teammate, competitor, and the best person. ~Tyler Raborn

COLLEGE — SOCCER

LONG ISLAND UNIVERSITY

ALAN MARTINEZ

Freshman

Alan has exceeded expectations both on the field and in the weight room. He has a special type of drive that cannot be taught. Martinez might be a man of few words but works hard every day and will continue to strive throughout his college career. ~Robert Bouchey

MARYVILLE UNIVERSITY

NICK HEMANN

GK

Junior

Nick has continued to be a stable presence in the weight room and on the field. He has continued to grow in strength and power over the seasons and earned his starting spot on the field. Nick has continued to learn and grow in the weight room by buying in to the program. Last year he was able to secure the starting spot and made 15 starts. He had an incredible 0.84 goals against average making 44 saves on the season with 6 shutouts and was named GLVC Defensive Player of the Week. ~Jake Fitts

MCMURRY UNIVERSITY

KATE HOLLAND

Defender

Senior

Holland has shown not only improvement in her movements in the weight room, she has also excelled in her processing in returning to play. After an injury setback, she worked hard in order to allow herself to return to play at the best of her ability. Coming back stronger than before, while still being a leader for her program. ~Zak Snell

MENLO COLLEGE

ROBYN ROWLEY

Midfielder

Junior

Robyn's dedication to strength and conditioning is unparalleled. She leads by example and with her voice, this is even more impressive as she returned from prior years knee injury. She spent the entire summer in the weight room and training room getting ready to come back to the field. Robyn's effort, attitude show her resiliency. Her positive attitude and energy are something that all athletes should strive for. ~Victor Brankovich

MENLO COLLEGE

ALLY SALZWEDEL

Forward

Senior

Ally Salzwedel's career is a great example of how hard work, perseverance, and confidence in one's self can lead to great accomplishments in sports and eventually in life. Ally arrived on campus and immediately began the process of self improvement as an athlete and as a person. She took full advantage of every part of our sports performance department showing steady improvements on a yearly basis. This culminated in 2021 when she stayed for her third summer session and arrived in fall soccer ready to compete as a starter. She not only gained a starting position, but was our leading goal scorer and a team leader. ~Victor Brankovich

COLLEGE — SOCCER

MERRIMACK COLLEGE

MIRKO NUFI

Back
Senior

“Having been a part of Merrimack College Men’s Soccer first as an All – Conference performer, then transitioning to volunteer assistant coach on the field once eligibility ended, then as a student – assistant Strength and Conditioning Coach, Mirko is the embodiment of commitment, loyalty, and service. His development on and off the field is driven by a commitment to physical preparation, with his influence in evolving the relationship his teammates have to the process is a testament to the strength of his personality and character. As a representative of the strength and conditioning department as an athlete, then intern, and now student – assistant, Mirko beyond took advantage of the opportunities for growth, development, and ultimately, leaving an unmatched legacy at Merrimack.”
~Michael Kamal

MISSOURI VALLEY COLLEGE

MORGAN DIERKS

Midfielder
Junior

Morgan is incredibly dedicated to bettering herself in the weight room. She has shown time and again her willingness to make sacrifices in her schedule in order to dedicate time to training. ~John Anderson

NORWICH UNIVERSITY

DANTE MANCINI

Midfielder
Senior

Dante is a very hard worker as well as a leader both in and out of the weight room. Dante is always doing the most to help his team grow & succeed. ~Scott Caulfield

NORWICH UNIVERSITY

KIM WATT

Goalie
Senior

Kim is a very hard worker as well as a leader both in & out of the weight room. Kim is always willing to do what it takes to help her team succeed. ~Scott Caulfield

POINT LOMA NAZARENE UNIVERSITY

HAILEY CLIFFORD

Midfielder
Senior

Hailey has demonstrated tremendous work ethic as a student-athlete throughout her years at Point Loma. 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 named 1st team all conference, and 2nd team all region. Her dedication to strength and conditioning aided her tremendous senior season. ~Erik Pedersen

ROCHESTER INSTITUTE OF TECHNOLOGY

MADDY BULLIS

Midfield
Junior

Maddy B is the hardest worker in a room full of hard workers. She would train 8 days a week if she could and is always looking for an opportunity to do extra. Maddy is highly invested and takes her training very seriously. She is always willing to share her feedback on exercises she enjoys or things she would like included in her training. Maddy B has a strong presence and a positive attitude in the weight room. Her current, and unofficial training numbers, are a 110# Hang Power Clean, Front Squat of 165# and a Hexbar of 235#. ~Ryan Kelly

COLLEGE — SOCCER

ROCK VALLEY COLLEGE

HOO HTWE

Defender

Freshman

Hoo Htwé is currently a Freshman at Rock Valley College, a two-year community college located in Rockford, IL. She is a positive and hardworking student athlete. She meets program standards on and off the field. As a coach you always are aware of what you are going to get from her, that consistency is important to build a healthy culture within a team. Hoo leads by example and is a support for her teammates.

She was an NJCAA DIII Region IV All Region Second Team and N4C All Conference Second Team during the Fall 2021 season. Hoo has also been a leader in the off season strength and conditioning program, by modeling positive behaviors while embracing new training programs for the team. Hoo will be a driving force for our soccer program as Rock Valley College transitions to NJCAA D2 competition. ~Timothy Hatten

SAINT JOSEPH'S COLLEGE OF MAINE

ROWAN DALIGAN

Goalkeeper

Senior

Rowan is the definition of what it means to be a team player. In the year and a half that I have worked with Rowan, he has always given all his attention and effort and has been one of the most coachable athletes I have ever worked with. He is always perfecting his technique in whichever new exercise we are on and once mastered, is not shy to challenge himself with extra resistance. During his time at Saint Joseph's, Rowan has been recognized as a Conference All-Academic and has been part of two Conference Championships. His leadership presence on the field and his discipline in the weight room make him an outstanding recipient of this award.

~Jameson Collins

SPRINGFIELD COLLEGE

JEN WALKER

Forward

Sophomore

Jen comes into every session with a positive attitude and readiness to work hard! Watching her learn and grow in the weight room has been a pleasure, and I can't wait to see what she does next season! ~Kaitlin Veigl

STEPHEN F. AUSTIN STATE UNIVERSITY

KORAL HUGHES

Goalkeeper

Junior

4.0 GPA, great teammate, great athlete. ~John Deal

UNIVERSITY OF BRIDGEPORT

HANNES NILSSON

Forward

Senior

Hannes brings an unmatched level of dedication to the weight room. He is constantly searching for ways to improve and evolve. Hannes exemplifies what it means to be a student-athlete, achieving the highest grade point average of any athlete in the conference. ~Paul Spada

COLLEGE — SOCCER

UNIVERSITY OF MINNESOTA MCKENNA BUISMAN

Forward Senior

McKenna Buisman suffered a season ending injury during the spring of 2019. She worked incredibly hard, attacking her rehab and training every single day. Her drive, intrinsic motivation, and determination are unmatched. Due to timing of events and Covid, the fall 2020 season was pushed to the spring. She was finally able to play the sport she loved after two years. Most recently, this fall she contributed as a starter and a goal scorer. Meanwhile she completed a degree from the Carlson School of Management, which is a top-15 undergraduate business program, in just 2.5 years. She is currently pursuing a Masters degree in Public Policy, which she will complete in two years. ~Corey Petersen

UNIVERSITY OF PROVIDENCE- GREAT FALLS TIHANEE FREITAS

Defense Senior

T always shows up to the weight room with the right mindset and attitude. She is an athlete that leads by example and sets the tone for the team. T is well respected by her teammates, coaches, and all others on campus. She is someone who sets the standards and pushes others to become the best version of themselves. ~Will SeEVERS

UNIVERSITY OF PROVIDENCE- GREAT FALLS DANTE MONTGOMERY

Goalkeeper Junior

Dante does a great job serving as a team captain. He holds his teammates accountable and keeps everyone together. Dante follows a strict training regimen and is constantly pushing himself to get better. He is a stand up guy and is loved by his teammates ~Will SeEVERS

UNIVERSITY OF TENNESSEE AT MARTIN CATEY HUNT

Junior

Catey exemplifies what coaches look for in a student-athlete. Academically, she has been named to the OVC Commissioner's Honor Roll, Athletic Director's Honor Roll, and achieved OVC Medal of Honor each semester she has been at UTM. In the weight room, Catey's provides an assistant coach approach with her teammates along with her outstanding leadership. On the field, her consistent play helped provide the backbone to winning the OVC regular season this past fall. In addition, Catey was named to the OVC All-Tournament the prior year. ~Chris Gillies

VASSAR COLLEGE RILEY LIPMAN

Defense Freshman

Riley Lipman is steadfast and detail driven. She is consistent and steadily making improvements in her physical ability. Riley is always seeking more and looking to push herself to new heights. This hard work and commitment is what sets her apart. ~Alice Read

WEBBER INTERNATIONAL UNIVERSITY NICKY GREENE

Defender Junior

Ever since Nicky started as a freshman, she has always attacked the strength and conditioning sessions. She is naturally strong, fast, and explosive, but that did not stop her from wanting to improve. She is subtly competitive and would always try to not only compete with her teammates but also with herself. Since freshman year she has improved her vertical jump by 9% (22.4" -> 24.4"), her 10yd dash 11% (1.84s -> 1.63s), and her dead lift strength to body-weight ratio from 1.4 to 1.61.

~Austin Tomaz

COLLEGE — SOCCER

**WEST TEXAS A&M UNIVERSITY
CHEYENNE OROZCO**

**Defender
Senior**

Over the course of her career, Cheyenne's dedication to the weight room and training only became stronger. Each year she became a stronger, more resilient athlete and that shows with her being the all-time minutes leader in the history of the WT Women's Soccer program. She was a leader on and off the field and left each practice and training session giving her best each day. Student-athletes like Chey make coming to work each day the most fun! ~Sarah Ramey

**WRIGHT STATE UNIVERSITY
KAYLIN HELINSKI**

**Defense
Junior**

Kaylin has come a long way since her freshman year. No one would have guessed she would be the one spending the most time in the weight room when she first got here. Now she is always putting in extra work. Provides a ton of energy to the team to keep everyone motivated. ~Alyssa Crusey

**WRIGHT STATE UNIVERSITY
HARRISON RODY**

**Defense
Junior**

Harrison has a mental toughness that thrives in the weight room. Always putting in extra work, pushing himself and his teammates. He is never satisfied and always wants to keep improving. ~Alyssa Crusey

COLLEGE — SOFTBALL

ALBANY STATE UNIVERSITY

GLORY SEAY

OF

Senior

Glory has been a consistently hard worker for four years. Her leadership is unmatched. Her weight room numbers include a 300 lb. back squat, 160 lb. bench press and a 160 lb. hang clean. ~Troy Williams

APPALACHIAN STATE UNIVERSITY

BAYLEE MORTON

Catcher

Senior

Baylee is a natural leader on and off the weight room. Her teammates gravitate to her and lean on her to be the voice of the team. Her leadership allows everybody else on the team to perform to their best of their abilities because she understands what it takes to bring out the best in everyone. Baylee has been a joy to coach in the weight room and she is the type of athlete that any coach would love to have on a team. I have no doubt in my mind that she is going to be very successful in her future endeavors because of her infectious energy and her ability to unselfishly put other's needs in front of her if it what she thinks will help a team succeed. ~Henry Murray

AUGUSTANA UNIVERSITY

ABBIE LUND

Outfield

Senior

Abbie's fun-loving attitude is balanced by her professional approach to her athletic endeavors. Her leadership and dedication to her craft has propelled her team to numerous titles including the 2019 NCAA DII National Championship, multiple NCAA Regional Championships, and multiple NSIC tournament championships. Abbie's individual honors include NSIC Gold Glove Award Winner, NSIC Second Team All-Conference, NSIC All-Tournament Team Second Team, and NFCA All-Central Region. The effort she shows in the classroom, on the field, and in the weight room will undoubtedly carry over into her medical career. ~Andrew Stocks

AVILA UNIVERSITY

TRINITY MORRIS

Catcher/3B

Senior

Trinity is always a positive influence on her team and in many ways she takes on the role of team mom. She cares about her teammates and their success as much as her own. In the weight room she is a dedicated individual and one of our strongest female athletes. She is versatile by stepping into any role the team needs from catcher to third baseman to team organizer/scheduler. She balances all of this while maintaining academic excellence in the nursing major and juggling her schedules around her final year of clinicals. ~Brian Ciolek

COLLEGE — SOFTBALL

BARRY UNIVERSITY

MAGGIE WHELESS

Infielder, Outfielder, Catcher, Utility

Senior

Maggie has outshone all qualities of an NSCA All-American Strength and Conditioning Athlete in every sense of the accolade. When we think of Maggie; we think of a warrior mentality. She was diagnosed with a shoulder injury upon returning to school this year, detrimental news to any overhead athlete. But through adversity, she was driven to not let the injury keep her away from softball. She was extremely diligent with her rehabilitation and always instilled a positive attitude during her offseason lifting and conditioning, and is now back to a starting role on the field. She has not only continually persevered through her hardship, but always smiled through her qualms in order to keep the team's spirit high. One instance out of many that stood out to me was during a conditioning drill in the fall that painfully nagged her injured shoulder. Knowing she is a team leader, she stepped to the side, took a second to calm the emotions and tears she felt because of the frustration due to her injury, and kept on going, with some modifications. Her team saw this sense of grit, and a fire was lit throughout the team to make it a good conditioning session, even after a long day, and a longer practice. As a senior, being told you are being switched to a different position than you expected may upset the weak minded athlete, but Maggie remained positive and stepped up to the task, knowing it was what her team needed. Her leadership has continued to shine in the weightroom, on the field, and in the classroom. Maggie has demonstrated excellent academic standings in her career at Barry, having held or exceeded a 3.5 gpa throughout her journey at Barry. She has not let "Senioritis" plague her, as she is currently in a Sport Management internship role with the Miami Marlins, putting in 13-15 hour days to juggle her internship duties, her position on the softball team, her academics, and

always getting in her lifts and her conditioning, even on the days she has to miss team scheduled activities. Finally, Maggie has excelled on the field as well, last year having started in all 25 games, hitting .265 with five doubles, one triple, two home runs, a slugging percentage of .465 and an on-base percentage of .354. She also went 13-for-16 in stolen bases, and in high school was named 2017 Defensive Player of the Year while also earning First-Team All-State honors. Maggie truly exemplifies an NSCA All American Athlete in every sense of the recognition. ~Alexa Garcia

BRADLEY UNIVERSITY

GRACE FRENCH

Pitcher / UT

Senior

Grace has been undeniably a true leader for her team. The work ethic she demonstrates in her training has not only caused her game to improve over her 4 years, but also strives to make her teammates better as well. This results in her most recently back squatting 275 pounds, bench pressing 155 pounds and a personal best hang clean of 165 pounds. Her leadership and drive continues to be a crucial factor on her team and the individuals around her. Her future is very bright. ~Matt Friend

BRANDEIS UNIVERSITY

ALEX COHEN

Pitcher / OF

Sophomore

Alex "Prime" Cohen has evolved into an incredible athlete and leader during her two years at Brandeis. She never misses a training session and consistently goes above and beyond. She is a relentless worker and elevates those around her. In the weight room she is constant energy and one of our strongest lifters. On the field, she is our ace pitcher and bats third in our lineup. Prime is the type of athlete every coach hopes they can work with. ~Jay Mendoza

COLLEGE — SOFTBALL

CALIFORNIA STATE UNIVERSITY SAN MARCOS

KLARISSA MUNOZ

OF / 2B

Junior

Klarissa Munoz has posted very impressive numbers in the weight room this year. She has grown into a speedy and powerful softball player through her unmatched drive and all-out attitude. In addition, she is someone who empowers the players around her and brings out the best in her teammates. Lastly, she holds an overall grade point average of 3.85. Klarissa is on the verge of breakthrough and is truly an enjoyable athlete to coach. ~Ryan Paniagua

CLAREMONT-MUDD-SCRIPPS ATHLETICS

LAUREN RICHARDS

Pitcher/Infield

Senior

Lauren Richards is a senior for the Softball team pursuing a Bachelor's degree in Biology from Claremont McKenna College. During Lauren's only complete season, she earned First-Team All-SCIAC and multiple Academic Awards throughout her time here. From a quiet first-year student to a vocal leader as a senior, Lauren has worked incredibly hard to improve her performance in the weight room and on the field. Lauren's positive attitude is contagious and her ability, leadership, and effort will be missed across our CMS community. ~Andrew Jones

DENISON UNIVERSITY

SAM KLINE

Infield

Senior

Over the course of her career, Sam has been one of the most improved athletes I've coached at Denison. This is due to her exceptional work ethic and the mentality in which she approached her workouts. Sam improved her hang clean max from 95 to 135 lbs, her bench press max from 80 to 125 lbs, doubled her squat max from 115 to 230 lbs, and her max pull ups went from 2 her first year to 10 her senior year. Sam is a two year captain the on softball team, starting 52 games in the middle infield through the beginning of her senior year. She has a career batting average of .324, OPS of .747, and has collected 49 career hits. Sam has also served as a weight room intern. In 2021, Sam was selected to the NCAC Academic Honor Roll in addition to being named a NFCA All-American Scholar Athlete. Sam is a Psychology and HESS double major with a 3.63 GPA, and is a senior fellow in the HESS Department. ~Beau Scott

DUKE UNIVERSITY

KRISTINA FOREMAN

2B

Senior

Kristina experienced hardship through injury early in her career, and because of this much of her training focused on developing her physical ability. The physical and athletic transformation from freshman to senior is not just visible, it can be seen on the field. Kristina trains to be the best, and it shows. She is has been one of the most dedicated athletes I have encountered, and it is my pleasure to nominate Kristina Foreman as an All-American in Strength & Conditioning. ~Jordan Bar

COLLEGE — SOFTBALL

DUKE UNIVERSITY PEYTON ST. GEORGE

RHP
Senior

Peyton understood and experienced the benefits of performance training early on in her collegiate career, and the results of her hard work speak for themselves. She continues to invest time and energy in developing her physical ability which allows her to compete at the highest level every time she plays. Her dedication and effort has inspired others to follow suit, not because it was suggested, but because they see how her training has paid off. It is an honor to have her here at Duke, and it is my pleasure to nominate Peyton as an All-American in Strength & Conditioning. ~Jordan Bar

FORT HAYS STATE UNIVERSITY SARA BRECKBILL

Catcher/Utility
Senior

Sara is a hardworking, determined young lady. She understands commitment and dedication to her work and team. She has developed into a tremendous leader for her team and works/competes with a passion to always be her best. Sara was a 5 years starter for her team and was selected to All-MIAA conference teams 4 of those years as a catcher and Utility/Non-Pitcher. ~Doug Boucher

FORT VALLEY STATE UNIVERSITY MAKAYLA CRUZ

Outfield
Sophomore

Makayla is a hard worker that developed into one of the team leaders balancing academics, athletics, student government and sorority obligations. Her progress in the weight room has reflected in improved performances every game with a squat of 2.5 her bodyweight and increase speed. ~Korrey Hammond

GEORGIA GWINNETT COLLEGE PIPER WAGNER

Infielder
Senior

After arriving as a freshman at GGC 5 years ago, Piper has developed into one of the best softball players to set foot on the dirt. She has exceptional motivation in the weight room and is dedicated to working year-round. During summer and winter breaks, Piper would be one of the few to commit to voluntary workouts. When she is unable to make it to the room for lifts, she finds unique ways to continue her overall gains. She does not rush to complete the task, rather achieves to be the best. ~James Williams

HOFSTRA UNIVERSITY DEVYN LOSCO

Catcher
Senior

I have had the absolute pleasure of knowing and working with Devyn for the past five years. Not only does Devyn excel in the weight room, but she has a relentless work ethic towards softball, academics, and extracurricular activities. For those reasons, Devyn exemplifies what it takes to be a NSCA All-American Athlete of the Year. For the past five years, Devyn has demonstrated a consistent work ethic and positive mindset and continuously makes herself and her teammates better. Not only does her performance reflect in the weight room but she also shines on the field. Although Devyn has had some injury setbacks, she has always found ways to get better while making her teammates better. She has aspirations to fulfill a career in the medical field and I believe that she will be successful in any career that she wishes to pursue. ~Ashley Christy

COLLEGE — SOFTBALL

HUNTINGDON COLLEGE

LYDIA LEWIS

Outfield

Senior

Lydia has done a tremendous job with her training, and enforcing a training expectation within her program. She has been rock-solid in every area of her life, and sets a great example for all of our athletes. ~Charles Goodyear

IDAHO STATE UNIVERSITY

RHEANNE LEWIS

Utility

Senior

A pure athlete, competitor, and leader; Rheanne embodies all three. Rheanne has been a pleasure to get to know and work with. Always looking for extra work, her gritty work ethic has been on display, overcoming a few significant knee surgeries to being one of the strongest and fastest players on the team. Rhe's grit and determination has placed herself in a position to play a key role in her final season. Rheanne's dedication and commitment to her craft is inspiring and commendable. ~Brandon Stephens

IOWA STATE UNIVERSITY

LEA NELSON

Out Fielder

Junior

Lea has been one of the most dedicated softball players while in the weight room over the past year. She was the leader when organizing and strongly encouraging summer training sessions and communicated weekly if she was out of town. She has also shown the most growth of any of the ladies within the softball program. She has been a true pleasure to work with this past year and I am looking forward to seeing her grow during this season. ~Tim Dombrowski

LINDENWOOD UNIVERSITY

RILEY LUETKENHAUS

Infielder

Senior

Riley goes above and beyond any team standards or expectations. Whether it's coming in on her own for summer training or getting extra training sessions in during the school year, she is always working to improve. She consistently does the right thing regardless if anyone is looking. Her energy is contagious and always leads the team in the right direction. Riley is my go-to contact for the team as well as the team leader in the weight room. ~Michael Reese

PACE UNIVERSITY

ZOIE IVERSON

Catcher/Infield

Senior

Zoie Iverson has continually pushed herself to new heights in her training knowing that it will improve her performance on the field. Zoie holds some of the best testing numbers ever for the softball program with a box squat max of 340 pounds, a bench press of 150 pounds and a 150- pound hang clean. On the field, Zoie is a three year starter with career numbers of 27 runs scored, 11 doubles, three home runs and 36 RBIs. Zoie is constantly pushing her teammates and bring the culture of the softball team's approach to strength and conditioning to new heights. ~Troy Thompson

COLLEGE — SOFTBALL

PORTLAND STATE UNIVERSITY

EMILY JOHANSEN

Infield

Junior

Emily has worked so hard since she stepped foot on campus. She has used the weight room to her advantage to put her and her team in a position of winning. She was a member of the 2021 All Big Sky Tournament Team as well as 2021 Tournament Championship team. Emily is a leader on and off the field through her actions. She is what the NSCA All-American team is all about. ~Frederick Scott Fabian

QUEEN'S UNIVERSITY OF CHARLOTTE

GERLEA PATTON

Outfield

Senior

I have worked with Gerlea since her freshman year. When she first arrived, she couldn't do a box squat with a PVC pipe. She is now one of the strongest female athletes, if not the strongest. She is not only a leader to her team, but to others on campus. ~Daniel Haas

ROCHESTER INSTITUTE OF TECHNOLOGY

HANNAH TRUMBLE

Outfielder

Senior

Hannah is a leader on and off the field for RIT Softball. As a team captain, she acts as a second coach, and plays a significant role in keeping the team organized and focused. In the weight room, she is an enthusiastic and energetic presence who pushes her teammates to train hard. She also continues to be a great example to the team's 1st year student-athletes, and her ability to connect with her younger teammates has contributed in large part to their development thus far. Hannah is also among the strongest and most explosive of our softball athletes, with a recent 280# deadlift, and some of the

highest jump and speed scores on the team. ~Connor McJury

ROCK VALLEY COLLEGE

KELLI RIORDAN

Shortstop

Sophomore

Kelli Riordan was awarded the #7 by her teammates as the person who best represents what RVC softball stands for in terms of work ethic, leadership, and toughness in honor of a former player, who tragically died by suicide. She shows up daily, leads by example and elevates the people who are around her to be better. Kelli never takes a rep off, executing everything to her best ability, including in strength and conditioning. Kelli was under-recruited out of high school, didn't have many offers to play college softball. In one year, as a freshman, she turned herself into the NJCAA DIII National Player of the Year and N4C Conference MVP. Kelli is also a very strong student, carrying a cumulative GPA of 3.6. Next year Kelli will be continuing her education and softball career at NCAA D1 IUPUI. ~Timothy Hatten

SAINT MICHAEL'S COLLEGE

LEIGH BRANDENBURG

OF

Senior

Leigh is one of the hardest working student-athletes to ever come through this program. She loves the process of training and what it does for her in all aspects of her life. Leigh is going into the United States Marines and I am proud to know her and be a small part of her college process. ~Ryan Garrow

COLLEGE — SOFTBALL

STONY BROOK UNIVERSITY

CORINNE BADGER

Catcher

Junior

Corinne has the work ethic and determination you can't teach or coach a person. She comes into the weight room and steps on the field everyday and gives consistent effort. In my 2 years working with her I have truly seen her grow into not only a leader in the weight room but also on the field. As one of my most explosive athletes, she currently holds the hang clean record for females at 190lbs and clocked a 4.38 pro agility score in the Fall of 2021. Her hard work in the weight room has transferred onto the field to start the 2022 season, as she currently sits at the top of the conference leader board with 8 home runs in our first 3 weekends of play. I am excited to see what Corinne will continue to do in her time at Stony Brook. ~Kate Newell

TRINITY COLLEGE

DOM BOLDUC

Senior

She exemplifies our core values of Dedication, Effort, Attitude and Team First. ~Bill DeLongis

TROY UNIVERSITY

LOGAN CALHOUN

Short Stop

Senior

Logan has an impeccable work ethic. While facing many physical challenges throughout her collegiate career, this trait has never wavered. She has worked extremely hard to overcome these hurdles, Torn ACL in February of 2019, and the most recent being a broken fibula in October of 2021 which she has fully recovered from and has started every game this season. Logan is dependable, consistent, and dedicated. She has been a great leader for the Troy softball Team. Logan majored in Health promotions with a minor in Psychology--GPA 3.67 , now working on M.S. in Sport Management with GPA-3.778. Logan's lifts---

Body Weight 125, Bench-135, Squat-225, Deadlift-275, Vert-26.5 ~Richard Shaughnessy

UNITED STATES COAST GUARD ACADEMY

MARIAH DEWEY

SS

Junior

Mariah Dewey is a Junior Captain for the Softball team at the United States Coast Guard Academy. In 2021 Dewey was first team all conference selection in the NEWMAC. Hitting .364, Mariah led the team with a .568 slugging percentage and was tied for 1st in the NEWMAC with two homers and had a team-high eight runs scored to go with three doubles and seven RBI's on the season. She also has received numerous academic and military awards such as being on the commandant of cadets list 5/5 semesters earning her a military achievement award as well as dean's list awards 3/5 semesters. As a former Swab summer platoon executive officer last year, Mariah will spend her summer on special assignment with Patrol Forces Southwest Asia (PATFORSWA). ~Timothy Farina

UNIVERSITY OF DELAWARE

SARAH BESSEL

Utility

Senior

Sarah 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 to excel and improve her prowess on the diamond. She is a CAA Academic Honor Roll member for the past 2 seasons. Last season she appeared in 27 games and made 22 starts in the outfield. 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. ~Stefan Pietrobono

COLLEGE — SOFTBALL

UNIVERSITY OF NORTH CAROLINA PEMBROKE

JORDAN ADCOX

C

Senior

Jordan is one of the hardest and most dedicated athletes in the weight room. She is a true leader and is constantly putting in extra work to reach her full potential. ~Cory Minnie

UNIVERSITY OF PROVIDENCE- GREAT FALLS

TAYLOR MATHEWS

Junior

Taylor has one of the best personalities of any athlete on campus. She is always willing to roll up her sleeves and work hard, while having fun at the same time. Taylor is very involved within the softball team and with campus activities. I'm impressed with her ability to keep her teammates loose but competitive at the same time. Taylor truly enjoys life and values the time with her teammates and coaches. ~Will SeEVERS

UNIVERSITY OF SOUTHERN MAINE

BRYNN HICK

Infield

Senior

Brynn has made a complete recovery from an ACL 2 years ago. Hoping to lead team back to NCAA's. Brynn leads by example helping show the way for underclassman. Some of her best test result include 130 bench and clean and an improved 10yd run time of 1.82. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

KAITLYN NELSON

Infield

Senior

Overcoming back issues that hindered her earlier Kaitlyn has become one of the stronger Huskies. Last year she helped the Huskies earn an NCAA tournament bid. Her better lifts include 255 deadlift, 120 clean and an improved 1.74 10yd. ~James Giroux

UNIVERSITY OF TENNESSEE AT MARTIN

KALLIE PICKENS

Junior

Kallie is well deserving of this award through her commitment to her athletic development and consistency as a leader in the weight room. On the field, Kallie has been a fixture at third base while also being a career .300 hitter. In addition, Kallie has been a four-time Athletic Director's Honor Roll recipient, two-time OVC Commissioner's Honor Roll award winner, and was selected on the Easton/NFCA All-American Scholar-Athlete list for the spring of 2021. ~Chris Gillies

UNIVERSITY OF WISCONSIN-WHITWATER

HANNAH WUSTERBARTH

Second/Third Base

Sophomore

Hannah shows up to every workout with the intention of improving and helping her teammates improve. She is meticulous in the way she approaches her form and always brings 100% effort. She sets a certain level of excellence for herself and her teammates. Hannah has earned recognition as an Easton/National Fastpitch Coaches Association All-America Scholar-Athlete and made the Wisconsin Intercollegiate Athletic Conference Scholastic Honor Roll last year. ~Dylan Garbutt

WEST TEXAS A&M UNIVERSITY

RUBY SALZMAN

OF

Junior

Ruby comes into the weight room each and every day full of energy and ready to work. What I am most proud of about Ruby is the type of teammate that she is. If Ruby is not the one under the bar, she is cheering on and pushing her teammates. Ruby is a joy to coach because of her work ethic and her passion to make her teammates better. ~Jacob Saulnier

COLLEGE — SQUASH

DREXEL UNIVERSITY

NOEL HEATON

Senior

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

COLLEGE — SWIMMING

BUFFALO STATE COLLEGE

MAGGIE TRIPP

Distance

Senior

Maggie is another one of my quiet athletes that have excelled in the weight room during her time at Buffalo State. Maggie has listened and worked very hard to achieve her best each and every day. As a coach, there is not much to ask of her since she is a great example to her teammates. She has excelled in the classroom as well and has been one of our most reliable student-athletes. ~Nathan Young

COLBY COLLEGE

JOHN CONNORS

Senior

John is a shining example of what it means to be a student athlete. In the pool John is no stranger to finishing first, and has set school records in multiple events. Beyond the pool, Connors hard work can also be seen in the weight-room. He is the first to show up for lift, and will stay late to finish the lift fully. He encourages his teammates and is the one to set the standard and expectations both from a performance and behavioral standpoint. There is no question as to why he was also a captain this year. Outside of athletics John also exceeds in academics, as a Computer Science major he is an active member of Club Volleyball and the Peak Performance Data Science Club that helps test and collect data of athletes via force plates- an interest of Connors. John will be missed, but his commitment, hard work, and talent will forever leave a mark on Mules Athletics. ~Catharine Moss

COLORADO COLLEGE

WILL FLOYD

Senior

Will is a phenomenal leader on our swimming and diving team. He lights up the weight room with his energy and love for his teammates. He is very encouraging, selfless, and always willing to go above and beyond with a smile on his face. ~Emily Andersen

DUQUESNE UNIVERSITY

HANNA EVERHART

Free/Back/IM

Senior

Hanna is an amazing person all around. Her accomplishments in the pool are nothing to look down upon. With her 9 gold medals, 13 overall medals, and multiple school records, Hanna is an absolute leader in the water. Not to mention doing all of that all while maintaining high academic standards as she studies to be a Physician Assistant. In the weight room, there is only one word to describe Hanna: Explosive! Practice might have been tough, it might be finals week, or maybe she's running on limited sleep, but none of that matters. Every time she walks into the weight room, there is going to be a load of weight on the bar and she is going to make sure it is moving fast! There hasn't been a day that has gone by where I question Hanna's work ethic. This is someone who has already accomplished a great deal and will only continue to succeed as she rises to every challenge in front of her. ~Ryan Schaub

COLLEGE — SWIMMING

GEORGE FOX UNIVERSITY SHAWNA ASHLEY INGRAM

Junior

Shawna Ashley is the captain of the swim team at George Fox University. She sets the bar high for her teammates, showing up early for practice, giving rides to teammates for practice, coordinating team dinners, and giving full effort on every set in practice. Dry land training is where she excels the most, she just loves to train, and Kettle Bells are her favorite. She is an example to her teammates of a positive attitude, and relentless drive. Shawna Ashley is the strongest member of the women's team, and even stronger than some of the members of the men's team. She will workout with her team then do extra work on her own. Not only is she a great competitor, but she is the biggest encourager on the team. Strength training has given her the confidence to be a college swimmer and a leader. Shawna Ashley has a 3.89 GPA, and she also her team's representative for SAAC (Student Athletic Advisory Committee). ~Ken Ingram

HOLLINS UNIVERSITY KATHERINE KOMAREK

Sophomore

Katherine is a sophomore student-athlete on the women's swimming team for Hollins University, pursuing her major in business with a concentration in marketing. Katherine has been a tremendous leader from the first day she arrived on campus and is one of our most dedicated student-athletes to the strength and conditioning as well as sport performance improvement in general. Katherine is an exemplary leader in the classroom, in the pool and in the weight room, always bringing positive energy and setting high standards for the entire team. This year she has battled a difficult back injury but has maintained a positive and optimistic attitude and continues to work hard to persevere and improve daily. Katherine exemplifies our core values of leadership, integrity, commitment, attitude, effort, and

respect. She has also participated as a member of the tennis team and Hollins outdoor sports H.O.P program. Katherine excels not only in her sports but academically as well, earning ODAC All-Academic Team recognition for the second year. ~Leslie Williams

IOWA STATE UNIVERSITY MARTHA HAAS

Breast/Sprint Free

Senior

Martha is a great listener and communicator who made it easy to work with in creating a plan of action to perform optimally, despite injury. Martha ardently tackled her strength, treatment and swimming practices without complaint. She is adaptable and was always open to different variations of exercises. She is one of the strongest athletes in the weight room, who shined during difficult workouts. It has been a pleasure coaching her through her relentless pursuit towards success. These are reasons why I know that all these qualities will help her excel in life. ~Madeline Prado

NOVA SOUTHEASTERN UNIVERSITY CELINA MARQUEZ

Backstroke

Junior

Celina Marquez provides strength and leadership for her team. Her "no non-sense" approach to training has led her to success in the weight room and in the pool. Already an Olympian, she has dedicated herself to improving her performance through strength and conditioning to raise her level and the level of the entire team. Celina embodies the essence of leadership through hard work, focus, and attention to detail. She has a 3.67 cumulative GPA and will graduate next year with a degree in accounting. ~Steven Orris

COLLEGE — SWIMMING

ROCHESTER INSTITUTE OF TECHNOLOGY

MATT CIMINELLI

Breaststroke and Freestyle

Senior

Being a 2-sport athlete tells the story of Matt. He is an individual who is constantly looking to push himself, whether it be the weight room, the circle, or the pool. He sits on the vertical jump leader board with a HOH Vertical Jump of 31", and regularly demonstrates strength levels that place him among the strongest student-athletes at the school. His curiosity and desire to learn leads him to take an active role in the process, and Matt continually asks intelligent questions regarding our training. Finally, his presence can be felt immediately when he arrives, as his phenomenal attitude allows him to have a great relationship with every one of his teammates. ~Connor McJury

STONY BROOK UNIVERSITY

MIA SCLAR

Diving/Diver

Redshirt Junior

Mia is an extremely dedicated and hard working athlete. She has such a passion for being in the weight room looking to improve in every lift she does to help her on the diving board. She has the highest front squat and clean on the team at 165lbs and 120lbs respectively. This past season she broke the 19 year old program record for the 1 meter dive (which was 269.10) with a score of 302.175. This then gave her the honor of being named America East Diver of the Week. ~Kristen Cole

UNIVERSITY OF CONNECTICUT

KATELYN WALSH

Breaststroke

Senior

Katelyn's impeccable work ethic has helped her achieve high levels of success both in the weight room and in the pool. She is a two-time conference champion, holds school records in the 100 and 200yd Breaststroke as well as 200 and 400yd Medley. She is currently ranked #2 overall in Sports Performance testing. Katelyn's drive was demonstrated early in her athletic career leading to two leadership awards earned during her freshman year. Her commitment to push the standard has made her an exemplary leader on the team. ~Maureen Butler

COLLEGE — TENNIS

ALBANY STATE UNIVERSITY

DOYLISHA COPELAND

Senior

Doylisha has been a consistently hard worker for four years. She continues to lead by example. She has performed on and off the court, having been named SIAC Player of the Week as well as the SIAC Commissioner's All-Academic Team. Her weight room numbers are 145 lbs. on back squat, 115 lb. on bench press, and 145 lbs. on hang clean. ~Troy Williams

DUQUESNE UNIVERSITY

KAIPO MARSHALL

Sophomore

Kaipo is an outstanding student-athlete who is extremely meticulous and driven in the weight room. His efforts during training are unmatched and it correlates with the success he has experienced on the tennis court. He constantly works to get better; he has come in for extra training sessions to stay on top of his game. His genuine character and positive outlook in his approach to all things has been a pleasure to coach this past year. ~Elizabeth Lee

ENDICOTT COLLEGE

JUSTINE HOOVER

Senior

Justine has always been one of the hardest workers in our program. She's done a great job as a leader and has helped shift the team culture in a more dedicated direction. She's been one of the most successful student-athletes we've had on the court, and that has been aided by her commitment and development to strength & conditioning. Her passion and effort to get better personally are remarkable. ~James Daley

HOLLINS UNIVERSITY

CARLIA KEARNEY

Junior

Carlia is a junior on the women's tennis team for Hollins University and pursuing a major in psychology and minor in philosophy. Carlia is extremely dedicated to improving her performance, she requested additional strength training and tennis skill sessions during the off-season. As a result, she has shown tremendous improvements in her sport performance through her dedication to strength and conditioning and improving her craft on the court. Carlia has also excelled academically, being named to the dean's list, and the ODAC All-Academic Team this year while also participating as an active member of the black student alliance. Carlia has a positive energy that is infectious and she has the best sense of humor. We can always count on her to put a smile on our faces and make us laugh. It is with great pleasure that I nominate her for this award. ~Leslie Williams

IDAHO STATE UNIVERSITY

HANA CHO

Sophomore

Hana has a lead by example personality but her ability to push herself and buy into the program has stood out tremendously. I can always count on her to follow the program and get everything done. This discipline has shown success on the court as well beating some top talent this year. As just a sophomore I look forward to watching her get stronger and even more successful on the court. ~Brandon Rodewald

COLLEGE — TENNIS

IDAHO STATE UNIVERSITY

ANDREAS KRAMER

Sophomore

Andreas has been a pleasure to coach this year, always bringing energy, effort and discipline to the weight room. He was our strongest guy this year and motivated the rest of the team by pushing the weight on his lifts and by encouraging others to push themselves as well. His hard work has transferred onto the court, and I look forward to seeing his success continue. ~Brandon Rodewald

SPRINGFIELD COLLEGE

LUCAS VAN DEVENTER

Senior

When Lucas is in the weight room, he is working to get better not only for himself but for his teammates. He leads by example and provides encouragement and support to everyone around him. He always puts others first, and I believe this quality will lead him to success as an athlete and beyond. ~Kaitlin Veigl

THE UNIVERSITY OF HONG KONG

CYRUS LIU

Singles

Freshman

Cyrus is determined to compete at the highest level of international tennis competition. After many years of exposure to elite level coaching and training philosophies, Cyrus has found his own pathway and fully embraces the need for Mental Performance Training as well as a comprehensive Strength and Conditioning program. His effort to improve by doing all he can and focusing on the 'controllables' is beginning to shape him into the man he wants to become. As a member of the coaching team that has been with Cyrus for many years, it extremely rewarding to witness the maturity and enjoyment this young man demonstrates toward his development as a person and an athlete. ~Mark Lerman

COLLEGE — TRACK AND FIELD

ACADEMY OF ART UNIVERSITY

SHAREEZ HAMM

Hurdler / Sprinter

Junior

Shareez is a very hard working athlete, he is very diligent, purposeful and goal oriented. Shareez is also one the strongest athletes on the Men's Track & Field team (BW: 170, Clean: 225, Squat: 305). Shareez is an All-PacWest conference and All-American performer in the 400mH, 110mH, 4x100m relay and 4x400m relay. ~Brian Hernandez

ALBANY STATE UNIVERSITY

KOBE RUSSELL

Senior

Kobe has been the model of consistency during his time at Albany State. He is a sprinter and javelin thrower. His weight room number include 425 lb. back squat, 260 lb. bench press, 265 lb. clean. ~Troy Williams

APPALACHIAN STATE UNIVERSITY

PATRICK FREEMAN

Pole Vault

Sophomore

Patrick's energy on and off the weight room is contagious and his work ethic is unmatched. His coaches speak very highly of him, not only for his skill set, but also for the intangibles he brings to the table. Patrick is the type of athlete that will do whatever it takes to continue getting better and it's evident in the weight room the work that he has put in during his time at App State to make him the athlete he is today. Patrick's ceiling is only going to continue getting better and better as he continues fine tuning his technique on the mats. ~Henry Murray

AUGUSTANA UNIVERSITY

KALY BANKS

Jumps

Senior

Kaly has shown a great commitment to strength and conditioning throughout her career. She has worked hard in the weight room regardless of season or outside factors. She is a multiple time NSIC All-Academic Team of Excellence honoree and holds the team record in the squat. Kaly will certainly continue to strive for excellence following her career as a student-athlete. ~Andrew Stocks

AUGUSTANA UNIVERSITY

KAITLYN MULDER

Sprints

Senior

Kaitlyn's dedication to strength and conditioning has led her to many personal records both on the track and in the weight room. She has shown tremendous commitment in all facets of training. She has been named to the NSIC All-Academic Team of Excellence multiple times and has held the record in the squat. Kaitlyn has been a pleasure to coach and we look forward to her continued success. ~Andrew Stocks

AUGUSTANA UNIVERSITY

JOSH SCHUMACHER

Sprints/Hurdles

Senior

Josh brings great passion to training on a daily basis. He is in constant pursuit of personal records on the track and in the weight room. He has been named to the NSIC All-Academic Team of Excellence multiple times and is a CoSIDA Academic All-District First Team honoree. Josh's ability to have fun while working hard will serve him well in the future. ~Andrew Stocks

COLLEGE — TRACK AND FIELD

BUFFALO STATE COLLEGE

KASSIDY MANKE

Distance

Senior

Kassidy has been a quiet and hard-working student-athlete during her time here at Buffalo State. She has endured a number of changes in her program but has continued to be consistent with her work ethic. She has learned new training styles and had new coaches and she has adapted to each change without complaining. She is a great example to her teammates of how to behave like a professional. She continues to excel in the classroom despite the challenges she has encountered during her athletic career. ~Nathan Young

CAMPBELL UNIVERSITY

JENNA DANKERT

Throws

Senior

Jenna's commitment to her own athletic development is unmatched by her peers. She consistently reaches out for extra training sessions as well as recovery and mobility sessions when she is in-season. Furthermore, Jenna is the ultimate teammate leading from the front and never shying away from hard work. She comes into the weight room with a killer mindset day in and day out solely with the goal of maximizing her potential. In addition to all of her training successes, Jenna is the reigning Big South Champion in the javelin throw and has countless podium finishes during her career at Campbell. ~Matt Rodriguez

CARROLL UNIVERSITY

STEVEN HERMSEN

Throws

Senior

Steven is the definition of what a student-athlete should strive to be. Through focus and dedication to the sport of track & field and strength & conditioning, Steven has propelled himself into an elite category. The Spring of

2021 saw Steven become the NCAA D3 National Champion in the Men's Discus, throwing the 13th Longest Throw in Divisional history with a throw of 57.20 Meters. This throw ranked top 50 in the United States and top 200 in the world. Hermesen's other athletic accomplishments include being named all-region, two-time conference champion in the discus and shot put events, the CCIW Field Athlete of the Meet, and breaking the Carroll University discus record.

Steven is equally dedicated to the classroom as well as the track. A Pre-Physical Therapy Major, has a 4.0 cumulative GPA, was named 2021 CoSIDA Division III Men's & Women's Track & Field Academic All-American First Team selection. He was also named the 2021 Division III Men's Outdoor Track & Field National Scholar Field Athlete of the Year. Steven continues to be an inspiration and is proof of what is possible when you do the little things necessary to accomplish your goals. ~Peter Delzer

CARROLL UNIVERSITY

EMILY UITENBROEK

Throws

Senior

Emily Uitenbroek is the definition of perseverance. Her event of expertise is the hammer throw and she has dedicated herself to the process. From barely qualifying for a conference championship as a freshman to becoming the conference champion and record holder as a senior. She doubled down on this success and in the 2021 season she became the NCAA DIII National champion in the women's hammer throw. Her throw of 58.61m (192'3") is currently the 13th best throw in the history of D-III track and field. Emily, also excels in the classroom by earning Academic All-American honors while going through the Physical Therapy program at Carroll University. ~Peter Delzer

COLLEGE — TRACK AND FIELD

CENTRE COLLEGE

ALLEN RICHARDSON

Thrower

Senior

Allen has achieved the following: ~Carter Conley

CLEMSON UNIVERSITY

HARLEIGH WHITE

Jumps

Senior

Harleigh has set a standard for what it means to be committed to training. Her pursuit of excellence in both athletics and academics has time and again been illustrated by her daily actions. While pursuing her degree in nursing, which often required long shifts and numerous potential training disruptions, Harleigh always found a way to make up lifting sessions and get her training done. This dedication has paid off as she has continued to improve her marks, leading to qualifying and competing at the 2021 USA Olympic Trials, as well as being in high standing within the ACC year after year. Harleigh has developed into a leader that young student-athletes look to and leaves a great legacy in Clemson's weight room. ~Billy Cedar

DALLAS BAPTIST UNIVERSITY

JARED GILLEY

Before I even worked with Track & Field, I knew that Jared Gilley was going to be a special athlete. His athletic ability is matched by his work ethic and drive. He has an air of confidence but is far from arrogant. He is one of the few athletes I have met that can tell me he's going to win a race before he even runs it and still be humble. ~Alex Spencer

DALLAS BAPTIST UNIVERSITY

MEADOW HOUSMAN

Meadow has a smile that is almost too contagious! Her kindness and joy bring new light to the weight room. She never settles for less than her best. After taking a gap year, she came in as a freshman and has pushed even her older teammates to focus, train harder, and compete with vigor. ~Alex Spencer

DUQUESNE UNIVERSITY

EMILY BROZESKI

Multi

Junior

Emily is one of the most coachable athletes that I have worked with. She shows up to train everyday with the desire to want to get better. Her grit and hardworking mentality has excelled her as one of our best athletes. I am excited to see her develop as a solid multi event competitor over the next year. ~Chris Gilman

DUQUESNE UNIVERSITY

ISAAC ELLIOTT

Sprinter

Senior

Isaac has demonstrated an outstanding work ethic for training. He has bought into every aspect of our sport performance program, which has allowed him to excel as a phenomenal sprinter. He currently owns five school records and was voted last year as the 2021 A-10 Most Outstanding Track Performer at the A-10 Championships. ~Chris Gilman

COLLEGE — TRACK AND FIELD

FLORIDA A&M UNIVERSITY

CARL (CJ) BURNSIDE

800m

Senior

Carl (CJ) Burnside, Jr. a Senior 800m runner from Florida A&M University who seized the opportunity to transition from a long sprinter to a middle-distance runner for his final year of collegiate competition. In the Spring of 2021 he began an aggressive training program designed to prepare him for success over two laps. In nine months, he lost 20 pounds of muscle mass, abandoning hypertrophy-based resistance training for a strength training program full of body weight exercises, circuit training and medicine ball work. To boost his endurance, CJ met the challenge of hour runs and aerobic intervals. Meticulous, in his preparation for each workout and competition, CJ effortlessly weaves his athletic aspirations with his academic responsibilities, including a 40 hour a week internship with Florida's Department of Children and Families. ~Brian Hickey

FORT VALLEY STATE UNIVERSITY

FAITH HILL

Sprinter

Freshman

Faith loves improving her performance through strength and conditioning with great numbers in the squat of 2.75 her bodyweight and deadlift. She continues to push herself and teammates to strive for excellence. ~Korrey Hammond

FORT VALLEY STATE UNIVERSITY

JHALAN JONES

Sprinter

Sophomore

Jhalan lives for the rigor of strength and conditioning with great numbers in the squat, deadlift, bench and other lifts. His work ethic, drive and leadership can be seen in every interaction to motivate himself and teammates. ~Korrey Hammond

GEORGE MASON UNIVERSITY

JAYLEN SIMMONS

Thrower

Senior

2022 Indoor Atlantic 10 Shot Put and Weight Throw Champion. Jaylen was the Field Athlete of the 2022 Indoor Conference Championships. He is also the school record holder in both events, as well as the Atlantic 10 record holder in the shot put. In total Jaylen has won field performer 4 times and is an NCAA qualifier 2 times in the shot put. ~Randall Bungard

HOLLINS UNIVERSITY

DYMOND WILLIAMS

Sophomore

Dymond is a sophomore student-athlete on the indoor and outdoor track & field program at Hollins University. She has a relentless drive and dedication to improve every day in the weightroom and on the track that has lead to her success in her short time here at Hollins so far. Dymond continuously breaks her personal and school records in each of her events on the track as well as in the weightroom. It is a pleasure to coach and mentor such an amazing student-athlete and person like Dymond. ~Leslie Williams

HUMBOLDT STATE UNIVERSITY

JOY HANO

Hurdles / Jumps

Junior

Joy is one of the strongest pound for pound athletes on campus. Her work ethic and dedication is an inspiration to her teammates, and to all of the athletes at the university. Joy has established herself as a real threat to score points and win events, and with a possible extra year of eligibility on the horizon, the best is yet to come. We expect a season of PR's and victories for her this spring. ~Andrew Petersen

COLLEGE — TRACK AND FIELD

HUMBOLDT STATE UNIVERSITY

KEEGAN RICHARDS

Throws

Senior

Keegan originally came to Humboldt State as a member of our nationally ranked football team. When the program was discontinued, he remained at the university and joined the track team. Keegan's dedication and effort in the weight room was instrumental in elevating the performance of his new teammates; the entire group improved as a result of his great example. I look for Keegan to have a spring season filled with PR's and victories in the shot and disc. ~Andrew Petersen

IDAHO STATE UNIVERSITY

ZACK RAMOS

Throws

Sophomore

Zack is a monster in the weight room and a pleasure to coach. He not only works hard but has been extremely coachable and bought in to the program. He pushes not only himself but his teammates to get better and it creates a great weight room atmosphere. His hard work has also shown on the track earning All-Conference this indoor season in the shot put. I have no doubt he will continue to keep getting better and stronger this outdoor season. ~Brandon Rodewald

IDAHO STATE UNIVERSITY

SARAH WILENSKY

Throws

Junior

Sarah is an avid weightlifter and is extremely dedicated to the weight room. She has not only applied her hard work to exercise technique but has gone through our intern development program to learn more about strength and conditioning. She leads by example every day and her hard work earned her the strongest on the team. I am excited to watch her strength transfer to the

track and for her to continue growing as a leader in the weight room. ~Brandon Rodewald

IOWA STATE UNIVERSITY

CAILIE LOGUE

Senior

Cailie excelled as a leader of the team in weight room her senior year. In her first year under a new strength program Cailie embraced new challenges and reached new personal records in her strength metrics in the weight room and faster times on track. Everyday Cailie pushed herself to new limits, and led with her actions and words that helped elevate the efforts and strength of the team. Congratulations Cailie, add another All American honor to your list of accolades, this time an All American in strength! ~Ben Durbin

LIPSCOMB UNIVERSITY

FRANZISKA DECKER

Multi

Junior

Franzi is a great person and it is an honor to work with her in the weightroom. She comes early, works hard, and stays extra. Franzi battles to become better every day and is an example to everyone, including myself, of what it means to strive for greatness. Thank you for all you do and I'm proud to be a part of your journey!

- Coach Vantrese

LIPSCOMB UNIVERSITY

BENJAMIN UNDERWOOD

Senior

It is an honor to nominate Ben as our male All American Athlete of the Year. Ben majors in exercise science and has a desire to work hard to be successful. I am very proud of how Ben has improved his clean and hang clean while showing a great dedication to maximize his efforts in the weightroom. I am proud to work with Ben each week and look forward to his bright future ahead!

- Coach Vantrese

COLLEGE — TRACK AND FIELD

MARYVILLE UNIVERSITY

CASEY BERBERICH

Senior

Casey has shown and continued to be a leader both on the track and in the weight room. She has used her time in the weight room to continue building strength and resiliency to aid in her performance. She competes in one of the toughest events the Pentathlon; requiring strength, power, endurance, and resilience. Some of her career highlights include being named to COSIDA Academic All-District, GLVC Field Athlete of the Year, Pentathlon National Qualifier and GLVC Pentathlon Champion, and being part of the 4x400m Relay Team School Record. ~Jake Fitts

MCMURRY UNIVERSITY

CALEB KWIATKOWSKI

Sprints

Junior

Caleb is an exceptional athlete, but more importantly a student coach. He takes on the role of running his team through their workouts when their coaches are not available. He assists with showing his team the trainings from their strength coach when he is not available before completing his own training. A true All-American in my eyes. ~Zak Snell

ROCHESTER INSTITUTE OF TECHNOLOGY

MATT FUNICELLI

Thrower

Junior

Matt is one of our strongest student-athletes, holding multiple current and all-time weight room records. Matt has demonstrated significant growth and maturity during his time at RIT. He has developed great habits, takes time for mobility, prehab and refined his movement technique. Matt's hard work has resulted in great success in the circle. Currently has a Hang Clean of 305#, Front Squat of 320# and Bench Press of 280# as well as a 32.5" HOH Vertical Jump. ~Ryan Kelly

SACRED HEART UNIVERSITY

KAYLEE STENDEROWICZ

Junior

She is an outstanding athlete on and off the track. She shows up everyday and gives it her all, all while pushing those around her to get better. ~Keith Parker

SAINT JOSEPH'S COLLEGE OF MAINE

JULIE UNCZUR

Sprints/Jumps

Senior

Julie is an impressive student-athlete and has left an incredible impact on the Strength & Conditioning program on campus. Julie has always been extremely motivated and coachable in the weight room and is always open to new ideas. As an athlete, she has improved many of her personal records by being committed to developing her strength and power. Additionally, this past fall Julie served as an intern within our department and did a phenomenal job interacting and coaching our athletes. She will continue serving and helping people as she pursues her Doctorate in Physical Therapy after graduation. Julie is a tremendous role model for all student-athletes at Saint Joseph's and between her work as an athlete and her role as a coach, there is no one more deserving than her of this award. ~Jameson Collins

SALISBURY UNIVERSITY

JUSTIN SPEIRS

Senior

Justin comes in everyday with great energy, passion and effort. As a veteran leader of the team Justin motivates and helps others that may not know what to do or exactly how to do it. He truly deserves this award because of his focus toward strength and conditioning and his drive to be best teammate and athlete that he can be. ~Matt Nein

COLLEGE — TRACK AND FIELD

SPRINGFIELD COLLEGE

KATHRYN BONANNO

Distance

Sophomore

ate qualified for Women's Division III New England Championships in the 1-mile run this past indoor season and is consistently a top point scorer for the women's cross country team. She also puts herself in a position to make Dean's List academically each semester. ~Tyler Stasiowski

STEPHEN F. AUSTIN STATE UNIVERSITY

MATHILDE COQUILLAUD-SALOMON

Multi

Junior

She was the Southland Conference 60m hurdles(indoor),100m hurdles(outdoor), 400m hurdles(outdoor) champion in 2021. Runner up in the 2021 indoor pentathlon, and a member of the runner up 2021 indoor 4x400m relay. Mathilde is an example to follow off the field as well, she was an all-conference academic selection in 2021. ~Joshua Stoner

STONY BROOK UNIVERSITY

KYRIA MOORE

Thrower

Senior

Kyria is a natural leader in and out of the weight room. She shows up and goes above and beyond what she is asked to do. She is a powerhouse, holding the highest back squat and front squat on the record board at 315lbs and 245lbs respectively, and has the second highest hang clean at 185lbs. Kyria's strength translates over to her throws as she recently broke her own program record in the weight throw at 17.07 meters this winter season at the Scarlet and White Invite giving her a first place finish. She is top 10 in the America East conference in both shot put and weight throw. ~Kristen Cole

UNIVERSITY OF CONNECTICUT

BEN GROSSE

Multi

Senior

Ben brings a passion, excitement, competitive fire and energy into the weight room that is second to none. His consistency with these traits is unlike many I've ever seen. He is unwavering, daily, regardless of the time of year or focus of the programing. It is infectious and inspiring. In addition to Ben's consistent passion, work ethic and energy towards his own training, he also leads, motivates and supports his teammates. Ben upholds and raises the standards of our program by challenging himself as well as challenging and supporting those around him regularly. He contributes a great deal towards making the environment and the team better. As a strength and conditioning coach, if I could write out both my ideal approach to training and characteristics for a collegiate student-athlete, it would sound a lot like Ben. Ben has consistently ranked within the top 10 of the roster in regard to our testing and assessment battery, being as high as 2nd overall last September. His vertical jump of 32.5 inches ranked 5th overall and 4th on a relative average power scale. This past Fall Ben improved his back squat by 40lbs and his hang clean by 15lbs. - Mike Rozzi

COLLEGE — TRACK AND FIELD

UNIVERSITY OF CONNECTICUT

TAYLOR WOODS

Sprints & Long Jump

Senior

Taylor is one of the most talented and gritty student-athletes that I have ever coached. The more important aspect of that compliment is her grit and desire match her talent. The first day she walked into our weight room and saw our Strength & Conditioning Recognition board, she told me her name will be up there. Despite battling through injuries her entire career, she was right. her name has been on that board...multiple times. Taylor has been voted a team captain five times throughout her career at UConn. The character traits that one would associate with a 5x team captain are not limited to the track. Taylor brings those same traits into the weight room. She brings desire, work ethic, and leadership both by example and vocally. She consistently pushes herself while motivating and supporting her teammates. Taylor has played a vital role in elevating this program's standards and expectations in many ways, including how it approaches training. She has ranked among the top 3 of the roster in regard to our testing and assessment battery every time she participated. Last September she ranked tied for 2nd overall. In November, she elevated that to 1 overall by a large margin. Taylor improved her back squat by 57lbs and ranked 1st both relatively and absolute. She tied for 1st in vertical jump with 26 inches and was top 5 in hang clean. - Mike Rozzi

UNIVERSITY OF NORTH DAKOTA

ERICA BENSON

Multis

Senior

Erica has been an incredible athlete to work with the past 4 years. Her dedication to school and sport over the years has given her many accomplishments. In school she has awarded to All-Academic teams while pursuing a Nursing Degree. In sport she has been awarded 5 All-Conference honors. 3 of them coming in the Indoor Pentathlon,1

coming in the Outdoor Heptathlon, and 1 in the Outdoor High Jump. Her dedication to the weightroom has no doubt aided her in her athletic accomplishments. Her work ethic and dedication are a great example to all of her teammates. With Outdoor season coming up, I am excited to see her finish her career strong. ~Alex McKee-Crow

UNIVERSITY OF PROVIDENCE- GREAT FALLS

NASH GRAFE

Sophomore

Nash represents everything that you could ask for in an athlete. He is self motivated, disciplined, and always prepared. He makes sure to keep his body functioning properly and efficiently each day. Nash always comes by my office and asks questions about what he can/should be doing to keep his body healthy and strong. His work ethic speaks for itself and he rarely takes a day off. Nash is a high character guy and gets his teammates fired up! ~Will SeEVERS

UNIVERSITY OF PROVIDENCE- GREAT FALLS

JILLIAN SANCHEZ

Thrower

Senior

Jillian is the heart and soul of the throwers. She is very outspoken and tells it like it is. Her brash personality works for team dynamics and creates a competitive and disciplined team culture/environment. I have been impressed with Jillian's capacity to endure the grueling thrower's off-season training and her ability to step up and hit her marks when the lights are bright. ~Will SeEVERS

COLLEGE — TRACK AND FIELD

UNIVERSITY OF SOUTHERN MAINE

HANNAH CORBETT

Thrower

Sophomore

Hannah's strength improvements have come along with improved event performances. She has already seen 2+foot improvement in shot put and 6+ feet in the weight throw. Her better lifts include 155 clean and 230 squat.

~James Giroux

VASSAR COLLEGE

FAYE STEVENS

Multi

Freshman

Faye Stevens is full of energy and hard work. Faye arrives with a smile on her face ready to conquer the hardest of workouts. She easily motivates everyone around her. One's ability to move their body weight can often get overlooked but Faye reps out push-ups and chin-ups with ease while also launching herself over seven feet in a broad jump. This combination of energy and hard work sets her apart. ~Alice Read

WEST TEXAS A&M UNIVERSITY

QUINTON SANSING

Sprints

Senior

Quinton is an individual who is a joy and a pleasure to coach. Quinton works extremely hard and has persevered through a lot. He pushes himself daily because he understands the correlation between hard work in the weight room and success out on the track. Quinton comes into the weight room each day with a positive attitude and focused mindset to get better. Quinton is an incredible athlete and a joy to coach everyday. ~Jacob Saulnier

WEST TEXAS A&M UNIVERSITY

MIRIAM ZANOVELLO

Jumper

Junior

Miriam is the athlete that every strength coach wants in the weight-room. She brings a contagious positive energy, an unmatched competitive edge, and puts her head down to get the work done. Her positive qualities translated to her success in her 2021 Outdoor season where she earned her First Team All-American, CoSIDA Academic All-District, and Second Team All-Lone Star Conference. Miriam is the athlete who will come up with solutions, never making excuses for herself in the classroom, in her sport, or in the weight-room. Not only does Miriam achieve personal success, she leads with her actions to help others improve and never hesitates to lend a helping hand to those in need. Her efforts and constant competitive edge will surely continue to bring her success in her sport, in the weight-room, in the classroom, and beyond her time in collegiate athletics.

~Sophia Kennedy

COLLEGE — VOLLEYBALL

AUGUSTANA UNIVERSITY

PAYTON ROSENDAHL

Right Side Hitter

Senior

Payton's love for lifting has served her well during her time at Augustana. Her dedication to the weight room has transformed her performance on the court, earning All-NSIC Second Team Honors in 2021. Payton has shown her younger teammates that training hard can be fun and exciting and has been a cornerstone of the volleyball team's culture in the weight room. Payton has great things ahead and her love for strength and conditioning has built her a tremendous foundation for her future pursuits. ~Andrew Stocks

CAL POLY HUMBOLDT

HANNAH CANTRELL

Middle Blocker

Senior

Hannah had a great senior season after coming back from injury. She was a leader on and off the court finishing the season at the top of her team in most statistical categories. In addition to her play on the court, she was one of the true leaders in the weight room. We counted on her to set the standard in the weight room not only for her own team, but for all of our female athletes. Hannah impressed us so much with her lifting that she was hired onto our student strength and conditioning staff where she is able to continue setting great examples for all of our athletes. ~Anthony Ratto

CAL POLY HUMBOLDT

CARLA CRESPO

Libero/Defensive Specialist

Carla was a leader on the court and in the weight room. Even though she dealt with a shoulder injury all season, she still led by example during every team lift. She had the second most sets played on the team and was by far the best player at her position on the team. ~Anthony Ratto

CAMPBELL UNIVERSITY

LAILAH GREEN

Outside Hitter

Junior

Lailah's energy bleeds into everything she does. Her high level of effort is present everyday in and out of the weight room. Competing and pushing herself, at all times, resonates with her teammates and drives them to do the same. Her love and support for her teammates is second to none. ~Matt Rodriguez

COLLEGE — VOLLEYBALL

CENTURA HEALTH SPORTS PERFORMANCE

NICOLE DREWNICK

Setter

Junior

Her dedication to become the best she can be started at a young age. In Middle school by winning several awards and gaining recognition. A true, talented and hard working young lady. In Middle School she was also awarded the Athletic All Star, Volleyball MVP, Three-Sport Letterman Award, Volleyball MVP, and All sports player of the year. Nicole understood at a young age that to be able to keep playing in a high level, she needed to be physically ready. She trained 4 -5 times a week in strength and conditioning programs (weight lifting technique training and a Pilates class). She began gaining the guidance of a professional sports dietician to further enhance her performance.

At the Club level, Nicole played club volleyball since she was 11 years old and successfully helped her team rank number 3 in North Texas Volleyball Region for 6 years playing USA Volleyball. Keep in mind that you have to medal in qualifiers to be able to play in Nationals and she made it to Nationals every year. She won two national volleyball medals.

During high school, Nicole made varsity as freshman and started. She helped her high school, Hebron, win state 3 years in a row. As a young lady and the only freshman on varsity team among Juniors and seniors, she ended up getting a back fracture because of the heavy training. Nicole met Coach Kelli, and all the Physical Therapy professionals at Michael Johnson Performance center. Coach Kelli teamed up with the physical therapy department to collaborate on the best sports performance and therapeutic approach to help Nicole with the right amount of training, technicality, and treatment. She returned to play in the playoffs for Hebron winning her first State Championship. She ranked number #1 in the state of TX as a Right side Hitter,

ranked number #2 in the state of TX in hitting percentage, First Team all-District 2016 and 2017 andnd 6A District 5 State Champs 2016 and 2017. As a junior in HS she was invited to play for the Brazilian youth National team, and won the South American championship. In order to train and participate in the South American championship, Nicole had to spend 3 months in Brazil, so she missed her junior year in high school volleyball. Nicole committed to play college volleyball for Nebraska her sophomore year, and she continued her dedication to the strength and conditioning training with Coach Kelli who helped her get successful, especially with her back issue. Her modified training with Coach Kelli, kept her moving forward in the right direction with no more injuries. Nicole reclassified from the class of 2020 to the class of 2019 and went to college one year earlier. She was ranked a top 40 junior player in the nation. Due to her reclassification Nicole had to finish her high school (second half of junior and the entire senior year) in 5 months and went to college at 17. Nebraska made to the top 8 in the NCAA tournament that year. Without her dedication to strength and conditioning, and the mentoring of great coaches, who worked hard to get Nicole in the best shape she could possibly be, Nicole would never be in the position she is right now - doing what she loves most. ~Kelli Selman

COLORADO COLLEGE

ISABELLA VASQUEZ

Outside Hitter

Senior

Bella fought back from an injury to be a prominent leader on her team. She brings a spark and joy to the weight room. Leading by example, she's inspired her teammates to put in extra work in the off-season to fill the shoes she leaves behind. Bella is taking her extra year to play at the Division I level and we could not be more proud of the hard work she did to get there. ~Emily Andersen

COLLEGE — VOLLEYBALL

ENDICOTT COLLEGE

COLLEEN MCAVOY

MB/RS

Senior

Colleen has been one of our hardest workers since joining the program. She came in as a talented student-athlete but has added the power piece by consistently working hard with strength and conditioning. She is a vocal presence whether at a lift or on the court and works as hard at being a great teammate and leader as she does on her own performance and skills. The team admires the way she prepares for success and we are excited to continue to see her grow. ~James Daley

FAIRMONT STATE UNIVERSITY

KEARA LEWIS

Outside Hitter

Junior

Keara Lewis, a junior from Williamsport, Maryland is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Keara has embraced strength training and is extremely coachable. Her hard work and dedication is paying off. Following the 2021 season, Keara was named to the All-MEC Honorable Mention team. As a three year starter, Keara has developed into a leader in the weight room, on the court and in the classroom. She currently has a 3.3 GPA, while majoring in exercise science, and has been recognized on multiple MEC all-academic teams and honor rolls. Our volleyball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Keara Lewis. ~Adam Kolberg

FORT VALLEY STATE UNIVERSITY

JAEQUON HENDERSON

LIBERO

Freshman

Jaequon is a hard worker that developed into one of the team leaders. His progress in the weight room has

reflected in improved performances every match. His work ethic shows in a squat of 2.75 bodyweight and explosiveness. ~Korrey Hammond

FORT VALLEY STATE UNIVERSITY

SAMARIAH SMITH

Outside Hitter

Sophomore

Samariah loves improving her game through strength and conditioning. Her work ethic shows in her squat of 2.5 her bodyweight and explosion. She continues to push herself and teammates to strive for excellence. ~Korrey Hammond

GLENDALE COMMUNITY COLLEGE

GRACIE NEWBERN

Middle

Sophomore

It has been a pleasure working with Gracie the last two years. She is an extremely dedicated athlete, she is a leader who always leads by example in the weight room, and she ALWAYS has a great attitude. Gracie's work ethic is second to none and she is a perfect example of an athlete maximizing their athletic ability by working hard in a strength and conditioning program. Gracie has received our 'Iron Gaucho' Award by reaching All-American lifting numbers for her weight class, she also holds our standing vertical jump record at 30.5", both of which helped her receive All-Conference and All-Region volleyball honors this past season. ~Derek Drumtra

HARTWICK COLLEGE

KAILEIGH BRANDOW

Outside Hitter

Sophomore

Kaileigh exemplifies toughness, both mental and physical. She has natural ability, but has found a love for the process of becoming the best she can be. She has a bright future at Hartwick. ~Andrew Parker

COLLEGE — VOLLEYBALL

HOLLINS UNIVERSITY

SELENA WOLFE

Outside hitter

Sophomore

Selena is sophomore outside hitter on the volleyball team and pursuing her major in biology with a minor in environmental science. She also played on the basketball team as her secondary sport this year. Selena transferred from Bridgewater college in December 2021 and has been a pleasure to coach since day one. She has set high standards for herself and her teammates through her dedicated to strength and conditioning training and hard work. She has a quiet and kind demeanor with a powerful work ethic, strong drive to get better every day, and never complains. Some highlights over the past year include, being named to the ODAC All-Academic Team, member of the pre-med club, pre-vet club, and the HRDC club. ~Leslie Williams

IDAHO STATE UNIVERSITY

ANDRI DEWEY

Setter

Senior

To the team, she goes by “Granny.” Far from a senior citizen, this senior has BOUNCE. With a standing vertical of 31.75” and an approach jump of 33.5”, “Granny” is by far our most explosive female athlete at ISU. Andri’s athleticism and blue-collar work ethic has helped her excel not only in the weight room, but on the court and classroom as well. She is looked to as the leader of the team and for good reason. Andri has all the intangibles and the skills to back it up. I’m excited to watch her evolve her leadership skills as she enters her final season. ~Brandon Stephens

IOWA STATE UNIVERSITY

ALEXIS ENGELBRECHT

Middle Blocker

Junior

Alexis has been one of the most challenging but enjoyable student athletes I have had the pleasure of working with on the Iowa State Volleyball team. Alexis is one of those student athletes that finds joy in dedicating herself to the weight room and challenging me to push to to the next level. She has also come to me on many occasions to ask questions and talk about her program and how her program fits into the big picture of training. I am happy to say that choosing Alexis for NSCA All American was an easy choice. ~Tim Dombrowski

KING'S COLLEGE

CLEO SHULTZ

Middle Hitter

Senior

Cleo's ability to be comfortable in uncomfortable situations was unmatched. Her passion to be successful in the weight room and the court was felt by her team daily. ~Bryonne Herring

LINDENWOOD UNIVERSITY

MAIDER SOTO

Outside Hitter

Junior

Mai is an outstanding athlete who pushes herself even when no one is watching. She works hard all the time and strives to be stronger and faster. She has a bright future. ~Brie Johnson

MISSOURI VALLEY COLLEGE

ALEXIS LARK

Sophomore

Alexis, is an extremely hard worker. She shows a lot of dedication to the weight room and never has a bad day. ~John Anderson

COLLEGE — VOLLEYBALL

NORWICH UNIVERSITY

KATHRYN FARNUM

Outside Hitter

Senior

Kathryn is a very hard worker as well as a leader both in & out of the weight room. Kathryn is committed to her sport & wants to help her team succeed in any way. ~Scott Caulfield

PERU STATE COLLEGE

SIDNEY PECK

Outside Hitter

Sophomore

Sidney Peck is dedicated to striving for excellence both on the court and in the weight room. She accepts nothing less than her best and is willing to learn new skills in order to increase her performance in both areas. As an outside hitter, standing at 5'6", she has already increased her vertical from the fall season to the start of the spring season by three inches (21.5"). Both her squat and deadlift have been recorded at 88.45kg. Her incline bench and power clean have also been recorded at 43.09kg. Peck is a Kinesiology major and holds a 3.82 grade point average. Her relentless tenacity fuels her to lead by example. No matter how tough the challenge is on the court, in the weight room, or in the classroom, Peck shows true grit and gets after it. ~Kyle Ryan

POINT LOMA NAZARENE UNIVERSITY

TORINA HOMMES

Outside Hitter

Sophomore

Torina is a leader both on and off the court for the women's volleyball team. Her passion and drive for competing in the sport of volleyball is ever apparent as she constantly pushes herself and her teammates in training. She is one of the premier outside hitters in the pac west conference with opposing teams having to game plan against her abilities. This volleyball prowess is supported by her high flying ability. Torina's dedication

to her training and plyometrics has aided her in jumping over ten feet on a consistent basis. Torina's consideration for this award is a well deserved acknowledgement of her hard work and effort in the weight room. ~Erik Pedersen

SALISBURY UNIVERSITY

AMANDA CHEW

Senior

Amanda has been an excellent leader on the court and in the weight room. She's shown consistency and dedication throughout both the season and off season. Not only that but she's done a great job of motivating the rest of her team to do the same. She has made significant progress, which comes as no surprise to anyone who knows her. ~Matt Nein

SVSU ATHLETICS WEIGHT ROOM

PEYTON GERSTACKER

Setter

Senior

Peyton has served as a leader and member of the volleyball for the past four years. Peyton has achieved personal bests in all training performance indicators during her senior season which is an indicator of her work ethic and commitment to improving her athleticism. She has been the model of leadership and served as an example for many of our younger female student-athletes at SVSU. Competitively Peyton has run the offense for SVSU volleyball for just over a year transitioning from the Libero position to the setter position earning All-Conference Honorable mention honors in her first season. Academically Peyton maintains a GPA above a 3.3 average and truly is the complete student-athlete. ~Christopher Winter

COLLEGE — VOLLEYBALL

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

SARAH CRUZ

Outside Hitter

Junior

Broke program record for kills per set (4.37) while ranking sixth in total kills (437) and tied for fifth in attacks per set (11.19) ... Led UTRGV in kills 22 times, digs twice and blocks three times ... Recorded 23 matches of 10+ kills, including nine of 20+, and 10 matches of 10+ digs, including one of 20+ en route to 10 double-doubles ... Recorded match-high tying 12 kills in NIVC at Arizona (12/3) ... Posted 10th double-double with 17 kills and 10 digs vs. Grand Canyon (11/18) ... Earned All-WAC First Team honors (11/17) ... Recorded ninth double-double with match-high 14 kills and 12 digs vs. Abilene Christian (11/13) ... Posted match-high 23 kills, nine digs, four blocks and three aces vs. Tarleton (11/11) ... Recorded match-high 14 kills vs. Lamar (11/6) ... Posted eighth double-double with 23 kills and 16 digs at Sam Houston (10/28) ... Recorded seventh double-double with 22 kills, 11 digs, career-high five aces and three blocks at Texas A&M-Corpus Christi (10/25) ... Posted 14 kills and nine digs vs. Chicago State (10/23) ... Recorded match-high 20 kills vs. Sam Houston (10/16) ... Posted match-high 19 kills at Tarleton (10/9) ... Recorded career-high tying seven blocks with match-high 23 kills and 15 digs for sixth double-double at Abilene Christian (10/7) ... Posted match-high 12 kills on .524 hitting at Lamar (10/2) ... Recorded career-high 28 kills on .400 hitting with career-high 21 digs and career-high tying four aces in four sets for fifth double-double vs. Stephen F. Austin (9/25) ... Posted match-high 16 kills with eight digs, two aces and three blocks vs. UTEP (9/23) ... Earned WAC Offensive Player of the Week honors (9/20) ... Recorded match-high 22 kills on .357 hitting with season-high tying 12 digs for fourth double-double at East Carolina (9/17) ... Posted 15 kills on .367 hitting with two aces and six digs vs. Appalachian State (9/17) ... Earned All-UTRGV Tournament Team honors by averaging 4.92 kills on .291 hitting, 2.33 digs and 0.58 blocks while recording two

double-doubles in 12 sets across three matches (9/12) ... Recorded 19 kills on .390 hitting vs. Texas A&M-Corpus Christi (9/12) ... Posted third-straight double-double with 14 kills and 10 digs vs. Incarnate Word (9/10) ... Recorded career-high 26 kills with 11 digs for second double-double vs. Louisiana (9/9) ... Posted first double-double of the season with career-high tying 22 kills, 12 digs and three blocks vs. Nicholls (9/3) ... Recorded 11 kills with three blocks vs. UMBC (9/2) ... Posted 11 kills with six digs and five blocks at New Orleans (8/27) ... Recorded match-high 15 kills on .519 hitting with six digs and two blocks vs. Alcorn State (8/27). ~Eric Sparks

TRINITY UNIVERSITY

AVERY TUGGLE

Outside Hitter

Senior

Avery has been a dominant force in her time at Trinity and this past year was no exception. She has been a main contributor to a powerful change that has occurred in our team's culture and performance. Her tenacity in strength & conditioning is a source of inspiration for others, and her impact here has been tremendous. ~Daniel Martinez

COLLEGE — VOLLEYBALL

TRINITY WESTERN UNIVERSITY

KIRSTEN KAMPMAN

Outside

Sophomore

Kirsten is an absolute workhorse! She is always pushing herself to be the best she can be. This obviously includes the weight room, but also includes the court and the classroom where she has very high standards for herself. She has a fun personality and is a huge positive influence in our weight room with her teammates. She sets the pace for lifts and is usually the one heading up the "heavier weights" rack. She always does what she is told with a smile on her face and enjoys putting in the effort knowing that it will pay off for her on-court performance and overall health. She has a strong understanding of our team culture and helps instill that every session. She has started to see more on-court time which has been great to see her hard work pay off and result in increased on-court performance. Excellent worker, excellent person. ~Cole Hergott

UNIVERSITY OF DELAWARE

SAVANNAH SEEMANS

Outside Hitter

Sophomore

Savannah 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 expand her abilities on the court. Savannah, as a Freshman was selected to the All-CAA Rookie team and has also been a member of the CAA Commissioner's Academic Honor Roll. She led the team in 2021 with 45 service aces and ranks second on the team with 273 kills. 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. ~Mesiah Polycarpe

UNIVERSITY OF KENTUCKY

CAMERON SCHEITZACH

Setter

Senior

During Cameron's senior year, she increased her back squat by 15lbs, power clean by 30lbs, and bench press by 15lbs. She was a fantastic leader and teammate on the court and in the weight room. ~John Spurlock

UNIVERSITY OF PROVIDENCE- GREAT FALLS

SADIE LOTT

Middle Blocker

Sophomore

Sadie is one of the most athletic individuals I have seen in the weight room and on the court. Her movement is fluid and effortless. I have always been impressed with her body language and attitude. Sadie is going to compete and give her all in everything that she does. ~Will SeEVERS

UNIVERSITY OF SOUTHERN MAINE

KAILEY FOLEY

Right Side

Sophomore

Kay has recovered from significant shoulder issues and dedicated herself to strength training. She has shown huge improvements from being unable to complete most exercises to where she is now. Her better testing results include 100# clean, deadlift 195# and an improved vertical to 22". ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

KIM GRANT

Right Side/Middle Hitter

Senior

The strongest athlete on volleyball team, Kim continues to improve her strength and power numbers. Her better lifts include 135 clean, 280 deadlift that goes along with her team leading 37' over throw. ~James Giroux

COLLEGE — VOLLEYBALL

UNIVERSITY OF TENNESSEE AT MARTIN

KAREN SCANLON

Senior

Karen's drive to improve and competitive approach to each day has been a positive force for her teammates. This fall saw successes both individually and collectively. Karen was named All-OVC, while the team experienced its' highest finish in league play since 2011. She also garnered second team All-OVC in Beach for the 2021 spring, while assisting the team's runner up finish. Karen's commitment to her athletic development helped her progress from a freshman, who rehabbing an injury prior to her arrival, to being top 10 in the OVC both offensively and defensively for the Skyhawks. Academically, Karen has been on the Athletic Director's Honor Roll and OVC Commissioner's Honor Roll each year. ~Chris Gillies

VASSAR COLLEGE

ADAM GULICK

Opposite

Junior

Adam is gritty and passionate. He arrives at 7:00am everyday ready to work. Adam is constantly critiquing technique and grinding through hard sets to develop himself. His buy-in to the process in order to further both himself and his team are what make him stand out. ~Alice Read

VITERBO UNIVERSITY

MAYA ROBERTS

Right Side Hitter

Senior

Maya was a NAIA Second-Team All American. She was also nominated for the North Central Region First-Team, and was a NSAA First-Team All-Conference player. She was a leader in the weight room, on the court, in the classroom, and outside of school. ~Kyle Cluppert

WRIGHT STATE UNIVERSITY

LAINY STEPHENSON

Setter

Senior

2021 Horizon League Setter of the Year. Lainey is a vocal leader on the court and in the weight room. Her infectious energy drives others to be better and has helped establish Wright State Volleyball into the program it is. ~Cole Pittsford

COLLEGE — WATER POLO

CLAREMONT-MUDD-SCRIPPS ATHLETICS

WILL CLARK

Attacker

Senior

Will Clark is a senior for the Men's Water Polo team pursuing a Bachelor's degree in Economics and Molecular Biology from Claremont McKenna College. During his three years, he led the team in scoring and was a first-team All-American during his senior year and second-team All-American during his sophomore year and first-year seasons. Since his arrival on campus, Will has been the most consistent student-athlete we have ever worked with. Off-season workouts in Division 3 are voluntary and he has not missed one. His dedication to his sport and training were extraordinary. He is an excellent teammate and a pleasure to have worked with during his time with CMS athletics. ~Andrew Jones

COLLEGE — WHEELCHAIR BASKETBALL

UNIVERSITY OF ALABAMA
IGNACIO ORTEGA

Men's Wheelchair Basketball

4

Senior

Ignacio brings an unmatched energy to the weight room and basketball court. He continually pushes himself to be better while also motivating his teammates to put forth the best of themselves. He has leveraged the weight room to help him develop as a player and has been an integral part of our team success the last four years. ~Will Wright

UNIVERSITY OF ALABAMA
LINDSEY ZURBRUGG

Women's Wheelchair Basketball

2.5

Senior

Although Lindsey has only been in our program for one year, she has made a tremendous impact on court and in the weight room. Lindsey brings an energy to the arena each day that is contagious and has contributed a large part to the development of one of the best team cultures I have seen during my tenure. She is conscious of the impact the weight room plays on her performance and strives to perform her best in every lifting and conditioning opportunity. ~Will Wright

COLLEGE — WHEELCHAIR TENNIS

UNIVERSITY OF ALABAMA

JEREMY BOYD

Senior

Jeremy has utilized the weight room as an arena to grow and develop as a leader and teammate. His energy and presence are inexorable in the weight room and on the tennis court. Jeremy embraces the challenges of strength and conditioning knowing it will pay dividends toward his performance. Jeremy continually sets the tone and energy and actively works to bring the best out of his teammates. ~Will Wright

COLLEGE — WRESTLING

AUGUSTANA UNIVERSITY

JACKSON SWEENEY

Weight Class 184

Senior

Jackson was one of the hardest workers in the room. It has been a great pleasure seeing him excel in training and bring those tools he learned to the mat. He's a natural born leader, always doing his best to help coach the younger athletes in the room. Jackson is someone who always wants to do more inside the weight room from off-season to in-season. I couldn't be prouder of him with his effort and relentlessness to use training to help him succeed in his sport and life. ~Michael DiClementi

CAMPBELL UNIVERSITY

JOSH HEIL

Senior

Josh even as a 6th year senior is the hardest worker in the building. He has trained through and around injuries when they have presented themselves over the course of his career as to not miss time from training in the room. He spends his time in the weight room coaching up his teammates at his rack, encouraging those around him, and pushing teammates to challenge themselves physically. He has challenged himself year after year to not only be one of the elite athletes in his sport, but to also improve himself continually through training. ~Matt Rodriguez

DUKE UNIVERSITY

JOSH FINESILVER

149lb

Senior

The name "Finesilver" is synonymous with Duke Wrestling. Josh has been not only a standout wrestler on the mat, qualifying for 4 NCAA tournaments, winning the Southern Scuffle to become one of only two Duke Wrestlers to ever do so, but is a true student-athlete. His commitment to excellence is something that every athlete should strive to achieve. It has been a true honor working with Josh. ~Alex Merrill

DUKE UNIVERSITY

MATT FINESILVER

174lb

Senior

When I think about athletes who trust the process and the people around them, I think about Matt Finesilver. A two-time NCAAA qualifier, Matt has been a standout athlete in the weight room and on the mat. After suffering a set back in the 2020-2021 season Matt trained harder than ever and trusted the team around him (coaches, trainers, PT's) to help guide him there. Matt's leadership has been a beacon for others on the team to follow down the same path to success. ~Alex Merrill

DUKE UNIVERSITY

KADEN RUSSELL

197lb

Senior

Kaden came into the weight room his first day and I knew I had an athlete on my hands. Over his time at Duke Kaden has been 100% committed to his training, espeically during tough times when he was recovering from injury. He is one of the most coachable athletes I've had in my 12 years at Duke, and I couldn't have asked for a better role model to represent Duke Wrestling. ~Alex Merrill

COLLEGE — WRESTLING

HUNTINGDON COLLEGE

JACK HAURY

285

Junior

Jack has displayed a high level of commitment to training, and encouraging the same mindset within those in his wrestling program and in our athletic department. His hard work has impacted his performance in a tremendous way, and has influenced those he comes in contact with in the same manner. ~Charles Goodyear

IOWA STATE UNIVERSITY

JOEL DEVINE

Junior

Joel demonstrated consistency and leadership with his actions everyday in the weight room. Joel continued to reach new personal records in all of his strength metrics in the weight room and served as a top 25 ranked starter for Iowa State. Joel made the cut down to 174lbs this year and through his hard work and discipline with his training program and diet was able to continue to get stronger and display more power output all while under a caloric deficit. He is a great ambassador of Iowa State university and the strength and conditioning program. ~Ben Durbin

MARYVILLE UNIVERSITY

JOEY WILLIAMS

Junior

Joey has been the definition of consistency in the weight room, classroom, and wrestling room. He has dedicated his time and effort into building strength and power and has given complete buy in. Some of his achievements include being a NWCA Scholar All-American, GLVC Academic All-Conference, and most recently becoming a D2 National Qualifier. ~Jake Fitts

NORWICH UNIVERSITY

DAN CURRAN

Senior

Dan is a very hard worker as well as a leader both in & out of the weight room. Dan is committed to his sport & wants to help his team succeed in any way. ~Scott Caulfield

QUEEN'S UNIVERSITY OF CHARLOTTE

MELVIN RUBIO

Senior

I have had the pleasure to watch Melvin grow as a wrestler and leader at Queen's for the last 5 years. He has competed with a major injury and made a comeback. He shows up everyday and puts in consistent work to get better at his craft. ~Daniel Haas

UNITED STATES MILITARY ACADEMY

DANIEL LAWRENCE

Sophomore

Daniel Exceeds academically as well as in the weight room. His dedication to form and passion for wrestling drive him to be the best he can be. He is an excellent example of how one conducts themselves in all aspects of college athletics. ~Peter Kenn

COLLEGE — WRESTLING

UNIVERSITY OF DUBUQUE

ZARIK ANDERSON

157 lbs

Senior

Zarik Anderson- UD Wrestling: 157lb weight class, 1RM clean 260lbs, 1 RM bench press 265lbs, 1 RM back squat 365lbs, max pull-ups 58 reps

Zarik is a standout student-athlete on and off the mat. He has put his efforts to work in the weight room which have translated tremendously to the wrestling mat. Zarik is highly respected by his teammates and a strong leader who is an excellent example for the program. He has bought in to our program philosophy and knows that better never stops in all areas of life. Zarik is currently ranked 4th in the Lower Midwest Region and 12th in the NCAA at 157lbs. ~Nate Hansen

UNIVERSITY OF PROVIDENCE- GREAT FALLS

KC BUDAY

Sophomore

To put it simply, KC is a beast. His athleticism on and off the mat are testament to his work ethic and dedication to getting better. KC's presence never goes unnoticed and is always going to be the hardest worker in the room. He is a rare athlete that possesses uncanny levels of power, speed, and strength. His team mates look up to him and his coaches love him. He does everything right and is always the last person to leave and clean up after team lifting. ~Will Seevers

UNIVERSITY OF PROVIDENCE- GREAT FALLS

IVY NAVARRO

Senior

Ivy is an elite college athlete. She is currently the #1 ranked NAIA female wrestler in the country in the 101lb weight class. Ivy finished last season (20-21) as an NAIA All American and National Runner up in the 101lb weight class. In 2018-2019 she also was an WCWA All-American finishing 5th in 101lb class. Ivy is pound for pound(relative) the strongest athlete, male or female, that we have at our University. Her discipline and work ethic set her apart from all other athletes. Her presence in the weight room and on campus will be greatly missed. Ivy is one of the best athletes that we have ever had. ~Will Seevers

HIGH SCHOOL — BASEBALL

CAPE HENRY COLLEGATE KENNETH SCHAEDEL

Outfield Senior

Kenny Schaedel has demonstrated a high level of consistency and work ethic during his time as a Cape Henry Student-Athlete. As an original member of first "The Breakfast Club", Kenny should be credited with helping create a culture of strength training at Cape Henry. As a leader his focus and work ethic is contagious and inspires younger students to push themselves. At the time of this application Kenny stands 6'3 and holds a front squat max of 325, trap bar deadlift of 480, bench press of 215, and a standing vertical of 32.6 inches. On the baseball field he holds a career average of .358, 9 home runs and 44 runs batted. Kenny also contributed as a starter on the Boy's Volleyball team helping propel the program to three conference championships over four years. Kenny has earned a cumulative grade point average of 3.5. Next year Kenny is committed to play baseball and continue his studies at Georgia Tech University. ~Philip Reichhoff

CENTRAL CATHOLIC HS JAKE GARZA

Third Base Senior

2nd Team All-District TAPPS D1 6A District 3. .417 BA, 5 RBIs, 5R, 3BB, .500 OB, .417 SLG
3.92 GPA

Jake's enthusiasm and emotion are unmatched in the weight room, the entire team feeds off of his infectious energy, elevating every strength and conditioning session he's a part of. ~Glenn Revell

CHARLOTTE CHRISTIAN SCHOOL TANNER MCCAMMON

Shortstop Junior

Tanner is a leader on and off the field while still excelling in the classroom. He never misses a workout and pushes his teammates to become better each day. This hard work and leadership has paid off as he will continue to compete at the D1 level after high school.

~Cameron Lewis

CHRISTUS HUMAN PERFORMANCE CENTER REED OVERBEEK

Catcher Sophomore

Reed is one of the hardest working athletes I have ever had the opportunity to train in my 12 year career. He shows up each day and gives 100% effort. In the short 6 months he has trained at the CHRISTUS Human Performance Center, Reed has lost 8.4% body fat, increased his broad jump by 1 foot, increased his vertical jump by several inches, increased his speed by over 3 mph, and has continued to get stronger each and every training session. There is no one more deserving to be named a High School All-American Strength and Conditioning Athlete of the Year than Reed Overbeek.

~Ryan Dupre

HIGH SCHOOL — BASEBALL

GREER HIGH SCHOOL

COLE BELLINGER

2B, SS, C, P, OF

Sophomore

Cole invested in the S&C aspect of his game this past off-season and has witnessed increases / improvements in his 1RM Squat, 1RM Clean, 1RM Deadlift, 1RM Bench Press, Vertical Jump Height, Broad Jump, and Squat Jump Peak Velocity. Additionally, these S&C have translated to improvements on the field where he has witnessed an increased pitched ball velocity, exit velocity (batting), pop-time (catching), and a decrease / improvement in his 90ft / 30yard sprint time. The time and energy invested in S&C is paying dividends for Cole in regards to the skill requirements for success in his sport. ~Keith Scruggs

INSPIRATION ACADEMY

LOGAN O'LEARY

Pitcher

Senior

Logan has been dedicated to the process of his development his entire time at Inspiration Academy. He rarely misses a lift and also shows up and gives 100%. He came in a couple years ago overweight, not being able to do a push up or pull up, now he is one of the best lifters we have and his performance on the mound has exploded because of it. He was 82-83 MPH off the mound last year and now he is up to 91 MPH. Logan is a true testament to what hard work can do and has set the standard for our program. ~Brian Commerford

LUDINGTON AREA SCHOOLS

STEPHEN WEINERT

Catcher

Senior

Stephen has been an extremely dedicated athlete and student over his career at Ludington High School. Stephen has been a great role model in how he has lead his teammates in multiple sports especially through the recent epidemic during his high school career. He is a

dedicated student of the strength game and can always be seen with a smile on his face. Along with his strength physically and mentally, he will be playing college baseball at the next level next year. ~Rich Kirby

MOUNTAIN VIEW HIGH SCHOOL

AUSTIN XU

Center Field, 1st Base, Pitcher

Freshman

During the last year, Austin has dedicated himself to building a powerful body to prepare for high school baseball. Austin consistently brings intensity, effort, and energy to his strength training sessions. Austin has shown great improvement with his sprint acceleration, jumping, upper body strength, lower body strength, and lean body mass in just 9 months of consistent training. These improvements have translated to improved baseball performance. I am confident Austin will continue to work hard on the field and during his training to be the best baseball player he can be. ~Nick Haberlach

NEW TRIER HIGH SCHOOL

LOUIS FLORIDA

Senior

Florida's .389 batting average and great defense earned him All-Conference honors as a junior, when he was named the team's Most Improved Player. He wasn't satisfied. He has continued improving. Louis' leadership and work ethic has turned him into one of the strongest baseball players in Illinois. He is a kind and generous teammate, respected by players and coaches, and is primed for a strong senior year. After high school he will continue his athletic and academic career at DePauw University. ~James (Jim) Davis

HIGH SCHOOL — BASEBALL

PRESS ON PERFORMANCE

TATE MART

SS/2B

Junior

Tate is a rock solid athlete that continues to grow his athleticism with excellent focus and respect to the process. He continues to excel as a returning all-state baseball player that has state championship experience. As Tate continues to lead by example in the classroom, weightroom, & on the field - he will add to his impressive accomplishment list. ~Tyler Thielges

RAYTOWN SOUTH HIGH SCHOOL

NICK LOGEMAN

Senior

Nick has demonstrated great leadership on the field, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

REACH YOUR POTENTIAL TRAINING

RYAN TURNER

Outfield

Senior

Hard worker on and off the field with character traits of a leader. Will do what he has to do to win including helping to get others around him better. ~Jacob Ruch

RYPT

RYAN TURNER

Outfield

Senior

Over the past three years, I have been able to finely observe Ryan Turner and his interactions with fellow athletes, coaches and staff members on a day-to-day basis. His blue-collar work ethic and relentless pursuit of excellence separate himself from the now thousands of athletes we have trained during our time here. Because of this, we were able to offer Ryan a part-time position within our company, focusing on the maintenance of the 16,000 square foot facility and as a part-time coach within our middle school program. What I am most impressed about with Ryan is his level of leadership and maturity at such a young age. He is punctual, disciplined and laser focused on whatever he wants to accomplish; whether it's training in our facility or balancing a part time job with baseball and school. Ryan spends hours on end in our facility, constantly pushing the envelope of physical and mental training, spending time around the staff as much as possible to learn from everyone and their experiences in life. He keeps an open mind and a never-ending passion to continue to get better. He is always the first one to praise or offer constructive criticism towards an athlete in his group, aiding everyone around him to maximize their potential. Whenever a new intern or athlete starts in our seasonal programs, I know I can count on him to make him/her feel at home and succeed. Our facility prides itself on teaching our athletes the fundamentals of living, not just lifting. Over the course of my career in high school, college and professional athletics, Ryan ranks in the top tier of not just great athletes, but great people. His respect for himself and others, positive attitude and unwavering service to the community is a great asset not only to your program, but to today's society as well. ~Bobby Smith

HIGH SCHOOL — BASEBALL

SPARTANBURG HIGH SCHOOL

DEACON COX

Outfielder

Senior

I have had the pleasure of coaching Deacon Cox at Spartanburg High School where he played baseball and football. Deacon excelled in both the classroom (4.08 GPA) and on the field. His junior year he was all-region in baseball. Deacon is an exemplary student athlete and an outstanding teammate. He is a leader on and off the field. He frequently volunteers his time in the community. In the team setting, he is always supportive of coaches and teammates. He is intrinsically motivated and enjoys the challenge of hard work and rigor which has led him to a 465 lb back squat, 300 power clean, and 240 lb bench press at a bodyweight of 160lb.

~Andrew Caldwell

ST. ANDREW'S EPISCOPAL SCHOOL

MATTHEW AZORDEGAN

Pitcher and 3rd Baseman

Senior

Matthew is a top honor student, excels in both his academics and as an athlete. He has helped our baseball team to three division titles, with his pitching ability and also with his strength as a hitter. He has received many honors on the field, and with his team. Matthew really excels in the weight room with his work ethic, and leadership in pushing others to work harder to become a better player. He is a future Division 1 Player with a commanding fast ball, and a curve ball that falls off the table, as a batter, he's a high percentage hitter, with the strength to take it out of the park. ~Joe Ray

ST. LAURENCE HIGH SCHOOL

LUKE STULGA

Outfield

Junior

Luke has dedicated himself this off-season accomplishing Pr's in squat, bench, vertical, broad jump, 10 yard dash and 60 yard dash. He is currently the school record holder in vertical jump (39.3) and the 10 yard dash (1.40). Furthermore, Luke won the baseball off-season individual challenge and led his team to the team win as well. He not only has fostered this hard work within himself, but has become a leader to his team in the weight room. Luke has invested his time and energy in becoming a complete athlete and has earned those great accomplishments. Luke does a great job of asking questions and listening to coaches on when to rest and take care of himself in order to help himself and his team move along the off-season to prepare for the season. Luke also has a great attitude in the weight room and often leads the team fun at the end of the workouts. It is a pleasure to work with him and his team each year. Great job Luke. ~Brad Leshinske

TYLER LEGACY HIGH SCHOOL

PRESTON NEWBERRY

Senior

Preston came with a mindset to work to get better every single day, which showed in his strength, power, and speed. He is dedicated to his craft and has a great mentality for doing hard things. ~Andrew Pichardo

HIGH SCHOOL — BASEBALL

WARREN CENTRAL HIGH SCHOOL

ELI SHAW

Pitcher

Junior

Eli has shown tremendous commitment to the strength and conditioning program. He's increased in lean body mass, tremendous PR's in his maxes and increasing his pitching velocity. Eli has shown great leadership in peer coaching his teammates and encouraging everyone to do their best! ~Keith Swift

WAYNE HIGH SCHOOL

BROOKS KNEIFL

P

Junior

Brooks has excelled in his training and is has reflected in his on field performance. He continues to work hard and that work ethic will pay off for him! ~Grant Darnell

HIGH SCHOOL — BASKETBALL

ATLANTIC COUNTY INSTITUTE OF TECHNOLOGY EDISON REYES

Center
Senior

Edison had huge improvements in the weightroom from Junior to Senior year! All of his lifts improved greatly with his deadlift making the top 5 at ACIT earlier in the year. His hard work in the weightroom showed on the court as the starting center helping ACIT to multiple victories this season. His leadership was something coaches love to have. He not only led by example, but also got vocal when needed whether it was keeping teammates on track or helping motivate teammates in the weightroom. Edison is a prime example of the difference the weightroom can make when you focus and put in the work. ~Vincent Mahoney

BEAR RIVER HIGH SCHOOL MASON SORENSEN

Forward
Sophomore

Mason has worked hard throughout the 12 month training cycle leading up to his sophomore year. In those 12 months, he added 12 inches to his vertical leap and 20 inches to his broad jump. His strength, mobility, quickness and speed also improved significantly during the training cycle. Mason is a leader in the weight room and never takes days off. He is an example to his teammates on the court, in the classroom and training in the offseason. He is determined to excel at everything he does and that work ethic will serve him well throughout the rest of his high school career and life in general. ~Tommy Nelson ~Reggie Shaw

CAPE HENRY COLLEGIATE JILLIAN SOMERS

Guard
Junior

Jillian Somers is tough, competitive, resilient, and a leader on multiple Varsity teams. Jillian's year around consistency has made her a stand out in our program. While balancing academics, three school sports, and a demanding club schedule she still finds a way to not miss workouts. Jillian has set an excellent example for younger teammates. The programs she has competed for are better because of it. Also a standout on the Varsity Field Hockey and Soccer team, Jillian has contributed to multiple Conference and State championships. ~Philip Reichhoff

CAPE HENRY COLLEGIATE GEORGE CUTLER

Point Guard
Senior

George Cutler is a senior basketball player who exemplifies the core values of our strength and conditioning program. Throughout the summer months George was one of our most consistent attendees and he continued this throughout the school year. Words I would use to describe George would be hard working, accountable, disciplined, and focused. At the time of publication, he holds a bench press max of 250, front squat of 270, trap bar deadlift of 410, and a 30.2 inch standing vertical jump. On the court George has been a four year varsity player, making an impact on four consecutive conference championships and one state championship. He has also earned a GPA of 3.2 over his years at Cape Henry. Next year George plans to continue his basketball career and studies at the collegiate level but has yet to make a decision. ~Philip Reichhoff

HIGH SCHOOL — BASKETBALL

CENTRAL CATHOLIC GS **SOLOMON LUKE RAMOS-BENAVIDES**

Guard

Junior

2nd Team All-District TAPPS D1 6A District 3. 3.46 GPA. 15.2 PPG, 2.3 AST, 2.9 DRB, 1.1 ORB, 29 MPG, 1.9 STL, 81.6 FT%, 38.5 3FG%, 57.5 2FG% Team's Leading Scorer. Solomon's dedication to strength & conditioning lead to massive improvements both in the weight room and on the court. Establishing himself as one of the hardest workers and leaders not only on the basketball team but in the schoolhouse as well. ~Glenn Revell

COACH ROZY - AVERA SPORTS **SAVANNAH BEESON**

Junior

Savannah participated in every off-season, in-season, and summer strength & conditioning program throughout high school. She has had outstanding volleyball, basketball, and track careers where she's received all-state or all-conference honors in each. She is also involved in the Watchdog Leadership Counsel.

~Kyle McKelvey

COACH ROZY - AVERA SPORTS **ASHTON TJADEN**

Senior

Ashton participated in every off-season, in-season, and summer strength & conditioning program throughout high school. He had outstanding football, basketball, and track careers. He will continue playing football at Minnesota State - Moorhead next year. He is also involved in the Watchdog Leadership Counsel.

~Kyle McKelvey

COACH ROZY PERFORMANCE

TAYLOR HOXENG

Guard

Freshman

Taylor Hoxeng is a 5'6" 8th grader and already making an impact at the high school level in volleyball, basketball and track. On the hardwood, Taylor is averaging 10 pts per game, averages 3 steals a game, and as a guard position averages 6 rebounds a game along with 10 assists per game. In Track, Taylor has a PR in the 100 meters of 13.84, the 200 meters in 28.72, the 300m Hurdles in 57.14 where she got 5th in the conference meet. She was on the 4x800 team that got 3rd at Regionals and qualified for State as well as being on the Sprint Medley Relay that got 3rd at Regionals and qualified for State. In Volleyball, Taylor had 6.0 Digs per set for a total of 559 digs, 30 aces and 4 kills. Taylor also competes at the national level in rodeo in Breakaway Roping. ~Mark Roozen

COACH ROZY PERFORMANCE

ELLIE KAROLEVITZ

Guard/Forward

Senior

Ellie Karolevitz is a 5'10" Senior on the Yankton High School Girls Basketball team in Yankton South Dakota. A top 10 player from the State of South Dakota for recruiting. She has been a standout for the basketball squad through out her high school career as a player and a leader. She had an injury that took her out of play for a few weeks this season, but is back to finish the season and averaging 17.5 ppg, shooting 52%, 8 rebounds per game and 3 assists per game. She maintains a 115 lb bench, squats 235 lbs and improved her VJ from 19 inches to 21 inches. She was part of the 2020 ESD Conference Championship team. She is a member of the National Honor Society and runs track for Yankton HS, is a member of the Y-Club and volunteers with a number of youth programs in the area. ~Mark Roozen

HIGH SCHOOL — BASKETBALL

COACH ROZY PERFORMANCE

SPENCER KARSTENS

Guard/Forward

Freshman

Spencer is a 6'1", 210 lb Freshman at Gayville-Volin, but is already making an impact on the basketball court, the football field and as well with Track & Field. In basketball, Spencer started on varsity as a freshman. Playing in 16 games so far, Spencer has 246 points, averaging 15 points per game, 2 steals per game and 2 blocked shots per game. While shooting 35% from the 3 point line and 80% from the free throw line. On the football field, Spencer played both ways, as a Tight End on offense he had 16 receptions for 138 yards and 1 touchdown. He also played Defensive End and picked up 33 solo tackles, 2 sacks and had 7 tackles for loss, helping his team make it into the State Playoffs. On the field of play and off, his leadership ability carries into performance training as he helps lead the younger players through workout sessions - being a roll model for other younger players. Spencer has worked hard, getting his top lifts to 275 lb squat, bench of 205 and has improved his vertical from 26 inches to 29 inches, while cutting his 40 yd dash time down from 5:12 to 4.91. Spencer also is a pitcher on the baseball field, is in band and involved with Fellowship of Christian Athletes.

~Mark Roozen

COACH ROZY PERFORMANCE

MILES POLLMAN

Forward

Junior

Miles is a 6'2", 200 lb. Junior at Irene/Wakonda High School from Irene, South Dakota. On standout on the basketball court, Miles has averaged 13.8 points per game, 6 rebounds per game along with 4 assists and 2 steals per game. Miles also played football and 2 fumble recoveries, 28 solo tackles with 41 total tackles, 8 tackles for a loss. One of the key leaders in their new strength and conditioning program, Miles was able to take his

vertical up 2 inches in the off season, drop his pro agility from a 4.8 to a 4.6, improve his 40 yard dash from a 5.48 to a 4.95 (electronic timed), add 25 lbs on his bench, 65 lbs on his squat and 20 lbs on his hang clean. Miles also plays football and is on the track team. ~Mark Roozen

COACH ROZY PERFORMANCE

DYLAN PROUTY

Point Guard

Senior

Dylan is a 6'0", 170 point guard from Yankton High School. His hard work ethic in the off-season, both on the court and in the weight room has helped him excel on the hard wood. With a bench of 205, squat of 335, vertical of 28 inches and a 40 yd dash of 4.85 he has been able to lead the Yankton Bucks into playoff contention this year. Last year in the state basketball tournament, Dylan had a career game-high of 25 points on 7 of 10 shooting in the opening game. He continues to hit 40.5% from the 3 point line this season, averages 3 steals a game, 6 assists and only 0.6 turn over average per game. Dylan also is a stand out on the baseball field, receiving All Region honors in Class A South Dakota High School Baseball. ~Mark Roozen

CONESTOGA JR-SR HIGH SCHOOL

JACK WELCH

Guard

Junior

Jack is committed to developing himself into a better athlete and person each training session and practice. He gives his best effort each training session and will lead by example of what a dedicated athlete will do to be successful. He encourages others with his words and shows that anything can be accomplished through hard work through his actions. Jack's consistency to get better each practice and training session is evident to all of his teammates and coaches. ~Trenton Clausen

HIGH SCHOOL — BASKETBALL

EVERGREEN HIGH SCHOOL

KELTEN OCASEK

Guard, receiver, safety, sprinter

Junior

Kelten is a multi-sport athlete, participating in football, basketball and track. He understands that commitment to a strength and conditioning program is an essential component of success for all sports. Through 5:40 am workouts before school, weekend lifts and offseason dedication, Kelten consistently pushes himself in the weight room to get stronger and faster. Kelten earned first-team, all-state academic honors and was recognized as all-conference honorable mention for football. He accomplished these while missing his sophomore season with a broken leg and torn PCL. Kelten is viewed as a leader in the weight room across all sports, helping build a strong work-ethic and culture. ~Kyle Ocasek

FORSYTH COUNTRY DAY SCHOOL

IVERSON KING

Forward

Sophomore

Iverson is a sophomore forward on the basketball team. He is a dynamic athlete. He has squatted 335 pounds, benched 165 pounds and cleaned 185 pounds. He was been one of the most consistent workers on the team this past year. On the court he is a starter and electrifies the crowd with his dunks. ~Marc Heinecke

GREER HIGH SCHOOL

AMIYAH CLARK-LAMELLE

Point Guard

Sophomore

Amiyah is a two-sport athlete for us at Greer High School. She excels on both the basketball court and track. During her freshman year last year, she found her way to the weight room and was hooked. Last track season, she was part of our Women's 4x400 team that finished 5th at the 4A State Championships. This basketball season, she has inserted herself into the starting point guard role. She is averaging 13.6 PPG, 2.9 Assists per game and 3 steals per game. Amiyah exemplifies a work ethic second to none, a positive attitude and an unrelenting desire to get better every day. It is an honor to coach her on a daily basis and I am thankful for all she has given to our strength and speed program. ~Matthew Landreth

GREER HIGH SCHOOL

MARK FRAISER

SG, PF

Senior

I was first introduced to Mark this past summer after he transferred in. I knew immediately he was a hard worker and wanted to win. We began working in the weight room, trying to put on a little size and add to his bounce. He began to see small changes and how they affected his game. I was also fortunate to have him in my weight training class this fall, where we continued to lay the foundation and get him ready for his senior season. This season he led his team in PPG, Rebounds and Steals, and was second in minutes played. He is a natural leader on and off the court and has a bright future ahead of him. It has been an honor and a privilege to coach Mark, even if only for a short time period. He is truly deserving of this honor and is a great representative of Greer High School. ~Matthew Landreth

HIGH SCHOOL — BASKETBALL

LIBERTY HIGH SCHOOL

NATE RIVERA

Shooting Guard

Junior

Dedicated, consistent, and committed are three words that best describe Nate Rivera. On the basketball court, Nate is considered one of the best perimeter shooters in our area, averaging eight points per game, and hitting 43 three pointers on the year. His hard work on the court extends to the classroom and to the weight room. Since June 14th, out of 63 sessions basketball has had in the weight room, Nate has been to 60 of them. He is the definition of consistency. His extraordinary focus enables him to deliver each repetition in the weight room with high quality, speed, and effort. His dedication as a student-athlete helped lead his team to the district tournament this year. He is an outstanding athlete, an incredible student, and an extraordinary human being.

~Adam Sankovsky

LUDINGTON AREA SCHOOLS

ABI BANDSTRA

Forward

Senior

Abi Bandstra is an incredible human. She is a selfless teammate always putting others before her. She has recently earned all conference honors in basketball and has been Breakfast Club member of the year a couple times during her high school career for her attendance in our before school strength training. She lead as an underclassman. Her efforts were noticed by juniors and seniors when she was just a freshmen. She held them accountable. It's been a treat watching her bring her positive attitude and effort on a regular basis. She has worked hard coming back from a knee injury this year and to just recently earn all conference basketball honors was a great reward for her. She is the glue that holds her sports teams together especially her basketball team that just won the conference championship. Abi is a great teammate and difference maker. ~Rich Kirby

LUDINGTON AREA SCHOOLS

PEYTON LACOMBE

Forward

Senior

Peyton is a special specimen of strength and determination. He is an incredible student athlete. He is blessed with height, but has made himself into an incredibly explosive basketball player and athlete. Peyton earned a full ride scholarship to attend Michigan Tech and work on his engineering degree while playing basketball for the Huskies. He loves the weight room and it shows. He has 42 dunks on the year. He will be missed mostly because of the type of human being he is.

~Rich Kirby

MULLINS PERFORMANCE + FITNESS

BAYLOR FRANZ

Point Guard

Junior

Baylor Franz is a Junior at Memorial High School in Edmond, Oklahoma. Baylor is a member of the National Honor Society. Baylor has played both soccer and basketball most of her life. Baylor received a Youth National Team Regional Selection Soccer Invite in 2019 as a goal keeper. Baylor played both sports until this past year when she decided to focus on basketball. Baylor was selected to the Carl Albert Tournament team in 2021 & 2022 (MVP). Baylor was selected to the Bixby Tournament Team in 2020, the Enid Tournament team in 2019 & 2021 (MVP). Baylor was named All-District 2nd team in 2020 and All-District 2nd team in 2021. Beyond academics and athletics, Baylor has volunteered at school events, participated in Shop with a Cop, and was a volunteer at the Bulldog Soccer Kiddie Camp. Baylor has done strength and conditioning with me for four years. Baylor desires to be coached and to be coached well. Baylor does not back down from doing hard things and desires to serve our country in some capacity after she finishes college. Baylor truly leads by example in all areas of her life. It is an honor to nominate Baylor.

~Elizabeth Mullins

HIGH SCHOOL — BASKETBALL

NEW TRIER HIGH SCHOOL

JACKSON MUNRO

Power Forward

Senior

Jackson Munro has always a talented basketball player. His work ethic, commitment to his teammates, and his dedication to training has allowed that talent to shine. The 6'8" 215lb power forward is a 2x All-Conference performer, among numerous other accolades. He has had a dominant senior campaign, currently averaging 15 points, 7 rebounds, and 4 assists per game for the New Trier Trevians, who have been a top-ranked team in Illinois all year. Jackson trained hard through the pandemic and competed in New Trier's USAW HS Throwdown National Championship in Fall '21. His work ethic doesn't end on the court or in the weightroom, he's also a dedicated student who will be continuing his career at Dartmouth College. ~James (Jim) Davis

NEW TRIER HIGH SCHOOL

NOAH SHANNON

Senior

Noah is one of the best players on one of the best teams in the state of Illinois. The 6'5" 205lb Captain has always been talented, but his work ethic in the weightroom has set him apart from the competition. Noah was a talented role player as a junior - this year, he has been nothing short of dominant. Noah is averaging 10 points, 4 rebounds, and 3 assists per game, and can guard anyone on the court. His dunks are a fan favorite and he credits his work in strength training for the added height on his vertical. Noah was also selected to the U18 Team USA for the Maccabi World Games. He has worked as hard as anyone we've seen to maximize his talent, and it has paid off. ~James (Jim) Davis

NOTRE DAME ACADEMY

CAROLINE BRABANT

Guard

Senior

On a team filled with young stars, Caroline's leadership ability stands out in the weight room and her teammates look up to her. Caroline's work ethic has set an example for her younger teammates creating an atmosphere that benefits every player on the team. The girls basketball team is one of my hardest working teams and that is in large part because of the tone that Caroline sets every day. Being a multi-sport athlete, it can be hard to find time to train but Caroline has always been consistent with her training. Her commitment to her training has played a huge role in her increase in athleticism, which has made her a key contributor to her varsity teams.

~A.J. Giovanetti

PRESS ON PERFORMANCE

MOLLY MUSLAND

G

Senior

Molly has elevated herself to an elite level in the weightroom this year. Her athleticism was on full display during this year's basketball season where she led her team to a district championship while earning district player of the year honors. Her leadership, commitment, and excellence in the weightroom, classroom, & on the court is an excellent example for her peers.

~Tyler Thielges

HIGH SCHOOL — BASKETBALL

PRESS ON PERFORMANCE

MAX MUSLAND

G

Sophomore

Max continues to grow and develop his athleticism with elite consistency. He is a rising basketball star that was an all-district player on a high achieving team this season. As Max continues to push himself in the classroom, weightroom, & on the court - he will continue to see well-earned athletic accomplishments come his way.

~Tyler Thielges

RAYTOWN SOUTH HIGH SCHOOL

JİYANI THOMPSON

Point Guard

Junior

Jiyani has demonstrated great leadership on the field, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

SANTA YNEZ VALLEY UNION

NAYELI TORRES

Point Guard

Senior

Going into my second year here at Santa Ynez High School, I have gotten the pleasure to work with Nayeli Torres in two seasons of basketball due to the COVID pandemic. As a junior, Nayeli was one of the harder working basketball players I had in the weight room, and with such a small senior class that year - there was a sense of leadership and motivation that she would have to set an example of for the kids of the future. From the beginning of our off-season program to our current in-season program, I have never seen someone so enthusiastic to come into our weight room after a court practice. Given people may be tired after a basketball specific practice, Nayeli would continue to come in and lead her team through our 30 or 45 minute weight session. Being elected a team captain wasn't just

because of her skill on the court or role of seniority, but because she showed her teammates how it was okay to ask questions, answer questions with specific detail, and improve daily in our sessions. The first time we ever trap bar deadlifted, Nayeli was pulling 95 pounds for her working sets of 3, and not with the greatest form. In just about a year, Nayeli has a near-perfect hip hinge when trap bar deadlifting - pulling 195 pounds quickly and efficiently for our working sets of 5. What I believe has been the reason for this growth was seeing an elite senior teammate of hers the year prior do the same thing, and motivated her to try and be her best self so she can be the best player on the court as was that senior. This is why I believe Nayeli Torres should be considered an All-American Athlete of the Year. Someone who is not only dedicated themselves to be their best self, but to help motivate others to do the same. ~Tim Gauthier

ST. IGNATIUS HIGH SCHOOL

SHONDO GREEN

Forward

Senior

Shondo has shown a keen ability to lead our program. He continues to lead our guys, serving as a mentor for the younger athletes both on the court and in the weight room. You always know when Shondo is in the room. Whether he's moving heavy weights or providing support for teammates, his presence is felt by all.

~Aaron Short

HIGH SCHOOL — BASKETBALL

THE PEDDIE SCHOOL

MATT SINGER

Senior

This is a career achievement award for Matt. Matt's body has transformed during his High School career. He is the type of kid I envisioned when I created the IRON FALCON program. Matt was a typical freshman boy in regards to physical traits – Tall (ish), uncoordinated, and not strong. His progression over 4 years is what High School is all about. Some call it the "slow burn" process. These are reasons I am just as proud of his Consistency, Discipline, and Scholarship as his Performance. His best lifts are 298 lbs Back Squat, 215 lbs Bench Press, 340 lbs Barbell Deadlift, 215 lbs Front Squat, 20 Chin ups, 26 Dips, and a 450 lbs Hex Bar Deadlift at 170 lbs Body Weight. He is also a high achiever in the classroom. ~Mike Volkmar

TYLER LEGACY HIGH SCHOOL

CAYDEN CALLIER

Junior

It has been a pleasure to watch Cayden's dedication to the weight room develop. His hard work has paid off, as he is on track to deadlift 500lbs before he leaves. ~Andrew Pichardo

TYLER LEGACY HIGH SCHOOL

TORI RANSOM

Senior

Tori has been a role model in the weight room since I arrived. She is intrinsically motivated to better herself and it shows in the progress she's made. ~Andrew Pichardo

TYLER LEGACY HIGH SCHOOL

XAVIER SMITH

Guard

Junior

Xaver's dedication to the weight room has been outstanding. He has set the record for the 4-jump test on the jump mat and is one of the most explosive athletes I've ever coached. ~Andrew Pichardo

UNIVERSITY HIGH SCHOOL

HANNAH STEMPL

Freshman

Hannah is the quintessential hard-working, lead-by-example leader of her team in the weight room. The impressive part is that it's all as a freshman! Already breaking weight room records, Hannah absolutely loves working to become the best at her sport, and loves investing in the weight room to help her leadership and performance on the basketball court. ~Jerry Handley

VISTA RIDGE HIGH SCHOOL

TYSON MONCK

Power Forward

Junior

Tyson is the type of athlete that every coach dreams of having. He works hard, is dedicated to his skills, and puts the team before himself. Above all of that, he is the kind of student-athlete that shows his true character at all times. Besides excelling on the Basketball court, Tyson also excels in the classroom with a 4.0 GPA. Tyson is also a part of the Vista Ridge Advanced Leadership Program, where he learns how to serve people. Outside of school and basketball, Tyson is heavily involved in his church's youth group as a leader and loves working with the younger students as a mentor or someone that shows these young students what they can do and accomplish. ~Justin Loudon

HIGH SCHOOL — BASKETBALL

WARREN CENTRAL HIGH SCHOOL

RAQUEL JORDAN

PG

Senior

Raquel has been a huge asset in the weight room here at Warren Central High School. She checks every box. She works and tries hard. She peer coaches. She brings a great attitude and commitment every day. Her bench, squat and clean have all achieved college level numbers. We are extremely grateful for Raquel and all that she's done for the program. ~Keith Swift

HIGH SCHOOL — BODYBUILDING

THE PEDDIE SCHOOL

ANDY QIN

Junior

Only a Junior, Andy has emerged as a leader in the Weight Room. While his performance speaks for itself (see below), his leadership is just as impressive. The weight room, especially in High School, is a natural habitat where the strongest and most ripped people in the gym are most revered. Knowing Andy was training for a Body Building Show in February (for which he placed third), I knew his peers would be very influence by his training style and nutrition choices. Therefore, Andy and I spoke almost every day about his training and nutrition and how he would answer the inevitable questions from his peers. That peer to peer interaction is 1000% stronger than coach to athlete. He shouldered the additional responsibility like a pro. Additionally, he trained like a Powerlifter and became very strong. At 173 lbs, his best lifts are 225 lbs Bench Press, 425 lbs Sumo Deadlift, and 340 lbs Back Squat. He is also a high achiever in the classroom. ~Mike Volkmar

HIGH SCHOOL — CHEERLEADING

CENTRAL CATHOLIC HS

ISA HAMON

Co-Captain

Senior

4 Year Letterwinner CC Varsity Cheerleading, National Hispanic Recognition Scholar, 3.93 GPA, High Honor Roll 9-12th Grade. Isa's love of the weight room was essential in creating buy-in from her cheer teammates during their first year of strength & conditioning. Without her leadership, passion & love of hard work, the team wouldn't have progressed as far as they did.

~Glenn Revell

FREDERICK DOUGLASS HIGH SCHOOL

KAYLIN CAMPBELL

Senior

Kaylin is the epitome of me of a dedicated athlete. She is strong, physically and mentally, and a natural leader. She joined the program as an 8th grader and has flourished over the five years she has been a part of it. When we started lifting weights as part of our program's practice regimen, she proved to be all in from day one. Watching her get stronger these past three years, has been amazing for her development as an athlete. She is always the first one encouraging her teammates to condition harder and push themselves to up their max weight, because she knows that is what is best for the team. She has very high integrity and holds herself and those around her to very high standards. Kaylin is not only a dedicated athlete, but she is serious about studies and keeps a GPA of 3.8 or better. She is celebrated among her teacher as well and has been chosen as Student of the Month for her Academy. Kaylin truly is one of a kind.

~Ed Towle

GREER HIGH SCHOOL

PAYTON CROOK

Sophomore

Payton comes in every session with a great attitude and work ethic. In just her first year of training, she has pushed her squat max to 1.3x her bodyweight and deadlift to 1.5x her bodyweight. Payton is also a member of our Powerlifting Club. She helps set the standard in the weight room, and proves that dynamite comes in small packages. She is a leader for her team and a great example of what it means to be a Greer Yellow Jacket!

~Matthew Landreth

NORTH STAR HIGH SCHOOL

ERIKA JOHNSON

Cheerleader

Senior

Erika Johnson is an extraordinary student/athlete that has many academic as well as athletic achievements. She is an outstanding student/athlete that is highly thought of and consistently praised by all of her Teachers. Erika works hard and is a dedicated student who is driven toward academic excellence. She has taken a Weight Training Class every year since she's been at North Star High School. Erika has outstanding lifting technique and is very strong. She has broken a couple of school records and has her name on our Record Board in the Weightroom. Erika is planning to go to College in the Fall of 2022 and to continue her career as a student/athlete and play at the next level. ~Stewart Venable

RAYTOWN SOUTH HIGH SCHOOL

SYDNEY BERNARD

Sophomore

Sydney has demonstrated great leadership on the field, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

HIGH SCHOOL — CROSS COUNTRY

CAPE HENRY COLLEGIATE

NATHANIEL JENSEN

Sophomore

Nate Jensen is a leader, focused, and determined worker. Nate trains consistently throughout the school year and summer months. A multi-sport athlete, Nate often finds time to lift weights even after competing in cross country and baseball. This consistency has earned Nate a bench press max of 205, front squat of 280, a trap bar deadlift of 580, and a standing vertical jump of 31.2 inches. Nate's approach makes him stand out in our program and I am excited to see him compete and lead in the years to come. ~Philip Reichhoff

COACH ROZY PERFORMANCE

ZACH FEDDE

Junior

Zach Fedde is a Junior at Yankton HS in Yankton, South Dakota. He has a personal best of 16:28.7 in the 5k and 14:05.8 in the 4K. Zach was 7th at the State Cross Country Meet, was on the Top 25 Runners - All Classes and max the Top 15 All Conference Runners List. He has run a 2:08 in the 800 meters, a 4:34.87 in the 1600 Meters and 9:49.16 in the 3200 Meters, finishing 3rd at the State Track Meet in 2021. Was All State runner in cross-country in 2020 as well as all ESD in the Conference in cross-country. Zach didn't get a freshman year of track because of COVID, but is expected to be a leader on the track this coming season. Zach is a leader in the weight room to the cross-country team and on the track teams distance running group. Squatting over 250 lbs, using plyometrics, power development and even doing speed work not only in the off-season but in-season as well, has helped Zach to develop into a great runner - and predicted to be one of the states premier runners into high school. ~Mark Roosen

WINDSOR HIGH SCHOOL

BRADLEY AHRENS

800m, 1600m, 3200m, 5000m

Senior

Very few people know what it feels like to exhaust themselves completely, to wring out every last drop of effort. Bradley Ahrens is one of those few. The path to success in long-distance running is a lonely road, and only those with plenty of patience and perseverance reach the top. Bradley defined success as "the sum of the small efforts, repeated day in and day out." Bradley lived his definition throughout his entire high school career. He made the most of every training session and never waived. Even during the pandemic, Bradley could be found running on his own throughout campus. The sum of all of his repeated small efforts in his training was becoming an All-State Cross Country and Track athlete. He set school records in the 800m, 1600m, and 3200m races. With a work ethic second-to-none, Bradley has undoubtedly earned the honor of being an NSCA All-American. ~Ty Van Valkenburg

WINDSOR HIGH SCHOOL

MEGAN TERRY

800m, 1600m, 5000m

Senior

Few student-athletes can juggle the demands of athletics and multiple extracurricular activities such as Band and succeed in each of them. More often than not, the time constraints from such demands result in student-athletes neglecting their strength and conditioning. However, Megan remained a staple in the off-season Cross Country and Long-distance Track training sessions, even throughout her pandemic-riddled sophomore and junior years. Dependable and mature, Megan became almost a second coach during many Cross Country strength training sessions. It was apparent that training was important to Megan, and she thoroughly enjoyed the challenge of getting stronger. Her work ethic and maturity in training will be missed. It is with great pleasure that I nominate Megan Terry as an NSCA All-American. ~Ty Van Valkenburg

HIGH SCHOOL — DANCE

SOUTHSIDE CHARTER HIGH SCHOOL

CLARA MARTIN

Senior

Clara has been a dedicated athlete in our program the last 4 years, it has been a pleasure to work with her and watch her development. Her attitude and personality will be greatly missed. ~Deerick Smith

HIGH SCHOOL — FENCING

VISTA RIDGE HIGH SCHOOL

HEILA PEARSON

Junior

Heila has been a student-athlete that I would say is an uncommon student-athlete. Heila has been a part of our S&C program for the last year and a half. During that time, she has shown why she is at the elite level of Fencing, currently ranked 38th in the country. Heila's dedication, desire, and determination drive her intention of being the best version of herself, not only in the weight room but in all aspects of her life. With a respectable GPA, Heila is currently taking all Honor or AP classes, which includes learning the Aspects of the Arabic Language on the weekends. Heila is an active Air Force JROTC Student where she is the commander of the Saber Team and has been a part of the Drill Team. ~Justin Loudon

HIGH SCHOOL — FIELD HOCKEY

CAPE HENRY COLLEGIATE

MACKENZIE WHITE

Midfield/Forward

Junior

Mackenzie White is a leader, a winner, and a mainstay in the Fitness Center year around. Her positive attitude and work ethic is contagious. As a junior, Mackenzie has earned a bench press max of 115, front squat of 135, and a trap bar deadlift of 210, and 8 chin ups with 10 pounds added. Mackenzie is a two sport, first team all state athlete. Excelling in both Field Hockey and Lacrosse. On the Field Hockey field Mackenzie helped lead her team to two state championships, two conference championships, named a member of the 2022 NFCA High School National Academic Squad, and 2019 Middle School Athlete of the Year. Mackenzie will continue her education and Field Hockey career at Virginia Commonwealth University. ~Philip Reichhoff

THE PEDDIE SCHOOL

TESS STAPLES

Junior

Tess is 2-time IRON FALCON winner based on her performance in the Weight Room. Yes, her performance in the weight is impressive. Yes, she helps her teammates. Yes, she leads by example. However, her greatest attribute is her WHY. Her WHY is also the reason I started my Instagram Story Series on Empowering Women in the Weight Room. Tess writes, "A part of life is struggling - everyone goes through tough times. But what you take from those experiences and how you much power you give to your struggles makes or breaks your character. I use the gym as an outlet for one thing: To feel good. It's more mental than physical. I forged my own path and I was driven by wanting to be better than I was yesterday." Oh yeah, and she is really strong. Her best lifts are Bench Press: 120 lbs, Back Squat: 185 lbs, Front Squat: 155, and Deadlift: 205 lbs at a body weight of 120 lbs. She was an All MAPL's Honorable Mention Field Hockey player in her Junior Year. She is also a high achiever in the classroom.

~Mike Volkmar

HIGH SCHOOL — FOOTBALL

APPLETON NORTH HIGH SCHOOL

WILL SCHROEDER

Center, Defensive Tackle

Senior

Will Schroeder has been an inspiration to work with over the last 4+ years. He is a role model "clinic film" student-athlete in all aspects of our high school. I decided to nominate him as this is something he deserves and picked him over a very talented group of athletes this year. Many of which are great in the classroom and are going to division 1 colleges on scholarship. His work ethic is 2nd to none when it comes to the classroom, weight room or practice. In the weight room he has tremendous grit and does not give in. He competes! Will developed from a quiet leader to a vocal leader through high school. Senior year alone these are some of his accomplishments: Unanimous 1st Team O-Line, 1st Team D-Line, FVA Offensive Lineman of the year, WFCA All-Region Offensive Line, WFCA All-State, AP All-State, Team Captain, On our Leadership Committee. Squat: 500 Bench: 315; Hang Clean: 315. In my opinion his biggest achievement: Academic All-State; Classroom: GPA: 3.98 (Consider he takes a full schedule of AP and advanced level courses; ACT: 32; In addition to this is his leadership is unprompted. I will be in the office and I often see him helping younger athletes through the window in the weight room with their form, effort, and encouragement. ~Kevin Bleck

BENNINGTON HIGH SCHOOL

CHEVALIER CURRY

DL

Senior

Chevalier has been an integral part of the Bennington High School football team the past 4 seasons due to his high energy, tenacious spirit, and willingness to sacrifice and work for the betterment of his team. This past season, Chevy helped the Badgers to compile a 13-0 record and a Class B Nebraska State Championship. For his abilities and achievements on the field, Chevy was

recognized as All-State and All-State Honorable Mention by several organizations. However, while Chevy's work on the field helped his teammates achieve greatness, it might honestly be the work and leadership that Chevy brought year-round - especially during off-season training - that solidifies this achievement from the NSCA. ~Brandon Mimick

CARDINAL SPELLMAN HIGH SCHOOL

JONATHAN GRAHAM

OL, DL

Junior

Jonathan Graham is the type of student that all coaches would love to work with. He follows directives, asks great questions, strives to outwork everyone around him, and maintains high grades in the classroom. On the field, Jonathan is the type of player that leads by example. He is always the first person out at practice and he can be found getting extra reps in before and after practice. This diligence to perfecting his "football craft" has truly paid off. In speaking with other coaches in the league, they all have an eye out for him. In the weight-room, Jonathan is our constant. He arrives everyday with the mentality that he will use every second of the session to get better and he always does. . Off the field, Jonathan has a diverse set of interests that makes him a very well-rounded student. He is part of numerous clubs and activities and his presence makes the entire Cardinal Spellman High School community better. He is truly an All-American in our eyes and we would love him to be in yours as well! ~Kyle O'Donnell

HIGH SCHOOL — FOOTBALL

CEDARBURG HIGH SCHOOL

JONATHON WEIR

Defensive End

Junior

I have witnessed Jonathon grow tremendously over the last 2 years. His intensity and passion are infectious as he leads by example on and off the field. He has emerged as a leader in the weight room by assisting with teaching the underclassmen. Jonathon strives to get better every day and encourages his teammates to do the same. ~Jon Verdegan

CENTRAL CATHOLIC HS

SYLAS GOMEZ

QB

Senior

2,854 Total Yards, 33 Touchdowns. Elite 11 Regional participant. San Antonio Sports All-Star Game participant. 1st Team All-State TAPPS D1 6A. 1st Team All-District TAPPS D1 6A District 2. TAPPS D1 6A District & Regional Champion. Built Ford Tough TXHSFB Player of the Week. Sam Houston State University Commit. 3.97 GPA. Sylas is a tremendous leader on the field, in the weight room, and in the schoolhouse. His dedication to the craft of playing quarterback is unparalleled, he displayed this every time he walked into a strength and conditioning session. ~Glenn Revell

CHARLOTTE CHRISTIAN SCHOOL

GAVIN MAJOR

Left Tackle

Sophomore

Gavin has been a varsity football player since his freshman year and has attacked that challenge head on. He puts in the work everyday and never misses a game, lift or practice even with injuries. Even though he is one of the younger athletes on the team he still leads and expects the most out of his teammates. Gavin is the type of athlete that every coach wants to have in the weight room. ~Cameron Lewis

COACH ROZY - AVERA SPORTS

JOSH LAWRENCE

Senior

Josh participated in every off-season, in-season, and summer strength & conditioning program throughout high school. He had a outstanding football career, which he will continue at Mount Marty University next year. He is also an all-state powerlifter and involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

COACH ROZY PERFORMANCE

KYLE HIRSCH

Running Back - Defenesive Back

Senior

Kyle Hirsch, the 5'11", 190 lbs senior, is a standout athlete at Gayville-Volin School in South Dakota, and a 3 sport letter winner. This past season, being selected as an All-State receiver on the grid iron, in 8 games played season, Kyle averaged 14.66 yards per reception for 440 yds and 5.6 yds per rushing. He had 826 All Purpose Yards, scored 84 points and help lead his team to the State Play-Offs. On defense Kyle had 19 solo tackles and 39 assisted tackles. He also had 9 pass breakups with 3 interceptions and 1 forced fumble with a recovery. On the hardwood, Kyle averages 11 points per game, 6 rebounds per game and 5 assists per game. He also was on the track team where he ran at State on two relay teams. He leads off the field as well and in the weight room has a 385 lb squat, benches 295 lbs, has run the pro agility run in 4.21 and has a 40 yd sprint of 4.58. ~Mark Roozen

HIGH SCHOOL — FOOTBALL

COACH ROZY PERFORMANCE

DAWSON JOHNKE

Running Back - Defensive Back

Senior

Dawson is a 5'8", 165 lb Senior at Irene/Wakonda High School. A leader on and off the field in football, also doing track and being one of the weight room leaders, Dawson was selected Champions on Track, an award given for having high Character. On the grid iron, Dawson had 237 yds rushing for 1 TD along with averaging 8 yds per catch receiving. He had 63 tackles in 8 games, 6 tackles for a loss, 1 interception along with 2 forced fumbles and 2 fumble recoveries. Dawson also runs the open 100 and 200 in track along with being on a number of relays for the team; the 4x100 and 4x200. ~Mark Roozen

COACH ROZY PERFORMANCE

TREVOR PAULSEN

Kicker/Punter

Junior

Trevor is a 6'1" 180 lb junior at Yankton High School and participates in football and is also a letter winner in track and field. On the grid iron, Trevor handles all the kicking and punting for the Yankton Bucks football team. A 2x Special Team Player of the Year, this past year Trevor was also selected to the 1st Team All State Football team, following his Honorable mention All-State honor his sophomore year. He is a 4 year letter winner as well. A Weight Room Captain, Trevor pushes his time to higher levels of performance while reaching PR levels with a 225 lb bench, a 325 lb squat, a 24 inch vertical jump, a 4.78 40 yard dash and a 4.58 pro agility run time. ~Mark Roozen

DACULA HIGH SCHOOL

KYLE EFFORD

Linebacker, Running Back

Senior

Kyle was not only the leader of our football team that made it's 3rd final four appearance in 4 years, he was also the leader of our strength & conditioning program. Kyle set the tone for every athlete around him each day with his effort, attitude, and attention to detail in our training and practices. Kyle is not only physically gifted, but he maintained the same mindset and effort level in the classroom as well and has a 3.4 GPA. Kyle will be attending Georgia Tech on a football scholarship in the fall. ~Brad Palmer

DISCOVERY HIGH SCHOOL

CHASE WESTON

Wide Receiver

Senior

Chase joined football his sophomore year. I picked Chase for a few reasons. One, I do not think he has missed a workout in almost 2 years. I checked some of my own records to be sure and I can't find a missed training session which is insane. Secondly, Chase always shows up ready to work. I can turn my back and he gives me the same level of effort and commitment. He helps those around him and is always trying to perfect his technique and get a little bit better. I know that with this kind of mentality, he will be successful in life no matter what he chooses to do.

As of writing this, he currently stands with a 210lb FSQ, a 230lb BSQ, a 145lb Push-Press, a 155lb Clean, a 180lb Bench Press, and was able to perform 14 Bodyweight Pull-ups. ~James Romaniw

HIGH SCHOOL — FOOTBALL

DOVER-EYOTA HIGH SCHOOL

BRAYDEN SWEE

Wide Receiver/Safety

Junior

Brayden is a prime example of how dedication and hard work pays off. He has demonstrated outstanding leadership and commitment to himself and his teammates by dedicating hours on end to improving his strength, speed, quickness, and agility. His strong work ethic and commitment lead him to become a two-way starter on the football field, a team captain (voted on by his teammates), and a 1st Team All-Conference selection as a Junior. Very few days were missed in his training and that showed out on the field. Brayden is the type of person that you pushes his hardest to succeed and uses failures to help drive him to be more successful. ~Isaac Vesel

EMERALD YOUTH SPORTS

JASON FOUST

LB/RB/Slot WR

Junior

Jason Foust (JJ) has been a 3 year starter and team captain on the Powell High School football team. Jason has a 3.3 GPA. His accolades include Athlete of the Year (2x), All Region (3x), All State (3x), and was a member of the 2021 5A Tennessee State Championship Team. He has been extended many scholarship offers, but has yet to announce his commitment. ~Walter Swint

FAIRMONT SENIOR HIGH SCHOOL

KOBY TOOTHMAN

Linebacker, Defensive End, Fullback

Senior

Toothman, or "Tooth" as he's called, is your quintessential hard-nosed football guy. Dedicated and loves the weight room and an absolute ball of energy on and off the field, his hard work and commitment to Strength & Conditioning, as well as giving 100% to his teammates on the field, was a key to the team's State Championship success as well as Koby's own Defensive Lineman Player of the Year Honors. It's been a blessing to have seen Koby grow over his 4 years! ~Jerry Handley

FREDERICK DOUGLASS HIGH SCHOOL

STEVE LAWSON

Offensive Line

Junior

Steve Lawson is a great human being who works extremely hard in the weight room and the classroom. He lives by our team core values, accountability, honesty, character and discipline. His positive attitude and great effort allowed him to fully recover from knee surgery, earn a starting spot on the offensive line where he helped lead his team into the state championship game. ~Ed Towle

GRAND ISLAND NORTHWEST HIGH SCHOOL

SAM HARTMAN

Quarter back, Defensive back

Senior

Sam has demonstrated an incredible work ethic and drive to succeed the four years in are program. His infectious personality is truly contagious. Sam's teammates respect his work ethic and level of commitment. Sam was all state first team and selected to the Nebraska shrine bowl. But most of all Sam is a NSCA All-American person. ~Troy McNeil

HIGH SCHOOL — FOOTBALL

GREER HIGH SCHOOL

BRYCE FOSTER

Spur, OLB

Junior

Bryce has been a consistent presence in the weight room ever since his 8th grade year. The kid just loves to work and strives to get better on a daily basis. He understands what it takes to succeed and be able to make it to the next level. He has had to overcome some injuries during his high school career and I've been able to witness his discipline firsthand. This past season, he stepped into the Spur position on defense. He finished the season with 89 total tackles (35 solo), 2 sacks, 1 INT and 1 fumble recovery. He maintained over a 3.0 GPA this fall, putting him on the Academic Award list for football. He is a leader in the weight room and on the field. For the past two seasons, he has won our Iron Jacket award, which is given to the individual that fully embraces our standards of excellence in the weight room. He is the first, two-time winner of this award. One of the reasons that I think so highly of him is his work ethic. I remember last spring when we were on a hybrid schedule, it was a day that didn't require him to be in school in-person. I got a text from a friend that they saw him walking down the road to get to school. That just confirmed to me the discipline that he has and that he would do anything to get to school to get a training session in. It has been an honor and a privilege to coach and mentor this young man. I am thankful to have him for another year and can't wait to witness his senior year success. Bryce is the true definition of what it means to be a Yellow Jacket!
~Matthew Landreth

HARKER HEIGHTS HIGH SCHOOL

RE'SHAUN SANFORD

Running Back

Junior

Re'shaun's hard work and dedication to strength training throughout the year enables him to withstand the physical punishment he goes through carrying the ball a high number of carries every game. It also allows him to develop his athletic attributes to their fullest capabilities, which led to him breaking a number of school records including rushing yards in a season 2,330 and rushing yards in a game 366. Re' is also a strong student and currently carries a 4.0 grade point average. ~Reb Brock

LINCOLN SUDBURY

RILEY O'CONNELL

Quarterback

Senior

Set school and state record in passing, completion touchdown. Voted all scholastic, captain football ~James Finn

LUDINGTON AREA SCHOOLS

EDDIE GAMBLE

Running Back and Linebacker

Senior

Eddie is a man built for others. He has been extremely committed to making himself the best he can be on the athletic field and in the classroom. He has and will continue to earn a Christmas list of athletic and academic honors between now and graduation. He has maintained a 4.0 gpa while playing several sports, but his love is football. His best characteristic is his willingness to bring others to his level of commitment. He is a come with me kind of guy who always gives his best effort.
~Rich Kirby

HIGH SCHOOL — FOOTBALL

LUDINGTON AREA SCHOOLS

NIKOLAI KEHRER

Senior

Nikolai is a beast of an athlete, yet he is an even better person. He has earned the nickname Beast for our local radio station hosts. He has amazingly managed playing 3 sports. Football, Wrestling, and Rugby. Not sure there is a tougher combination of sports to manage. He remarkably started and maintained a consistency in his training never seen before. He demonstrated a new school record in the deadlift of 530 pounds. Along with his many all conference honors in wrestling and football over his high school years he has maintained a 3.75 gpa. He will be furthering his education at Sienna Heights University as well as playing football for them. ~Rich Kirby

NORTH STAR HIGH SCHOOL

KADEN MEYER

Offensive Lineman

Senior

Kaden Meyer is an outstanding student/athlete with an incredible work ethic. Kaden has taken a Weight Training Class every year since he has been at North Star High School and his work has resulted in some excellent physical results. Kaden is a Thrower on our school's Track & Field Team and also works as a Student Assistant/Coach helping me instruct his peers. He excels in academics as well as athletics and is planning to attend the University of Nebraska and majoring in Exercise Science in the Fall of 2022. Kaden has already been accepted as an Intern at UNL and will be working with their S&C Staff as soon as he arrives at the University of Nebraska. ~Stewart Venable

NOTRE DAME ACADEMY

JAVONDRE STRAIN

Safety

Senior

Jay is an impact player on the football field winning multiple awards such as all-conference and conference defensive back of the year. But that is not what I think of when Jay comes to mind. When Jay comes to mind, I think of a young man who does everything correctly. Jay consistently is a shining light when things seem to be at their darkest. During COVID, when training under heavy restrictions and protocols, Jay was the one to always show up. Not only did he show up, but he brought in a positive attitude that was contagious and went a long way into making things seem somewhat normal. When football games aren't going as planned, Jay is the one that stands out and continues to play hard until the last whistle. Jay's consistent positive attitude and discipline are what contributes to his success in all facets, especially the weight room. Individually, Jay is one of the strongest players on the team but his leadership skills makes the whole team stronger. ~A.J. Giovanetti

ROCK CREEK HIGH SCHOOL

MATTHEW WAINWRIGHT

Senior

Matthew exemplifies the true definition of this award. He represents what our strength and conditioning program stands for both in and out of the strength facility. With unmatched dedication to our strength and conditioning program he has transformed himself in to a standout multi-sport athlete. Not only has he become a dominate athlete he is also a tremendous leader within our school, community and our sports programs. ~Coach Mark Oberkrom

HIGH SCHOOL — FOOTBALL

SALPOINTE CATHOLIC HIGH SCHOOL, TUCSON AZ

DAILAN GOODMAN

Running back, Linebacker

Junior

This young man transferred into our school approx 2yrs ago, and has made an immediate impact within our football program. We train at 6am most of the year and 99% of the time he is the first one here, ready to train. Always focused, always intense, always positive. Dailan is also a 3.9 student with aspirations of becoming a Navy Seal, and after coaching him for the last 2yrs I cannot see why his dream won't come true. He motivates his teammates to be better and to work harder without even saying a word. As a S & C coach with over 25yrs experience athletes that make your job "easy" are rare, Dailan is the epitome of that. I recently told his mother that if I was on the moon and sent him a workout, it would be done exactly as if I was standing right next to him. He is incredibly special, and I am proud to nominate him for this prestigious honor. And if you need #'s he's 5'10 185...PC-260, SQ-375 B-250ish 40yd-4.7 ~CARLA GARRETT

SLEEPY HOLLOW HIGH SCHOOL

JERRY AMAY

Sophomore

Jerry is a tremendous student-athlete and a consistent performer in our weight room. Jerry exemplifies every quality a coach wants. He has a work ethic second to none, a positive attitude, and a burning desire to get better every day. He is self motivated and his work ethic has helped him develop into a better athlete.

~Enrique Rosario

SOUTHSIDE CHARTER HIGH SCHOOL

ADAM DENNISON

Linebacker

Junior

Adam is one of the most consistent athletes that I have worked with. There may be more gifted athletes but you will struggle to find many as dedicated as Adam to training. ~Deerick Smith

SOUTHSIDE CHARTER HIGH SCHOOL

DYLAN HODGE

OL

Junior

Dylan has been a fixture in our Strength program for the last several years. He brings the same attitude to training every day regardless of how his day has gone previously. He is one of the naturally stronger athletes that I have worked with but what I enjoy about coaching him is his attention to doing things right regardless of his brute strength. ~Deerick Smith

SOUTHSIDE CHARTER HIGH SCHOOL

DEERICK SMITH

Linebacker

Junior

Adam is one of the most consistent athletes that I have been able to work with. He shows up day in and day out and always does what is asked. There are more gifted athletes but you would be hard pressed to find someone more dedicated to training than Adam. ~Adam Dennison

HIGH SCHOOL — FOOTBALL

SPARTANBURG HIGH SCHOOL

JUDAH MCJIMPSY

Linebacker

Senior

I have had the pleasure of coaching Judah McJimpsy at Spartanburg High School where he played football and ran track & field. Judah excelled in both the classroom (4.42 GPA) and on the field. His senior year he was an all-region, all-state linebacker, and Shrine Bowl all-star player. Judah is a model student athlete and an outstanding teammate. He is a servant leader and leads by example on and off the field. In the team setting, he is always supportive of coaches and teammates. Judah is always willing to do whatever it takes to help the team succeed. Therefore, Judah was elected during his 11th and 12th grade year as a captain of the varsity football team. He is intrinsically motivated and enjoys the challenge of hard work and rigor which has led him to a 500 lb back squat, 285 power clean, and 275 lb bench press. ~Andrew Caldwell

SPRING HIGH SCHOOL

IVAN AUTENREITH

Defensive End

Senior

Ivan came back from a real bad injury his Junior season. His work ethic in the weight room was huge for our team. His determination to not only return to play but make himself the best player he could be was inspirational to all of us. Ivan's strength numbers are Power Clean 305, Bench 325, and Squat 455. Ivan's play on the field has led to multiple scholarship offers and his leadership off the field is greatly appreciated. Ivan was a player we could always depend on and we hope nothing but success for him in the future. ~Ryan Slabaugh

ST. IGNATIUS HIGH SCHOOL

WILL ROBINSON

Defensive End

Junior

Will has shown that he is fully committed to every aspect that may make him a better athlete. He continues to set an example of high standards on the field, in the weight room, and in the classroom. From training to eating well and prioritizing sleep to holding his teammates accountable, Will has been what you are looking for out of a captain. He's taken advantage of open hours and extra sessions all the while bringing teammates with him. I can't think of anyone more deserving of this award than Will. ~Aaron Short

SYOSSET HIGH SCHOOL

QUINN BROGGY

OL/DL

Senior

Quinn's work ethic in the weight room certainly transitioned to his sports. Quinn was named All-County as a lineman, as well as a member of the National Football Foundation's 'Golden 11' as a top scholar athlete. Quinn also wrestled and always made time throughout the year to train in the weight room. He led the program in the squat and deadlift as a senior. His attitude while lifting has had a tremendous impact on his teammates. ~Chris Gagstetter

HIGH SCHOOL — FOOTBALL

TESORO HIGH SCHOOL

JACK BRUNDAGE

Linebacker/Fullback/Special Teams

Junior

Jack Brundage is an outstanding student-athlete and leader within the Tesoro High School football program. Jack was an All-South Coast League Selection and the Tesoro High School Defensive Player of the Year as a Junior. Jack has tremendous character on and off the field and a bright future in whatever field he chooses. His unique combo of character, commitment to academics, and impact on the field/in the weight room make him the ideal student-athlete to be recognized as an NSCA All-American Strength and Conditioning Athlete of the Year. ~Michael Zangl

THE PEDDIE SCHOOL

DANTE CANTALUPO

Senior

This is a career achievement award for Dante. Dante's body has transformed during his High School career, putting on 40 lbs of muscle. He is the type of kid I envisioned when I created the IRON FALCON program. Dante was a typical freshman boy in regards to physical traits – Tall (ish), uncoordinated, and not strong. However, he has a very analytical mind and was looking for a place away from home. Dante was a new 9th grade student from Beijing, China. The Weight Room became his sanctuary. It has become a home away from home since he has not been able to return to China for over 2 years due to Covid. It allowed him to study and practice multiple styles of fitness – Powerlifting, Olympic Lifting, and Body Building. The strength and confidence he built in the Weight Room allowed him to play Varsity Football as a Senior. His progression over 4 years is what High School is all about. Some call it the "slow burn" process. These are reasons I am just as proud of his Consistency, Discipline, and Scholarship as his Performance. His best lifts are 275 lbs x 5 Box Squat, 225 lbs x 5 Front Squat, 405 lbs x 6 Hex Bar Deadlift, and 10 pull-ups. Finally,

Dante has inspired many of his classmates from his robotics team and art / music to start lifting. ~Mike Volkmar

THUNDERRIDGE HIGH SCHOOL

TYLER CHVATAL

OL/DL

Senior

Tyler is one of the hardest workers we have ever had come through our weight room. He is very self-motivated and always driven to succeed in everything he does. Tyler sets very high expectations and goals for himself, especially in the weight room. He is a natural leader, not only with his teammates, but every athlete in our building. Tyler sets the standard for hard work when he is in the weight room. He has an uncanny ability to improve the work of those around him just because of how he works. Tyler sets goals that at times seem unattainable, but he always finds a way to reach them. Then, instead of celebrating and enjoying his accomplishment, he sets an even higher goal for himself because he always wants more. ~Mark Carnes

HIGH SCHOOL — FOOTBALL

TOPSPEED STRENGTH & CONDITIONING

NICK HERZOG

Offensive Line

Senior

In the 2021 season he was named 1st Team All-Metro (KS/MO) along with Kansas All-Class/State Team by the;

- > KS Coaches Assoc.
- > KS High School Athletic Assoc.
- > Wichita Eagle
- > KS Coaches Assoc.
- > KS High School Athletic Assoc.
- > Wichita Eagle
- > Eastern Kansas League
- > Preps KC All Metro
- > Sports In Kansas

Ranked by 247 as the #1 OL in Kansas and #3 overall recruit in the state. Rivals.com listed him as the #1 OL in Kansas and #7 overall in the state. Accomplished all this while carrying GPA of 4.02. ~Joseph Potts

TRIGG COUNTY HIGH

MATT LADD

Offensive line

Junior

325 bench. 465 squat. 270 clean. 3 year starter. Our hardest worker in the weight room. ~Dixie Jones

HIGH SCHOOL — GOLF

COACH ROZY - AVERA SPORTS

JULIANN SEELEY

Junior

Juliann participated in every off-season, in-season, and summer strength & conditioning program throughout high school. She had an outstanding track and golf career. She is also involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

HIGH SCHOOL — GYMNASTICS

MORGANTOWN HIGH SCHOOL

MAKENZIE POE

Senior

Makenzie has dedicated herself to the weight room all 4 years of her high school career and has truly become a leader and inspiration to others around her who look up to her infectious positive attitude, amazing strength, and work ethic! ~Jerry Handley

UNIVERSITY HIGH SCHOOL

SOPHIA RICE

Sophomore

Sophia is committed to high performance and giving her best effort wherever she goes. As soon as she stepped foot into the weight room last summer she was giving 100% with attitude, effort, adding weight to the bar, and doing it all with a contagious positivity. I'm proud to have seen Sophia become a leader in the weight room! ~Jerry Handley

HIGH SCHOOL — ICE HOCKEY

ARCHBISHOP SPALDING HIGH SCHOOL

GRACEYN PAPRCKA

Defenseman

Senior

Graceyn Paprcka is one of our team captains for our 2022 state champion girls' varsity ice hockey team at Archbishop Spalding High School. Her hustle and toughness brought a physical presence to the ice. In every defensive play, she made it known to opponents that she lifts weights, heavy and often. A multi-sport star, Graceyn will play college lacrosse as a goalie for Davis & Elkins College. Graceyn Paprcka is the definition of a National Strength and Conditioning Association All-American. ~Phil Tran

ARCHBISHOP SPALDING HIGH SCHOOL

ERIN ROBERTS

Goalie

Senior

Erin Roberts is one of our team captains for our 2022 state champion girls' varsity ice hockey team at Archbishop Spalding High School. She accumulated 10 wins with only 1 loss and posted a 2.64 goals against average. Erin's commitment to offseason training on-ice and in the weight room brought massive improvements to her game. She started learning the position during her sophomore year, had an abbreviated junior season, and carried the team to the state title on her senior season. Erin's championship level performance this season has attracted interest from a college hockey program. Erin Roberts is very worthy of being named a National Strength and Conditioning Association All-American. ~Phil Tran

CENTURA HEALTH SPORTS PERFORMANCE

WYATT FURDA

Junior

Wyatt Furda is an all-around American multi-sport athlete and more importantly a STUDENT-athlete. He has a 3.8 GPA and takes many higher-level Advanced Placement Courses in preparation for college success. He made both Varsity Hockey and Varsity Lacrosse for Cheyenne Mountain HS located in Colorado Springs his freshman year and every year after. He also plays on a National Lacrosse team that competes all over the United States often ranking in the top 10 teams in the US. Wyatt volunteers his time to coach the "little guys" and hosts many shooting and lacrosse clinics for the U10 Lacrosse team. Wyatt has done many service projects to include Christmas Tree Recycling and Craft Fair Set up. He and his U10 lacrosse teammates (now all 17) have also adopted a family in need EVERY year for the last 10 years. Wyatt is a great leader on and off the field... On the field he helped lead his 2021 HS Lacrosse Team to a State Championship and off the field he is the go-to guy among his peers and their parents when you need to get something done. Wyatt takes his training very seriously and does not miss a workout and an opportunity to get bigger, better, faster stronger. He has participated in a sports performance/strength & conditioning program in a private, group, and team setting with his Hockey and Lacrosse teams. His strength and conditioning coaches since 2020 have been Coach Kelli Selman at the Hybl Center, Coach Blake Brightwell (husband to Kelli, coaching together and separately) at the Hybl Center and at Wyatt's high school. His dedication to participating in a strength and conditioning program shows and is one of the strongest kids I know with one of the best attitudes. Some of his assessment data and personal best recorded with me include 215 lb for 8 reps on front squat, 335 lb for 5 reps on box squat, a 1 rep max chin up with 55 lb, 26 inch vertical jump, and 4.97 40-yd dash. His participating clearly shows as it has helped him in his athletic career and a symbol of his leadership qualities on his teams. ~Kelli Selman

HIGH SCHOOL — ICE HOCKEY

MULLINS PERFORMANCE + FITNESS

WILLIAM BRENNER

Defensemen

Senior

William Brenner is a senior at Memorial High School in Edmond, Oklahoma. William has been a member of the National Honor Society through 2022. William currently plays in the U.S. Hockey League (USHL) for the Cedar Rapids Roughriders 2021-22 season. William was in the USHL Futures Draft 2019 and made the USA Hockey National Camp at ages 14, 15, & 16) along with a USA Hockey National Camp All Star game invite(16s). William volunteers with the OKC Youth Hockey and the Hockey Ministries Oklahoma. William Brenner has faced adversity when he underwent shoulder surgery in 2020. Shortly after being released back to the ice, he met a 10-year old named Rye Haller. Four years ago, Rye suffered damage and cell death on both sides of his brain. Now 14 years old, Haller continues to overcome his adversity through his passion for hockey. William and Rye were able to take the ice together with their shared passion for the sport of hockey. William said this shared experience helped him to realize not to take life for granted and it made him feel good to be able to give back to Rye. Besides having a desire to give back to his community, William is one of the hardest working athletes you will meet. William has not allowed adversity to keep him from working diligently on and off the ice to be able to get back to playing in the game he loves. William Brenner is an outstanding young man and it is an honor to nominate him. Thank you for considering William for this award. ~Elizabeth Mullins

HIGH SCHOOL — LACROSSE

BUFORD HIGH SCHOOL

MADISON WELCH

Midfield/Defense

Junior

Madison came to me to help improve her lacrosse skills as she has been working to play in college. We have worked on various lifting techniques in the gym, so she has a well-rounded base to be ready for the college level. She has only played about a year and a half, but works harder than most athletes I have coached. She makes training enjoyable because of her work ethic, willingness to learn, and drive to succeed. She made varsity this year, and continues to improve her skills through working with me and on her own throughout the week after practices and on weekends. She's the definition of excellence, both on and off the field. I know she will do great things with her remaining years in high school, throughout college, and after. I am thankful to be a part of her path. ~Emma Chorney

CAPE HENRY COLLEGIATE

MADELEINE KEOGH

Attack

Sophomore

Madeleine Keogh is a leader on our campus and a great role model for her younger classmates. Maddy is a three sport Varsity athlete contributing in field hockey, basketball, and lacrosse. She is committed year around and takes pride in being one of the most physically fit players on her teams. On the lacrosse field Maddy is a leader on Attack, helping lead her team to the 2021 VISAA State Championship game. Maddy is a great listener, actively implements coaching, and asks great questions. I am excited to watch Maddy compete and lead in the years to come. ~Philip Reichhoff

CENTURA HEALTH SPORTS PERFORMANCE AT THE HYBL CENTER

RAMSEY STARK

face off, long stick middle, and close defense

Junior

Ramsey has a diverse background and incredibly balanced, involved, gritty young man as a son of military and law enforcement family. He was born in Germany during military assignment and lived in five different cities growing up. Ramsey hopes to follow in his parents' footsteps and serve his community by becoming a military pilot and conducting missions in support of national security. He is a member of Fellowship of Christian Athletes. Academically, he has been on the honor roll since freshman year with a 3.5 GPA. Ramsey's headship is shown as the Flight Commander in Air Force JROTC, AAHS, leading his team of cadets. In 2021, he was awarded the Air Force JROTC's Air Commando Award for key attributes associated with AF special operations community such as athleticism, loyalty, integrity, self-discipline, character, maturity, judgment, and intelligence. Additionally in 2021, he won the AF JROTC "Flight Academy" scholarship among 1,300 JROTC applicants nationwide. This scholarship is for 8-week flight training session at participating flight university and estimated to be valued at \$25,000, which includes travel, books, flight hours, and pilot certification. Ramsey became a multi-sport athlete at 4 yrs old that included skiing, flag football, soccer, and lacrosse. As he entered into high school, he made varsity tackle football as a freshman at the prestigious Air Academy HS (AAHS) located on the US Air Force Academy, Colorado Springs. His sophomore year, he made varsity lacrosse split his time between 3 different positions due to depth levels on team (face off, long stick middle, and close defense). Ramsey has a reputation for his high level of athleticism and selflessness for his teams. He has been lauded by his coaches as a "Swiss army knife that can be put in any position and dominate the competition." He was voted

HIGH SCHOOL — LACROSSE

by conference coaches as “honorable mention, all conference, 2021” on varsity lacrosse team. Would have scored higher but he sacrificed his play time in primary position to play other positions where needed due to lack of depth in other positions. In addition to his school involvement, he plays club lacrosse year round for the Colorado Bolts with coaches from division I US Air Force Academy lacrosse. Played 11 games in one weekend when asked to float between his 2023 team and the 2022 team. Took 2nd place in Denver Shootout due to his strong strength and conditioning training and improvements. From a strength and conditioning standpoint, he is fiercely dedicated to his fitness and strength goals in order to better support his teams. He is always involved in a strength and conditioning program year-round. He is currently getting nutritional guidance and training in a group and team setting from Coach Kelli Selman at the Hybl Center. His hard work shows for this 16 year old... some PRs include 265 lb bench press, 345 lb back squat, 27 in vertical jump, 90 in broad jump, 4.75 40-yd dash, 4.76 Pro-Agility. Because of his athletic and academic dedication and success, he now has significant interest from DII and DIII college teams for lacrosse. His hope is to attend US Coast Guard Academy and play lacrosse. ~Kelli Selman

CONCEPTS IN FITNESS

EVELYN SCALLION

Midfield, Draw Specialist

Junior

Evelyn has been playing lacrosse since she was 9 years old and started the foundation of supplemental training in the gym by the time she was 10. At that time, she was learning the value of correct body positions, core strength, strength training for upper & lower body, low level plyometrics and cardio training, and how they pertain to her sport. Because of her love of lacrosse and her drive to always better herself, she continues to train several times a week performing strength training, explosive movement patterns, agility and stability. As a

direct result of her training, her strength, vertical leap, speed and stick skills at the draw have increased her draw win percentage on the field to make her a definite threat in and on the circle. Evelyn commits to detail in her training to better herself to be the best she can be. She is extremely coachable and willing to take corrections to master her sport. This has culminated in a verbal commitment for Evelyn to play lacrosse for Penn State University after high school. Evelyn gives back to her sport and young athletes by helping at training clinics in the gym, on the lacrosse field, and social media. She shows maturity, patience and communication skills in working with young athletes as she celebrates their accomplishments while coaching youth and middle school lacrosse. Evelyn maintains a 4.3 GPA while taking AP and college courses through the local community college. Accomplishments: verbal commitment to Penn State, Varsity Captain, 2021 Marvin Ridge High School MVP, 2021 All Conference, 2021 All Region, 2021 All State, 2021 Under Armor All American South Highlight Team, 2021 All Conference in Field Hockey. ~Debbie Pitsos

NEW TRIER HIGH SCHOOL

LILY WALLACE

Defense

Senior

Lily Wallace is one of the most dominant lacrosse players in Illinois. She enters her senior year as a three year Varsity player, an All-Conference and All-State selection, and a team Captain. She has a fantastic combination of skill, speed, strength, and leadership ability. When Lily is training in the weightroom for lacrosse season, the mood of the room shifts. Respected by all of her teammates, Lily's work ethic and leadership make it feel as though there is another coach in the room. She is also a strong academic, and will continue her career at Division 1 Coastal Carolina University. ~James (Jim) Davis

HIGH SCHOOL — LACROSSE

NICHOLS SCHOOL ANDREW BIGELOW

Defense Senior

It is an honor to nominate Andrew Bigelow as a NSCA All American Athlete for the 2021-22 academic year. Andrew is a senior lacrosse defenseman committed to John Hopkins University in the Fall. He is 6' 4" and weighs 223 lbs. His sculpted body is a product of relentless workouts and meticulous nutrition planning. Andrew has benched 245, squatted 405, dead lifted 505 and power cleaned 185 lbs. He uses the VertiMax frequently to supplement his sprinting and agility training. Andrew's body fat ranges between 7-8% and his level of 'compete' is of such a rare high level that he can be counted on to consistently neutralize the top offensive talent across the country.

Andrew's physical attributes are matched with his character. Coach Bradshaw, Andrew's basketball coach from his secondary sport stated, "Coaches change athletes...Andrew changed me". This testament to Andrew is echoed by many who meet and interact with him. In the classroom, Andrew demonstrates the same discipline achieving Highest Honors Status awarded to students with straight A Performance. His studies span a broad range of science, geography, business and math. He also has classes in Chinese culture along with Mandarin and Spanish languages. Coupled with Andrew's academic achievements is his community service as he has volunteered over several years to groups serving the disadvantaged in the community.

In summary Andrew Bigelow is a young man exhibiting the principles and character the NSCA inspires for a Student Athlete. I can declaratively state that in meeting Andrew, a coach immediately realizes he or she is in the presence of a tremendous athlete with maturity and thoughtfulness beyond his years. ~Frank Albert

REACH YOUR POTENTIAL TRAINING NATALIE GOLDSMITH

Senior

Loyal and hard working on and off the field with even more character traits of a leader. Will do what she has to do to win including helping to get others around him better! ~Jacob Ruch

RYPT NATALIE GOLDSMITH

Defense Senior

Natalie Goldsmith commitment, attention to detail and sense of urgency has separated herself immensely from the other hundreds of high school student-athletes that walk through our center each and every day. What I am most impressed about is Natalie's character and ability to lead. Her honesty gives us solid insight into how our program must evolve and cater to the different groups. Despite differences in athletic abilities, Natalie is always the first one to praise or offer constructive criticism towards a fellow athlete in her group, aiding everyone around her to maximize their potential. As a consistent returner to our program, I know that I can count on Natalie to lead our groups in terms of exercise technique and tempo, creating a fun, but challenging environment for our new athletes. She truly is THE catalyst for success when around groups and teams. Our facility prides itself on teaching our athletes the fundamentals of living, not just lifting. Over the course of my career in high school, college and professional athletics, Natalie ranks in the top tier of great people I have had the pleasure of coaching. Her respect for herself and others, positive attitude and unwavering service to the community is a great asset not only to your program, but to today's society as well. ~Bobby Smith

HIGH SCHOOL — LACROSSE

ST. IGNATIUS HIGH SCHOOL

TOMMY NOLAN

Defense

Junior

Tommy exemplifies every quality a coach wants. He has a work ethic second to none, a positive attitude, and a burning desire to get better every day. He is self-motivated and his work ethic has helped him develop into a better athlete. We look forward to another solid performance from Tommy during his junior season.

~Aaron Short

THE PEDDIE SCHOOL

ANDREI EMPEDRAD

Goalie

Senior

While his performance speaks for itself (see below), his leadership is just as impressive. The weight room, especially in High School, is a natural habitat where the strongest people in the gym are most revered. That peer to peer interaction is 1000% stronger than coach to athlete. Andrei does all that and more. We have discussed on multiple occasions the position of influence he has based on being a Senior AND his level of strength and dedication. He has truly shouldered the load and has become a kid I can come to when I need help with one of his peers. I believe that is the highest honor I can give a student. "Assistant Coach" status. Andrei's relative strength is very impressive. At only 155 lbs, he has a 225 lbs Bench Press, 485 lbs Sumo Deadlift, 315 lbs Back Squat, 370 lbs Deadlift, and a 465 lbs Hex Bar Deadlift. He is also a high achiever in the classroom. ~Mike Volkmar

HIGH SCHOOL — MULTI-SPORT ATHLETES

ALICE HIGH SCHOOL

RYAN SALAS

Basketball, Football, Track & Field

Defensive Back, Wide Receiver, Power Forward, 4X100 relay, 4X200 relay, High Jump

Senior

Ryan has been an outstanding example of Alice Coyote commitment and relentless effort since he started with our district as a 7th grader. Over the years, he's developed into the type of leader who not only shows up every day, but shows up as a great teammate who exhibits contagious positive energy that will have a lasting effect on our program. He's won multiple football awards during his 3 years as a starter, including the District 15-4A Outstanding Defensive Back in 2020 and overall District MVP in 2021. Ryan started on our Varsity Basketball team his Sophomore through Senior years, and contributed to the track program as a member of two Regional qualifying relays in 2021. Personally, I'm extremely grateful to have had the opportunity to coach Ryan over the last 5 years and look forward to seeing the type of impact his positivity and competitiveness has on society. ~Joey Heron

ASHEVILLE SCHOOL

RAYDEN APHAYVONG

Football, Track & Field

Quarterback, Safety

Senior

When Rayden Aphayvong arrived at Asheville School in August 2020, classes were being held outdoors and the temporary "weight room" was barbells sitting beside the football field. What could have been an excuse was simply another obstacle for Rayden to overcome. Previously untrained in lifts, Rayden's consistent hard work has turned out impressive performances, including a 300 lb. power clean and a 4.50 electronic-timed 40-yard dash. During his senior season, the quarterback/safety was a physical force. In only nine games, he amassed 2783 offensive yards, including 21

passing touchdowns and 15 rushing touchdowns. Defensively, he recorded 48 tackles and four interceptions (three for touchdowns). Rayden's first team all-state selection in both football and track place him among the finest student-athletes in North Carolina. The integrity, perseverance and competitive spirit Rayden has displayed as a Blue will propel him at the next level and in life beyond football. ~Doug Harger

BENNINGTON PUBLIC SCHOOLS

ABI BROWN

Softball, Track & Field

Catcher in softball and sprinter/thrower in track

Junior

Abi Brown has earned herself a lot of success this past year. Her hard work, dedication and leadership on and off the field/track has definitely paid off. This past season in softball, she earned 2nd team All Nebraska and 2nd Team Omaha Metro Area, All Conference Team and an Academic All Conference. She broke the homerun record for her softball team by hitting 11 homeruns. Last season in Track and Field, she served as our alternate on the 4x100m team that made it to state and she was just shy of reaching state in the discus throw. In the weight room, she holds the school record in the Hang Clean and Timed 10m fly for her weight class. She would represent Bennington very well by winning this All American Athlete of the Year Award. ~Jocelyn Suing

BRADEN RIVER HIGH SCHOOL

ISAIAH CRESS

Football, Other

Safety - Football, 183 class Weightlifting 2021 season

Senior

Isaiah was a starter for Varsity football. As a weightlifter he was undefeated in local, district and regional competition in Spring of 2021, winning gold medals and titles at county, district and regional championships. He finished as a medalist at the 2021 State Championships in Spring of 2021. ~Richard Lansky

HIGH SCHOOL — MULTI-SPORT ATHLETES

BRADEN RIVER HIGH SCHOOL

JADA PHILLIPS

Basketball, Olympic Weightlifting, Other, Softball
Softball - catcher , High School Weightlifting - 139 Lb
class
Sophomore

Jada is a multi- sport athlete at Braden River High School. She excels in both Softball and High School Weightlifting. In 2022, she won the county championships, medaled at districts and at regionals and qualified for the FHSAA State Championships, winning the first Girls Weightlifting Medal in School History. Although only a sophomore, Jada is a team leader both on and off the platform and the diamond. ~Richard Lansky

BROOKINGS HIGH SCHOOL

ZACH MOE

Basketball, Football
Linebacker; guard
Senior

Zach is an outstanding (comeback) athlete. Zach's love has always been basketball, and he has been incredibly successful over the years. Zach has provided leadership for all the younger athletes in the weight room over the last four years, including personally guiding a few of the freshman. As a freshman himself, Zach broke his leg and decided to hang up his football career. After a couple of years off, Zach decided to return to football. Not only did Zach make his way back to the field, he was a starter and ended the year with several conference and academic awards. Zach was a true leader in the weight room over the summer months, and constantly pushed the group to work harder, be better, and reach their potential. Zach himself set personal records in bench press, squat, and clean during testing week. Zach has lived up to the potential we knew he had, and will be a young man we refer to in the future. ~Kerry Brown

BROOKINGS HIGH SCHOOL

JANINE WARNE

Other, Softball
Infield
Senior

Janine is an athlete defined by jack of all trades. Her main sport, softball, is her first love and has been a member of the high school team for four years. She has earned many tournament championships and tournament MVPs. She has been a leader for all levels of softball and continues to push for the development of the overall program. In other seasons, Janine has participated in bowling and shooting sports, both of which she has had outstanding careers. In a new venture, Janine has participated in power lifting her senior year. In her first ever meet, Janine set personal records in Squat and Deadlift in route to finishing in second place. She continues to train hard in the "off season" to compete in the state meet. Janine will be an athlete we look to for what is possible when you put your mind to it for a long time. ~Kerry Brown

CAMPBELL COUNTY HIGH SCHOOL

BERKELEY CHRISTENSEN

Swimming, Track & Field
Senior

Berkeley is without a doubt worthy of this Award. She has worked harder than any athlete I have had the experience of teaching. She is in the pool year round, twice a day, and shows up to every weight lifting session ready to work. She is in the top five in the school in every category tested in Sports Training. She has won 7 High School State Championships in her career and countless club championships. She is the High School state record holder for the 100 Butterfly and holds many other state records in club swimming. All of this and still maintaining a 4.0 GPA. She is continuing her schooling and swimming at the University of Wyoming. Berkeley is a great example of excellence in high school academics/athletics. ~Micah Christensen

HIGH SCHOOL — MULTI-SPORT ATHLETES

CAMPBELL COUNTY HIGH SCHOOL

REMAR PITTER

Football, Track & Field

Senior

It is without hesitation that I nominate Remar for this award. Remar works year round to better himself in Track and field. That work ethic is no different in the weight room. His progress from his Freshman year up to now is quite remarkable. He has been ranked as high as #4 in the country for Long Jump. He is the defending State Champion in the long jump. Currently he has the top Long Jump Indoors in Wyoming History. He has evolved into a great Leader and looked up to by his peers. Remar also works very hard in the classroom and is a great example for his peers. He is undecided where he will take his talents but is presented with many opportunities. ~Micah Christensen

CARDINAL SPELLMAN HIGH SCHOOL

PAOLA ROSARIO-LOPEZ

Lacrosse, Soccer

Midfield

Senior

Paola is one of the hardest-working individuals that I have ever met. In everything that she does, she strives to be the best and that is evident in the accolades that she has earned in the sports that she plays. In soccer, she has been a two-year captain for the Cardinal Spellman High School Pilots and she has earned All-League Honors for her toughness, determination, and skills on the field. In lacrosse, Paola has also been the captain for two-years and she has led the Pilots to three consecutive championship games. Although our lacrosse league does not present All-League honors, she is always the talk of the coaches in our division when they meet up. Her athletic accomplishments come from a tireless work-ethic during the off-season. She is always the first in the weight-room and the last to leave. She motivates others to continue to "grind" through the toughest parts of the off-season and for that she has cemented herself as a

true leader. The Cardinal Spellman High School Athletic Department is truly lucky to have Paola as a member and her teams benefit greatly from her leadership. I truly believe that she embodies what it means to be an All-American Strength and Conditioning Athlete of the Year. ~Kyle O'Donnell

CEDARBURG HIGH SCHOOL

NADIA EPSHTEYN

Basketball, Soccer

Guard/Winger

Sophomore

Nadia has dedicated herself to the weight room over the last 2 years and has found her work ethic quickly pay off. She made the varsity soccer team as a freshman and was voted most improved for the 2021 season. Nadia plays basketball as well. Her ability to push herself to continually get better is paying off in the weight room, on the field and on the court. ~Jon Verdegan

CHARLOTTE CHRISTIAN SCHOOL

ALYSSA BLACKSON

Other

Midfielder

Junior

Alyssa is on the varsity lacrosse and volleyball team and is one of, if not the hardest working athlete on either of the teams. She is consistently striving for greatness, whether that's her staying late after practice to work on certain skills or asking what she can do to be the best she can be. Alyssa excels as a leader on the field, as well as in the classroom. She has taken on a rigorous course load, works an after school job, and is a dual sport athlete. ~Cameron Lewis

HIGH SCHOOL — MULTI-SPORT ATHLETES

CHARLOTTE CHRISTIAN SCHOOL JAKEMAN PENDLETON

Other

Safety, Wide Receiver, Center Field

Senior

Jakeman is a multisport athlete and excels at each. He leads by example by never missing an opportunity to get better. After injuring his shoulder during the football season he found a way to push through, finish the season, continue to improve in the weight room and compete for the baseball team. Jakeman only has one speed and that is 100%. He wants to excel and push his teammates in every way possible. ~Cameron Lewis

CHRISTUS HUMAN PERFORMANCE CENTER KATE GLENNEY

Basketball, Track & Field, Volleyball

Sophomore

Kate is a shining example of what a High School All-American Athlete of the Year should be. She is everything you could want in a student-athlete: hard worker, listens, asks questions, leads by example, and does it all with great tenacity and a big smile on her face. ~Ryan Dupre

CHRISTUS HUMAN PERFORMANCE CENTER ALYSSA STRICKLAND

Basketball, Track & Field

400 meters

Sophomore

Alyssa was one of the first athletes through the doors at the CHRISTUS Human Performance Center. From day one, she has put in some incredibly hard work to get faster and stronger, and she has done just that. Alyssa brings an amazing attitude and work ethic each day. I expect big things from Alyssa this season and beyond. Alyssa is 100% deserving of High School All-American Strength and Conditioning Athlete of the Year award. ~Ryan Dupre

COLE CAMP HIGH SCHOOL REID HARRISON

**Baseball, Basketball, Football, Track & Field
WR/DB, Guard, SS, Sprints**

Sophomore

Reid is a multi-sport athlete that exemplifies who a Cole Camp Bluebird should be in our weight room. His work ethic and consistency in our weight room is second to none. Athletically, he has been a varsity starter since his freshman year in each of the sports he participates in and has taken a big step forward in his second year as a Bluebird. This basketball season Reid leads the team in steals (50), second in deflections (33) and points (235), and third in rebounding (93) through 24 games. Reid is not only a dedicated athlete, he is also a dedicated student holding a 3.98 Weighted GPA, earning Academic All-State honors this football season. He also earned All-Conference and All-District honors for his sophomore football campaign. Reid is an exceptional young man and very deserving of this award. ~Mark Swartz

COLE CAMP HIGH SCHOOL DYLANA STOPPEL

**Basketball, Track & Field, Volleyball, Wrestling
Outside Hitter, Guard, Sprints, Pole Vault**

Junior

Dylana is a multi-sport athlete that exemplifies who a Cole Camp Bluebird should be in our weight room. She is a hard worker, consistent, and coachable; everything you look for in a student athlete. This volleyball season Dylana led the team with receptions (409) and second in kills (145) and digs (264), but what the statistics don't show is the hustle plays that she makes all over the floor. She earned All-Conference Honorable Mention, All-District Honorable Mention, and was named to the Smith Cotton All Tournament Team. This basketball season Dylana was our leading defensive threat. Through 26 games she led the team in deflections (71), steals (55), and was our second leading rebounder (129). Dylana is not only a dedicated athlete, she is also a dedicated

HIGH SCHOOL — MULTI-SPORT ATHLETES

student, holding a 4.12 Weighted GPA on her way to earning Academic All-State honors this volleyball season. Dylana is an exceptional young woman and very deserving of this award. ~Mark Swartz

CONCORDIA LUTHERAN SCHOOLS OF OMAHA KARSTEN MATHSEN

Baseball, Basketball, Football

**QB (Football), Guard (Basketball), Pitcher/IF (Baseball)
Senior**

Karsten is the ultimate example of a well-rounded student. His time management and dedication to academics (4.12 GPA), athletics, and music along with his intense competitive drive have allowed him to experience well-deserved success during his high school years. While he has been involved in 3 sports, jazz band, and academic extracurriculars, he has always taken his physical development seriously, and that has kept him both healthy and allowed him to perform at high levels in 3 varsity sports. He has been a four year starter on the basketball and baseball teams. He has been a key leader in our schools only 2 state tournament appearances for our basketball team. On the baseball field he is either pitching or playing shortstop and has also been part of a state tournament appearance on the diamond. His competitive drive prompted him to go out for football his senior year after not playing since elementary school. He went on to start at quarterback and set 4 school records for completions (game, season) and passing yards (season, career). All the while, he has been consistent in his physical training and become one of our strongest athletes. Karsten has been a key contributor to changing the attitude toward in season lifting and game day lifts for our all of our athletes. I am proud to nominate Karsten as an All-American Strength and Conditioning Athlete of the Year. ~Matt Marty

CONESTOGA JR-SR HIGH SCHOOL

SOPHIA ACKERMAN

**Basketball, Cheerleading, Track & Field, Volleyball
Right Side Hitter/Blocker – Post – Thrower
Junior**

Sophia displays a great attitude toward improving her abilities through Strength & Conditioning. These efforts have benefited her development as an athlete, person and teammate. Sophia has high expectations of herself and encourages others to give their best. She was voted “Ms. Cougarette” by her peers which is awarded to the teammate that best displays integrity, high character, commitment and leadership. ~Trenton Clausen

CONESTOGA JR-SR HIGH SCHOOL

EVAN SVANDA

**Basketball, Football, Track & Field
WR/DB - Post - Sprinter
Senior**

Evan has shown what hard work and dedication to Strength & Conditioning can provide an athlete over his four years at Conestoga. He has used the tools provided within Strength & Conditioning to develop himself physically and mentally to be a successful multi-sport athlete. He also persevered through injuries that could have sidelined him during his senior year if he hadn't committed to putting in the work at physical therapy and continuing to participate in Strength & Conditioning during his injury rehabilitation. Evan leads by example and encourages teammates to give their best effort. ~Trenton Clausen

HIGH SCHOOL — MULTI-SPORT ATHLETES

DHS TRACK & FIELD

DE'RION CROOMS

Football, Track & Field

Wide Receiver, Sprints and Jumps

Junior

De'Rion is an outstanding student-athlete, he is academically ranked in the top 10% of his class. He was voted MVP Wide Receiver 2021 season as well as 1st team all-district. He was regional qualifier in Track & Field. De'Rion's work ethic is great and so is his positive attitude. It is pleasure to coach him. ~Marvin Welch

DICKINSON HIGH SCHOOL

KAYDEN HENRY

Softball, Track & Field

Center field, Sprint and Jumps

Junior

Kayden as an outstanding student-athlete, her academically she is ranked top 10% of her class. She is also the number c/o 2023 outfielder in the country. As well as regional qualifier in Track & Field. Her work ethic is great as so is her positive attitude. If a pleasure to coach her. ~Marvin Welch

EMERALD YOUTH SPORTS

SETH VAUGHN

Football, Track & Field, Wrestling

OL/DL

Senior

Seth Vaughn has been a 4 year starter and team captain on the Fulton High School football team. In high school, Seth maintained a 3.8 GPA while playing football, wrestling, and throwing shot on the track team. His accolades include All Region (3x), All State (1x), and 2nd in the 2022 Tennessee State Wrestling tournament. He has committed to play football at Tennessee Tech in the fall of 2022. ~Walter Swint

EMERALD YOUTH SPORTS

KEENAN VAUGHN

Football, Track & Field, Wrestling

LB/OL

Senior

Keenan Vaughn has been a 3 year starter and team captain on the Fulton High School football team. In high school, Keenan maintained a 4.0 GPA while playing football, wrestling, and throwing shot on the track team. His accolades include Defensive Player of the Week (5x), All Region (2x), All State (1x), and 7th in the 2022 Tennessee State Wrestling tournament. He has committed to play football at Tennessee Tech in the fall of 2022. ~Walter Swint

FORSYTH COUNTRY DAY SCHOOL

SPRINGER HIAT

Field Hockey, Lacrosse

Midfielder

Junior

Coming of a knee injury Springer took a strong interest in the weight room. She has recently squatted 185 lbs and benched 100 lbs. She is responsible for the girls lacrosse team becoming a permanent fixture in the weight room during this off-season. ~Marc Heinecke

GEORGETOWN PREPARATORY SCHOOL

SAMUEL MUIR

Football, Lacrosse

OLB, TE in Football, Defense in Lacrosse

Senior

Sam has been as driven a student athlete as I have had the privilege of coaching. Sam's will to be better started his very first year on campus and has continued straight into his Senior Year. I can only imagine that he will continue to become a better and better version of himself throughout his collegiate career at the United States Naval Academy. I look forward to what the future holds for him and will always appreciate my time spent coaching Sam! ~Eamon O'Liddy

HIGH SCHOOL — MULTI-SPORT ATHLETES

GREENWOOD COMMUNITY HIGH SCHOOL

GAVIN RUPPERT

Basketball, Football

Linebacker, Power Forward

Senior

Gavin is the hardest worker in the room every single day. He leads with actions and words. Our athletes look to him to set the example and he never misses. He is a team first athlete always doing whatever it takes for the sake of team success. He does not strive for personal accolades, but only for what is best for the group. He is kind and caring to every person he comes in contact with. His sophomore season he suffered a devastating leg break and fought back through his toughness and dedication to be better than ever. He is 6'0 and 215 lbs. He runs a 4.93 forty yard dash and has a 27 inch vertical jump. His squat max is 435 lbs. His hang clean max is 265 lbs. His bench press max is 285 lbs. I only put those numbers in here because they were all earned through his commitment to smart, consistent, and intense training in weight room and through athletic enhancement work. I could not be more proud of the young man he is. The fact that he was a great multiple sport athlete for Greenwood High School was just a bonus. ~Jerrod Watson

GREER HIGH SCHOOL

ALEX GOMEZ

Football, Wrestling

Inside Linebacker; 145

Senior

Alex is the epitome of what we are looking for as a leader in our community. He is one of the top students in his class and challenges himself by taking International Baccalaureate (IB) classes as well as being a key member of Virtual Enterprise. He is a leader in the weight room and encourages his teammates to give their best effort on a daily basis. His leadership on the football field saw him lead the team in tackles and garner All-Region

honors as well. Alex is also currently ranked 2nd in the 152 weight class after finishing as the runner-up in the 145 weight class for the 2021 season. His leadership on the football field, wrestling mat and classroom will allow him to be a productive member of society. ~Matthew Landreth

GREER HIGH SCHOOL

KRISTIN GRIFFIN

Other, Softball, Volleyball

Outfield

Junior

Kristin has grown tremendously through her time in our program. She trains consistently and always brings a positive attitude to training each morning. She is a standout athlete for both our volleyball and softball teams. For the 2021 season, she was voted All-Region and All-State for softball, as well as winning the "Teammate Award" for Greer High. This past year, she joined our Powerlifting Club and placed 3rd in the Female State Strength Meet. She is always striving to be better and is a true asset to our athletic program. It is a true honor to get to work with her on a daily basis. She is an athlete any coach would be proud of. ~Matthew Landreth

GUYMON HIGH SCHOOL

AALIYAH DANG-GUTIERREZ

Basketball, Cheerleading, Softball, Track & Field

Pitcher, guard, hurdles

Senior

Aaliyah is a four sport athlete, and has been so for all of her high school career. She is All-State this year in softball and cheer (basketball and track still pending). Aaliyah accepted an athletic scholarship to Seward County College for softball. She has good grades (concurrently enrolled as well) and lifts weights year round! ~Michael Mason

HIGH SCHOOL — MULTI-SPORT ATHLETES

HAMILTON HEIGHTS HIGH SCHOOL

ELLA HICKOK

Basketball, Soccer

Point guard; forward/midfield

Sophomore

Ella's hard work is clearly evident in her play, leadership, and improved strength. She improved as a player and as an all around athlete more between her freshman and sophomore seasons than almost any player I have coached. She works hard, with no excuses, not because she wants recognition, but because that's the only way she knows how to prepare. She leads our team in how to work, grind, and how to give everything your best- Coach Travis Kaufman, Soccer.

Toughness is taught in many athletes, but for Ella it is a simmering part of all of her physical activities. Whether it is an early morning workout, athletic training room rehabilitation or skill development, team participation is improved by her quit is not an option attitude. She makes all around her more engaged!- J Clifton-Gaw ~Jan Clifton-Gaw

HENDRICKSON HIGH SCHOOL

JOJO BROWN

Football, Track & Field, Wrestling

WR, Sprinter, 106lb wrestler

Sophomore

JoJo during football was a key to JV offensive success.

JoJo runs the 100m, 200m, and is a member of the 400m relay for the track team.

As a wrestler this season, JoJo won 1st place in the 106lb class at the district level, earned 5th place at the regional level and qualified for the state championship tournament as 1st alternate.

JoJo currently has a 250lb back squat, a 175lb bench, a 175lb clean, runs the 40 in 4.97 seconds, and has a vertical jump of 21inches. ~Peter Noonan

HOWELL HIGH SCHOOL

LIAM TREMBATH

Swim: Short Distance & Relays.

Track: 400m, 1600m relay

Senior

Liam is a dedicated & accomplished multisport high school senior athlete at Howell High School. There isn't a practice or workout session where he hasn't put forth his best effort. Both his teammates & coaches recognize his hard work & motivation. He has received varsity letters in both swimming and track. He was also chosen for the Coaches Award in both sports. Additionally, he is a student coach for the middle school swim team. Academically he has always maintained a GPA of academic distinction. ~Zachary Kasprzak, Boys Swim Coach ~Chris Gadje, Boys Track & Field Coach

HOWELL HIGH SCHOOL HIGHLANDERS IN HOWELL, MI

LOGAN LEPPEK

Basketball point guard.

Baseball pitcher.

Junior

Logan Lepppek has excelled as a student athlete since his freshman year at Howell High School. His motivation & hard work have helped him set & achieve high goals. He spent his summers working out with the football team to build muscle & achieve peak condition. His perseverance earned him a spot on the junior varsity basketball & baseball teams as a freshman. Academically he has always had a high GPA, & as a sophomore took it upon himself to add advance placement coursework. As true to his form, he made the varsity basketball & baseball teams as a sophomore. Again he set the bar even higher, not afraid to put the time & effort to earn play time. As a junior he continues to play at the varsity level for basketball & baseball, while maintaining a 4.0 GPA. Additionally, he has been supportive of younger athletes, making videos of skill drills, running basketball clinics and assisting at practices. His presence is a motivating factor for these other athletes and the community. ~Nick Simons, Basketball Coach ~Jason Ladd, Baseball coach

HIGH SCHOOL — MULTI-SPORT ATHLETES

JAMERSON YMCA SPORTS PERFORMANCE PROGRAM

JAKE LEE

Other

Senior

As a multiple sport varsity athlete, Jake demonstrates dedication and drive, leadership and a sense of humor all while maintaining a 3.56 GPA. ~Sarah Kline

JOPLIN HIGH SCHOOL

TY BEEBE

Football, Wrestling

Outside Linebacker

Senior

Ty is someone who can best be described as a coach's "dream". Ty is always the first to arrive and last to leave. A tireless worker, Ty's enthusiasm is contagious and he leads his peers from the front. Ty prides himself on being the best version of himself that he can be. Beyond athletics, Ty sets the standard of what it means to be a "good" person. I've witnessed Ty holding doors for his peers, teachers and administrators. As others leave practice when finished, Ty can be seen carrying equipment from the field to storage. You would never know that Ty has overcome setbacks, obstacles or adversity as he is always smiling and he doesn't complain about a situation or circumstances. Ty has been a tremendous ambassador for the athletic program at Joplin High School. ~Michael Lawrence

JOPLIN HIGH SCHOOL

ALLIE LAWRENCE

Soccer, Swimming, Track & Field, Volleyball

Outside Hitter

Senior

Allie has proven her commitment to the athletic program at Joplin High School through her participation in multiple sports. During her junior year, Allie would complete her track and field workout before attending soccer practice in order to assist a team short with participants. Allie completed her senior swim season

and was voted as a top 200 breakout swimmer in the United States as well as Team USA 18U. Allie achieved these awards in spite of a genetic condition which caused her severe shoulder pain. Allie would complete physical therapy during the day before swim practice in order to finish the season. Allie plans to continue her volleyball and track careers at St. Louis University of Health Sciences and Pharmacy. ~Michael Lawrence

MARIONVILLE STRENGTH AND CONDITIONING

KOY DITTMAR

Football, Track & Field

OL/LB

Senior

Koy leads not only with his work ethic, but his intensity as well. No one raises their level of intensity in our weight room or on the field like Koy does. He represents the model athlete we would like to have in our strength and conditioning program. Because of his quality of work and commitment to improvement, he has shown substantial increases in strength, power, and sprint/jump performance. ~Joshua Evans

MARIONVILLE STRENGTH AND CONDITIONING

MADISON ESSARY

Softball, Volleyball

Senior

Madison has done a phenomenal job of buying into what we are trying to accomplish in the weight room. She has improved more than anyone else in her power and jump performance and she saw the results of that increased performance on the volleyball court and the softball field. She is an example to the other women in our classes of what strength and conditioning can do for female athletes. I am proud of her work and it has been an honor to coach her. ~Joshua Evans

HIGH SCHOOL — MULTI-SPORT ATHLETES

NEW TRIER HIGH SCHOOL

ALEX MENDES

Baseball, Football, Other

Senior

Alex is a true leader-by-example. His work ethic has not only elevated him to one of the best athletes in the area for multiple years, but allowed him to overcome multiple injuries (including a broken leg). He is a multi-year starter, all-star performer, and unquestioned leader for both the Varsity Football and Varsity Baseball teams. In addition to football and baseball, Mendes took 1st place in his division for the 2021 and 2022 USAW HS Throwdown Championship. There are very few people who can match the combination of speed, strength, work ethic, and resilience at the core of Alex Mendes' decorated career. ~James (Jim) Davis

RAYTOWN SOUTH HIGH SCHOOL

MARCUS FOSTER

Football, Track & Field

Middle Linebacker and Thrower (Javelin)

Senior

Marcus is an outstanding student athlete! He brings enthusiasm every session and is a great leader throughout the school. Thank you Marcus for being a positive example of what it means to be a Cardinal! #CardinalStrong! ~Monte Yancey

RAYTOWN SOUTH HIGH SCHOOL

ANDREW PORTER

Golf, Soccer

Midfielder

Junior

Andrew has demonstrated great leadership on the field, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

SAINT FRANCIS HIGH SCHOOL

TIM NETANE

Basketball, Football

Forward, WR/DB

Senior

Tim is a great example of using dedication to strength & conditioning to better himself on the playing field. ~Jake Siebert

SAINT FRANCIS HIGH SCHOOL

JESSICA OAKLAND

Basketball, Softball

Guard/Forward, INF

Senior

Jess is the epitome of using strength & conditioning to carry over to success on the playing field. ~Jake Siebert

SAINT FRANCIS HIGH SCHOOL

SYDNEY STEWART

Basketball, Softball

Post, C/OF.

Senior

Sydney's dedication and effort in strength & conditioning shows in her success on the playing field. ~Jake Siebert

HIGH SCHOOL — MULTI-SPORT ATHLETES

SCOTUS CENTRAL CATHOLIC HIGH SCHOOL

JACK FAUST

Baseball, Basketball, Football

Junior

Jack Faust is the 2021-2022 Scotus Central Catholic Male Lifter of the Year. Jack brings a swiss army knife of talents to the football field, was the leading scorer for the basketball team, and will compete for the Columbus High baseball team in the spring. Jack was an honorable mention selection for both conference and district football, as well as an academic all-state and all-conference selection in basketball. Aside from these honors, Jack is the hardest working person in the room at any given time. He isn't someone that needs to be reminded to work hard. Hard work comes naturally to him. It's something that is ingrained in his brain. Jack is the epitome of everything this award stands for, making him a no-brainer nominee. Congrats, Jack! ~Ryan Baker

SCOTUS CENTRAL CATHOLIC HIGH SCHOOL

GRACE MUSTARD

Basketball, Track & Field, Volleyball

Senior

Grace Mustard is the 2021-2022 Scotus Central Catholic Female Lifter of the Year. Grace was an all-state honorable mention selection in volleyball, an all-conference, and all-state honorable mention selection, as well as the leading scorer for the basketball team, and a silver medalist as a junior in the 100m hurdles. She is also the current high school girl's record holder in the 10y fly. Aside from these honors, Grace has shown her desire to improve in any way possible throughout the school year. No matter the day, she has come with intentions of dominating the next challenge in front of her. These attributes will no doubt lead her to success at the next level and beyond. Congrats, Grace! ~Ryan Baker

SLEEPY HOLLOW HIGH SCHOOL

EMILY ARIDAS

Soccer, Ski, and Softball

Freshman

Emily's dedication to strength and conditioning is unparalleled. She is an exceptional multi-sport athlete who leads by her work ethic. She is one of the most competitive athletes in our program. She works hard every day and leads our program with the heaviest Box squat and Bench. Emily is a great example of what a student athlete can achieve if they dedicate themselves to both athletics and academics. ~Enrique Rosario

SOUTH FLORENCE HIGH SCHOOL

TROKEL PREW

Football, Tennis, Wrestling

Outside Linebacker, 182 LB Wrestler, Tennis Player

Junior

Trokel displays great work ethic and determination in everything he does. He is considered to be a leader on the football field, wrestling mat, tennis court and in the weight room. Trokel has shown so much growth when it comes to measuring his overall strength. He is easily one of our strongest and most athletic students in our program. Trokel was one of our leading tacklers this past football season, is a region champion wrestler and is a dominant force on the tennis court. On top of being a tremendous athlete, he also carries a 3.8 GPA in the classroom. ~Shawn Armstrong

HIGH SCHOOL — MULTI-SPORT ATHLETES

ST. ALBANS SCHOOL

NICHOLAS PITTMAN

Baseball, Football

Senior

Nicholas is a multisport student-athlete at St. Albans School. Nicholas is a tremendous leader for our football and baseball varsity teams. Nicholas leads by example by giving his greatest effort in all aspects of our strength and conditioning program. He currently holds our best Back Squat (465lbs.) and Bench Press (275lbs.) this year. Nicholas carries the same tremendous work ethic and attitude that he displays in the weight room to his sport. He recorded 35 tackles, 6 TFLs, 3 sacks, and 8 quarterback harasses to be named ALL IAC lineman in our conference. Nicholas also is an outstanding baseball player for our varsity team. Nicholas embodies the qualities we want every student-athlete to achieve here at St. Albans School. He is a great role model around his current teammates and our younger student-athletes to admire and imitate. ~Christopher Tarullo

ST. ALBANS SCHOOL

CARTER STEINBERG

Football, Rowing

Senior

Carter Steinberg is a multisport student-athlete at St. Albans School. He is a physical and emotional leader being captain of both the varsity football and crew teams. Carter's tremendous work ethic and attitude on the football field, rowing machine, on the water and in the weight room reflect his accomplishments as a student-athlete. Carter currently holds this year's best time on the 2000m erg test (6:24.6), 20-minute test (5665m). He holds other countless awards in the sport of crew from being a Foley Cup winner, a bronze medal at the Stotesbury Cup, and a Gold medal at the Scholastic Rowing Association of America Nationals. On the football field, Carter recorded 44 tackles, 9 TFLs, 1 sack and 8 quarterback harasses to be named an ALL IAC Lineman.

Carter embodies what it means to be a student-athlete at St. Albans School ~Christopher Tarullo

ST. IGNATIUS HIGH SCHOOL

JACK GEFFERT

Hockey, Lacrosse

Class of 2024

Jack is a multisport athlete for us here at St. Ignatius. He has been a model of consistency in the weight room, becoming one of the best pound for pound lifters we have. When he has a goal in mind, there is no doubt that he will achieve it. ~Aaron Short

ST. IGNATIUS HIGH SCHOOL

TOMMY WASINSKI

Football, Rugby

Defensive Tackle, Prop

Senior

Waz works extremely hard to be good at his craft, both in the weight room and on the field. He is extremely determined and takes pride in being the strongest all around athlete in the school. He is the first person to get a clean sweep of the record board for any given weight class. He is represented on multiple Pillars of Strength for our program. Waz continues to show that he can accomplish whatever he puts his mind to and it is very inspiring to his peers. ~Aaron Short

HIGH SCHOOL — MULTI-SPORT ATHLETES

VELOCITY SPORTS PERFORMANCE NORWOOD

JACK CROWLEY

Baseball, Football

Defensive End, Offensive Linebacker

Junior

Jack Crowley represents the epitome of professionalism, virtue, hard work, and dedication. As a high school scholar, Jack's football and baseball accomplishments are only matched by his determination in the classroom. Having had the privilege of coaching Jack since middle school, I remain amazed at how far he has come as an athlete. His relentless pursuit of excellence continues to be the benchmark that I use to measure all my athletes. Words cannot express how proud of him I am and how much I know he will accomplish in his lifetime. ~Tim Hanway

WEBER HIGH SCHOOL

LOGAN PAYNE

Basketball, Football, Track & Field

RB/MLB / Guard / Sprinter

Senior

Logan is an example around our entire school in terms of physical attributes, mental toughness, and leadership. He tore his ACL in the first game his junior year as our starting RB. He made huge strides in his strength and speed going into that year, so it was a devastating moment in his athletic career. He persevered and worked his way back to become even more explosive and athletic than before. He was fully cleared at 6 months and ended up having a fantastic senior year. He finished the year leading the team to the Semi-Finals, finished as our schools all time rushing leader, and committed to play college football at Snow College. His passion and energy for the game and competition are contagious and he elevates everyone around him. He competes with himself in all aspects in life and brings others with along the way. Whether it's in school, athletics, or in his personal life, he motivates and inspires others and himself to be successful. ~Shane Hansen

WINDERMERE PREPARATORY SCHOOL

CATERINA CAMILLI

Beach Volleyball, Olympic Weightlifting, Volleyball
Senior

Caterina is the school record holder in the clean & jerk and was a first place finisher at the Citrus League and District Championships for Weightlifting. She qualified for the State Championships and was Windermere Prep's first ever state medalist. Caterina also was the captain of the indoor volleyball team and a standout on the Beach Volleyball team. No one works harder than Caterina. ~Micah Kurtz

WINDERMERE PREPARATORY SCHOOL

CARISSA RUIZ

Olympic Weightlifting, Tennis
Senior

Carissa was a state finalist in weightlifting and placed in the top 10 at the state meet. During the weightlifting season, Carissa won the Citrus League and District Championships and the team had an undefeated regular season. Additionally, she is the #1 on the Windermere Prep Tennis team. ~Micah Kurtz

WINDERMERE PREPARATORY SCHOOL

ALIZAH THOMPSON

Cheerleading, Lacrosse, Olympic Weightlifting
Senior

Alizah was a standout cheerleader on the 2021 State Finalist Competitive Cheerleading team and was a State Finalist on the Weightlifting Team. On the weightlifting team she won the Citrus League and District Championships and placed in the top 10 in the state in her weight class. On the weightlifting team, Alizah posted a 135 lb. pause bench press and 125 lb clean & jerk while weighing 114 lbs. Additionally, she is a standout on the lacrosse team. ~Micah Kurtz

HIGH SCHOOL — MULTI-SPORT ATHLETES

WINDSOR HIGH SCHOOL

MICHAEL LE

Football, Other, Track & Field

Senior

No student at Windsor was more committed to their strength & conditioning training over the past four years than Michael Le. He is an example of what one can achieve with nothing but will and desire. Michael came into high school having played no sports and left it as a multi-sport athlete. Intense and focused, Michael turned himself into one of the strongest pound-for-pound student-athletes and became the first student-athlete at Windsor to earn his Elite Classification in back-to-back years. Michael's legacy is leaving the culture of Windsor strength & conditioning in a better place than he found it. His determination and passion for the physical culture will be truly missed. I am honored to nominate Michael Le as an NSCA All-American. ~Ty Van Valkenburg

WINDSOR HIGH SCHOOL

JAELYN SUTTON

Cheerleading, Wrestling

Senior

Time waits for no one, and no matter how bad we might want to, no one can slow it down. Moreover, due to the pandemic, the 2022 Seniors had less time on average to work with during their high school careers. Realizing this, Jaelyn went on a quest to make up for lost time and maximized her senior year of training. Not even a significant elbow injury during wrestling could stop her progress. Injuries are a great test of one's desire and will. When most would have sat out, Jaelyn proactively sought out ways to train around her injury and continued to make progress. Her positive attitude, endless energy, and determination were the sources of her success in both training and Cheer, as Jaelyn's peers recognized her as Varsity Cheer Captain for her Junior and Senior years. Jaelyn made every training session better. She will be sorely missed at Windsor. It is with great joy that I nominate Jaelyn Sutton as an NSCA All-American. ~Ty Van Valkenburg

HIGH SCHOOL — OLYMPIC WEIGHTLIFTING

FLORIDA WEIGHTLIFTING

MATTILYN MARSEE

Senior

Suwanee High School Varsity Weightlifting

- Three Time State Champion 2020, 2021, & 2022
- State Lifter of the Year 2021, 1A Division
- Four Time District Champion 2019, 2020, 2021, & 2022
- Four Time Regional Champion 2019, 2020, 2021, & 2022

And

USA Weightlifting

- Three Time Florida State Champion 2019, 2020, & 2021
- USAW Youth National Championship 3rd Place 2020
- USAW Under 25 National Championship 3rd Place 2021
- Sunshine State Games Champion 2019 ~Richard Lansky

HIGH SCHOOL — POWERLIFTING

GREER HIGH SCHOOL GENESIS ANDERSON

Junior

Genesis is a multi-sport athlete that has recently begun entering powerlifting competitions. She competed in the All-Female South Carolina State meet in November, finishing 3rd in her weight class. Just recently she competed in the USAPL South Carolina High School Barbell Bash, placing 1st in her age/weight category and 4th for overall Best Female Lifter. Genesis also stars on the softball diamond as a catcher and infielder. She hit .348 last season as a sophomore, going 16-46 with 21 RBI and 2 HR. While she is soft spoken, her grittiness and toughness allows her to compete at a high level at all times. She is the ultimate teammate and I am thankful to have the opportunity to coach her. She is very deserving of this award and is a great representative of Greer High School. ~Matthew Landreth

GREER HIGH SCHOOL MICHAEL HUFF

105 kg

Senior

Michael has been a staple in our program during his entire high school career. He previously played baseball as well, but was an integral part of getting our Powerlifting Club up and running and has focused on that the past 2 years. He shows up ready to work each and every day. He is also crucial in the development of some of our younger lifters, acting as a "student-coach". During this time, he set several USAPL SC Teen II records in the 105 kg weight class. His dedication to our training program and internal drive has allowed him to achieve incredible success. He is constantly hitting PR's in the weight room and has a bright future ahead of him. Michael is also a key member of our state ranked band program. I can't think of another person more deserving of this honor. He is the definition of what it means to be a Yellow Jacket! Any coach would be honored to have a

person like Michael in their program. ~Matthew Landreth

NEW TRIER HIGH SCHOOL ELLIE SONG

President

Senior

Ellie Song is an amazing powerlifter and weightlifter. She started her high school career with a bang - as a freshman, she took 1st place in the freshman division at NASA High School Nationals while leading her team to a National Championship. Her ability has always been high and her leadership continued to improve. As a junior, she became the first female President of New Trier's Powerlifting team. She has competed 7 times since freshman year and come home with 5 golds, though you'd never know it. Ellie is humble and kind, hard-working, and really smart. She is the counterbalance to what someone off the street might think of when they hear the term 'powerlifter' - she's just a really great person who happens to be an elite athlete. She has led her team to 3 USAW HS Throwdown Championships, one NASA National Championship, and one IHSPLA State Championship. She has also taken the lead on numerous community service efforts including multiple fundraisers for the Infant Welfare Society of Chicago. In training for the spring of her senior year, she recently squatted 285lbs for reps and is nowhere close to her full potential. Ellie Song is a unique talent and wonderful person. ~James (Jim) Davis

HIGH SCHOOL — ROWING

THE PEDDIE SCHOOL

MATTHEW GAZIN

Senior

Voted co-captain by his peers last year, Matthew is a tough, quiet, hardworking, and STRONG. He has become a leader by example. He clearly enjoys working with his peers. He has earned IRON FALCON status for his performance in the Weight Room. His best 2k time is 6 minutes and 27 seconds. His best lifts are 235 lbs Bench Press, 385 lbs Hex Bar Deadlift, 25 Pull up, 40 Dips, a 250 lbs Back Squat. Placed 3rd at USRowing Summer Nationals in the top boat of the Penn AC Jr. Gold Club. He is also a high achiever in the classroom. ~Mike Volkmar

HIGH SCHOOL — RUGBY

ST. IGNATIUS HIGH SCHOOL

AIDAN MICZAK

Scrum Half

Junior

Aidan is steady, dependable, and diligent in his training and has had the results to show for it. He is a very uplifting spirit and a pleasure to have in the weight room.

I am looking forward to seeing a continued translation of his hard work to the rugby pitch. ~Aaron Short

HIGH SCHOOL — SOCCER

CEDARBURG HIGH SCHOOL

MIA THOMPSON

Forward

Sophomore

Mia is an incredible student-athlete who always shows up ready to work with a positive attitude. She is a quite leader who goes about her business and motivates by hard work and dedication. She competes against herself to get better each and every workout. Mia continues to excel on and off the field and will not settle for being mediocre. ~Jon Verdegan

CENTRAL CATHOLIC HS

ISAI PREZAS

Midfielder

Junior

TAPPS 6A D1 District 3 1st Team-All District, TAPPS 6A D1 1st Team-All State. 9 Goals, 8 Assists. 3.95 GPA. Isai suffered a severe leg injury in 2021, his dedication to strength and conditioning along with his commitment to rehab enabled him to return to play faster than expected and at a higher level than before his injury. His superior on-field performance, commitment to academic excellence, and dedication to his return to play protocol are all elements that make Isai an NSCA Strength and Conditioning All-American Athlete. ~Glenn Revell

CENTURA HEALTH SPORTS PERFORMANCE

ALEXIS HARING

Sophomore

Alexis Haring has been playing soccer for 13 years. She has greatly improved her soccer skills along the way, but she could never break into the top team. After losing some fitness and deconditioning during the COVID season of Spring and early Summer 2020, she began training at the Hybl Center with Coach Kelli Selman in July 2020. She began seeing big gains in strength and also improvement in speed. As a Freshman in high school that “weird” year (during COVID) coach Kelli also saw her confidence increase and her love of training shine through. The next tryouts for the top team were in June of 2021, and, with her improved strength and quickness she made the team. Her team plays in the Elite Clubs National League (ECNL) in the Northwest Division, including teams for Washington, Oregon, Northern California, Idaho, Utah and Colorado. Alexis has always been a good student. She received mostly A’s throughout and is carrying a 4.0 in high school, as a sophomore, while taking full loads include 4 AP classes. She is interested in Computer Science, so two of the AP classes were computer science classes. Some achievements of Alexis in sport performance with Coach Kelli include Alexis being the longest and most consistent training athlete in the building, racking up the most hours trained at Hybl. The Centura Sports Performance staff at the Hybl Center featured Alexis on their social medial Instagram account for her accomplishments and consistency. This 15 year old’s consistency shows – in comparing her scores to NCAA D1 Women Soccer athletes from the NSCA’s the Essentials of Strength & Conditioning, Alexis broad jumps 86 inches vs NCCA D1 60 inches, Vertical Jump 22 inches vs 14 inches, 160 5RM vs 155lb 1RM, and the same score for a 100lb bench press. Alexis also has a 215 1RM deadlift. Centura Sports Performance is proud to serve Alexis and help her develop into the high performing athlete she didn’t even know she could be. ~Kelli Selman

HIGH SCHOOL — SOCCER

COACH ROZY PERFORMANCE

ABBIGAIL SCHMIDT

Midfielder

Senior

Abbigail “Abby” Schmidt, a 5’7” Senior stand out soccer player for Yankton High School began her career as a defender, and those skills helped make her a strong holding midfielder for the Gazelles Soccer Team. In the Fall of 2021, she had 8 defensive tackles per game, 3 blocked shots per game and averaged 2.5 assists per game. She was also part of the 2019 State Championship Team in soccer. In Track, as a jumper, Abby has posted a 15’ 7” long jump and a 32’8” triple jump. In the weight room, Abby continues to use total strength and conditioning to help her improve her performance. Because of her outstanding play, she will continue her soccer career at Mount Marty University in Yankton, SD. ~Mark Roozen

DISCOVERY HIGH SCHOOL

ANNIELLA CARRILLO

Center Mid

Senior

Anniella hid from me for her first few years, but in the summer going into her senior year, she came to the weight room and realized it wasn't so bad after all. She always shows up with a positive attitude, isn't afraid to try new things and push herself. She helps those around her and is a pleasure to work with. As of writing this, she currently stands with a 185lb FSQ, a 230lb BSQ, a 95lb Push-Press and Clean, a 115lb Bench Press, and is able to perform 5 bodyweight Chin-ups. ~James Romaniw

MARQUETTE UNIVERSITY HIGH SCHOOL

SAM MAGNER

Center Back

Senior

Sam Magner has been a constant in our strength and conditioning program. His consistent effort, attendance, and being coachable have made him a leader in and out

of the weight room. Sam’s attitude and determination have led to great improvement in physical development and sports performance. Sam is a center back and captain of our soccer team, having won two state championships, been selected 1st Team All-Conference, 1st Team All-State, and All-American participating in the 2021 All-American game. The same work ethic in strength and conditioning has led to success in the classroom being named to the Honor Roll, Greater Metro Scholar Athlete, and National Honor Society. Sam plans to play soccer at the collegiate level and study exercise science, kinesiology, or biology. We will miss having Sam in our program, but know he will become a positive influence as he moves on to the next level. ~Michael Duehring

MARQUETTE UNIVERSITY HIGH SCHOOL

NICK MAGNER

Forward

Senior

Nick Magner has worked hard throughout his high school career to develop physically, athletically, and academically. Participating in our strength and conditioning program has been a large part of his preparation as he has dedicated himself to the weight room. Great attitude, coachable, supportive, and leader all describe Nick. Nick was a three-year starter at forward on our soccer team. During that time, the team won two state championships and Nick was named 1st Team Greater Metro Conference while scoring a conference high 21 goals his senior season. In the classroom, Nick has achieved high honors and participated in a variety of service programs. Nick plans to continue playing club soccer in college and major in finance or economics. Our programs will definitely miss Nick’s participation and positive influence, but he will without doubt be a positive influence in all future programs that he is involved with. ~Andrew Kossow

HIGH SCHOOL — SOCCER

MORGANTOWN HIGH SCHOOL

CADEN CARPENTER

Senior

Caden is one of the hardest working, most skilled, impactful players I have ever seen at the high school level... not just in soccer, but that I've seen in any sport! A high performer in and out of the weight room, Caden has dedicated himself to becoming the best he can be since middle school, a dedication which has certainly paid off! A leader on his senior year's state championship team and having signed on to continue his playing career in college, Caden's continued work in the weight room has translated directly to higher levels of success. ~Jerry Handley

MORGANTOWN HIGH SCHOOL

EMILY CARPENTER

Sophomore

Emily has dedicated herself to the weight room for 2 years now, and her results have been immense! One of the most athletic players on her team, Emily continues to push herself to new highs and is truly invested in becoming the best she can be - a goal of which she knows the weight room is one of her top tools! ~Jerry Handley

MOUNTAIN VIEW HIGH SCHOOL

BRANDON XU

Defender

Freshman

Brandon has been strength training consistently twice a week for the past year. He has maintained his training while participating on the Mountain View High School Soccer team and Mountain View High School Badminton team. During the off-season, Brandon participates on the Mountain View Los Altos Soccer Club. Brandon's consistent and intense strength training is showing up on the field with his improved explosiveness and speed. Brandon brings a great attitude and energy to all of his training sessions. - Nick Haberlach

MULLINS PERFORMANCE + FITNESS

AVERY BAKER

Defender

Senior

Avery Baker is a senior at Memorial High School (EMHS) in Edmond, OK. Avery has played on her high school soccer team as well as her Oklahoma Energy Football Club Team throughout high school. Avery was selected to the All-District Soccer Team and named EMHS Defensive Player of the year for the 2020-2021 school year. Avery is a member of National Honor Society and is also the team captain for her her EMHS 2021-2022 soccer team. Avery was also nominated for Ms. EMHS for homecoming. Avery has volunteered with her school SWINE week, an annual, student-led, community service project that raises money for a local community cause. She has also volunteered with Top Soccer, a program designed to bring the opportunity of learning and playing soccer to children who have a mental or physical disability. Avery has participated in strength and conditioning consistently through her high school years to prepare her for playing soccer in college. Avery has signed and committed to playing soccer at McNeese State University in the fall of 2022. Avery is an outstanding young lady, who leads with character and kindness. It is an honor to nominate her for this award as I have observed her put in work from 2020-2022. Avery has true grit, discipline and a competitive spirit, willing to put in the work on and off the field. Thank you for considering Avery for this award. ~Elizabeth Mullins

HIGH SCHOOL — SOCCER

MULLINS PERFORMANCE + FITNESS

BRENNA ROWLETT

Defender

Junior

Brenna is a junior at Oklahoma Christian Academy in Edmond, Oklahoma. Brenna is a member of the National Honor Society as a junior. Brenna made the Principal's Honor Roll as a freshman, sophomore, and junior. Brenna earned Honorable Mention All-Conference in basketball and All-District in soccer in 2020-2021. Brenna was selected to the Girls' Academy (GA) Talent Identification for club soccer in 2020-2021 as a sophomore. Brenna received US Soccer Development Academy (DA) Regional Identification Camp Invitation in 2019-2020. Outside of academics and sports, Brenna has been on a mission trip called Mission Discovery in Jamaica where the group she went with helped refurbish a school and do VBS for the kids in January of 2020. Locally, Brenna has volunteered at Top Soccer (a program that provides an opportunity of learning and playing soccer to children who have a mental or physical disability), the Regional Food Bank, Hot Dogs for Homeless, Infant Crisis Center, and helped unload boxes and organize books at the Metropolitan Library System. Brenna has a desire to become a family counselor or therapist. I have worked with Brenna for over two years and am impressed by her ability to ask questions and her ability to communicate. Brenna has a drive to better herself on and off the field. It is an honor to train Brenna as well as nominate her. Thank you for considering Brenna for this award! ~Elizabeth Mullins

NEW TRIER HIGH SCHOOL

AIDAN CRAWFORD

Goalkeeper

Senior

Aidan is a workhorse. When he got off the bus at away games, the opposition thought he might be a linebacker for New Trier's football team. Head Soccer Coach Matt Ravenscraft says "Aidan is a fierce competitor but also one of the most authentic and caring young men that I have ever coached. His brilliance on the pitch was a privilege to watch firsthand, but his relentless support of his teammates in moments of triumph and adversity is what I will remember most." Crawford was named 3x Chicagoland Soccer All-State (2019, 2021 Spring, 2021), IHSSCA All State (2021), IHSSCA All Region (2021 Spring), 2x Northside College Showcase All-Tournament Team (2019, 2021), 2x CSL South All Conference (2021 Spring, 2021), and Team Captain for a team that was nationally ranked in 2021. Aidan will continue his career at Division 1 Loyola University (Chicago) next season. ~James (Jim) Davis

PARISI SPEED SCHOOL AT VALLEY HEALTH WELLNESS AND FITNESS CENTER

MICAH FRIGAARD

Defense

Senior

Micah has been disciplined and diligent in the weight room and in school his entire high school career. Seeing him grow and develop into the athlete, student, and leader that he has become is a constant reminder of what makes being a strength and conditioning coach great. Micah has surpassed goals in the classroom, on the field, and is moving forward to pursue his military aspirations. He has become a leader for FCA, multiple clubs, and a captain of his team. I am beyond grateful for the opportunity to have this man in our program for the past 4 years. With the work ethic, integrity, and self discipline he has, he will accomplish whatever goal he sets out to. ~Chris Armel

HIGH SCHOOL — SOCCER

SANTA YNEZ VALLEY UNION HIGH SCHOOL GRANT FIELDHOUSE

Center Back

Senior

Since day one this year working with boys soccer, Grant Fieldhouse has been the kid I have been able to trust the most when it comes to our time either on the basketball court for warm ups or in the weight room for our 40 minute lifting session. Typically the beginning of soccer's session was the end of basketballs workout. That would mean I would need each kid lined up at 4:55 and warmups started exactly at 5 without being with them. Each day, Grant was the person to get everyone mentally and physically prepared for our workout together. I believe it's why he is trusted the most by his teammates and other coaches and why he represents our school with the captain arm sleeve on the field. Not only is he a good role model for those other athletes by communication and skill acquisition, Grant is one of the stronger, powerful, faster, and mobile athletes we have on campus. Grant is the leader of our first platform group which is the three strongest in regards to our trap bar deadlift and front squats which includes another senior who was an All-State kicker and a sophomore utility player. If it was our choice we could put him in any sport and he would be successful. Yet, the way he operates in the weight room, moving light things controllably and heavy things explosively and efficiently directly correlates to his on-field success. I wish I can have many more years with Grant, but by the way he challenges himself and his teammates in the weight room, there will be many more kids like him to come if they have witnessed his leadership and passion to be the best athlete he can be. Grant exemplifies what it means to be an NSCA All-American Student Athlete, not only by his leadership qualities, athletic IQ, but also by his awareness of student before athlete and the success he has in the classroom being one of 58 achieving over a 4.0 GPA. This is why I believe Grant Fieldhouse should be

considered for the NSCA All-American Athlete of the Year Award. ~Tim Gauthier

SOUTHSIDE CHARTER HIGH SCHOOL

SAMUEL REYES

Wing

Freshman

Samuel is the most gifted athlete movement wise that I have worked with hands down. He matches this natural ability with a work ethic that is unmatched in our program. This combination of movement efficiency and determination allows him to be competitive in many sports and fields and hopefully will help shape his career path going forward. ~Deerick Smith

THUNDERRIDGE HIGH SCHOOL

SARAH ROSENBAUM

Senior

Sarah is one of the hardest workers we have ever had come through our weight room. She is very self-motivated and always driven to succeed in everything she does. Sarah sets very high expectations and goals for herself, especially in the weight room. She is a natural leader, not only with her teammates, but every athlete in our building. Sarah sets the standard for hard work when she is in the weight room. She has an uncanny ability to improve the work of those around her just because of how she works. Sarah sets goals that at times seem unattainable, but she always finds a way to reach them. Then, instead of celebrating and enjoying her accomplishment, she sets an even higher goal for herself because she always wants more. ~Mark Carnes

HIGH SCHOOL — SOCCER

TYLER LEGACY HIGH SCHOOL

COLLEEN GILLILAND

Senior

Colleen is new to our program this year but has come in, worked hard, and helped set the standard for other athletes. There is no doubt she will be prepared when she goes to play at the next level. ~Andrew Pichardo

TYLER LEGACY HIGH SCHOOL

JARON WILKERSON

Freshman

Jaron is young but one of the hardest workers and most dedicated athletes we have. As a freshman, he sets an example through his actions and has improved tremendously through his hard work and commitment. ~Andrew Pichardo

HIGH SCHOOL — SOFTBALL

CHARLOTTE CHRISTIAN SCHOOL **MARY CAROLINE EATON**

Catcher
Senior

MC is the most dedicated athlete on the softball team, and one of the hardest working athletes at the school. She never misses lifts or an open gym opportunity. Her leadership is demonstrated in the weight room, classroom and on the field. She led the conference in RBIs and home runs while being one of the best hitters in the state. All of the hard work has paid off as she will compete at the D1 level next year. ~Cameron Lewis

DACULA **MAIA MUMPFIELD**

Pitcher
Senior

Maia was the senior leader for our Region Champion softball team. Maia was the number one pitcher who led the team to the second round of the state tournament, but also was one of the top hitters on the team, hitting in the 3rd spot each game. Maia has also been outstanding in our strength & conditioning program and really stood out as a leader in the weight room as well. Maia is a tremendous asset to our school, athletic program, and community. Maia has done extremely well academically as well, maintaining a 3.4 GPA. Maia will attend Georgia State in the fall on a softball scholarship. ~Brad Palmer

EPISCOPAL HIGH SCHOOL **CAMILLE WALKER**

Senior

Camille has emerged as a leader in the weight room and made huge strides in her improvement due to her commitment to consistently showing up and working hard. She is often found educating and encouraging her teammates to follow her lead during workouts. She has taken a true interest in her training and is always seeking further insight into the program and ways she can get ahead. Camille understands the important role resistance training can play in sports performance and long term well being, and has grown to become passionate about spreading her knowledge to others. ~Luke Martin

GREENWOOD COMMUNITY HIGH SCHOOL **ANNA PRITCHETT**

Center Fielder
Senior

I always tell our athletes when they are training that the Navy Seals never think they will lose a fight because they always revert back to the level of their training and they know that they train harder and smarter than all of their enemies. This sums up Anna Pritchett down to the letter. She brings an intensity to the weight room that I don't think I've seen before. You will sometimes see others watching her when she performs Olympic lifts because they are perfect and EXPLOSIVE. She makes all the girls in her training group better. She is an outstanding student athlete who will play softball next year at Marian University in Indianapolis. Without a doubt one of the toughest and most intense strength athletes that I've had the pleasure of coaching. A great athlete and an even better person which is what we want here at Greenwood High School. ~Jerrod Watson

HIGH SCHOOL — SOFTBALL

GREER HIGH SCHOOL

TATE DAVIS

3B, C, UTIL

Sophomore

Tate is one of the hardest working athletes that I've ever worked with. Her grit and determination drive an uncanny work ethic. She is constantly wanting to improve herself and her game. She has started on varsity since her 8th grade year. Last season as a freshman, she hit .528 BA (25-48), 1.104 SLG with 30 RBI, 4 doubles, and 8 HR. She was voted All-Region and All-State. Her biggest challenge has been overcoming tearing her UCL this past summer. I have been able to witness her attack every day and every training session with 100% intensity. Her willingness to push her body and push her rehab has been fun to watch (although frustrating at times to get her to understand the importance of not pushing too far). She has a bright future ahead of her and any coach would be proud to have Tate in their program! ~Matthew Landreth

LAKE CENTRAL HIGH SCHOOL

BREE MITCHELL

outfield

Senior

Bree is an outstanding representative of our girl's athletic teams and the athletic programs in general at Lake Central. She continually tries to improve herself and her teammates in the weight room and on the field. I appreciate Bree's willingness to help "coach up" the younger players in the weight room. Bree also participates in Dollars for scholars and the National Honors Society. I look forward to her taking the next step as a collegiate student-athlete. ~Thomas Halterman

MARY'S FITNESS

TAYLOR GEBHART

Pitcher

Senior

I started working with Taylor seven years ago. Her love of swimming and softball grew along with her desire to improve her performance in both sports. She has learned proper lifting and progression, embracing what strength & conditioning has done to elevate her level of play. She has also worked with pitching and batting coaches to help her on the field. During the pandemic she became an exceptional student, realizing the effort she put into her studies had a direct reflection on her performance in the classroom. She has earned a collegiate scholarship to play softball this next academic year, and is also pursuing academic scholarships. Taylor has the attributes of an All-American. ~Mary Bushkuhl

POLAR CRUSH SOFTBALL

CAITLYN DUQUETTE

1B, OF

Junior

Caitlyn committed seriously to lifting throughout our fall and winter training months, attending multiple days per week and adding substantial weight and technical proficiency to many of her lifts (265x2 box squat, 105x2 barbell row, 165x5 RDL, 225x4 trap bar deadlift, 75x2 power snatch, 90x2 bench press). This dedication to strength and power development has translated directly to many of her on-field and sport-specific metrics as well, including a 73 MPH bat exit velocity (+10 MPH in three months), a 17.91" vertical jump, a 6'9" broad jump, a 58 MPH overhand throw, and a 4.92 pro-agility shuttle. ~Jennifer Boyden

HIGH SCHOOL — SOFTBALL

RAYTOWN SOUTH HIGH SCHOOL

CARLEYSIA LEVERETTE

Infielder

Sophomore

Carleysia has demonstrated great leadership on the field, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

TOPSPEED STRENGTH & CONDITIONING

KATIE CHESTER

3B/1B

Senior

As a senior Katie was;
KMBC athlete of the week
first team all conference
first team all district
first team all region
first team all state
academic all state
re-broke school homerun record
district champions
offensive player of the year
Finished with the 2nd most home runs ever hit by a high school player in the state of Missouri, and did it all while carrying a 3.95 GPA. Signed with the University of Missouri. ~Joseph Potts

TYLER LEGACY HIGH SCHOOL

MADDIE FLANERY

Senior

It's been a pleasure watching Maddie grow and work the last couple years. She's often the first one in the weight room, with a smile on her face, and always ready to work. This shows in her impressive speed, jump ability, and softball game. She is very prepared for the next level. ~Andrew Pichardo

HIGH SCHOOL — STUDENT ATHLETES

**RAYTOWN SOUTH HIGH SCHOOL
YASMIN FRENKEL**

Senior

Yasmin has demonstrated a great work ethic in the weight room which has contributed to her continued improvement. Thank you for being a leader in the weight room and exemplifying what it means to be a Raytown South Cardinal! #CardinalStrong ~Monte Yancey

**RAYTOWN SOUTH HIGH SCHOOL
HANAN HAYYEH**

Senior

Hanan has demonstrated great leadership, and work ethic in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

HIGH SCHOOL — SWIMMING

CAPE HENRY COLLEGIATE

CARSON POULOS

Senior

Carson Poulos is a multi-sport leader that also excels in the classroom. Carson is comfortable outside of his comfort zone. He consistently pushes his limits and motivates his workout partners to do the same. Carson is committed year around to being in the best shape possible. He has contributed to multiple Conference and State Championships as a member of the Varsity swim, soccer, and tennis teams. ~Philip Reichhoff

FOX CHAPEL AREA HIGH SCHOOL

DAVID DERING

Swimmer

Senior

David is a 4x letter winner and 2x WPIAL qualifier. We are proud to recognize his efforts in the weight room as well. David is dedicated to his sport and improving his performance through strength and conditioning. His leadership and work ethic are noticed by his teammates and coaches. David is also an exemplary student and is a member of the National Honor Society. ~Brandon Peifer

FOX CHAPEL AREA HIGH SCHOOL

LYDIA TURNQUIST

Swimmer

Senior

Lydia exemplifies the qualities we look for in our athletes in our speed and strength program. Her dedication to improving her overall fitness, agility, strength, and speed should be commended. It is also important to recognize Lydia's leadership in the weightroom. She leads by example through her consistency and willingness to always give her best. She is respected by her teammates and coaches alike, and we have been proud to work with her. ~Brandon Peifer

HOWELL HIGH SCHOOL

CLAIRE GEBOSKI

Relay & Individual Events

Junior

Claire swims for two teams; Howell High School and South Lyon Aquatics. Before school, you can find her conditioning at the local gym. As a freshman, she received her letter. During her sophomore year, Covid was spreading but did not hold her or her team up. She wrote up routines to lead dryland activities and completed laps in Thompson Lake. Her tireless efforts helped her achieve new personal best times. She was humble when recognized with the Coach Cain Award, given to a swim team member who is optimistic, kind to all & an accomplished swimmer in memory of Zach Cain (former All-State swimmer for Howell who lost his battle to cancer). During her junior year, her continued efforts both in and out of the pool helped her qualify for high school states in relays and individual events. She was also awarded the MVP as leading point scorer for the 2021-2022 season. Academically she has always maintained a high GPA, qualifying her for National Honor Society. In addition, she participates on the high school robotics team and is the vice president of her high school class. ~Zach Kasprzak, Head Coach, Jim Downs, Assistant Coach ~Aaron Jost, SLA Swim Coach

HIGH SCHOOL — SWIMMING

MARY'S FITNESS

MATT PIETSCH

Senior

Matt has had a tenacious drive to improve himself, whether in academics, baseball or swimming. I've worked with Matt over the last seven years. This year Matt shifted his focus and went all in and concentrated on improving his performance in the pool. That pivot scored him several qualifying times at the state level, student athlete of the week on several occasions, a collegiate scholarship for academics and swimming, and a leadership role in his Central High School swim team. His time in the pool and the weight room has earned him the right to be called an All-American. ~Mary Bushkuhl

NEW TRIER HIGH SCHOOL

JANE SANDERSON

Senior

Jane's commitment to strength and conditioning allowed her talent and work ethic to shine. Jane's consistency, technique, and resilience were highlighted and built over years of diligent training - and she finished her career with a bang. She was an Illinois State Qualifier in the 50 free, took 2nd place with the 200 free relay, and was a State Champion with the 400 free relay. Each of those relay teams earned Jane All-American honors and set school records. She was an All-Conference selection, and Academic All-American, and an unquestioned leader for the 2021 Girls Swimming State Championship Team. ~James (Jim) Davis

PARISI SPEED SCHOOL AT VALLEY HEALTH WELLNESS AND FITNESS CENTER

LAUREN MASTER

200 free, 100 free, 50 free, 200 I

Junior

In the weight room, classroom, and while playing Lauren's positive and enthusiastic energy is contagious. This energy allows her to not only perform at her best, but creates opportunities for those around her to also be

their best. In the weight room Lauren consistently stands out amongst the crowd with her work ethic, attention to detail, and genuine desire to be the best version of herself that she can be. Those attributes have helped her set 8 swimming records at her high school, which I am sure she will break before she graduates. Lauren also shines off the field by volunteering for a myriad of activities including helping with Special Olympics, and by winning Virginia High School All-Academic Award for two consecutive years. It's been an honor and a privilege to coach her for the past year. ~Chris Armel

RAYTOWN SOUTH HIGH SCHOOL

LEAH MCINTYRE

Senior

Leah has demonstrated great leadership and work ethic, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

ST. IGNATIUS HIGH SCHOOL

SAM HESSLER

50 Free, 100 Free, 200 yard relay

Senior

Sam has seen drastic improvements from attacking the day with a great attitude and showing the consistency needed to be successful. He's shown himself to be a leader not only by his actions but by motivating and helping other guys in the room as well. No matter what sport they play, when Sam speaks guys listen. It has been a pleasure having him around. He was an integral part to our swim team being back to back District Champions poised to make it three in a row with eyes on a State Championship run. ~Aaron Short

HIGH SCHOOL — TENNIS

CAPE HENRY COLLEGIATE

ANDREW MCGUIGAN

Sophomore

Andrew McGuigan is a student-athlete who brings a contagious enthusiasm with him to his workouts, even early in the mornings. Andrew loves a challenge and is always willing to push his limits. His willingness to go out of his comfort zone, and how he motivates his classmates makes Andrew stand out in our program. To date, He has earned a bench press max of 180, a front squat of 200, and a trap bar deadlift of 320. I am excited to see Andrew continue to grow, lead, and compete in the years to come. ~Philip Reichhoff

COACH ROZY PERFORMANCE

MAGGIE SCHAEFER

Senior

Maggie is a senior at Yankton High School and is on the Tennis team. She is one of the States best players, and was nominated for South Dakota Girls Tennis Player of the Year this past fall. Maggie finished off her career with a Flight #1 Singles and Flight #1 Doubles Champion in the ESD Conference, was Class A State Tournament Flight #1 single and doubles runner up as well. Her 2021-2022 record was Flight #1 singles as 28-2 and Flight #31 doubles was 29-1 and was a new school record. Maggie used training to help come back from an injury the year before and have one of the best seasons the school has ever seen. ~Mark Roozen

THE WHEATLEY SCHOOL

ARYAN BADLANI

Singles

Freshman

Aryan is a dedicated and talented athlete; he consistently wakes up before sunrise to train and has begun to learn that if he attends to the smallest of details he can accomplish big things. He is genuinely excited to improve his fitness levels, as he understands it will positively help him improve his confidence and attain his tennis goals. He has also learned to place value on the importance of 'effort' in order to harness his talent. Aryan's favorite quote is: "rest at the end, not in the middle" - Kobe Bryant. ~Mark Lerman

HIGH SCHOOL — TRACK AND FIELD

ATLANTIC COUNTY INSTITUTE OF TECHNOLOGY

AMIYAH STEPHENS

100m, 4x100 relay, 200m, 400m, 4x400 relay

Senior

Amiyah has had a number of accomplishments so far heading into her senior year for Spring Track. She helped lead the 4x100m to a 3rd place finish at Sectionals, qualifying for the State Championships, and just missing the Meet of champions with a 9th place finish. Amiyah individually finished 2nd in the 100m dash in 2021 County championship and advanced to the State Sectional championship. She currently hold the school record in 3 events: 100m dash at 12.22, 4x100 relay 49.17, and 4x400 relay 4:05.67. Amiyahs relay finished 2nd and won silver medals at the schools first appearance at the Penn Relays. ~Vincent Mahoney

CAPE HENRY COLLEGIATE

ANDREW HART

Sophomore

Andrew Hart is a multi-sport student-athlete who takes ownership of his own development and leads his teammates by example. Over multiple years he has committed to a consistent and steady approach. Andrew is always pushing his limits and coming back for more. As a sophomore, Andrew has earned a bench press max of 210, front squat of 300, trap bar deadlift of 470, and a standing vertical jump of 37.7". His focus and enthusiasm is contagious and makes an impact on everyone in the room. Andrew is also a stand out on the Varsity Baseball team. ~Philip Reichhoff

COACH ROZY - AVERA SPORTS

ISABEL DELAY

Senior

Isabel participated in every off-season, in-season, and summer strength & conditioning program throughout high school. She had an outstanding track career - earning all-state honors. She is undecided where she will

be running track next year. She is also involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

COACH ROZY - AVERA SPORTS

CARTER SVEEGEN

Senior

Carter participated in every off-season, in-season, and summer strength & conditioning program throughout high school. He had outstanding football and track careers. He is undecided where he will play college football next year. He is also involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

COACH ROZY PERFORMANCE

ANNIKA GORDON

Sprinter/Mid-Distance

Senior

Annika is a senior at Yankton High School who participates in Track and softball. Her junior year, Annika anchored the Gazelles state championship 4x400-meter relay. She also placed fourth in the open 400 meters and ran on the runner-up 4x800-meter relay at the South Dakota State Track and Field Championships. She owns a personal best of 58.5 seconds for 400 meters, and has a PR in the 60 meter dash of 8.19 seconds. She is a favorite in the sprints this year and looks to be one of the top runners in the state. Gordon also garnered all-Eastern South Dakota Conference honors at centerfield for the Gazelles softball team. She led the squad to a third-place finish at the state tournament. A member of the National Honor Society, she plans to major in communication science disorders. In the weight room, Annika Squats 205, Benches 120 lbs and has a 22 inch vertical. She plans to attend the University of South Dakota and run track there. ~Mark Roozen

HIGH SCHOOL — TRACK AND FIELD

COACH ROZY PERFORMANCE

ANDREW GUSTAD

Field Event - Pole Vaulter

Senior

Andrew Gustad, the 6'2", 200 lb senior is a 3 sport athlete from Gayville-Volin School in South Dakota and carries a 4.075 grade point average. He placed 3rd his Freshman year at the State Track Meet in the pole vault, with COVID there was no state meet his Sophomore year, and placed 2nd in the Pole Vault his Junior year with a height of 13' 6" and broke the school record. He looks to continue his improvement as he moves into his senior year. On the track, Andrew also placed 7th at State in the 300 Hurdles with a time of 43.3, with a PR of 42.04 and placed 7th in the 110 Hurdles with a time of 15.84. On the Gridiron, Andrew made All-State honors, had 1,020 yds in 9 games with an average of 13.2 yds per carry, with 17 touchdowns. He had 146 receiving yards with 3 receiving touchdowns as well; scoring 122 points on the season. He had 114 Tackles, 18 tackles for a loss and 6.5 sacks. On the basketball court Andrew averaged 13 points a game, 7 rebounds a game and has 4 assists. In the weight room, Andrew leads the team, Squatting 450 lbs, Benching 325 lbs while having a 30 inch vertical, a 4.65 in the 40 yd dash and a 4.32 pro agility (5-10-5) run.

~Mark Roozen

COACH ROZY PERFORMANCE

CODY OSWALD

Hurdles - Sprinter

Junior

Cody is a 6'3", 190 lb. Junior at Yankton High School. A 4-sport athlete, Cody plays football, basketball, track and also plays baseball in the summer. In track as a sophomore, Cody ran the hurdles - having a time of 14.95 in the 110 hurdles, placing 3rd at the State Meet and 40.82 in the 300 hurdles placing 8th at the State Meet. He also ran on the sprint relays; 4x100, 4x200 and the Sprint Medley Relay. In football, Cody had 41 receptions for 569 yds for 13.9 yd average and also 12 TD's with is a

school record. He also had 9 carries for 57 yds and 1 touchdown, counting for 92 points for the team on the season. On defense in had 56 solo tackles, 28 assisted tackles, 4 interceptions and 4 forced fumbles. He has 165 career tackles and 14 interceptions. On Special Teams he ran back punts and kick-offs, averaging 21 yds on kick-off and 14.2 yards on punts - with 2 punts run back for touchdowns. Cody is also plays varsity basketball and is helping the team make a run to state. He plays for Yanktons Legion Baseball Team in the summer. ~Mark Roozen

COACH ROZY PERFORMANCE

NATE QUATIER

Sprinter - Jumper

Senior

Nate Quatier is a 6'0", 170 lb senior at Gayville-Volin High School in South Dakota and a 3 sport letter winner. Nate is the anchor on three relays that qualified for the State Track & Field Meet as a junior and will lead the team and relay squad this year in 2022 as well. They had a time of 1:37.69 win the 4x200 relay, a 3:40.3 in the 4x400 relay while also long jumping and running the open 400. Nate also was a leader on the football field playing Quarterback on offense and Cornerback position on defense. He had 106 rushes for 480 yards with 12 rushing TD's, was 63/124 in passing with 956 yds and 13 TD's. He also had 24 solos tackles and 7 pass break ups. In the weight room, Nate has used his training to improve his performance and has seen improvement each year; this year hitting a squat max of 345 lbs, a bench of 225 lbs, improving his vertical jump to 30 inches and his 40 time below 4.89. After graduation, Nate will be joining the 114th Fighter Wing of the South Dakota Air National Guard. ~Mark Roozen

HIGH SCHOOL — TRACK AND FIELD

GRAND ISLAND NORTHWEST HIGH SCHOOL

REBA MADER

400, 800

Senior

Reba has demonstrated an incredible work ethic and drive to succeed during her four years in are program. Reba's infectious personality is truly contagious. Reba's teammates respect her work ethic and level of commitment. Reba has competed at the Track and Field state meet for 3 years and state Softball for 2 years. Placed 3rd in the 400 at state meet and 2nd on the 4x4 relay. She has received many awards and is a member of National Honor Society. But most of all Reba is a NSCA All-American person. ~Troy McNeil

GREER HIGH SCHOOL

JALASIA LEWIS

400m

Sophomore

Jalasia is an exceptional 3-sport student-athlete at Greer High School in South Carolina. She is a member of the volleyball team in the fall and basketball team in the winter. Last spring, she placed 3rd in the state as a freshman, running the 400-m in 57.54. She was selected to the All-Region and All-State teams due to her outstanding performance on the track. She is a very happy, outgoing and positive young lady. Jalasia has consistently demonstrated a dedication to training for her sports and is a natural leader in the weight room. ~Matthew Landreth

GREER HIGH SCHOOL

ISRAEL RHODES

100, 200, 4x100

Senior

Israel (Izzy) is an outstanding multi-sport athlete that has been in our weight training program for 5 years. He is one of the hardest workers I have ever met. Izzy shows up ready to work every day and has improved drastically because of it. He was a crucial member of the 2021 Men's 4x100 State Championship. He also finished 4th in the State in the 100-m dash. He is also a standout on the football field and basketball court. Izzy has played multiple roles as a DB, RB and WR. His ability to make plays on the gridiron has allowed him to continue his playing career at Benedict College. Izzy is the true definition of a Greer Yellow Jacket. ~Matthew Landreth

HAMILTON HEIGHTS HIGH SCHOOL

COLIN WILSON

Field Event- Shot put, discus

Junior

I have had the privilege of coaching Colin Wilson, who is one of my shot put and discus thrower for the past three years. He has shown strong leadership and discipline in his strength and conditioning workouts. Colin is self-motivated to become stronger and more knowledgeable about the events that he participates in. He also sets a great example for his teammates. I have witnessed they look up to Colin because of his accomplishments in the weight room, during practice, and in competition. I have seen Colin grow physically, mentally and scholastically. I see a bright future ahead for Colin. I don't think there will be anything he can't accomplish.- Coach Tony Brown. Colin has embraced the concept of bigger-stronger-faster the past 18 months and has re-invented himself into one of the most powerful high school athletes that I have had the privilege to work with during my career. A quiet, humble man who's work ethic has elevated his performance in track and field to the stratosphere.

~J Clifton-Gaw

HIGH SCHOOL — TRACK AND FIELD

HENDRICKSON HIGH SCHOOL

ALLISON MORRIS

Shot Put & Discus Thrower

Senior

Allison is a dedicated athlete to the sport of throwing. She holds the school record in discus at 119'11" as well as being a regional qualifier for both shot put and discus. Allison has spent countless hours in the weight room becoming stronger and more explosive as well as continuing to improve her throwing technique through consistent training. Allison is also an excellent student in the classroom. She has a 4.03 GPA and is in the top 15% of her class. Allison is an example to her peers of what hard work and consistent efforts can yield. Allison also does a great job of helping be an extra coach during practice and meets, helping others improve their technique as well as cheering her teammates on. ~Peter Noonan

IOWA CITY HIGH SCHOOL

AMARA TILLEY

Throws: Discus and Shot Put

Junior

Amara represents everything a strength and conditioning coach wants in an athlete who takes it upon themselves to train at a high level in the weighroom. Her display of hard work and determination during each rep during workouts is exceptional, as her maximized performance in the big three: the Bench, the Squat, and the Clean as well as all the assistance and deficiency work done, has progressed exponentially since her Freshman year; as she sets the example for our other throwers during each and every lift. However, the more impressive quality that Amara possesses is her ability to "lock-in and connect" with the mindset to push past any training barrier that is set in her way on a daily, weekly, and monthly basis, a quality few athletes possess over the long-term, Amara truly understands the importance of what a strength and conditioning program can do for her performance and self-confidence within herself and within the program

and what it can do for our other track and field athletes.

~Jason Dwight

KAUKAUNA HIGH SCHOOL

WILL CAMPBELL

Linebacker/ thrower

Senior

Following a torn ACL as an 8th grader, Will Campbell dedicated his time and effort to getting strong enough to continue, and excel, in 2 sports. As a Senior Will was Wisconsin Football Coaches Association Academic All-State, unanimous All-Conference, WFCAs All-Region and WFCAs first team All-State and was selected to receive the 2021 John Anderson Award for best Senior Linebacker in the state of Wisconsin. Will finished his year with 103 tackles, including 14 tackles for loss, 2.5 sacks, and three interceptions. He is also a 3 year letter winner on the track and field team as a thrower. Will is the 2022 class valedictorian with a 4.0 grade point average and will participate in both sports in college pursuing a degree in Business Administration. Will has dedicated his time to becoming the best athlete he can be in large part to his dedication to year-round strength & conditioning. ~Kristopher Williams

HIGH SCHOOL — TRACK AND FIELD

MORGANTOWN HIGH SCHOOL

LEA HATCHER

Distance Running

Senior

A leader and pure competitor at heart, Lea is exactly what you look for in a great teammate and great leader - hard working, dedicated to her craft, and wanting the best for her teammates. A high level competitor for her entire career, Lea has come to know both sides of the weight room - as a way to improve performance and a way to get healthy after injury. Embracing both sides, Lea has truly come into her own and taken control of her own destiny, and is truly seeing the results continue to improve as a result of all her hard work. I am very, very proud of the work Lea has done and what she has accomplished! ~Jerry Handley

MORGANTOWN HIGH SCHOOL

JOHN MICHAEL SALDANHA

Long Jump, 200m Sprint

Senior

John Michael, or J-Mike as he's come to be known thanks to the weight room, has been an inspiration and leader in the weight room since his freshman year! A dedicated, committed hard worker focused on reaching his full potential as a jumper, John Michael has wanted to perform at his very best in the weight room each and every day. His jumping performances have become weight room records which will likely stand for a very long time, as will the standard of his work ethic. A leader of the highest caliber! ~Jerry Handley

RAYTOWN SOUTH HIGH SCHOOL

JA'NYIAH DAVIS

Jumper

Senior

Ja'Niyah has demonstrated great leadership on the track, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

WAYNESBURG HIGH SCHOOL

JORDAN DEAN

Hurdles

Junior

I got the honor to become Jordan's strength coach at the beginning of this school year, and was able to see how serious this young lady is about her training and performance from day 1. Focused with the entire school year in mind, Jordan was committed to regular inseason workouts through volleyball season before really turning on the heat at the end of Fall to get the best out of her body in the upcoming track season. Jordan is focused, dedicated, and truly gives her all each and every day! ~Jerry Handley

HIGH SCHOOL — VOLLEYBALL

ATHLETIC PERFORMANCE TRAINING CENTER

ABBY AVILA

Setter

Senior

Abby is a hard worker - in the classroom, on the volleyball court, and at our Strength & Conditioning facility. She is a positive role model for our younger student-athletes, and is involved in our volleyball youth development camps and clinics. Abby is truly a champion, as a young lady and a student-athlete. ~Brian Lebo

BEAR RIVER HIGH SCHOOL

HEATH BROWN

Forward

Sophomore

Heath Brown is exactly the type of person every coach wants in their program. He showed up every day to do the work and did not leave until the workout was complete. Because of his determination and work ethic, he was able to add 6 inches to his vertical and 12 inches to his broad jump in the 6 months leading up to the season. His quickness, strength and speed all improved as well. As he continues to mature and grow, Heath will become a dominant force because of his work ethic and commitment to improving himself and his skills. ~Tommy Nelson ~Reggie Shaw

BEAR RIVER HIGH SCHOOL

BRINLEY NOBLE

Forward

Junior

In the three months prior to the start of the season, Brinley worked hard to improve her strength and power. She added 5+ inches to her vertical in that time and her quickness improved significantly. She was a great example to others in the weight room and was committed to improving herself. She was often the one to get her lifting group focused after getting distracted. She was a pleasure to coach in the weight room this year. ~Tommy Nelson ~Jana Brown

CAPE HENRY COLLEGIATE

TRISTAN WHITFIELD

Outside Hitter

Junior

Tristan Whitfield is a multi-sport standout who leads with relentless focus and a quiet confidence. A leader on the volleyball court, Tristan has a mature approach to his development and stays consistent. Even with a very demanding school and club sport schedule he finds a way to not miss workouts. Tristan has been named Conference Player of The Year two years in a row and has led our Varsity Boys Volleyball team to two consecutive conference championships. He is also a stand out on the Varsity Boys Basketball team. The combination of quiet leadership and consistent work ethic has earned Tristan the distinction of NSCA High School All American.

~Philip Reichhoff

CEDARBURG HIGH SCHOOL

BRAYDEN GALL

Middle

Junior

It has been a pleasure to watch Brayden make incredible strides over the last 3 years in the weight room and on the court. Brayden sets the standard for his teammates. Through his work ethic and attention to detail, Brayden has transformed himself into a dominant athlete on the court and in the weight room. His daily dedication to his training has earned him 1st Team All- Conference and he continues to set PR's in the weight room. ~Jon Verdegan

HIGH SCHOOL — VOLLEYBALL

CEDARBURG HIGH SCHOOL

EVELYN JONES

Setter

Junior

Evelyn is a fearless competitor in the weight room and on the volleyball court. She has done everything asked of her, without hesitation. Her attitude and work ethic in the weight room are contagious, as she brings all-out effort and a positive attitude to every workout. Evelyn is the ultimate team player and has been named Most Improved Player multiple times by her peers. ~Jon Verdegan

CHARLOTTE CHRISTIAN SCHOOL

CONNIE KOFOED

Outside Hitter

Junior

Connie is a leader on and off the court. She shows up all summer long and is at every lift opportunity that is offered. She expects the most out of her teammates in the classroom, on the court and at practice. Connie leads by being positive at all times and keeping her team excited to work. That hard work has paid off as she received all conference and all state awards. ~Cameron Lewis

COACH ROZY - AVERA SPORTS

RACHEL ZANTER

Junior

Rachel participated in every off-season, in-season, and summer strength & conditioning program throughout high school. She had an outstanding volleyball season. She is also an all-state track athlete and involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

COACH ROZY PERFORMANCE

KATIE KNODEL

Senior

Katie is a 5'4" Senior at Irene/Wakonda and played Volleyball and Basketball during her career. Katie won the Champions on Track Award, an award given to a female athlete for outstanding character. This past year in volleyball, Katie was captain of the team and had 94 sets played with 74 kids, 374 digs and 22 aces for the year. One of the hardest workers in the weight room, Katie improved her vertical from 20 inches to 23 inches, dropped her agility time from a 5.18 to a 4.81, improved her squat 75 lbs, her bench 35 lbs and improved her 40 yd dash time from a 5.6 to a 5.15. Katie was also selected Homecoming Queen ~Mark Roozen

COACH ROZY PERFORMANCE

MOLLY LARSEN

Senior

Molly Larson is a 4 sport athlete at Gayville-Volin High School, South Dakota with volleyball, basketball, cross country and track & field, all while maintaining a 4.2 GPA and being on the academic honor roll every year since 7th grade. In Volleyball, Molly has a career total of 2600 digs, 520 this past year as a Senior. Digs per Match for her Career is 17.3. Her serve reception is 98.5% for her career with 69 aces. In Basketball, she has 1040 career points, averages 13.1 points per game with 330 career rebounds as a point guard and 195 career assists. Her work in the weight room and leadership separates her from her competition with a bench of 135 lbs, a squat of 205 lbs. She has been able to use strength and conditioning training to be a starter in Volleyball and Basketball since her freshman year and help her compete at the highest level in track and field.

~Mark Roozen

HIGH SCHOOL — VOLLEYBALL

COACH ROZY PERFORMANCE

MOLLY SAVEY

Senior

Molly is a senior at Yankton High School and is a 3 sport athlete, on the volleyball, basketball and track team. In volleyball, Molly was elected Best Sportsmanship Award for 2 years in a row, is a letter winner, played 62 sets with a 94% serve percentage with 19 aces. She had 89 digs and 32 season kills with a season average of 94% kill percentage. On the hardwood, Molly has had 18 assists, 14 steals, is averaging 10 pts per game. In Track Molly was on the 4x100 Relay and the 4x200 Relay that went to State. She was also on the Sprint Medley Relay team that placed 3rd at the Eastern South Dakota Conference Championships. In the weight room, Molly is a leader for her teams in each sport as well as off-season. ~Mark Roozen

HARKER HEIGHTS HIGH SCHOOL

SERENITY REED

Blocker

Senior

Through strength training Serenity was able to recover and rehabilitate from Achilles Tendon surgery and return to the court competing at a high level. Her leadership through actions set the standard of expectation both technically and work ethic wise for the entire volleyball program. Her example will be greatly missed. ~Reb Brock

LAKELAND HIGH SCHOOL

OLIVIA KRILL

RS, Middle Blocker/Hitter

Junior

I wish to recognize an outstanding athlete, Olivia Krill. Olivia is not only a stellar volleyball player, but also an amazing student and member of her community. She carries a GPA of 4.16 at the International Academy, which is an International Baccalaureate program. Her goal is to go into Pre-med.

Olivia spends a lot of her free time developing herself physically and mentally. More so in the off-season, but year round she does as much training as she can. She works a program set by her varsity coach that helps to build core strength and discipline of her body. Olivia also enjoys disciplining her body through yoga and pilates.

She never gives up. She is always asking questions to better herself and her team, always pushing her goals farther ahead. She is not one to complain or to let things affect her negatively. Her positivity is always appreciated by the rest of her teams.

In addition to training and playing volleyball on multiple teams, Olivia also volunteers at Forgotten Harvest, a youth baseball league, and a local assisted living community. She loves all sports, cooking, baking, and traveling.

~Scott Smolinski, Lakeland HS Varsity Assistant Coach, MiElite 15 NS South Head Coach, MiElite Academy Director

MORGANTOWN HIGH SCHOOL

ELLA VOORHEES

Libero

Senior

Ella is one of the most self-motivated, hardest workers I have ever seen in the weight room! A pure motor, Ella can always be counted on to outwork the opposition and build herself 1% better every single day, while encouraging others around her to do the same. I've been proud to be Ella's Strength & Conditioning Coach! ~Jerry Handley

HIGH SCHOOL — VOLLEYBALL

PHILIP BARBOUR HIGH SCHOOL

EMILY DENISON

Hitter

Junior

Emily is a great example of the high-performing student-athlete: a hard-charging leader on the volleyball court helping her team to a state championship, a 3x 1st Team All State selection, and a grinder in the weight room. She comes to every workout unless there's volleyball and gives 100% to becoming stronger and watching it improve her performance, never holding back! I'm proud to now be Emily's strength coach. ~Jerry Handley

ROCK CREEK HIGH SCHOOL

OLIVIA LUBBERS

Senior

Olivia exemplifies the true definition of this award. She represents what our strength and conditioning program stands for both in and out of the strength facility. With unmatched dedication to our strength and conditioning program she has transformed herself in to a standout and dominate Volleyball athlete. Not only has she become a dominate athlete she is also a tremendous leader within our school, community and our sports programs. ~Coach Mark Oberkrom

~Coach Oberkrom

SOUTHSIDE CHARTER HIGH SCHOOL

LEXIE DALE

Setter

Senior

Lexie Dale has helped grow our strength and conditioning program not only in our own district but to serve as a model for female strength and conditioning programs throughout the United States. Her passion for training and determination to better herself both physically and mentally is the most rewarding experience I have had as a coach. She will truly be missed in our program and I look forward to watching her excel in all areas of life. ~Deerick Smith

SOUTHSIDE CHARTER HIGH SCHOOL

HALLE SMART

Setter

Junior

Watching Halle develop athletically has been extremely rewarding. I have worked with many naturally gifted athletes throughout my career but to see the development that Halle has achieved has been awesome. I truly believe she has achieved and exceeded 100% of her natural ability where many top tier athletes only achieve a small portion of that. ~Deerick Smith

SPARTANBURG HIGH SCHOOL

MAKAYLA PEARSON

Senior

I have had the pleasure of coaching Makayla Pearson at Spartanburg High School where she played volleyball, track & field, and softball. Makayla is also involved in JROTC where she serves as JROTC leader. She is a model student athlete and an outstanding teammate. She is a servant leader and leads by example on and off the field. In the team setting, she shows true character in how she always supports her coaches and teammates. Makayla has consistently lifted throughout her career at Spartanburg High School and has made a positive impact on those she who trained with her. Makayla is also involved in many ministries outside of the school setting where she gives back to the community. Furthermore, Makayla has overcome many obstacles outside of the school setting. She has not used these obstacles as an excuse or a crutch. Instead, she has used them to drive her to be the best she can be. She is intrinsically motivated and enjoys the challenge of hard work and rigor which has led her to a 230 lb back squat, 125 power clean, and 135 lb bench press. ~Andrew Caldwell

~Andrew Caldwell

HIGH SCHOOL — VOLLEYBALL

ST. IGNATIUS HIGH SCHOOL

SEAN ATKINSON

Outside Hitter

Sophomore

Sean works extremely hard in the weight room and it has paid off in a big way this year. He has seen steady increases across the board from being consistent, showing up ready to work. He is a staple in our program and serves as an excellent example for his peers. ~Aaron Short

HIGH SCHOOL — WRESTLING

CAPE HENRY COLLEGIATE

MASON REID

Junior

Mason Reid has demonstrated the all characteristics of an NSCA All American over multiple years. Mason was a mainstay in the Fitness Center prior to the COVID-19 shutdown and took ownership of his own training while campus was closed. Mason consistently followed workouts remotely, dedicating himself to his work even while no one was watching. Mason holds a bench press max of 185, front squat of 220, trap bar deadlift of 400, and a standing vertical jump of 28 inches. Mason is a contributor on the Varsity Baseball team, Varsity Wrestling team, and trains in Mixed Martial Arts outside of school. ~Philip Reichhoff

COACH ROZY - AVERA SPORTS

AARON LARSON

Junior

Aaron participated in every off-season, in-season, and summer strength & conditioning program throughout high school. He has had an outstanding football, wrestling, and track career. He is a 2-time state qualifier for wrestling. He is also involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

DOVER-EYOTA HIGH SCHOOL

GAVIN GUST

152 LB

Junior

Gavin defines what it means to be committed to your craft. Outside of playing 3 sports, Gavin committed his time to getting better in the weightroom and improving his speed, agility, and quickness. He dedicated himself to get better each morning without missing more than a few days throughout the entire year. Gavin's work ethic has paid off greatly as he has qualified for the state tournament 2 straight years, placing 5th as a Freshman and 3rd as a Sophomore. He has been an outstanding leader for all of those around him and an outstanding

example of what hard work in your training results to.
~Isaac Vesel

GREER HIGH SCHOOL

JILLIAN LACKEY

106

Junior

Jillian is an outstanding and hard working 2-sport athlete at Greer High School in South Carolina. She is a member of the wrestling team in the winter and soccer team in the spring. She placed 3rd in the 2021 Women's wrestling State Championship in the 106 weight class, earning All-State and All-Region awards. This season, she won the Women's wrestling State Championship in the 106 weight class and has qualified for the men's state championship! Jillian is a happy, outgoing and positive young lady. She has consistently demonstrated a dedication to training for her sports and is a natural leader in the weight room. ~Matthew Landreth

GREER HIGH SCHOOL

CHANDLER SEWELL

120

Sophomore

Chandler is an outstanding young man and hard working student-athlete. He is intense on the mat and in the weight room. Chandler always goes out of his way to make other students feel more confident in the weight room and praises their efforts, He currently is the #2 ranked SC Wrestler in 4A for the 120 weight class. He is an excellent athlete and always pushes himself to get better in every aspect (nutrition, training, etc.). He is a very friendly, positive young man and I have enjoyed the opportunity to work with him for the past two years.
~Matthew Landreth

HIGH SCHOOL — WRESTLING

**RAYTOWN SOUTH HIGH SCHOOL
NORMAN SCHNEIDER**

**#126 Class
Sophomore**

Norman has demonstrated great leadership on the mat, in the classroom, and in the weight room. Thank you for representing Raytown South High School.
#CardinalStrong! ~Monte Yancey

**RAYTOWN SOUTH HIGH SCHOOL
ZAYLA VANN**

**#141 Class
Sophomore**

Zayla has demonstrated great leadership on the mat, in the classroom, and in the weight room. Thank you for representing Raytown South High School.
#CardinalStrong! ~Monte Yancey