

COLLEGE — GOLF

EVERETT UNIVERSITY

HANNAH GAMMONS

Sophomore

Hannah's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, she not only elevates her own performance but inspires those around her to push their limits. With a burning ambition to lead, Hannah's impact on both the course and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

EVERETT UNIVERSITY

KILLIAN O'REILLY

Junior

Killian's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Killian's impact on the course and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

BARRY UNIVERSITY

SYDNEY GRIMES

Senior

Sydney comes in everyday excited about lifting weights and improving her golf game. She is always pushing herself by upping her weight and asking for more challenging progressions. ~Jennifer Michuda

BARRY UNIVERSITY

HUNTER THOMPSON

Junior

Hunter comes in the weight room everyday with a mentality of how can I get better and how can I help my team get better. Hunter is a natural leader and is always giving his teammates positive encouragement while putting his best foot forward. Often times he is the first

one in the weight room and the last one out and leaves the weight room cleaner than how he found it.

~Jennifer Michuda

DALLAS BAPTIST UNIVERSITY

ELLA CHEEK

Freshman

Ella is a freshman and she is on FIRE! She came to campus in the fall with a vigor I had not seen before. She recently had her first win as a freshman. Above her physical abilities, the thing I appreciate and respect most about Ella is her character. She exudes joy! She is disciplined but she thoroughly enjoys what she is doing. She is bought in and I can't wait to see what she does over the next several years! ~Alex Spencer

HUNTINGDON COLLEGE

DAWSON FARNI

Senior

Dawson has a strong competitive drive, and is very detail oriented, which has allowed him to develop as a leader within our golf program. His intensity is infectious, and his teammates truly feed off of it. ~Charlie Goodyear

IOWA STATE UNIVERSITY

LIYANA DURISIC

Senior

Liyana has really committed to the weight room during her senior year. She has become a vocal leader at lifts and is an example to her teammates by doing what is required of her and beyond. She has made major gains this year and has accomplished the goals she set out for herself. ~Madeline Prado

COLLEGE — GOLF

IOWA STATE UNIVERSITY

ZACH MAY

Sophomore

Zach has shown extreme commitment to his physical growth during his first two years in the program. He has visibly put on muscle mass and continues to jump through the roof! His attention to detail makes Zach an athlete that learns movements quickly and then exceeds at them. ~Madeline Prado

LAMAR UNIVERSITY

LINNEA JERLEBO

Senior

Linnea is the epitome of a team player and what every coach strives for as both an athlete and an individual. She comes in every day with a positive attitude looking to get better, and always tries to bring others along with her. Her work ethic is contagious and it shows not just in the weight room, but in everything that she does.

~Miles Edmond

MCKENDREE UNIVERSITY

RASMUS NILSSON

Senior

Rasmus has been a pleasure and honor to work with. He sets the standard for what it means to be a student athlete. He excels in academics, athletics and in the athletic performance center. He always has a positive attitude in the performance center and leads by example, while also holding his teammates accountable. His hard work and drive to make not only himself, but his teammates better is admirable. He regularly comes in for extra work in the performance center and encourages his teammates to also. Rasmus has played a pivotal role in getting the golf team to buy in to the performance center and to help relay its benefits to the game of golf. The hard work and dedication Rasmus has shown over his years does not go unnoticed and will carry him well into life endeavors. We wish him all the best. -BH

~Tyler Aulbur

PIEDMONT UNIVERSITY

ERIN DONOVAN

Number 1

Sophomore

Erin has led this program since the moment she stepped onto campus. Her tenacity on the course carries into the weight room, she is committed to being consistent in the weight room because she knows that it keeps her healthy and improving. She has added significant carry to her drives and continues to be both a vocal and lead-by-example leader for our young team. She looks to have a huge year after being named Rookie of the year and 1st team all-conference in 2023. ~John Delf-Montgomery

PIEDMONT UNIVERSITY

JOSH HEBRINK

1st

Senior

The 2023 D3 National Champion and leader of the runner-up team, Josh Hebrink, is back for his senior year and he is leading from the front like he found himself at the 4 tournaments that he won. Josh utilizes the weight room to stay healthy and active in all tournaments that he has played in. Recovery has become something that he also has focused on, but also knows how important the strength side of the weight room is. Josh has gained significant ball flight distance and club head speed.

~John Delf-Montgomery

TRINITY COLLEGE

CADE KLARIDES-DITRIA

Senior

He lived our core values for 4.5 years

~Bill DeLongis

COLLEGE — GOLF

UNIVERSITY OF TENNESSEE AT MARTIN

DAX ISBELL

Sophomore

Dax is a student-athlete who is highly driven. From the first day he stepped onto campus, he exhibited the willingness to utilize the weight room and its' resources to further his athletic development. As a freshman, Dax was named to the OVC All-Newcomer, Athletic Director's Honor Roll, and the OVC Commissioner's Honor Roll. For the 2023-2024 season, Dax has continued to seek additional opportunities in his physical development while providing valuable leadership to the golf program.

~Chris Gillies

WASHINGTON AND LEE UNIVERSITY

WALKER MCPHAIL

Senior

Walker was a Third Team All-ODAC selection and earned a College Sports Communications Academic All-District nod after he posted a T38 finish at the NCAA DIII Championships to help the Generals to a top-10 finish overall in team scoring during his junior season. He had the best 18 holes of the Division III Championships for W&L with a two-under-par performance on the fourth round on the largest stage of the year. His senior season fall campaign saw him help the team to a 3rd place finish at the NCAA Preview. His leadership and dedication has been a key in the teams development and continued utilization of S&C. ~Aron Gibson

WEST TEXAS A&M UNIVERSITY

VICTOR ESTAS

Golfer

Freshman

Victor is an absolute beast in the weight room. He continually gives great effort and is an awesome person.

~Jesse Herd

WRIGHT STATE UNIVERSITY

ANDREW FLYNN

Senior

Andrew has put an incredible amount of effort in the weight room and on his own. He's gotten significantly stronger and more powerful during his time here at Wright State and his hard work has paid dividends on the course. ~Cole Pittsford