



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

## COLLEGE — GYMNASTICS

### UNIVERSITY OF MICHIGAN

#### GABBY WILSON

##### All-Around

##### Senior

Gabby is currently an all-rounder for the University of Michigan Women's Gymnastics Team, having served as a two-time captain and competing her final season of eligibility. Gabby has grown as a gymnast, student, and social advocate during her 5 year career at Michigan. Aside from her significant contributions in the competitive arena, being part of 3 Big Ten Championship teams and the 2021 National Championship team, Gabby has used her platform to advocate for racial justice in the education system. She works to effectively use her platform to drive change, which is demonstrative of her selfless attitude. Gabby's journey through Michigan has been filled with ups and downs, but she has remained intentional and purposeful with her words and actions. Her commitment to strength and conditioning matches with her commitment to training to be an All-American gymnast. She has committed herself to improve her strength, power, and relative fitness levels, along with communicating on a highly mature level about the need to adjust her training for various physical limitations she has encountered at Michigan. She has taken tremendous personal ownership of her development every step of the way and has inspired and motivated others to raise their standards. Gabby has been a wonderful gymnast and leader within Michigan Women's Gymnastics and our entire Athletic Department. It is with great pleasure that I nominate her for this award. I look forward to continuing to help her reach her goals as a student-athlete and know she will continue being a leader in the communities she lives within. ~Lew Porchiazzo

### UNIVERSITY OF PENNSYLVANIA

#### MARISSA LASSITER

##### All-Around

##### Sophomore

Marissa has a genuine love for life and has a huge heart for those around her. She is no doubt one of our strongest, most powerful athletes and really takes to heart the things we do in the weight room for her performance. She always brings a positive, can-do attitude and isn't afraid to take challenges head-on with confidence. Marissa's energy lights up a room and she is an absolute JOY to watch and coach. ~Emily Kolsevich