

COLLEGE — BASKETBALL

AMHERST COLLEGE MOHAMMED ALAUSA

Guard
Senior

Mohammed is one of the most dedicated, passionate, and hard working athletes I have ever coached. His discipline and attitude while facing adversity has set him apart as an athlete and a man. Mohammed not only has excelled as an athlete, but immersed himself in the Amherst College community and his academics. Working with him has made me a better Coach and person.

~Chris Boyko

AMHERST COLLEGE LAURA MENDELL

Guard
Sophomore

Laura came into Amherst College in first year six months post-ACL repair for the second time, knowing she would be missing her first season of college basketball. She spent the entire year navigating rehab, lifting, and agility work for five days a week, barely missing any sessions. Her tenacity, grit and determination to return better than she was before is truly inspiring. In her first year back playing basketball, she has earned a starting spot on a nationally ranked team, and continues to lead her team by example, always putting in the extra time to be the best that she can be. I couldn't be prouder to have had the opportunity to be a part of her incredible journey!

~TJ Cahill

AVERETT UNIVERISTY BRIANNA SAMS

Forward
Sophomore

Brianna'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, Brianna's impact

on the field transcends mere statistics, leaving an unmistakable mark on the sporting world.

~Samuel Roome

BARRY UNIVERSITY CHIARA FUSARI

Guard
Senior

Chiara came back from a 2nd Knee injury ahead of schedule and played in every game her senior year. Her hard work and dedication was a staple in her returning and scoring her 1,000th career point. ~James Karr

BARRY UNIVERSITY ADREN ROBERTS

Guard/Forward
Sophomore

Adren has taken a big leap this year. His hard work in the weight room has showed up on the court. He always shows up with the right mindset and is a pleasure to coach. ~James Karr

BRADLEY UNIVERSITY ISIS FITCH

Forward
Senior

"Isis has made unbelievable strides since she has entered Bradley University. Her dedication to training (on and off court) and work ethic is unparalleled. This especially shows in the weight room with her back squat max improving to 250 pounds, her bench press at 155 pounds and hip thrust over 400 pounds. All of this effort has translated on the court as well with her becoming a full time starter, leading her team in rebounds and double doubles this season. She is an exceptional leader and I am excited to see what the future has in store for her."

~Matthew Friend

COLLEGE — BASKETBALL

BRADLEY UNIVERSITY

CONNOR HICKMAN

Guard

Junior

Connor Hickman has elevated Bradley University Athletic standards in work ethic and discipline on and off the court. When he arrived at Bradley, he made the all-Freshman team for MVC as well as MVC Academic Excellence team while being the strongest and fittest freshman we have ever had. Since then, he has gone on to set strength records with over 315 lb. bench press, near 600 lb. trap bar deadlift and over 400 lb. squat. Connor also was the fastest and most explosive (44 inch vertical) in all combine agility and speed numbers surpassing the marks set by our prior NSCA All-Americans culminating in a over 30 rep mark on the 185 lb. bench press test. This has helped him stay durable playing 2nd most minutes on the team over the past 3 years. Connor has made nutrition and recovery modalities part of his daily life which helps him stay so consistent in not only his training but his play. Conner is on pace to be a 1000-point scorer and all Missouri Valley conference basketball player and again all Scholar Athlete in his junior year. He is a team captain and pound for pound strongest and arguably the most well-rounded athlete Bradley has ever had. ~Edward Papis

CAL POLY HUMBOLDT

KAREEM CLARK

Guard

Senior

Kareem is by far the strongest athlete on our men's basketball team. He regularly front squats 245lbs and cleans 205lbs. He has been one of the bright spots on the court this year finishing his senior season out strong by averaging 12 ppg on 50% shooting from the floor as well as shooting 42% from beyond the arc. His hard work the past 2 years has lead the way for his strong senior season. ~Anthony Ratto

COLORADO COLLEGE

SCOTT RUEGG

Junior

Scott is what you call a program changer. His work ethic, leadership, communication, and ability to make those around him better is what sets him apart. Scott won't only do what you ask of him, but will always go above and beyond, truly impacting his program in such a positive way. ~Derek Savage

COLORADO STATE UNIVERSITY

AVREE ANTONY

Guard

Freshman

Avree embodies what it takes to be a high-level athlete when it comes to all facets of athletic performance. At the Division-I level, each athlete and team have talent, but discipline, a high standard, and being a workhorse are necessary qualities to gain a competitive advantage. Success in collegiate athletics requires rent to be paid every day through a relentless work ethic. Avree has the mindset and utilizes strength and conditioning daily to maximize her athletic potential to be the best collegiate student-athlete she can be. ~Connor Mooney

COLLEGE — BASKETBALL

DUQUESNE UNIVERSITY

DUSAN MARHORCIC

Center

Senior

Dusan deserves this recognition based on his body of work and long road to recovery from injury. He spent 2-3 hours every day in sports performance rehabbing and working on his strength and body composition. He beat the odds and returned 3 months ahead of his projected rehabilitation timeline. Along with his aggressive injury recovery, he earned a new personal record bench press of 315 pounds. Dusan transformed his physical condition dropping 6 percent body fat and getting in conditioning to return to full sport participation. Dusan completed all team training sessions and did extra every single day of individual needs work, always giving a full speed, max effort. Working with Dusan thru this process has been a rewarding process as a coach, and I appreciate the relationship we developed pushing thru the challenge together. ~John Henderson

FAIRMONT STATE UNIVERSITY

LESLIE HUFFMAN

Guard

Sophomore

Leslie Huffman, a sophomore from Marietta, Ohio, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Leslie is a great teammate, is extremely coachable and is dedicated to helping her team succeed. She leads by example and helps make everyone around her better. Leslie's work ethic and positive attitude in the weight room carries onto the court, where she plays with passion and toughness that has helped lead to her success. Leslie has started every game this season and is averaging 29 minutes, 12 points, 5.5 rebounds and two assists per game. Leslie'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 nursing, one of the most challenging

programs at our institution. Leslie also garnered MEC all-academic team honors. Our women's basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Leslie Huffman. ~Adam Kolberg

FAIRMONT STATE UNIVERSITY

SETH YOUNKIN

Power Forward

Senior

Seth Younkin, a graduate student from Connellsville, Pennsylvania, is an exceptional student-athlete and one of the hardest working and most determined young men I have ever coached. Seth was nominated as a S&C All-American last year, after battling back from a serious knee injury sustained during the 2021-22 season. For most athletes, this may have been a career ending injury. But for Seth, it was just extra motivation to take his commitment, work ethic and mental fortitude to the next level. Seth lived in both the training room and the weight room and was able to start every game of the 2022-23 season. He returned for his graduate season and has again, started every game this year. He is currently averaging 26.3 minutes per game and is leading the conference in rebounding with 7.7 per game. Heading into this season, Seth had a 465 lbs. back squat, 505 lbs. deadlift and a 325 lbs. bench press. Seth's work ethic and dedication as a student-athlete also carries into the classroom. He currently has a 3.75 GPA and has been named to multiple MEC all-academic teams as well as earning 2022-23 CSC Academic All-District Honors. Our basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Seth Younkin. ~Adam Kolberg

COLLEGE — BASKETBALL

FRESNO PACIFIC UNIVERSITY

BRE HURT

Guard

Senior

Bre Hurt consistently surpasses team standards and expectations, demonstrating an unparalleled commitment to her craft. Whether she's dedicating extra hours to summer training or squeezing in additional sessions during the school year, Bre's relentless pursuit of improvement never wavers. Her integrity shines through as she consistently chooses to do the right thing, even when nobody is watching. With each passing day, her strength and power amplify, complementing her evolving skill set on the basketball court. This combination of athleticism and dedication has molded Bre into a remarkably versatile player, poised to excel in any situation. ~Whitney Leyva-Camberos

HOBART AND WILLIAM SMITH COLLEGES

KERSTIN KELLY

Guard

Senior

Kerstin Kelly is the definition of what means to be resilient and dedicated to her sport, team, and academics. It is often we catch her in the gym working on her shot and asking for extra lifts. As a graduate senior, she has been all conference academic every year with the William Smith Basketball Program. This year she has improved her free throw percentage from 0.667 to 0.833 and over the past couple years has produced a season high of 17 points a game. She is a relentless defender and most recently tied her season high of 3 steals in one game. Another thing that makes Kerstin special is her energy in the weight room, while she is always pushing herself, she also can be found encouraging and bringing other teammates along during lift. ~Brittany Krivicich

HUNTINGDON COLLEGE

AUSTIN LINVILLE

G

Senior

Austin has been a tremendous leader in the weightroom. He pushes himself, and everyone around him, to achieve their maximum potential. His commitment to our program has been exceptional. ~Charlie Goodyear

LAMAR UNIVERSITY

TALIAH HILL

Forward/Center

Junior

Taliah Hill has truly shown Lamar University what it means to be a Strength & Conditioning All-American. Taliah not only set 2 WBB Program Records on Back Squat and Bench during our Off-Season, she also beat her own Bench Record prior to the start of Season. She has battled through adversity time and again and always comes out on top. Taliah also drastically improved her body composition this Off-Season by focusing on proper nutrition and fueling. She brings positive energy to her lifts and her teammates; always putting a smile on our faces. I'm thankful for the opportunity to coach Taliah Hill. ~Austin StCyr

MARS HILL UNIVERSITY

MADDIE GILLIE

Guard

Junior

As a student-athlete at Mars Hill University, Maddie holds a 4.9 GPA with a major in Health & Human Performance. During the 2024 season, she surpassed the 1,000 point career mark shooting 70% from behind the line, while recording 24 steals and 123 rebounds. Maddie has shown exceptional attitude, effort, and attention to detail that has made everyone around her better, teammates and coaches included. ~Jared Carter

COLLEGE — BASKETBALL

MINNESOTA STATE UNIVERSITY, MANKATO

JOEY BATT

Guard

Senior

Joey's intensity, leadership, and consistency have set her apart in the classroom, on the court, and in the weight room. Her hustle on the court is unmatched and her effort in the weight room is second to none. She has led the Mavericks to an NSIC championship and multiple NCAA tournament appearances. She has earned multiple individual accolades including NSIC South Division Player of the Year, D2CCA All-Central Region Second Team, CSC Academic All-District Team, and NSIC All-Academic Team of Excellence honors. The same intangibles that made Joey an incredible student-athlete will carry her to great success in the future. ~Andy Stocks

MOUNT HOLYOKE COLLEGE

EMILY MOCK

Senior

Emily has been dedicated to our strength and conditioning program since day one. They have shown commitment even through injuries and have always pushed themselves to achieve more. They have also been a positive influence on their peers, encouraging them and motivating them throughout workouts in and out of season. ~Jay Mendoza

NOVA SOUTHEASTERN UNIVERSITY

SHANE HUNTER

Center

Senior

Shane Hunter has worked his way to being the leader of his team. After struggling with the physicality of the game as a freshman, he dedicated himself to the weight room which has resulted in him gaining over 30 pounds of muscle giving his 6' 10" frame the size and strength to become a formidable presence on the court. This season he is having career highs in scoring, rebounds, blocks,

and minutes played. Shane will graduate this semester with a bachelor's degree in marketing. ~Steven Orris

PIEDMONT UNIVERSITY

DEVIN DEAN

Forward

Senior

Devin joined us two years ago and since then has started or played significant minutes in every game with zero games missed due to injuries. His dedication in the weight room and strength allow him to play the forward position for us as an undersized guy. He is in the top 1% of the school with his Strength Index of 6.11 (Combined total of bench, squat, and deadlift then divided by his body weight). ~John Delf-Montgomery

TROY UNIVERSITY

AAMER MUHAMMAD

Guard

Senior

Aamer is a strength Coaches Dream, he's on time ,works hard, and is coachable, as stated by his strength coach. Strength numbers are Bench-285,Squat-425,Deadlift-500. His Head coach states, Aamer is one of the hardest working players and has helped us build a culture at Troy, embracing or "Take the Stairs" philosophy. There is no doubt that Aamer is going to go on and do great things after he finishes .He has been a big part of our success here at Troy .Aamer is sound Academically and will graduate spring. ~Richard Shaughnessy

COLLEGE — BASKETBALL

UNITED STATES COAST GUARD ACADEMY

KIRA WOOD

Guard

Senior

Heading into the 2023 season, Kira was a 3x member of the NEWMAC All-Academic Team and was a 3x NEWMAC Player of the Week. Serving as a captain this past season, Coast Guard saw its second best finish in school history with 19 wins and 7 losses. Graduating as the 9th leading scorer in school history, Kira accumulated over 1000pts and finished top 5 in school history for APG, 3FG%, and 3FGM. In NEWMAC play this season, she was top 5 in 3FGM and AST, as well as top 10 in APG and PPG, earning 2nd Team NEWMAC honors. Additionally, Kira ranked amongst the top 25 in NCAA III for 3FG (23rd) and 3PG (18th) this season. ~Timothy Farina

UNIVERSITY OF PROVIDENCE

TAREL ROLLINS-OLSON

Sophomore

He's a hard worker and always comes ready to work.

~Lucky Lovan

UNIVERSITY OF PROVIDENCE

HAYLEIGH SMITH

Freshman

She consistently puts in great effort into every lift session. The hard work she puts in doesn't go unnoticed and is setting her up for success. Proud of you.

~Lucky Lovan

UNIVERSITY OF SOUTHERN MAINE

JUNEAU ANICETTE

Guard

Junior

Dedicated year round workout enthusiast. Has improved his VJ to 32" and can dunk @ 6'. Has 230 bench and 205 power clean. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

TOMMY WHELAN

Guard

Sophomore

Added 10 lbs to his frame this year. Improved all lifts, squat (355), clean 215 and now has 31" VJ and can dunk at 6'. ~Jim Giroux

UNIVERSITY OF WISCONSIN-WHITEWATER

LUNDEN ALEXANDER

Guard

Senior

If I could pick an example of how hard work pays off, Lunden's story would be one of the best examples out there. For her first 3 years on the team, Lunden barely played. However, she always was one of the most encouraging teammates, leading the bench players in cheers at games and pushing others to get better in the weight room. All her hard work and positivity paid off, as in her final 2 years, she has contributed immensely on the court, working her way into a starting role, helping lead her team to multiple conference titles and NCAA tournament appearances, including a birth in the 2022 title game. ~John Schimenz

VASSAR COLLEGE

SIERRA MCDERMED

Guard

Sophomore

Sierra McDermed defines hard work and determination. Don't let her quiet demeanor fool you, Sierra is mentally tough and physically strong. She has quickly become one of our strongest Brewers with the ability to front squat over 200lbs. It is this strength, dedication and commitment that sets her apart. ~Alice Read

COLLEGE — BASKETBALL

WEST TEXAS A&M UNIVERSITY

HOLLIE STALDER

Guard

Sophomore

Hollie has been committed to her physical development from the moment she signed to play for WT. She takes any off-season training seriously and continues to push herself during the season to ensure she holds on to the qualities developed. Hollie's example is respected by her teammates and encourages them to do the same both in the weight room and on the court. ~Sarah Ramey

WESTFIELD STATE UNIVERSITY

KUANY TENG

Forward

Senior

Kuany is a great student-athlete who is studying exercise science and demonstrates the qualities of being an NSCA All-American. Kuany is coming back from an achilles injury that cut his season short last year. He pushed through many obstacles and never gave up to get back out on the court. He has now been nominated as a captain and it has been a privilege to work with such an amazing young man. ~Tucker Bachand

WRIGHT STATE UNIVERSITY

ALEX HUIBREGTSE

Guard

Junior

The work that Alex has put in since a season-ending back surgery 2 years ago has been so impressive. He's done everything I've asked of him to prepare his body for the court and is seeing the benefits. ~Cole Pittsford

WRIGHT STATE UNIVERSITY

LAUREN SCOTT

Guard

Sophomore

Lauren has set an example of what is expected in the weight room since her freshman year. She is always encouraging to her teammates and challenging them and herself to make the team better. ~Alyssa Crusey