

COLLEGE — LACROSSE

AMHERST COLLEGE

RYAN RAHBANY

Defender

Senior

When I first met Ryan in his sophomore year, his leadership, attention to detail, and overall impact on the team led me to believe he was an upperclassman and/or captain of the team. At a level where the athletes direct much of our out-of-season work, in terms of scheduling and holding others accountable, Ryan's efforts have been second to none. Despite battling through injuries and exercise modifications throughout his entire college career here at Amherst, Ryan's energy, effort, and enthusiasm has been unwavering, and it has been a pleasure for the entire Amherst College Strength and Conditioning staff to work with him! ~TJ Cahill

AVERETT UNIVERSITY

ANDREW GUYNN

Goalkeeper

Sophomore

Andrew exemplifies leadership both on and off the field, demonstrating remarkable improvement in the weight room and consistently delivering exceptional effort in every aspect of his athletic endeavors. Andrew embodies what it means to be a true team player, and a program guy! ~Tyler Smith

AVERETT UNIVERSITY

IRENIA TORRE

Attach

Senior

Irenia'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, Irenia's impact both on the field and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

COLORADO COLLEGE

BRAYDON ELLIS

Midfield

Sophomore

Braydon tore his ACL during his freshman year and was told that he would have to work extremely hard to get back to the field. Good thing hard work is in Braydon's blood. There isn't a day where he isn't giving it his all. On top of unbelievable work ethic, Braydon demonstrates incredible leadership, communication, and passion. He is truly a program changer.

~Derek Savage

COLORADO COLLEGE

PEYTON MURPHY

Attack

Junior

Peyton has been nothing but a positive leader in and out of the weight room this past year. Despite being sidelined with an injury, she continues to push herself and her teammates to reach their highest potential. She has experienced incredible growth this past year and is a prime example of what can come from pushing oneself to get better everyday. ~Rachel Nicholson

DREXEL UNIVERSITY

LIAM KAMMAR

Defensive Midfield

Junior

Liam Kammar has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Liam's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man.

~Dan Vossbein

COLLEGE — LACROSSE

DUKE UNIVERSITY

RYAN MACKENZIE

Senior

Ryan is constantly in the weight room looking for work. He is the definition of lead by example and no matter the situation he can be counted on to selflessly lead his teammates. He is a Duke Man. ~Carl Christensen

HOBART AND WILLIAM SMITH COLLEGES

SIAN MACKENZIE

D

Senior

Sian MacKenzie is a flat out WORKER. Her consistent approach of energy and output in the weight room is unmatched. Boasting a 1RM Bench Press of 135lbs, Back Squat of over 200lbs and a Hang Clean in the low 100's, she is a tremendous example of hard work. Where she really shines is in her body weight exercises crushing pullups for reps with additional weight on a belt and pushups without quit. Sian's commitment to her craft and her teammates is a daily bright spot and she undoubtedly is a massive piece to our weight room culture. ~Chris Gray

LIMESTONE UNIVERSITY

JASON MADDEN

Midfield

Senior

Jason plays a large role in the team dynamics in the weight room and on the field. He does not miss any sessions as well as leads by example and through motivation. He holds his teammates accountable during all lift sessions and is always the first one to make sure the team is listening, following instructions, and completing their lifts. It has been an honor to see Jason grow the past 2 seasons into an incredible captain and positive leader. I cannot wait to see where life takes him after graduation as he has the potential to be successful in anything he puts his mind to. ~Kaitlin Holman

LIMESTONE UNIVERSITY

JENNA KILEY

Midfield

Senior

Jenna's commitment to strength & conditioning was evident once I began working with the women's lacrosse team this year. She goes above and beyond during weight room and conditioning sessions. She is always the first person on the field and the last to leave. She performs every task with 100% effort and pushes herself and her teammates to the best of their ability. Jenna has left her mark on the on the Limestone University Strength & Conditioning program and I am proud to nominate her as a NSCA All-American. ~Tim Schachtner

NORWICH UNIVERSITY

MITCHELL MCKAY

M/A

Senior

Mitch has faced adversity with injuries throughout his college journey, yet he has consistently maintained a positive outlook and a determined work ethic. His resilience and optimism are inspiring and have a ripple effect, making him a genuine leader both on and off the field.. ~Scott Caulfield

NORWICH UNIVERSITY

ADDIE REIL

Defense

Senior

I wholeheartedly support the nomination of this individual for the prestigious title of NSCA All American. Athletes of their caliber not only raise the bar in collegiate sports but also serve as a beacon of inspiration for aspiring young talents striving for excellence.

~Scott Caulfield

COLLEGE — LACROSSE

PIEDMONT UNIVERSITY

WILL ISLEY

Midfield

Sophomore

Will has stepped up in a big way both as a freshman in 2023 and now as a sophomore in 2024. He has become a vocal leader in the midfield and has a no-excuse attitude. Will recovered from injury this summer being faster and stronger than ever, he is top five in both our totals (1010#) and strength index (4.7) categories so he is also very committed and consistent to the weight room. ~John Delf-Montgomery

PIEDMONT UNIVERSITY

LINDLEY WARD

Midfield

Senior

Lindley started in every contest in 2023 and has been a huge part of our program since I got here three years ago. She made her mark as an intern as well as helping with other teams' training as an undergraduate exercise science student. Lindley started and played in every game last year helping us to a historic season going 7-2 in the conference and a semi-final appearance in the USASouth conference tournament. ~John Delf-Montgomery

ROANOKE COLLEGE

SEAN KENNEDY

Midfield

Senior

Sean exemplifies what this award is all about. Not only does he do a fantastic job in our workouts, he does all the little things outside of workouts that set his example apart. Sean never backs down from a challenge, and understands the value of strength and conditioning as it pertains to the sport of Lacrosse. He can lead a group by example and changes the intensity of the group around him. Sean's production numbers are as follows: Bench

Press - 250, Back Squat 365, Power Clean - 240. ~Scott Bennett

ROCHESTER INSTITUTE OF TECHNOLOGY

ALLYN FRENCH

FOGO

Senior

Frenchy is a weight room guy. He is one of our strongest athletes, holding multiple spots on our record board with lifts like a 370# Front Squat, 350# Bench Press. Not only is he strong but he trains smart. French commits time to incorporate mobility and prehab movements demonstrating his understanding of the importance of injury prevention and overall athletic performance. His contagious enthusiasm not only motivates others to work hard but also makes training sessions enjoyable. ~Ryan Kelly

ROCHESTER INSTITUTE OF TECHNOLOGY

CARRISSA HLYWA

Attack

Senior

Carrissa's journey of growth and development is truly inspiring. Her transition from a fierce competitor on the field to a leader in the weight room demonstrates her dedication and tenacity in all aspects of her athletic journey. Setting her sights on the record board this year showcases Carrissa's ambition and commitment to achieving her goals. By embodying a strong work ethic and leading by example, she inspires her teammates to push themselves to new heights and fosters a culture of excellence and achievement. ~Ryan Kelly

COLLEGE — LACROSSE

SACRED HEART UNIVERSITY

JAKE CANDELINO

Defense

Senior

Jake has provided our program with leadership, toughness, and grit. He works everyday to improve himself and others both physically and mentally.

~Matt Rodriguez

SACRED HEART UNIVERSITY

ELLIE HOLT

Defense

Senior

Ellie has provided our program with leadership, toughness, and grit. She works everyday to improve herself and others both physically and mentally.

~Matt Rodriguez

SALISBURY UNIVERSITY

KAITLYN HUNSINGER

GK

Senior

One of the most dedicated and committed athletes we have seen within our women's teams, Kaitlyn it truly deserving of this honor. Day in and day out she brings her best effort and passionately commits to getting better. Working with Kaitlyn is an absolute honor and proud of all she has become during her time here at Salisbury University. ~Matt Nein

SALISBURY UNIVERSITY

CHARLIE WHITE

Midfield

Senior

Charlie is an absolute work horse. From his first day here at Salisbury he was passionate about becoming the best. His work ethic and fire to train and grow has propelled him into the successful athlete he is today. A true honor to work with an athlete who bring such a high level of dedication to his craft. ~Matt Nein

SMITH COLLEGE

ISABELLE ELDER

Defender

Senior

Isabelle has consistently raised the bar for her team in the weight room and on the field. In S&C she continues to push her limits when it comes to conditioning and lifting, and has made tremendous effort to care for herself when it comes to deciding between pushing ahead or resting, and encourages her teammates to do the same. She is a great example of a weight room leader, supporting efforts to boost the team's conditioning, and challenge each other in healthy ways. She is not afraid to step into leadership (which can sometimes be difficult!) and set an example through actions and attitude. In addition to these important qualities, she has also navigated the difficulties of playing during the 2020 pandemic, been a two time team captain, a two time NEWMAC Academic All-Conference honoree, IWLCA All-Academic Team, and a two time NEWMAC All-Conference Second Team member. Isabelle demonstrates many qualities that I know will contribute greatly to a better world, and I am excited to see her get recognized for these. ~Audrey Hayn

COLLEGE — LACROSSE

UNIVERSITY OF MICHIGAN

MICHAEL BOEHM

Attack

Senior

Michael has been dedicated to the weight room from the first day he set foot on the University of Michigan Campus. He holds himself to the highest of standards when it comes to his physical preparation. His enthusiasm and energy are infectious both in the weight room and on the field whether it be during a practice or a game. He leads by example and always puts his teammates first. Michael truly loves Michigan and Michigan is better for having him in it. It has been a pleasure working with Michael and I am honored to nominate him for the NSCA All-American Strength and Conditioning Athlete of the Year. ~Jason Cole

UNIVERSITY OF MICHIGAN

ANNABELLE BURKE

Midfield

Senior

Annabelle Burke is a senior midfielder on our Women's Lacrosse team and current team captain. Annabelle or 'AB' has been a staple in the weight room since I began training the Women's Lacrosse team a few years ago. Her intensity is contagious, and her competitiveness is exciting to watch. She's constantly challenging her teammates to work harder; to get better each and every day. On the field, she's the one asking for another rep and holding her teammates to a higher standard, which has played out in the success they've had. AB has been a pleasure to work with am proud to nominate her for the NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

UNIVERSITY OF MICHIGAN

JACK WHITNEY

Defense

Senior

Jack has turned himself into the player he is today through hard work and dedication. He is the backbone of our defense and sets the tone in the weight room. He understands what it takes to be successful at this level and brings it every day. He is a leader who expects a lot of himself and just as much from his teammates. If the energy is low in the room, I can always count on Jack to get the fire lit. It is with great pleasure the I nominate Jack Whitney for the NSCA All-American Strength and Conditioning Athlete of the Year ~Jason Cole

UNIVERSITY OF SOUTHERN MAINE

EMILY CLOUTIER

Attack

Junior

Is regular in the weight room. Has done extensive rehab and additional strengthening for a torn ACL. Has also greatly improved her upper body strength, now having a 140 bench. Is a starter and frequent scorer on one of the top teams in the conference. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

PAIGE RINALDI

Attack

Senior

Has worked hard to overcome herniated discs and tonsil surgery this past winter. Did challenging conditioning and speed workouts in the off season to prepare for this lacrosse season. Has added nearly 40 pounds to her power clean this off season. ~James Giroux

COLLEGE — LACROSSE

UNIVERSITY OF WISCONSIN - LA CROSSE

GRACE WILLMOTT

Mid-Fielder

Junior

Grace has essentially been a part of the UWL Lacrosse team since its inception in 2020. She joined the team in 2021 and helped the team increase their overall wins by 4. In 2022, her and the team increased their win totals again from 5 to 8. In 2023, the team again increased its wins by 4 to 12 wins and 5 losses. In the 2022 season, Grace started 3 games, but played in all 16 amassing 8 goals, 2 assists and 11 shots on goal. In 2023 Grace played and started in 17 games. She amassed 26 goals (including a record at the time, 7 in one game) and 7 assists. Not only was Grace a leader and captain on the field, but she was also one in the weight room. She consistently pushed herself to new limits. In doing so, she pushed others further than they thought they could. In the classroom, Grace was just as consistent and hardworking, earning a 3.690 cumulative GPA. Grace's work ethic and character has certainly earned her the opportunity to be recognized by the NSCA as an All-American. ~Philip Whitesitt

VASSAR COLLEGE

SOLOMON HESS

Defense

Senior

Solomon Hess is steadfast and hard working. Solomon's dedication shows through his outstanding progress in the weight room and consistent efforts at conditioning. His ability to move his body weight through maximal push-ups before doubling down on a 360lbs front squat demonstrates his well-versed training. Solomon's ability to balance his training and maximize each session is what sets him apart. ~Alice Read

WESTMINSTER UNIVERSITY

HAGAN BUCHANAN

Midfield

Senior

Hagan Buchanan embodies the essence of dedication and perseverance, qualities that shine through his exemplary attitude, effort, and attention to detail. As a member of the men's lacrosse team, Hagan's leadership amongst his peers is undeniable, evident not only in his on-field prowess but also in his unwavering commitment to year-round self-improvement. Regardless of the setting, Hagan has demonstrated remarkable character and resilience. Throughout the arduous process of recovery and training, Hagan has consistently displayed respect for himself, his team, his coaches, and fellow athletes. His compassion towards others facing similar challenges is palpable, offering support and guidance as they navigate difficult days. Hagan's calm demeanor and unwavering determination serve as a beacon of inspiration for younger athletes and the entire team. His ability to maintain composure while striving towards his goals ultimately translates into exemplary performance on the lacrosse field. It is without hesitation that Hagan Buchanan be recognized for the National Strength and Conditioning Association All-American Award, recognizing his outstanding contributions to his sport and his unwavering dedication to personal and team success. ~Joshua Bullock

COLLEGE — LACROSSE

WESTMINSTER UNIVERSITY

RILEY WELDON

Defense

Senior

Riley Weldon exemplifies the quintessential qualities of a remarkable athlete, showcasing an unwavering attitude, relentless effort, and meticulous attention to detail. As a prominent leader among her peers on the women's lacrosse team, Riley's influence extends far beyond the field, demonstrated through her year-round commitment to self-improvement. Despite facing the challenges of injury and time away from the game, Riley confronts adversity with resilience and determination. She confronts the mental and physical toll of setbacks with admirable candor, displaying both vulnerability and strength throughout the rehabilitation process. Riley's empathy towards fellow athletes, regardless of team affiliation, underscores her compassionate leadership. Her tireless work ethic and unwavering perseverance serve as a beacon of inspiration, ultimately culminating in a triumphant return to lacrosse. Riley's exceptional contributions to her sport and her remarkable journey make her a deserving candidate for the National Strength and Conditioning Association All-American Award, symbolizing her dedication to excellence and unwavering commitment to success. ~Joshua Bullock