

COLLEGE — TENNIS

AVERETT UNIVERSITY

SAMUEL EGUI

Sophomore

Samuel'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, Samuel's impact both on the court and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world ~Samuel Roome

AVERETT UNIVERSITY

KEIRA GUNNING

Junior

Keira'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, Keira's impact both on the court and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

BARRY UNIVERSITY

SIMONE CAVALLERI

Sophomore

Ready to go mentality. Goes through each set and rep with the intention to get better. ~Ellen Cederin

BARRY UNIVERSITY

ALINA MICHALITSCH

Freshman

Alina is a very hard-working individual with a winning mindset. She will do anything in her power to improve her tennis game and this shows in the weight room. She is always looking for extra workouts and has been named SSC player of the week 2 weeks in a row!

~Jennifer Michuda

DUQUESNE UNIVERSITY

JIN DASSANAYAKE

Senior

Jin Dassanayake sets a standard of excellence for the men's tennis team. His leadership has been a vital component of the success they've seen this year. As the captain of the team, he holds his teammates accountable and pushes them to give 100% effort in all aspects of their training, whether it's in the weight room or on the tennis court. Jin has a competitive drive that is unmatched; he's consistently a top performer in the weight room and takes pride in his training. He has been an outstanding student-athlete and I thoroughly enjoyed being his strength coach. ~Liz Lee

DUQUESNE UNIVERSITY

ELLEN SHANAHAN

Senior

Ellen Shanahan has been one of the most consistent student-athletes I've ever known. She treats every lift, every match, and every practice with the competitive attitude of a great leader and captain. She has been a solid example of hard work and her efforts in the weight room have clearly translated onto the tennis court. Her positive attitude has been a major component in creating a strong culture for the women's team. Not only is she a great athlete, but also an excellent student and has a very strong future ahead of her after she graduates.

~Liz Lee

COLLEGE — TENNIS

ENDICOTT COLLEGE

LEJLA GUSTER

Junior

Lejla Guster, the epitome of leadership at Endicott College, stands as a formidable presence both on the tennis court and in the weight room. Her unwavering dedication and exceptional skill set her apart as a transformative force within her team, inspiring her peers to reach new heights of excellence. With a multitude of accolades, including the prestigious title of co-player of the year, Lejla's impact extends far beyond individual achievements, shaping the very essence of her team's ethos. Her leadership not only elevates performance but also fosters a culture of resilience, determination, and unwavering commitment to success, making her a true champion both in sport and in character. ~John Dustin

IOWA STATE UNIVERSITY

ANNA KUEARUM

Junior

This athlete shows her dedication to being the best athlete through the weight room. Showing up everyday and pushing herself mentally and physically.
~Jermima Job

LIMESTONE UNIVERSITY

CAMILA MOLINA-BARRANCO

Singles & Doubles

Sophomore

Camila was the first tennis athlete to truly buy in to the strength and conditioning program. Once she understood the process and what benefits she could gain, she began asking for more sessions. She always gives 100%, and her work ethic has rubbed off on some of her teammates. Despite her quiet disposition, she leads by example to those around her. Her attitude and drive has turned a previously discouraged tennis program into a hard working group hungry for success.
~Austin Black

PIEDMONT UNIVERSITY

SARAH ROW

Sophomore

Sarah epitomizes all things being taught in the weight room, she communicates very well, her strength is improving dramatically, and she is an AWESOME teammate. Everyone on campus knows when Women's Tennis is in the weight room because she calls the team break which can be heard campus-wide. She is someone who helps us win matches with her energy on and off the court, I am excited to see where she can bring out a back-to-back conference championship-winning team.
~John Delf-Montgomery

UNIVERSITY OF CONNECTICUT

ISABEL PETRI BERE

Junior

Izzy's consistent dedication and positive attitude have undoubtedly made her a standout. Her unwavering commitment to excellence, both in her personal efforts and in motivating her teammates, sets her apart. Her willingness to go above and beyond, even when no one is watching, reflects her intrinsic drive for success. It's evident that her hard work and determination have paid off, as reflected in her ranking as first on the team for performance testing. Izzy serves as an inspiration and a testament to the power of perseverance and determination. ~Moe Butler



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — TENNIS

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

LEA KARREN

Senior

In three seasons with UTRGV Women's Tennis, Lea has been a great leader for her team. While having to overcome injury multiple times, her hard work and passion never diminished. On the court, she is known for being a powerful source of energy for her Lady Vaquero teammates. She has produced a record of 21-21 in singles and 26-17 in doubles. Earned Doubles All-WAC Second Team honors in 2023 after going 6-3 in conference and was named the UTRGV Comeback Athlete of the Year. ~Lucas Monroe