

COLLEGE — TENNIS

Bradley University **ANNA BELOGLIADOVA**

Junior

Anna Belogliadova, a tennis athlete from St. Petersburg, Russia, came to Bradley University to pursue both her athletic and academic dreams. She has shown her excellence on the court while maintaining a strong academic standing. Anna has secured her spot as Bradley's top tennis player for over 2 years, as well as a spot on the Bradley Athletic Director's Honor Roll in Fall 2022 and recognition as an MVC Second Team All-Scholar Athlete for the 2023-2024 season. Anna comes in every day with a smile bigger than herself, calling herself an "invasive species" as she pushes to go beyond the standard. She leads by example, actively listens, does everything from the warmup to the cooldown with intent, and makes the most of her resources. Even when injuries arise, she finds any possible way to keep working and embraces every challenge with the same smile she had before. Beyond tennis, her strength speaks for itself benching 135, deadlifting 345, and squatting 235 pounds. Her dedication, leadership, and unstoppable mindset make her a true force to be reckoned with. ~Angela Galgano

Brandeis University **DYLAN WALTERS**

Senior

Dylan has become an outstanding leader in the weight room, setting an example for his younger teammates. He treats every session as an opportunity to get better and values the relationship between his work in the weight room and the payoff on the court. Dylan has pushed his teammates to work hard and has put in extra work all year. Great job, Dylan! ~Kaitlin Carson

Clemson University **SOPHIA HATTON**

Senior

Sophia Hatton is the definition of an S&C All-American and what it means to be a Clemson Tiger. She has dedicated countless hours into becoming the best version of herself throughout her years here. She has become an outstanding leader for a young team and continues to push them to be better. I couldn't think of anyone else who deserves this award more than her. ~Stacie Morris

Colorado College **NICK ANDERSON**

Junior

Nick has helped change the culture of the tennis team during team lifts. He leads his team to putting forward the effort in the weight room that is needed for improving on the court. ~Lily Griffith

Colorado College **AMELIA KARR**

Freshman

Amelia is an amazing addition to the tennis team's culture. She has made the weight room a positive place to grow for the rest of the women's tennis team ~Lily Griffith

COLLEGE — TENNIS

Concordia University, Nebraska.

TESSA BLOUGH

Senior

Concordia University, Nebraska junior Tessa Blough has earned high distinction from the Intercollegiate Tennis Association (ITA) for her leadership, sportsmanship, and dedication to the game. A native of Cody, Wyo., Blough was named the 2024 ITA NAIA National Arthur Ashe Leadership & Sportsmanship Award Winner, as well as the Central Regional Arthur Ashe Leadership & Sportsmanship Award Winner. Her commitment to excellence extends beyond competition, as she has also been recognized as a 2024 NAIA Scholar-Athlete and a 2023 NAIA Scholar-Athlete, showcasing her dedication both on and off the court. She has been a key contributor for Concordia Tennis, earning 2024 All-GPAC Honorable Mention in doubles and 2022 All-GPAC honors in doubles and Honorable Mention in singles. Blough's success is a direct reflection of her tireless work ethic—whether she's sharpening her skills on the court or pushing herself in the weight room, she consistently strives to improve. Her commitment to strength training and conditioning has allowed her to elevate her game, building the endurance and power necessary to compete at a high level. Known for her relentless drive, she embodies the spirit of a dedicated athlete, always pushing her limits to reach new heights. ~Chevy Stout

Converse University

KHUSHI KHARB

#1 Singles

Junior

Khushi is not only a great athlete, but she's an incredible person too, who is always very willing to learn. She is also very gifted academically and has a very strong work ethic on and off the tennis court. She is currently our winningest tennis athlete for our women's tennis program, and she loves putting in work in the strength facility and her work ethic runs off on her teammates. ~Kevin Darlington

Converse University

LEOPOLD MOREL

#4 Singles

Senior

Leo is an extremely hard worker, loves the weight room, is a great leader on and off the tennis court, has very solid academics, and is a great pleasure to coach. He's very big on getting both his tennis technique and his weightroom techniques near perfect, which is why he's very successful.

~Kevin Darlington

Duke University

ELLIE COLEMAN

Senior

Ellie Coleman is a prime example of hard work. She is incredibly coachable, pays attention to detail, and will put in the effort needed to get better. She is a leader in and out of the weight room, and does so by example. I am proud to nominate Ellie Coleman as NSCA All-American. ~Jordan Bar

COLLEGE — TENNIS

Fairmont State University

ALEX STACY

Senior

Alex Stacy, a senior from Charleston, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. Alex has been extremely consistent with his training, both in the weight room and on the court. Alex has PRs on the bench press at 235 lbs, back squat at 365 lbs, and deadlift at 365 lbs. Alex's role has grown on the court as he enters this season competing in both singles and doubles matches. He is equally as dedicated in the classroom, where he currently has a GPA of 3.54, while majoring in business administration. He has been named to multiple MEC all-academic teams and the ITA all-academic team during his career. Our tennis program, strength & conditioning program and entire athletic department are all better because of student-athletes like Alex Stacy.

~Adam Kolberg

Fresno Pacific University

PABLO ZUBIETA

Senior

Pablo Zubieta has been recognized as an All-American Strength and Conditioning Athlete of the Year, a testament to his relentless work ethic and dedication. He is one of the hardest workers in the weight room, always pushing himself to improve and set new standards. His commitment was evident this past summer when he put in the extra work to ensure he was prepared for the 2024-25 season. Pablo's discipline and drive make him a standout athlete, and his efforts have not gone unnoticed. This honor reflects the countless hours

he has invested in his development, proving that hard work truly pays off. ~Whitney Leyva

Lewis & Clark College

MATT CHIO

Senior

Over four seasons Matt has earned multiple NWC Scholar-Athlete honors, all while leading the team in wins the past two seasons. He has been a staple of hard work and dedication to the college's strength and conditioning program. Matt's work ethic transcends the weight room and the court of play. ~Angela Dendas- Pleasant

Springfield College

NATALIA PEYON

Sophomore

Natalia is an incredibly hard worker and always seeks out ways to challenge herself and increase her abilities. She leads her teammates through example and betters those around her. ~McKenna Wells

Springfield College

ZACH TAUB

Senior

Zach always brings 100% to the weight room. He leads his team by example and challenges those around him through his energy and commitment. ~McKenna Wells

COLLEGE — TENNIS

University of Wisconsin-Whitewater

ANDREW DUMBAULD

Junior

Andrew is a hard worker, great communicator and gets the most out of every practice opportunity and workout session. He is successful on the court and classroom because of his leadership ability and work ethic. ~Lee Munger

Washington and Lee University

MEAGAN DONOVAN

Singles/Doubles Player

Senior

Meagan Donovan has been a standout in the weight room for over the past two years. She understands that improving her strength, conditioning, and rotational power will translate to her on-court performance. Because of her strong leadership skills, her influence has motivated her teammates to strive for excellence. Just her attitude alone has helped to ensure that with every training session, she has not only improved herself but her teammates as well. She accomplishes this by consistently setting the tone for hard work and accountability in the weight room. Not only does she strive for excellence on the court and in the weight room, but she is exceptional in the classroom as well. She has earned All-Academic awards for the conference our school competes in, as well as receiving recognition by the ITA, being named an ITA Scholar-Athlete. Meagan's dedication to her team's success and her commitment to strength and conditioning make her extremely deserving of this award. ~Catherine Rossi

William Woods University

HANNA LINDEBOOM

Senior

Hanna Lindeboom's four years on the tennis team have been marked by significant growth in dedication and work ethic. She's become a valuable leader, inspiring her teammates both through her personal example and her encouraging spirit. ~Robert Jones

William Woods University

PHILLIP LUCAS

Senior

Phillip Lucas brought consistent dedication to the men's tennis team, solidifying his role as a vital voice during workouts. His resilience and successful recovery from injury further highlight his commitment. ~Robert Jones