

COLLEGE — SOCCER

AMHERST COLLEGE

CECILIA CURRAN

Defense

Senior

Cecilia Curran is being nominated for her exemplary energy and effort in the face of adversity over the course of her athletic career at Amherst College. Her dedication to doing whatever it takes to be the best athlete she can be, while also performing at the highest level in the classroom (3 year All Conference Academic) is an inspiration to me and the staff. Her unwavering positive attitude has brought an unmeasurable amount of energy to her team and the department. ~Chris Boyko

AVERETT UNIVERSITY

OLIVER KOUSHOLT

Defense/Midfielder

Junior

"Oliver epitomizes dedication and passion in sports, showcasing remarkable enhancements in sports performance and enthusiasm for training. His leadership style, characterized by vocal and proactive qualities, serves as a beacon of inspiration for his team, both on and off the field. Oliver's unwavering attendance speaks volumes about his commitment to achieving excellence."

~Tyler Smith

AVERETT UNIVERSITY

ERIKA LINDSTROM

Midfield/Defense

Junior

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

BARRY UNIVERSITY

MARTIN RASMUSSEN

Defender

Junior

Coming back from a serious knee injury, Martin's work ethic has been unrivaled to get back on the field.

~James Karr

BARRY UNIVERSITY

ELLA WALLFUR SKILJIC

Junior

Amazing work ethic. Pushes herself to get stronger, faster and better in every situation, trustable captain with good leadership skills ~Ellen Cederin

BRANDEIS UNIVERSITY

CHRISTIAN GODINHO

Junior

Christian's dedication, focus, and respect in the weight room is impeccable. He has shown great strides in his training, is always willing to go above and beyond, and is never afraid to ask for help to improve his lifting technique. Christian's energy, attention to detail, and class make him a fantastic athlete to coach.

~Kaitlin Carson

CAL POLY HUMBOLDT

MEGAN JANIKOWSKI

Defender

Junior

Megan's dedication on the field and in the weight room helped her team to one of the best finishes in program history, including a post season victory. Individually, Megan was recognized as one of the best defenders in the conference with a first team All CCAA selection. With another season to go, and another off-season in the weight room, Megan's greatest accomplishments are still to come! ~Andrew Drew Petersen

COLLEGE — SOCCER

CLEMSON UNIVERSITY

SYDNEY MINARIK

Outside Back

Senior

Sydney Minarik has a relentless pursuit of being the best version of herself everyday no matter what environment she is in. Syd is so bought into the process and how it can drive her and her teammates to find ways to embrace doing the controllables extremely well. Her work ethic on and off the field is impressive due to the actions and behaviors she does with fine detail and intent. She makes everyone around her better and leads with assertiveness, grace, and confidence. ~Erika Troutman

COLORADO COLLEGE

ALEX SANDOVAL

Midfield

Senior

Plainly, Alex is just an awesome person to coach. The way she has battled adversity in her career and has gone to work every single day with an unwavering positive attitude has made Alex a joy to be around. I really enjoy that she's always eager to find a way to improve and no doubt will be a huge success in whatever she decides to do in the future. ~Cam Davidson

DALLAS BAPTIST UNIVERSITY

JACK GOLDEN

Defender

Sophomore

Jack is such a hard worker. Most athletes are but Jack wants to work hard. He sustained an injury which required surgery and some time off the field. Since rehabbing, he has come back even stronger and even hungrier! He is always looking for ways to improve and progress. I can't wait to see how Jack does this Spring and even more excited for the Fall! ~Alex Spencer

DREXEL UNIVERSITY

EMMA GOODROW

Defender

Senior

Emma, has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Emma's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman.

~Michael Rankin

ENDICOTT COLLEGE

GRACE JEWETT

Forward

Junior

Grace is an athlete who has been able to accomplish a lot in her time at Endicott. She leads both on and off the field both her team and the entire student-athlete body. Jewett has been a driving force in pushing the women's soccer team to new limits. Grace is an athlete that serves as a phenomenal role model on what it means to be a student-athlete. ~John Dustin

FORT HAYS STATE UNIVERSITY

ISABEL ROBBEN

Goalkeeper

Senior

Isabel is a tremendous young woman, with outstanding character. She was a leader for her team both by actions and by words. She was a positive influence for her teammates, willing to help out in any way she could, but also demanding the best from them. She ranked 5th in NCAA DII with 11 individual shut outs. Isabel has an incredible work ethic and will accomplish many things and have great success because of it. ~Doug Boucher

COLLEGE — SOCCER

GLENDALE COMMUNITY COLLEGE

SEBASTIAN FLORES

Defender (Right Back)

Sophomore

Sebastian, also known as "Sebas," has been an invaluable asset as the starting right back for the GCC Gauchos. Over the past two years of coaching him in the weight room, it has been an absolute privilege to witness his unwavering dedication and exceptional work ethic. Whether it's on the pitch or in the weight room, Sebastian consistently brings a positive attitude and an unmatched commitment to improvement, always trying to put in extra work. Not only does he excel athletically, but he also maintains an impressive 3.6 GPA, showcasing his dedication to success both on and off the field. Sebastian is truly an outstanding young man with a world of opportunities awaiting him. ~Skyler Hollingsworth

HARDING UNIVERSITY

VEAGAN JONES

Defender

Junior

Veagan is an outstanding young lady and an accomplished student. Beyond her accomplishments is a kind-hearted, encouraging, and humble person who enjoys helping others. I was able to work with Veagan as she returned to sport last year and it is an honor to recommend her for this award. Below are a few of her accomplishments:

- Harding women's track 800 runner (2021-2024)
 - Women's track GAC champions 2021 & 2022/GAC runner up 2023
 - Harding women's soccer (2020-2024)
 - Member of mission 4:31 (2022-2024)(group organized to elect leaders on sports teams to help encourage and guide teammates in their faith)
 - Major in Exercise science/Minor in Spanish
 - Elected to play on WPSL Oklahoma FC 1st team (2023)

- Elected to play on WSPL Oklahoma FC U-21 (2023)
- Member of Pi Theta Phi at Harding
- Awarded academic scholarship (2020-2024) ~Elizabeth Mullins

HAVERFORD COLLEGE

SADIE KIM

Midfield

Senior

Sadie's training intensity, leadership, and ability to overcome adversity are what stands out to us as a Strength and Conditioning All American. Sadie had always been a solid athlete, and would play in games, but never an everyday starter for Haverford soccer. After her Junior season she was elected captain and was poised to be an important piece for the team for her senior year. That Junior offseason Sadie demanded more from herself and elevated the way she went about training. She brought an intensity to her training that everyone else was chasing to keep up with. Sadie pushed the team to match her intensity, and her presence made everyone else's workouts better. Sadie saw some pretty great improvements during that time, becoming the fastest, highest jumping, and one of the strongest kids on the team. Then during a pickup game 5 months away from her senior season she tore her ACL. With such short time between the injury and her season, she wasn't sure if she was going to every play Haverford soccer again. But she got surgery, rehabbed her face off, and was able to play in the last 3 games of the season. Although it wasn't the career she wanted, the progress she was able to make and her ability to get back on the field speak volumes about her character and the kind of work ethic she possesses. ~Nicky Miranda

COLLEGE — SOCCER

HOBART AND WILLIAM SMITH COLLEGE

LILA COHEN

Defender

Junior

Lila Cohen's passion, drive, and spark makes her a top notch leader and strength and conditioning All-American. As a sophomore Lila was very passionate about improving her VO2 test standard, as being a William Smith soccer player it is a part of their fitness assessment. She started taking initiative by increasing more conditioning workouts and extra lifts into her routine. As a result of her relentless work she was able to decrease her time and become part of her team's leadership squad. While Lila leads by example in the weight room, what really makes her special is her ability to bring others along with her. Now it's not just her doing extra work, it's her and a few of her teammates.

~Brittany Krivicich

HUNTINGDON COLLEGE

MADISON TRYON

M

Senior

Madison has an impeccable work ethic, and does not mind things becoming uncomfortable. She has always been up for a challenge, and spreads that competitive mindset to those around her. ~Charlie Goodyear

IOWA STATE UNIVERSITY

MADDIE BRANT

Defender

Senior

This athlete is a leader and shows it through her work ethic, accountability, dedication, and mental toughness. These attributes hugely show in the weight room pushing herself everyday to be the best athlete but also the best person. ~Jermima Job

MINNESOTA STATE UNIVERSITY, MANKATO

MACKENZIE RATH

Goalkeeper

Senior

Mack's impact on the Minnesota State soccer program cannot be overstated. The effort and attention to detail that she brings to training has positively influenced everyone on the team. Mack has used her leadership role to help younger athletes learn new movements as well as encourage teammates through challenging workouts.

~Brett Nelson

PIEDMONT UNIVERSITY

ELISSA LOTTER

Defender

Senior

Since arriving at Piedmont Elissa has provided our backline stability and expert play. She has played in every game while at Piedmont and has exceeded in the weight room as well. She always found time in her busy schedule of student teaching, playing, and normal studies to be consistent in the weight room and an awesome leader of example. Elissa will be successful in every aspect of life!

~John Delf-Montgomery

PIEDMONT UNIVERSITY

MIKE PORCELLI

Senior

After a historic run for our Men's tennis team last year in a close defeat in the conference tournament finals. Mike led the team last year on and off the court and he's back to do that and more. The team's goals are very high and Mike has led from the front making sure training is done at the highest level, without missing any training days, and in the 19 Varsity matches played last year in both singles AND doubles. ~John Delf-Montgomery

COLLEGE — SOCCER

PORTLAND STATE UNIVERSITY

CAM DIXON

Defender

Senior

Cam gave up her senior year to give her mom part of her liver to save her life. She has made a remarkable comeback and surpassed all expectations in the weight room and is back to full speed ahead. She will test higher than when she had the surgery. Cam is a leader in the weigh room and on the women's soccer team. Her leadership qualities are why I have allowed her to intern for me for 2 terms. Congratulations to Cam for this honor. In my 20 years at Portland State she is one of the most deserving to earn it. ~Scott Fabian

ROANOKE COLLEGE

ASHLYN BERRY

Defense

Sophomore

Ashlyn is a tireless worker who absorbs all the coaching we can give her. She is very focused during her training sessions and pays close attention to all details that are presented daily. As workouts progress, her intensity increases, and her accomplishments continue to grow. As our program is brand new, I have very few measurables for her. Her most recent bench press is 135lbs. Her most recent hang clean max is 150lbs. I am excited to see these improve. ~Scott Bennett

ROCHESTER INSTITUTE OF TECHNOLOGY

DAN GEBURA

Defense

Senior

Dan exemplifies the essence of "Lead by Example" through his consistent dedication and outstanding performance in the weight room. His discipline and accountability set a high standard for his teammates, striving for a culture of excellence. Dan pushes fellow student-athletes both in the weight room and on the field, encouraging others to maximize their potential. His

actions speak volumes as he practices what he preaches, showcasing some of the strongest cleans, squat and bench press on the team. ~Ryan Kelly

SALEM STATE UNIVERSITY

MADI RYAN

Defender

Sophomore

As a sophomore, Madi has been a great person to have around our program. She has shown great potential as a young leader for the women's soccer team by never missing a lift, leading by example, setting the tone, and most importantly attacking all aspects of training without fear. Madi is a Sport & Movement Science major with a 3.2 GPA. She is analytical in her training, always seeking a deeper understanding of our program processes. Since November, Madi has increased her strength levels by 66% (upper body) and 133% (lower body) respectively. Madi has an upward trajectory as a well rounded student-athlete and I am looking forward to seeing her continued development both on/off the field as a leader. ~Francisco Aguilar

SOUTHERN METHODIST UNIVERSITY

MARTIN DOMINGUEZ

GK

Junior

Martin has persevered through many obstacle to become the young man he is. He pushes himself beyond what most athletes deem possible all in the pursuit of being there for his team when it matters most. His work on the field and in the weight room is a great example for all student-athletes. ~Peter Kenn

SOUTHERN METHODIST UNIVERSITY

JENEVIEVE JACKSON

Junior

Jen exemplifies effort and intensity. She works tirelessly to ensure she does her role for the team on the field and in the weight room. ~Peter Kenn

COLLEGE — SOCCER

TRINITY UNIVERSITY

BAILEY MEYER

D/M

Senior

Bailey has grown tremendously in her time with us at Trinity. In her first year she demonstrated a more timid and fragile mindset, so seeing her grow into the strong and determined student-athlete that she is has been amazing and is a testament to the hard work she has put into becoming a relentless competitor. ~Daniel Martinez

UNITED STATES AIR FORCE ACADEMY

THADDAEUS DEWING

Forward

Senior

Thad is a true leader of character, and is a living example of the Core Values of the United States Air Force Academy. Not only a talented soccer player, he led by example in the weight room in his command presence from his form to technique to weight selection. He invested in his athletic performance, nutrition and sleep habits, which can be challenges at any Service Academy. He improved each year in his max effort lifts and conditioning, and those efforts in the weight room and on the field led him to multiple All-WAC teams and professional tryouts. He will be a great addition to the Long Blue Line! ~Kim Pinske

UNITED STATES AIR FORCE ACADEMY

GRACE SUBLETTE

midfield

Senior

- Played in 53 career matches, including 45 starts.
- Notched her first goal and assist in her final season.
- Totaled 3,614 career minutes on the pitch.
- Four-time Academic All-Mountain West Team selection.
- Three-time Mountain West Scholar Athlete.
- College Sports Communicators (formerly COSIDA) Academic All-District Selection in 2023.
- Has appeared on each of the Dean's List, Athletic Director's List, and Superintendent's List.
- Went on OPS to Davis-Monthan AFB, rode F-16 and HH-60
- Was Tactical Combat Casualty Care (TCCC) Superintendent for BCT, teaching basics medical techniques.
- Athletics Element Leader.
- Team captain in 2023.

~Drew Bodette

UNIVERSITY OF PENNSYLVANIA

MAYA LESCHLY

Defender

Senior

Maya is one for the record books, one of the toughest athletes I have had the pleasure of coaching. A gritty athlete and dare I say a backbone to our defense, Maya is a true competitor. She welcomes a challenge and fights through everything with a smile! Her leadership speaks volumes even if she doesn't say a word – Maya's presence is commanding and a force to be reckon with. Maya is reliable, resilient, and a great teammate on the field, in the classroom, and down in the weight room! So excited to have her back for another year, but I can't wait to see what she does next! ~Emily Kolsevich

COLLEGE — SOCCER

UNIVERSITY OF PITTSBURGH

CHLOE MINAS

Midfielder

Senior

Chloe has been a multi year captain, president of the student advisory committee, and actively helps in the weight room. She is active in our whole athletic department and consistently works to make not only herself, her team, but all other teams better. Chloe always does extra work and brings teammates with her. She provides so much energy in the weight room and is by far one of our strongest female athletes. We are better because of Chloe! ~Brenna MacDonald

UNIVERSITY OF PROVIDENCE

MELANIE ALVARADO-LOPEZ

Junior

Her leadership, work ethic and discipline inside the weight room will take her far in life. She puts 110% effort into every lift. Proud to be part of her athletic career and see where she goes in life. ~Lucky Lovan

UNIVERSITY OF PROVIDENCE

GEOVANNI LUGO

Freshman

His dedication and commitment to being the best is unmatched. Proud to see how far you've come and where you're going to next. ~Lucky Lovan

UNIVERSITY OF REDLANDS

MALIA KUHL

Midfield

Junior

I am honored to nominate Malia Kuhl, an outstanding female soccer player. Malia has consistently displayed remarkable leadership and communication skills on the field, contributing significantly to the team's success, which earned her All-Conference Honorable Mention as a first year. Her prowess in weightlifting is equally impressive. Since then, she has continued to achieve

notable performance gains, underscoring her dedication to strength and conditioning. Malia is not only an asset to our soccer team but also a role model in the weight room. ~Anthony Penalber

UNIVERSITY OF SOUTHERN MAINE

MIA SARGENT

Defense

Senior

Decorated All Region, All Conference and Player of the year. Has seen big gains in strength over her 4 years. Best lifts include 135 bench, 225 squat, projected 155 clean. Has also improved her movement particularly straight ahead. ~James Giroux

UNIVERSITY OF TENNESSEE AT MARTIN

IZZY PATTERSON

Midfield

Junior

Izzy demonstrates what coaches look for in a student-athlete. In the classroom, she has been selected to the OVC Commissioner's Honor Roll, Athletic Director's Honor Roll, and achieved OVC Medal of Honor each semester she has been at UTM. In the weight room, Izzy has become an extension of the sport performance staff through her leadership and desire. On the field of play, Izzy has been instrumental in the championship success while garnering All-OVC First Team selection twice, one All-OVC Second Team, and All-OVC Newcomer Team. ~Chris Gillies

COLLEGE — SOCCER

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

TRISTAN SINGH

Defender

Senior

Tristan has shown leadership qualities in the weight room and on the field. In two seasons with UTRGV Men's Soccer, he played and started in 28 games. On the field, he was a part of a defensive unit that held opposing offenses to under 2 goals per game and accumulated 12 shots on goal and 4 total points on the offensive side of the ball. This past season, Tristan had the honor of serving as team captain. ~Lucas Monroe

UNIVERSITY OF WISCONSIN - LA CROSSE

JENNA NICHOLS

Defender

Junior

Jenna has been an integral part of the UWL soccer team since joining the team in 2021. She helped the team to a 16-winning season in 2021, including a trip to the NCAA Division III championship quarterfinals. In 2022, she was a part of a 21- win season, including a trip to the NCAA Division III Championship 3rd round. In 2023, she was selected to be team captain, and helped the team collect 20 wins. Unfortunately, the team was eliminated in the NCAA Division III quarterfinals in a heartbreaking match that went to penalty kicks. In her 2022 season, she suffered a torn ACL. She spent the following off-season training and strengthening her body to be ready for the 2023 season. When not on the field, Jenna can be found hard at work maintaining her GPA. In her time as a student, she obtained a 3.77 cumulative GPA and was accepted into UWL's Physician's Assistant Master's program. In the weight room, Jenna was a key component in pushing her and her teammates to go beyond their perceived limits. Based on Jenna's hard work in all aspects of her life, she has certainly earned the ability to be named an NSCA Strength and Conditioning All-American. She has a high ceiling and can

go wherever and do whatever she sets her mind to.
~Philip Whitesitt

VASSAR COLLEGE

LUCY GETZIN

Midfield

Sophomore

Lucy Getzin is strong and driven. Lucy brings an on-field competitive nature to every training environment. Her ability to rep out chin-ups one second and push big deadlifts the next makes her one of our most well-rounded student-athletes. What sets Lucy apart is her work ethic and commitment to the process. ~Alice Read

VASSAR COLLEGE

JACOB RAPHAN

Goalkeeper

Freshman

Jacob Raphan is driven and passionate. Jacob is pushing the limits with each rep both in the weight room and on the conditioning floor. He maximizes every opportunity to grow and lead and is quickly setting himself apart as a first year. It is this work ethic and energy that sets him apart. ~Alice Read

WASHINGTON AND LEE UNIVERSITY

SYDNEY SMITH

Goalkeeper

Senior

A hard worker and leader Smith finished the year with a 0.72 goals-against average across 1,743:24 with a 0.827 save percentage and eight clean sheets. She recorded a season-high seven saves in three games, including in the first round of the NCAA Tournament against No. 3 Carnegie Mellon, as well as a three-save shutout against then-No. 2 Christopher Newport. Smith was tied for the second-most clean sheets in the ODAC, and she ranked third in both GAA and save percentage. ~Aron Gibson

COLLEGE — SOCCER

WEST TEXAS A&M UNIVERSITY

THEO BENNETTS

Defense

Junior

Theo is a Junior transfer here at WT and was immediately thrown into the spotlight. He had to command and lead our back line, which speaks to his leadership on the field. His work ethic in practice was un-matched, holding the team to a high standard. His team responded well and looked to him for leadership throughout games and the 2023 Fall season. He is beyond focused this off season, looking to lead WT in the LSC conference in 2024. Beyond excited to see what his future holds! ~Brandon Miller

WEST TEXAS A&M UNIVERSITY

KYNDAHL BRITTON

Defender

Junior

Kyndahl is one of the most versatile athletes and humans I have ever worked with. She is a student, athlete and involved in all aspects of the university band as a music major. Kyndahl understands that her soccer fitness helps her ability to play her flute at a very high level and always keeps her aerobic fitness strong. On the field her strength and endurance show in her ability to play in the back and move forward to be a scoring threat when needed. ~Sarah Ramey

WILLIAM WOODS UNIVERSITY

EVAN FILER

Senior

Evan Filer consistently demonstrated exceptional dedication and leadership throughout his career at William Woods University. From the outset, Evan's strong work ethic was evident, laying the foundation for his role as a reliable leader within the team. Whether addressing issues or facilitating training sessions, Evan's ability to communicate effectively and inspire his teammates was invaluable. His commitment translated seamlessly onto the playing field, where he emerged as a pivotal member of the team during his senior year.

~Bob Jones

WRIGHT STATE UNIVERSITY

BROCK PICKETT

Midfield

Junior

Brock has set an example since his freshman year of what is expected in the weight room. He pushes himself and the rest of the team every training session.

~Alyssa Crusey

WRIGHT STATE UNIVERSITY

KIERA SARKA

Goal Keeper

Senior

Kiera has overcome challenges her entire collegiate career. She has persevered through them all on the field and in the weight room. This past year she has shown outstanding strides and commitment in the weight room. ~Alyssa Crusey