

COLLEGE — BASEBALL

AVERETT UNIVERSITY

HUDSON ROWE

Infield

Senior

Hudson's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Hudson's impact on the field transcends mere statistics, leaving an unmistakable mark on his teammates, as well as those around him. ~Tyler Smith

AVILA UNIVERSITY

BRYCE CULP

Outfielder

Senior

I lightheartedly listed Bryce as an outfielder because Bryce is dynamic enough of a player that he can play multiple positions and his attitude ensures he is willing to do whatever the team needs. He is one of the most positive athletes in the weight room with an infectious smile. Effort wise, Culp has fully bought into the weight room culture which is demonstrated by efforts on in-season/game day lifts in which he always is pushing for maximal effort. He also demonstrates a phenomenal ability to balance his athletic responsibilities while managing the challenges of student teaching.

~Brian Ciolek

BARRY UNIVERSITY

JOE MORRISSEY

Pitcher

Sophomore

Joe is a leader on and off the field. He comes to the weight room everyday and works hard and sets the same expectations for his team. He is coming off Tommy John surgery and has spent endless hours in the weight room to get back on the field which has resulted in him earning the starting pitcher role. ~Jennifer Michuda

BRADLEY UNIVERSITY

RYAN VOGEL

Centerfield

Senior

Ryan Vogel is an athlete that has been overlooked and undervalued his whole baseball career. Coming to Bradley, his local college, Ryan has made it a mission to prove folks wrong. Walking into college with good speed at 5'8 155 lbs., he immediately knew he needed to get stronger and even more explosive. Hitting the weight room with intensity and consistency has allowed Ryan to gain weight (now 180) and has shown power numbers to increase each year as well as keeping his ability to steal bases (6.5 laser timed 60) at league leading levels. All of Ryan's core strength and power lifts have been raised by upwards of 50% and maintained throughout with his VBT and force velocity numbers all near the top of the program records and the highest amongst regular starters. The past 2 years he has received honorable mention all Missouri Valley honors. In 2023, with even more speed to track down balls and arm strength to increase his assist totals from centerfield, he made all MVC defensive team. His hard work in the weight room and in deliberate recovery sessions with the ATC on staff have kept Ryan very durable and productive through wear and tear of long cold seasons of college baseball in the Midwest. All this work and success on and off the field has made him a mentor to our younger team coming into his last year. ~Edward Papis

COLLEGE — BASEBALL

CLEMSON UNIVERSITY

BLAKE WRIGHT

Infielder

Senior

Blake Wright has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman four years ago. He attacks every workout, warmup and sprint session with the same intensity and focus that he has playing the infield for the tigers. Blake is one of the strongest athletes on the team, demonstrated by his 500 + pound split deadlift and 300 plus pound bench press. Blake is one of the only two time captains in team history. Blake's greatest contribution to the team has been the leadership that he has provided in the weightroom and off the diamond. Weather it be firing up one of his teammates in the weightroom or inviting one of the "weight-gain guys" over for a steak dinner, Wright has exemplified the team credo of "love the team more than your role"

~Rick Franzblau

DUKE UNIVERSITY

DEVIN OBEЕ

Outfielder

Junior

Devin Obee is one of the best athletes at Duke, in any sport. He has elite speed, power, strength, and athleticism, and has worked incredibly hard to develop and harness these assets to become a dominating power hitter and center fielder. Devin makes highlight player on the field seem effortless, and moves super heavy loads in the weightroom at eye-popping speeds. He brings a quiet and powerful combination of humility and energy to his training; his teammates see this all the time, and draw on that inspiration to make themselves better through their own work. Simply put: people want to be Devin Obee. As a team captain, Devin understands that what he does and how he does it carries significant weight in the eyes of players and coaches alike. He's used that leadership role to help create a group of tough, resilient baseball

players that care deeply about each other, and strive to work and play as hard as he does every day.

~Dan Perlmutter

FAIRMONT STATE UNIVERSITY

LOGAN MCCLURE

Pitcher

Senior

Logan "Petey" McClure, a graduate student from Hurricane, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. Petey has been extremely consistent with his training, both in the weight room and on the mound. This commitment has allowed him to become a leader and key contributor to the baseball program. He is equally as dedicated in the classroom, where he currently has a GPA of 3.83 and has been named to the MEC all-academic team. What stands out the most, is that Petey has been able to maintain his playing, training and academic efforts while also working nearly full-time hours as a civil engineer at a local engineering firm. Our baseball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Logan McClure. ~Adam Kolberg

COLLEGE — BASEBALL

FRESNO PACIFIC UNIVERSITY

TOMMY ROVER

Infielder

Senior

Tommy Rover's athleticism is most evident in the weight room where he approaches his lifts with utmost seriousness, displaying a goal-oriented mindset and a genuine enjoyment for the process of improvement. Tommy's dedication is palpable as he diligently works towards his objectives, infusing each movement with purpose. His athleticism is characterized by explosiveness, complemented by his energetic presence as a teammate. His relentless drive to excel in the weight room seamlessly aligns with his strong work ethic, translating into success on the field.

~Whitney Leyva-Camberos

HAVERFORD COLLEGE

MICHAEL RABAYDA

Pitcher

Senior

Mike has been the standard of what it means to work hard for the last 4 years. His commitment to growth and dedication to his team are truly exemplary. As a freshman his season was cancelled due to COVID. He had a good sophomore season as an all conference pitcher, and then tore his UCL his junior year. He is going into his senior year as the ace, two-time captain, and poised for a great year. Through all the adversity Mike has always carried an awesome professionalism about his training. It doesn't matter whether he was playing that year or not he is obsessed about his craft. He sees the value in strength and conditioning and takes it as seriously as his growth as a baseball player. This consistency has led him to holding the school record in our lower body power metric (225lb VBT squat). So much so that he blows everyone else out the water. The speed at which Mike can squat 315 is faster than most of our athletes squat 185lbs. It is something both amazing and terrifying (because of the sheer violence of the movement) to see!

His outlier-level ability in the weight room seems to be reflected in his pitching ability as well, as he also throws the hardest on the team by a good amount. Mike has been an incredibly coachable, truly elite athlete that has been a blast to coach for the last 4 years. ~Nicky Miranda

HAWAII PACIFIC UNIVERSITY

SCOTT ARMSTRONG

Pitcher

Senior

Scott Armstrong, one of our captains here at Hawaii Pacific University, embodies exceptional leadership qualities both on and off the field. With his unwavering commitment to accountability, Scott sets a high standard for his teammates. His presence in the room feels like having an extra coach. His attention to detail, strong work ethic, and grit in the weight room and on the field serve as inspiration to all. Scott's exemplary leadership has made him a role model for many of our younger players, and I have no doubt he will excel as a coach in the future. ~Skyler Yamamoto

HUNTINGDON COLLEGE

DANIEL PATTON

Infielder

Senior

Daniel has been an integral part of our program throughout his career. He is disciplined, a hard worker, and a solid leader. His dedication to training, and his leadership in the team training environment, has been important to our success. ~Charlie Goodyear

COLLEGE — BASEBALL

LAMAR UNIVERSITY

BROOKS CAPLE

Pitcher

Senior

Brooks Caple is a laser-beam focused leader of the pitching staff. He brings the same effort and intensity daily. Although he doesn't say much, when he does speak his teammates respect his words. He possesses tremendous intrinsic motivation to develop into the best version of himself and is always looking for a competitive advantage. ~Daniel Darcy

LAMAR UNIVERSITY

KANIN DODGE

Shortstop

Senior

Kanin Dodge is "Mr. Consistent." Dodge brings the same attention to detail, intent, and purpose daily. He challenges himself and his teammates to improve in the weight room every lift. His efforts have been rewarded by staying healthy and starting every game a season ago. His lead by example approach to life positively impacts his teammates and anyone who crosses his path.

~Justin Huynh

LAMAR UNIVERSITY

PEYTON SANDERSON

Infield

Senior

Peyton Sanderson came in day 1 with a high intensity approach to life. His everyday energy and effort to challenge himself and his teammates on and off the field is highly valuable. Sanderson has become one of the strongest and most respected players on the team. No matter his role (starter, pinch hitter, pinch runner) he stays ready and fulfills his responsibility at a high level.

~Miles Edmond

LAMAR UNIVERSITY

TANNER WILSON

Outfield

Senior

Tanner Wilson is "Mr. Resilient." Tanner has earned his way from non-starter to starter through his 4 seasons at Lamar. He has worked his tail off to add 15+ lbs of muscle mass and build his durability over his career. He has overcome every possible obstacle on and off the field and continues to remain optimistic. Tanner has found a way to turn a negative into a positive and take his work rate up a notch with every challenge he faces. Tanner exemplifies a resiliency that few people possess and I look forward to his future successes. ~Quintin Mapstone

MARS HILL UNIVERSITY

ALEX NARAN

OF

Senior

Alex has shown exceptional attitude, effort, and attention to detail in the class room, weight room, and on the field. He continually makes those around him better by the role of servant leader. ~Jared Carter

MINNESOTA STATE UNIVERSITY - MANKATO

AIDAN BYRNE

Infield

Junior

Aidan is one of the most detailed athletes that I have been able to work with when it comes to training in the weight room. He consistently trains with a purpose to become the strongest, fastest, and most powerful athlete he can be. He is an amazing leader to have around to show teammates what training with intent really means. This has led Aidan to being successful on the baseball diamond as well as he enters his third year starting in the infield. His detailed approach paired with amazing effort is going to propel Aidan into a successful career in the future. ~Samuel Lee

COLLEGE — BASEBALL

NORWICH UNIVERSITY

TYLER CALLAHAN

Senior

I wholeheartedly believe that this exceptional individual, with their unwavering dedication and outstanding performance, unquestionably merits recognition as an NSCA All American. It is athletes like them, who consistently push the boundaries and demonstrate excellence, that play a pivotal role in not only raising the bar in collegiate athletics but also in serving as sources of inspiration for aspiring young talents, encouraging them to pursue their dreams and excel in their athletic endeavors. ~Scott Caulfield

PIEDMONT UNIVERSITY

KOLTON HICKS

2nd Base

Senior

Kolton joined Piedmont last year as a transfer, he quickly became a glue guy for this very new and young team. Kolton took a bet on himself coming here and it paid off tremendously for him but even more for the Lions. Against his former team, Kolton hit the game-winning home run in the conference tournament championship, then was named tournament MVP. He has not missed a training session and comes in throughout the week for prehab to keep himself strong and available leading to starting every game for us last year at 2nd in 43 contests. ~John Delf-Montgomery

PURDUE UNIVERSITY FORT WAYNE

BRODY FINE

Pitcher

Sophomore

It is clear that Brody thoroughly loves the process of training and becoming a better athlete in the weight room. He shows up for extra work, attacks each session with an abundance of effort and intensity, and he is extremely coachable so that he can excel in his craft. While this award is generally presented to an upper-

classman, the fact that Brody deserves this award as a Sophomore is a testament to the hard work and dedication that he has shown thus far. ~Patrick Rawle

ROCHESTER INSTITUTE OF TECHNOLOGY

CHARLIE SLAYMAKER

Infield

Sophomore

Charlie possess many qualities that make him successful in the weight room. He is consistent, hardworking and coachable. He has a natural ability and thorough enjoyment of the weight room. His positive attitude further enhances his effectiveness as a team member, foster a supportive environment for himself and his peers. Charlie's strength consistently places him among the top performers on his team. ~Ryan Kelly

SALEM STATE UNIVERSITY

JAMES DOLAN

2nd Basemen

Senior

James is a senior (grad) and captain of the Vikings baseball team. James has been an absolute joy to have in the gym for many reasons. He is a hard worker that expects a lot of himself and his teammates, but most importantly, James is very dependable. In the classroom he has earned a Bachelor's in Education, and come May will earn a Master's degree in Special Education with a 3.99 GPA which earned him honors on the MASCAC All Academic Team. In the gym, James (as well as the other captains) has mentored the new freshmen into our program. This ensures their adherence to the program is high, but most importantly they are supported by further teaching the movements patterns required for maximal efficiency and safety. He has personally increased his strength levels by 41% (upper body) and 42% (lower body) respectively since Nov. In a very short timeframe James has cemented himself as a strong leader and will undoubtedly leave Salem State Baseball better than he found it. ~Francisco Aguilar

COLLEGE — BASEBALL

SALISBURY UNIVERSITY

BENJI THALHEIMER

P

Senior

Benji brings the passion and effort in the weight room and on the field. He is a dedicated and tireless worker that want to be the best. Getting to work with and watch Benji play has been an absolute pleasure and will be missed after graduation. ~Matt Nein

TEXAS A&M UNIVERSITY

RYAN TARGAC

Infielder

Senior

Ryan Targac represents what it means to be a good teammate. He not only was bestowed the prestigious Number 12 as a symbol of leadership, but he demonstrates incredible character all year round. In the weight room, it is no different. He holds himself and his teammates to the highest standard and touches on every detail to become the absolute best, selfless version of himself. When I have kids one day, I will be using Ryan Targac as the prime example to what it means to be a good man and an incredible student-athlete.

~Roman Gomez

THE UNIVERSITY OF UTAH

ERNESTO LUGO-CANCHOLA

Pitcher

Senior

Ernesto had an average year in the weight room his first year in the program. This year Ernesto has dedicated himself to spending nearly everyday in the weight room and focusing on his nutrition to get better at his sport. He has completely changed his body type achieving outstanding results in strength, power, and lean body mass. Not only has he improved in the weight room aspect, but I believe his confidence in the weight room has flowed over to his on field performance and leadership. He is an outstanding individual to our program. ~Jeremy Rimes

THE UNIVERSITY OF UTAH

ETHAN THOMAS

First Base

Junior

Ethan came to us a transfer, but has spent this entire year dedicating himself to the weight room. He is a daily appearance working on transforming his body into that of a top notch athlete. He has transformed his appearance and eliminated chronic back pain, existing from previous years in the sport. He has spent countless hours working on speed and conditioning to better his athletic career and life. Ethan has grown into one of the most responsible athletes in the weight room and an excellent teammate. ~Jeremy Rimes

COLLEGE — BASEBALL

UNIVERSITY OF CONNECTICUT

LUKE BROADHURST

IF/DH

Senior

Luke's story is incredible. He came into our program in 2017 and was a solid athlete with a great work ethic but was going to struggle to find his way on to the field early in his career. He decided to transfer to a DIII program and became an All-American and National Champion only to return to our program as a Graduate Transfer in the fall of 2022. The work that he put in while he was gone was very obvious - he was bigger, stronger and faster and he did it with limited resources at the DIII level. Since his return, he has been in the top 10% of our performance testing and #1 overall in the fall and spring this year. He possesses elite speed for his size, strength, power, and agility. He has transformed his body and was a formidable power hitter in the center of our lineup last season. He is a quiet leader, but spend 10 minutes in the weight room with him and his personality is loud without saying a word. He challenges his teammates to elevate themselves and he meets every challenge head-on with passion and dedication. His work speaks for itself and it has been a pleasure to have him back in our program. - Joel DeMarco ~Joel DeMarco

UNIVERSITY OF CONNECTICUT

KOREY MORTON

OF

Senior

Korey is an outstanding athlete. That is not what separates him from his peers; the combination of his intrinsic motivation and his diligent approach to training have propelled him into the top 10% of our performance testing in each of the last 4 years. Korey has elite speed, but through his constant hard work, he has morphed himself into the top ranked pound-for-pound lifter in the program. He is ready for all challenges and excels in high pressure situations on and off the field. He finds a way to elevate his teammates and is a great example of high

level consistency every day. His on-field accomplishments are a direct result of his daily commitment to strength and conditioning.

~Joel DeMarco

UNIVERSITY OF MISSOURI S&T

LOGAN ALEXANDER

Outfield

Senior

Logan has always been a weight room guy. What has impressed me the most about him over the course of the last year, is the effort it took to work on correcting his form. He has always been a strong guy, but technique was just not quite there. When he came back to campus, the way he moved in the weight room proved that he focused and worked extremely hard to get to where I knew he could. ~David Edwards

UNIVERSITY OF SOUTHERN MAINE

HUNTER BRISETTE

Outfield

Sophomore

In addition to playing baseball he holds state powerlifting records in squat (525) and deadlift (620) @ 188 pounds. Ran team's fastest 60 yards this fall. Should see more playing time using his speed and power on the field.

~Jim Giroux

UNIVERSITY OF SOUTHERN MAINE

CONNOR BURGESS

Catcher

Junior

Powerful player will be seeing time @ catcher this year. Recorded 290 bench, 52'4" over Med ball throw and 215 power clean during fall testing ~James Giroux

COLLEGE — BASEBALL

UNIVERSITY OF SOUTHERN MAINE

KYLE DOUIN

Third

Sophomore

Was a 3rd team all conference selection as a freshman. Much improved Squat (375), power clean 225, 29" VJ and 1.58 10 yards. ~James Giroux

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

KADE YORK

Shortstop

Senior

Recorded 14 multi-hit games, including four of three hits, and five multi-RBI games, including two of three RBI ... Homered and drove-in career-high tying three runs at Stephen F. Austin (5/20) ... Went 2-for-4 with a run scored vs. Grand Canyon (5/14) ... Went 2-for-3 with a double, a steal, an RBI and a run scored at Sacramento State (5/7) ... Reached based three times with a single, a double, and a walk while scoring twice at UT Arlington (4/28) ... Drew career-high three walks and scored tying run in game two of doubleheader vs. Abilene Christian (4/22) ... Went career-high tying 3-for-4 with a home run, a stolen base, two RBI and two runs scored in game one of doubleheader vs. Abilene Christian (4/22) ... Recorded first multi-double game while going career-high tying 3-for-4 at Utah Valley (4/15) ... First-career home run was walk-off home run to beat Tarleton (4/2) ... Made diving catch of flare in foul territory vs. Texas State that ranked fifth on Sports Center's Top 10 (3/29) ... Went 5-for-11 with four RBI at New Mexico State (3/24-26) ... Went career-high tying 3-for-4 with a double, an RBI and two runs scored vs. UTSA (3/21) ... Went 2-for-4 at Rice (3/7) ... Scored twice and drove-in a run vs. Houston (3/4) ... Went career-best 3-for-4 with first double, career-high three RBI and one run scored vs. Central Michigan (2/26) ... Scored career-high three runs during first multi-hit game, going 2-for-3 with a walk and career-high two steals vs. Central Michigan (2/24) ... Recorded hits in each of first three games vs. Houston Christian (2/17-19).

~Lucas Monroe

UNIVERSITY OF WISCONSIN-WHITEWATER

MAX HUSEBOE

Pitcher

Senior

Max has been a tireless worker throughout his career and he has developed into a great leader. He has dedicated himself to the weight room and his efforts have helped him on the mound. The whole team is better because of leaders like Max and the hard work has lead to continued success. ~Lee Munger

VASSAR COLLEGE

LUKE BARRIENTOS

Pitcher/Outfield

Junior

Luke Barrientos is driven and explosive. Luke shows up each session ready to work regardless of any outside distractions. He leads by example and boast some our highest power outputs, with a vertical jump of 38.4 and a trap bar jump exceeding 3,900 watts. What makes Luke stand out is the seamless translation of strength training to athletic performance. ~Alice Read

WEST TEXAS A&M UNIVERSITY

MADDUX HOAGULUND

Pitcher

Senior

Maddux has worked through a couple injuries and come back stronger each time. His commitment to rehab and his performance development has allowed him to return and be a big contributor to the team. Maddux spends extra time working on the little things that helps him to stay healthy, mobile and continue to improve.

~Sarah Ramey

COLLEGE — BASEBALL

WEST TEXAS A&M UNIVERSITY

DAVE JANSSEN

Catcher

Senior

Dave comes each day ready to work and encourages his teammates to do the same. His energy is contagious and each person feeds off of it. Dave spends extra time outside of required training to improve and also learn about the field of S&C with goals of being a coach one day. He is the type of student-athlete that each coach wants a room full of, or at least a handful on a team to inspire others to do more. ~Jesse Herd

WESTFIELD STATE UNIVERSITY

DAN BURNETT

Infield

Senior

Dan Burnett is one of the most consistent student-athletes on campus. He trains in our facility year-round and gets everyone around him better through his hard work. He has helped create a standard for Westfield State University Baseball in the weight room and on the field. ~Tucker Bachand

WILLIAM PEACE UNIVERSITY

NICK TYLER

OF/C

Senior

Nick is a highly discipline and committed person on and off the field. He is a reliable teammate who does his job. Nick is the type of athlete who is always focused and brings high effort to whatever he is doing. He has been a pleasure to work with for the past year. This past off season Nick PR front squat 315 trapbar deadlift 510.

~Rebecca Fraser

WRIGHT STATE UNIVERSITY

JULIAN GREENWELL

1st Base

Senior

This is Julian's 2nd year as a NSCA All-American. His tireless work ethic sets him apart and raises the overall commitment level of the team in the weightroom.

~Cole Pittsford