



# NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## COLLEGE — SQUASH

### VASSAR COLLEGE

#### KYLE BENSON

##### **Sophomore**

Kyle Benson is strong and dedicated. Kyle is in constant search of the next movement pattern to master to build upon his foundation of strength. His commitment to his training is what has built him into one of our strongest student-athletes cranking out over 200 push-ups and 20 chin-ups. Kyle's diverse set of strength and commitment to his training is what sets him apart. ~Alice Read