



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — FIGURE SKATING

MIAMI UNIVERSITY OF OHIO

ZOE KRANTZ

Junior

I have worked with Zoe since she was in high school. I have loved watching her learn to love weight lifting and feeling strong. She made the Varsity Synchronized Skating team and has been extremely dedicated to her assigned workouts, coming to work with me during summer break, winter break and anytime she's home. She has grown so much and I am so proud of all her accomplishments! ~Jennifer Brand