

COLLEGE — TENNIS

William & Mary **ALBERT HANSEN**

N/A

Senior

Albert has been an outstanding leader in the weight room this year and is highly deserving of this recognition. He has made it a clear priority to hold his teammates accountable, consistently encouraging and motivating them to ensure they are reaching their full potential. Albert leads by example in every session, bringing exceptional intent, focus, and energy to his own physical development. His commitment to improvement sets the standard for those around him and helps create a culture of accountability and hard work within the group. Through his leadership, work ethic, and consistent dedication, Albert has had a meaningful impact on his teammates and the overall training environment, making him a truly deserving recipient of this award. ~Conor Cantwell

William Woods University **ASHER STEVENS**

Senior

Exceeded in the weight room. Got the team to buy in more ~Robert Jones

University of Wisconsin - La Crosse **CAITLYN STADTER**

Tennis

Sophomore

Caitlyn's most prominent quality is doing everything that is asked of her to the best of her ability. Whenever anything is mentioned, Caitlyn follows directions down to every detail while remaining open to further changes that need to be made. This doesn't go unnoticed by her teammates, and her

standard is acknowledged by those around her which often inspires others to do better. Caitlyn's leadership is quiet, but the inspiration and impact she makes on her teammates is loud. Caitlyn has also achieved a perfect 4.0 GPA in the classroom. ~Philip Whitesitt

Converse University **ELLIE LUPPINO**

Freshman

She is a very dedicated worker in the strength facility, and truly loves strength training for performance. She is very strong, and catches on extremely well to new concepts. ~Kevin Darlington

North Carolina State University **GABRIELLA BROADFOOT**

N/A

Junior

I am very happy to nominate Gabbi for the strength and conditioning All-American award! She always brings a great attitude and work ethic to lifting sessions and I can count on her to help her teammates whenever they need. Gabbi is also a phenomenal team leader who makes sure everyone has what they need, especially the new members on the team, for road trips and competition. No doubt her work ethic and tenacity is one of many reasons she was a doubles national champion in November 2025. Great job Gabbi! ~Cameron Davidson

COLLEGE — TENNIS

Fairmont State University

HOPE BACKX

Junior

Hope Backx, a junior from Melbourne, Australia, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Hope is a great lead-by-example teammate, is extremely coachable and is dedicated to helping her team succeed. For her play, she has twice been named to the all-MEC first team. Hope's work ethic and dedication as a student-athlete also leads to success in the classroom. She currently has a 4.0 GPA, while majoring in national security & intelligence and political science. Hope has garnered multiple MEC all-academic team honors and ITA scholar-athlete awards. Our women's tennis program, strength & conditioning program and entire athletic department are all better because of student-athletes like Hope Backx. ~Adam Kolberg

University of Wisconsin - La Crosse

ISAAC DHYANCHAND

Tennis

Senior

What sets Isaac apart from the rest of his team is his willingness to be coached and the energy he brings to training sessions. More than anyone else, Isaac adapts and listens when coaches discuss changes to his training or concepts to focus on. This makes the experience working with Isaac very enjoyable as he respects the expectations set for him by the coaching staff. Additionally, Isaac displays a positive and progressive attitude toward his training which is reflected by his teammates even on days when morale is low. Isaac also uses his skill set to challenge his teammates, which often pushes the

limits of what they thought was capable on a personal level. In other words, Isaac sets a high standard above the group and displays a demeanor that brings out the best of his teammates both mentally and physically. Isaac has also achieved a 3.30 GPA in the classroom. ~Philip Whitesitt

Washington & Lee University

JORDAN KACH

Senior

Jordan Kach has played an important role in the continued growth of the women's tennis strength and conditioning culture, demonstrating year-round commitment and genuine enthusiasm for the work. She consistently challenges herself while encouraging her teammates to raise their standards, leading through both effort and example. Her dedication to the process, competitive drive, and positive influence make her an outstanding representative of the program. ~David Forman

Nichols College

JOSHUA ALARCON

Junior

Joshua has exceeded the expectations of our weight room and has upheld our standards to the highest level. Whether it is through an injury or a challenging training block, Joshua has found a way to thrive in the struggle, ultimately making him a better athlete and person. Most importantly, this attitude and work ethic makes him a leader which radiates to the rest of the team. He is the heartbeat of his team in the weight room and his consistency day in, and day out has been a big factor in his team's culture of success. ~Kevin Mooney

COLLEGE — TENNIS

William & Mary

JULIA VIESI

N/A

Freshman

Julia has demonstrated tremendous maturity in the weight room, particularly as one of the younger athletes on her team. Despite managing ongoing injuries, she has consistently shown a strong determination to improve each day in whatever capacity she can. She has never allowed her limitations to affect her effort, attitude, or commitment to training. Instead, Julia approaches every session with focus and positivity, making the most of every opportunity to develop. Her resilience and mindset have set a powerful example for her teammates. By consistently bringing energy, accountability, and a high standard of effort to each session, Julia has helped elevate the culture around her. Her perseverance, character, and dedication make her truly deserving of this recognition.

~Conor Cantwell

Duke University

KATIE CODD

Senior

There aren't many athletes that work as hard as Katie Codd. Whether in the weight room, training for speed, agility, conditioning, hitting, or playing, effort and intent have never been doubts. From creating weight room goals, to eagerly learning new movements, or beating personal records, Katie's dedication to never giving less than her all has been a standout in my time with Women's Tennis here at Duke. It has been nothing short of outstanding to work with Katie Codd, and there is no doubt that she deserves to be an NSCA All-American. ~Jordan Bar

William Woods University

KRISTINA DIMITRIJEVIC

Senior

Exceptional student-athlete. Positive leader and hard worker ~Robert Jones

Colorado College

LUCIA MORAVEK

Sophomore

Lucia always brings a ferocious attitude to the weight room. Communicating when necessary to lift outside of team hours due to her school schedule. She wants to be great and is improving every single day she comes in. I never worry about her and appreciate the initiative she takes. ~Derek Savage

Colorado College

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~Derek Savage

Emerson College

FILIPPO NOCCHI

Junior

Filippo leads by example in the weight room with his consistency and effort. His leadership has turned the Men's Tennis team into the most consistent teams in the weight room. ~Ronnie Smithers

COLLEGE — TENNIS

Fresno Pacific University

MALIA MITCHELL

Senior

Malia is one of the most consistent and dedicated athletes in FPU Athletics. She sets the standard through her relentless work ethic and unwavering attitude, consistently going the extra mile in everything she does. After every weight room session, she can be found putting in extra work, not for recognition, but because excellence is her habit.

Her leadership is both steady and inspiring, and her impact on the athletics is immeasurable. Malia models what it means to be a complete athlete, and more importantly, she reflects Christ-like character in the way she lives and leads. She carries herself with humility, continually placing others before herself and serving her teammates with genuine care.

Her success as an athlete is no accident, it is the result of disciplined and consistent effort across every area of her life. That same dedication is clearly evident in her approach to training and competition. Beyond athletics, Malia stands firm in her faith as a servant of Christ. Through her commitment to leading FCA, balancing the demands of being a collegiate athlete, and excelling as a full-time student, she demonstrates daily sacrifice and selflessness. She undoubtedly would continue to make an impact on the world as she continues her education in pursuit of her Doctor of Physical Therapy.

Malia embodies integrity, perseverance, and servant leadership, and she represents the very best of FPU Athletics. ~Michael Sun

Bradley University

MARIIA PUKHINA

Senior

Mariia Pukhina, a senior from Moscow, Russia. She earned MVC All-Conference First Team honors at No. 2 singles in 2024–25 with a 17–9 overall record. Mariia set multiple program conference records during the 2024–25 season, including MVC singles wins, doubles wins, and combined wins. In the weight room, her competitive nature and commitment have translated to her performance shown by four pull-ups, a 125 pound bench press, a seven foot broad jump, and her ability to maintain 700+ watts on the assault bike for 25 seconds. Mariia also consistently shows gratitude for those who support her development and positively contributes to the team culture making everyone around her better. ~Angela Galgano

North Carolina State University

MARTIN BORISIOUK

n/a

Senior

I am very excited to nominate Martin (Bo) for this award because he has all the qualities we look for in a strength and conditioning All-American. He has a positive attitude, is accountable, hard working, is a great teammate, and cares about other's success as much as his own. Bo embraces the leadership role in the weight room helping to make sure everyone is doing things right and is working hard. I love the fact that I can always rely on him to bring it no matter what kind of day it's been. ~Cameron Davidson

COLLEGE — TENNIS

Smith College

NATAZYA SIMUNYOLA

Sophomore

Natazya is an amazing athlete and leader in the weight room. From the first time working with her, she has strived to constantly push herself, cheering for her teammates along the way. Natazya also takes on a leadership role including: guiding her teammates, assisting with warm-ups, and helping to clean up. She wants to understand the different ways to improve, and takes the opportunity to challenge herself during lift and conditioning. She takes pride in everything she does, and it's visible in both the weight room and on the court. Natazya has grown a lot from the first session, and I'm proud to nominate her. ~Sarah Barker

Colorado College

NICK ANDERSON

Senior

Nick, since the moment we began working together, hasn't missed a training session. Is always looking to level up and asks the correct questions. Encourages his teammates on the men's and women's teams to do things the right way and give their best effort. I never need to worry about his work ethic.

~Derek Savage

Huntingdon College

OWEN WHEELOCK

Senior

Owen attacks every session with intent, and never coasts through the work. During his career he showed up ready to work, and elevated the standard for his entire team & program.

~Charles Goodyear

Converse University

PARKER DAVIS

Senior

Parker is a leader at training with his teammates, he demonstrates to them, holds them accountable and pushes them to want to be great. He is a so extremely strong himself with a trap bar deadlift of 480. ~Kevin Darlington

Washington & Lee University

SANJHEEV RAO

Junior

Sanjheev Rao is a reliable and thoughtful leader who understands the value that strength and conditioning brings to performance. He makes the most of his training opportunities and encourages his teammates to take greater ownership of their preparation. His steady work ethic and willingness to lead by example reflect the character and maturity he brings to the program. ~David Forman

COLLEGE — TENNIS

Lewis and Clark College

SUSANNA ANAND

Senior

Susanna has been in the anchor of the women's team as they have developed into a competitive team in the West Coast Region. She has played number 1 singles and doubles her entire career at Lewis and Clark College and has partnered with her strength and conditioning staff to develop her athleticism. Susanna is off to another great start in 2026 as the team in undefeated in match play as of February 25th.2024-25 | Junior

Awards

All-Northwest Conference First Team
All-NWC Scholar-Athlete
College Sports Communicators: Academic All-District

Stats

Total Appearances: 20
Singles Record: 11-9
Doubles Record: 8-13
Singles Conference Record: 6-5
Doubles Conference Record: 5-9

Notables

Competed at No. 1 singles and No. 1 doubles throughout the season.

Was the 2024 ITA Northwest Regional Championships runner-up after earning straight-set wins over Whitman's Sascha Wells in the quarters and Teleya Blunt in the semi-finals.

Posted 11 singles wins, including a key 6-3, 6-3 victory over George Fox's Riley Bobkiewicz on Feb. 23.

Earned a straight-sets win over Whitworth's Richelle Suzuki, 6-1, 6-1, on March 15.

Defeated Hardin-Simmons' Laurel Coleman 6-1, 6-2 on March 27 at the top singles spot.

Picked up a three-set conference win over Whitworth's Gracie Smyley 6-3, 4-6, 6-3 on April 12. Partnered with Charlotte Makoni for five NWC doubles wins, including a 6-2 win over George Fox's number one team on Feb. 23.

2023-24 | Sophomore

Awards

All-Northwest Conference First Team
All-NWC Scholar-Athlete
ITA Scholar-Athlete
College Sports Communicators: Academic All-District

Stats

Total Appearances: 22
Singles Record: 16-6
Doubles Record: 10-10
Singles Conference Record: 5-2
Doubles Conference Record: 3-4

Notables

Earned her second consecutive All-Northwest Conference Team selection.

COLLEGE — TENNIS

Clinched the A Singles Consolation Bracket at the 2023 ITA Northwest Women's Tournament Sept. 28-Oct.1, winning four consecutive matches without losing a set and defeating Willamette's Alexa de Crinis 6-2, 6-2.

With her doubles partner, Seraphina Vossen, upset the third-seeded doubles team on their way to a semifinal finish at the ITAs.

She ended the year with 26 overall wins and a 16-6 (.727) record as the Pioneers' top singles player.

In dual matches, she posted a .733 winning percentage (11-4) and a 5-2 record in NWC contests. Her 16 singles victories are the most in a season for Lewis & Clark since Wiktorina Plawska's 15-6 record in 2017.

2022-23 Awards

Northwest Conference Rookie of the Year

All-Northwest Conference Second Team

ITA Scholar-Athlete

All-NWC Scholar-Athlete

2022-23 Stats

Total Appearances: 36

Singles Record: 8-7

Doubles Record: 7-13

Singles Conference Record: 2-2

Doubles Conference Record: 3-4

~John Corkle

Lewis and Clark College

WADE MCDERMOTT

Senior

Wade has developed over the 4 years into being a complete contributor for the Lewis and Clark College Tennis team reaching 20-4 in singles 13-7 in doubles in 2025. Also part of a team that had their highest team win percentage in 10 years. He's earned multiple All-NWC Scholar-Athlete awards, ITA Scholar-Athlete awards, and College Sports Communicators: Academic All-District award.

Notables from 2023

Played in all 15 spring matches and earned 24 total wins, second most on the team in 2023.

Went 12-8 in singles play with an 8-5 record at No. 5 and a 4-4 record in conference play.

Defeated Willamette's Andre Lief (6-0, 6-0) on March 3.

In doubles, he and partner Joey Lyons made the quarterfinals at the 2023 Fall ITA Northwest Men's Tournament Sept 22-24.

Finished doubles play 12-9 on the year, 6-6 at the first position, and 4-4 in the NWC.

Defeated No. 31 George Fox University's No. 1 doubles team, Vahag Pashayan and Lars Schmassmann (8-7 (2)) with Lyons.

Earned his first career NWC Men's Student-Athlete of the Week recognition after going 3-1 against George Fox and Willamette for the week ending March 3. ~John Corkle