

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — FIELD HOCKEY

New Trier BEATRICE OTTSEN

Senior

Beatrice had a historic career in the New Trier Field Hockey program. Beatrice made the varsity squad as a freshman and earned a starting role as a sophomore. During her four years, she was crowned a state champion three times. In the 2024 season, Beatrice led the Trevian defense to 13 shutout victories and only allowed 17 goals in 25 games played. Of the 17 goals, only 4 were scored by teams in-state. Beatrice and the Trevians won the Illinois State Championship and finished with a national ranking of 14. Beatrice is one of the best Trevian defenders and leaders to come through the program. Beatrice was named the 2024 Illinois Defensive Player of the Year, NFHCA First-team all state, and NFHCA First team all region, and NFHCA Senior Impact team. Beatrice's success derives from her work ethic. She works hard on the field and is committed to the New Trier Strength and Conditioning program. Beatrice is diligent with her strength training and not only looks to better herself, but is a leader to those around her. Beatrice inspires others to train in the off-season and leads by example. Beatrice will continue to impact the strength program as she will be assisting with strength and conditioning the summer after she graduates. Beatrice will be playing at the University of Michigan next year. ~James Davis