

COLLEGE — SOFTBALL

AVERETT UNIVERSITY

SARAH LYSOHIR

Utility

Sophomore

Sarah epitomizes dedication and resilience in her pursuit of excellence. Continuously pushing the boundaries of her physical capabilities, she approaches every workout with unwavering commitment and determination. Her relentless effort and unwavering commitment are unmatched, serving as a beacon of inspiration for those around her. Sarah's leadership extends beyond words; she leads by example, demonstrating unparalleled grit and perseverance in the face of challenges. Her relentless pursuit of improvement not only elevates her own performance but also ignites a fire within her peers to strive for greatness alongside her. ~Tyler Smith

BARRY UNIVERSITY

ALEXIS MARTIN

Pitcher

Freshman

Alexis comes in with a hard working mentality everyday and leads by example. Her hardworking mentality lead her to be pitcher of the week as a freshmen in the SSC.

~Jennifer Michuda

BRADLEY UNIVERSITY

ABBOTT BADGLEY

Pitcher / Utility Player

Junior

"Abbott has been undeniably a true leader for her team in training. The work ethic she demonstrates in her training has not only caused her game to improve over her 3 years, but also strives to make her teammates better as well. This results in her most recently back squatting 315 pounds, bench pressing 185 pounds and a personal best hang clean of 185 pounds. Her leadership and drive continues to be a crucial factor on her team and the individuals around her. Her future is very bright."

~Matthew Friend

BRANDEIS UNIVERSITY

TRISTAN BOYER

Catcher

Junior

Tristan is a true leader in the weight room as she brings a contagious energy to every session. She is committed to her training year round and is always finding ways to make herself and her team better. Tristan's achievements in the weight room are impressive and her strides in strength and power have helped develop her into a high performing athlete. With her dedication and drive, Tristan serves as a valuable part of this Strength and Conditioning program and sets the standard for years to come. ~Kaitlin Carson

CAL POLY HUMBOLDT

JULIA RIVERA

Catcher / DH

Junior

Julia is the strongest female athlete at the school. Her 315 pound Back Squat, 265 pound Front Squat, and 215 pound Clean makes Julia one of the strongest people at the school period. I look forward to seeing Julia continue to improve on the field and in the weight room, where she is a constant presence! ~Andrew Drew Petersen

COLLEGE — SOFTBALL

CLEMSON UNIVERSITY

ALIA LOGOLEO

Shortstop

Senior

Over the past five years, Alia has been the undisputed standard in the weight room for Clemson Softball, leading by example and instilling a culture of dedication and attention to detail among her teammates. Her exceptional work ethic extends beyond mandatory lifts, as she actively participates in voluntary summer on-campus training and in-season pre-competition priming sessions. As the captain of the defense at shortstop, Alia has played a crucial role in securing back-to-back Regional Championships for Clemson. Her on-field prowess is reflected in the recognition of three All-ACC honors. Off the field, she shines as a three-time Academic All-ACC student, graduate of Clemson's prestigious Tiger Leadership Academy, and member of the inaugural Power cohort, demonstrating her commitment to academic and leadership excellence. Additionally, Alia's extensive work in Student-Athlete Development over three years accentuate her holistic approach to professional and athletic growth. Completing her Undergraduate Degree in Parks, Recreation, and Tourism Management and achieving a Master's Degree in Human Resources Development, Alia's multidimensional achievements make her an exceptional athlete and a commendable individual both on and off the softball field. ~Travis Koon

DREXEL UNIVERSITY

GRACE ABBONIZIO

Outfield

Senior

Grace Abbonizio has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Grace'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 woman.

~Dan Vossbein

EMORY & HENRY COLLEGE

MACKENZIE WILLIAMS

Outfield

Junior

Has improved jump height, 20 yard dash, back squat relative strength and bench press relative strength year to year. Shows up early, always gives great effort, has a positive attitude, has never missed a training session, excels in the classroom and on the field. ~Noah Arni

FAIRMONT STATE UNIVERSITY

ELIZABETH WASZKIEWICZ

Catcher/Infielder

Junior

Liz Waszkiewicz, a Junior from Irwin, Pennsylvania, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. From day one, Liz has embraced strength training and is very coachable. Her commitment to year-round training shows. As a junior, she has squatted and deadlifted 295 lbs. Over the course of three off-seasons, she has also added 2.5 inches to her vertical jump and 11.5 inches to her broad jump. Her work ethic shows on the field as well. Liz currently has a career batting average of .231, while also hitting her first career home run this season. Her dedication and work ethic are also displayed in the classroom, where she has a 3.85 GPA as an exercise science major. For her academic success, Liz has also been listed on multiple all-conference academic teams. Our softball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Liz Waszkiewicz. ~Adam Kolberg

COLLEGE — SOFTBALL

HUNTINGDON COLLEGE BROOKE STEFANKIEWICZ

UTL

Senior

Brooke has played an integral role in the success our softball program has experienced. She is dedicated not only to her development, but to the overall development and preparation of everyone in the program. Her commitment is exceptional! ~Charlie Goodyear

IOWA STATE UNIVERSITY OLIVIA WARDLOW

Infield Player

Junior

Olivia has been a great addition to our softball program from the day she stepped on campus. She has a great attitude, willingness to learn, and drive to work hard to increase her athletic ability makes her a great asset to our program. "O" (Olivia) is a quiet leader for the program by doing everything needed to help her team be successful. I am excited for Olivia to represent our softball program as my selection for NSCA All American. ~Timothy Dombrowski

MCKENDREE UNIVERSITY OLIVIA STANSBURY

IF

Senior

Olivia has been a pleasure and honor to work with. She is consistent, hardworking and a natural leader. She always has a positive attitude in the performance center and encourages, pushes and holds her teammates accountable. She is dedicated to the process and bought into the program since the very first training session. Her constant drive and effort, along with her integrity and leadership in the performance center has translated well into her role as a student, athlete, teammate, and leader. These traits will continue to serve Olivia well in her future endeavors. Her presence and energy will be missed in the performance center. We wish her all the best. -BH

~Tyler Aulbur

PIEDMONT UNIVERSITY KAITLIN ISLEY

3rd Base

Senior

In 2023 Kaitlin started all 39 games for the Lions at 3rd base. She also has been at every weight room session since my arrival in 2021 setting the tone for her teammates year in and year out. She outworks everyone on and off the field, is a true competitor, and is a symbol of mental toughness and overcoming adversity. She will continue to lead her team back to the top of the conference something she helped accomplished in 2022. ~John Delf-Montgomery

PORTLAND STATE UNIVERSITY PAETYNN LOPEZ

Catcher

Senior

Paetynn is a senior catcher who came in to Portland State with an extensive background in weight training. She has used that experience and hard work to be the main catcher of our softball team. She is a dedicated individual who just works. She has used her strengths in the weight room to garner many accolades on the field. She was a first team all Big Sky selection in 2022 and helped our softball team to the 2021 Big Sky Championship. ~Scott Fabian

PORTLAND STATE UNIVERSITY LOGAN RIGGENBACH

Outfield

Senior

Logan made our Forged by Iron elite club membership in November of 2023. She tested well in all categories and was the top points earner. Logan has put her strength, speed, and agility to tremendous use and was named to the all Big Sky tournament team in 2023. She was also 3rd team NFCA All-Region in 2022. Logan's hard work and dedication to the weight room has made her a

COLLEGE — SOFTBALL

tremendous asset for our team. She is a leader on and off the field of play. ~Scott Fabian

PURDUE UNIVERSITY FORT WAYNE

ALYSON QUINLAN

RHP/IF

Junior

Q has been a force in the weight room for some time now. She approaches every training session with a sense of pride and a smile on her face. She pushes herself beyond what is asked of her in an effort to be a more dynamic athlete. Not only does she challenge herself to be better, but she encourages her teammates as well with her actions and infectious energy. Q is an example of what a leader and role model in the weight room should look like. ~Patrick Rawle

SALISBURY UNIVERSITY

ABBY MACE

OF

Senior

On the field or in the weight room, Abby brings the passion, intensity and dedication needed to be great. This is exactly what has propelled her toward greatness in her career here at Salisbury University. To work with this kind of an athlete is often a once and lifetime opportunity and couldn't be more proud of what she has done during her career. ~Matt Nein

UNIVERSITY OF MISSOURI S&T

JULIA KANOY

Pitcher

Junior

Julia's work ethic is unmatched. She is an extremely strong athlete and continues to put in the work on a daily basis to reap the rewards. Her ability to keep pushing when things get harder has shown up ever since I became her coach. She will graduate as one of the strongest female athletes I have ever coached.

~David Edwards

UNIVERSITY OF PROVIDENCE

AZIA UMPHREY

Senior

She comes into lift ready work and help those around her. She's stepped out of her comfort zone and is flourishing on and off the softball field because of it. Keep up the amazing work! ~Lucky Lovan

UNIVERSITY OF REDLANDS

NATALIE HORTON

Infield

Senior

Natalie is a dedicated, driven athlete with an inspiring work ethic. I'm constantly blown away by her ability earn the respect and admiration of her teammates. She leads from the front in everything that she does, whether it's on diamond or in the weight room. I've had the opportunity to witness her dedication & resilience first hand, as I seen her battle back from numerous injuries and stay the course when others might have given in to discouragement. Each time, she's managed to come back stronger than before and her accomplishments on the field speak for itself. Natalie boast 1st Team All-Conference Honors and was named Conference Tournament MVP as she lead her team to a Conference Championship. As I've already state, Natalie's work ethic speaks for itself as she is a four-year Dean's list recipient with a 4.0 GPA and a Dean's List Scholar Athlete recipient. No one is more deserving of the honor of NSCA All-American than she. ~Connor Truhitte

UNIVERSITY OF SOUTHERN MAINE

MEG DUFRESNE

Outfield/Catcher

Junior

Had several team bests on testing day. Clean 135, Squat 225, Deadlift 305, Bench 155, top VJ 24" and 2nd best MB throw @ 34'. A former All Conference Rookie team



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — SOFTBALL

performer. Should use power and speed to help the Huskies this spring. ~James Giroux

WEST TEXAS A&M UNIVERSITY
BRAELAND BOOTH

Catcher

Senior

Braeland is a true leader on and off the field. She works extremely hard in the weight room and I expect her to do the same in life. ~Karson Zant

WESTFIELD STATE UNIVERSITY
STEPHANIE SCOVILLE

Pitcher

Senior

Steph has taken a huge leadership role in our sports performance program with her team. Her drive and effort everyday inspires her fellow teammates to train harder. She challenges herself and encourages others to do the same. ~Tucker Bachand