

COLLEGE — WRESTLING

AVERETT UNIVERSITY

CARTER ERICKSON

184

Sophomore

Carter, the epitome of a dedicated athlete, sets the bar high for his teammates, leading by example in every aspect of his training and performance. His relentless work ethic in the weight room is nothing short of remarkable, evident in the consistent improvements he makes day after day. Carter's leadership shines through his actions, inspiring those around him to push themselves harder and strive for excellence both in sport and in life. ~Tyler Smith

Avila University

Markayla Lottie

116lbs Class

Junior

Markayla has been a dominant athlete since she stepped foot on campus. Pound for pound she is one of the strongest female athlete in our program with the ability to deadlift twice her body weight for multiple reps. She is an excellent student who performs at the top of her class. On the mat, she has qualified for Nationals the last two years along with various conference accolades and season national rankings. Her aspirations are to be a strength and conditioning coach and based upon her past abilities she will most certainly succeed.

~Brian Ciolek

HUNTINGDON COLLEGE

CHRISTION CURRY

285

Senior

Christion has been a consistent leader for our wrestling program throughout his career. He is a hard worker that always operates with a positive attitude. Christion has grown into an integral role for us, and demonstrates what it means to be a selfless teammate.

~Charlie Goodyear

MICHAEL FAVRE

JADEN BULLOCK

184lb. weight class

Junior

Jaden Bullock, a redshirt-junior wrestler, has continually demonstrated his leadership and commitment to both the strength and conditioning and wrestling programs. Jaden's leadership by example, dedication, positive attitude, attention to detail and relentless effort have been paramount in inspiring his teammates to achieve personal bests within the strength and conditioning program, leading to new levels of team physical preparedness and performance. Jaden's relentless effort and attention to detail in the weight room and on the wrestling mat were instrumental in his return from a season ending injury leading to the starting role at the 184lb weight class this season. Jaden has also repeatedly earned the respect of the coaching staff and his fellow teammates due to his willingness to rise to any challenge in order to make Michigan Wrestling successful.

~Michael Favre

MINNESOTA STATE UNIVERSITY, MANKATO

SHANE GIBSON

197 lbs

Senior

Shane has set the standard for hard work and consistency in the weight room during the season and in the off-season over the course of his career at Minnesota State. Shane constantly pushes himself to the limits of his ability from the beginning to the end of each workout.

~Brett Nelson

COLLEGE — WRESTLING

NORWICH UNIVERSITY

JOSHUA DUCHARME

Senior

Given their remarkable achievements and exceptional qualities, I wholeheartedly endorse the recognition of this outstanding individual as an NSCA All American. Their steadfast commitment to their sport and remarkable sportsmanship have not only raised the bar for collegiate athletics but also set a commendable example for aspiring athletes. Athletes like them epitomize sportsmanship, resilience, and excellence, serving as an inspiration for countless young talents to aspire to greatness and pursue their athletic ambitions with zeal. ~Scott Caulfield

SOUTHWEST MINNESOTA STATE UNIVERSITY

CADEN STEFFEN

197 Class

Senior

Caden had a relentless passion for hard work in the weight room. He set personal record maxes of 525 squat, 635 deadlift, 335 clean, and 405 bench press during fall training. His work does not stop there. In addition to his barbell work he finishes his workouts with heavy sandbag loads/carry's, farmers walks, log press, and sled push and pull. He is a two time All-American at 184. After a season ending injury last year he worked even harder to put on more muscle mass to move up to 197. He is currently ranked 3rd at 197 in NCAA Division II. With his hard work, and leadership abilities I cannot think of anyone more deserving than Caden Steffen to be named All-American Strength and Conditioning Athlete of the Year. ~Brad Gillingham

SPRINGFIELD COLLEGE

MAX GRZYMALA

174

Senior

Max is one of the most dedicated athletes I have worked with in my 30+ years as a strength and conditioning coach. He sets a very high standard for himself in his training and lives up to that standard every day. He is a role model and true team leader and one of the most positive people I have ever met. He wants to become a strength and conditioning coach himself and has already passed the CSCS exam. ~Brian Thompson

UNITED STATES AIR FORCE ACADEMY

GIANO PETRUCELLI

165 lbs. weight class

Senior

G emerged as an outstanding leader both in the weight room and on the wrestling mat. In the weight room, he assumed the role of the leader, orchestrating our team warm-ups and offering motivational weight room quotes that fueled our team's determination. G's commitment extended beyond words as he always led by example, pushing himself in every workout and inspiring teammates to match his intensity. In the wrestling room, his leadership took on a crucial role, fostering a culture of accountability among the team. G not only excelled at a national level in competition but also devoted himself to guiding and mentoring the younger wrestlers. His dedication extended to post-practice cool-downs, leaving no stone unturned in optimizing training and performance. G's multifaceted leadership undoubtedly elevated our team's performance. ~Buck Blackwood

COLLEGE — WRESTLING

UNITED STATES COAST GUARD ACADEMY

COY SPOONER

197

Senior

Holding a Career Record of 65-3, Coy has never lost a regular season match and has only experienced losses during the NCAA tournament. Coming into his senior season, he was a 2x Northeast Regional Champion & a 2x All-American at 197 pounds, placing 5th in 2022 and 2nd in 2023. Additionally, Coy is a 2x Academic All-American and was selected as the 2022 Northeast Region Rookie of the Year. So far this season he has earned the title of Outstanding Wrestler at the 2023 NEWA Duals and is currently ranked 2nd at 197 in NCAA III. Coy will look to compete for a 3rd Regional title, as well as an NCAA National Championship this season. ~Timothy Farina

UNIVERSITY OF PROVIDENCE

ERIN HIKIJI

Sophomore

She's always pushing herself and works harder than any girl during lift. It shows during her wrestling matches in the way she dominates every girl she goes up against. ~Lucky Lovan

UNIVERSITY OF PROVIDENCE

CALEB WERNER

Senior

Reliable, consistent and discipline. He always shows up with a positive attitude ready to work. Blessed to coach such a great athlete and even better man. ~Lucky Lovan

UNIVERSITY OF SOUTHERN MAINE

NICK BEEBE

Heavyweight

Senior

Developed into strongest athlete on team. Has 400+ bench and 500+ squat. Qualified for Northeast Wrestling Regional Championship. Will compete in Powerlifting competitions after wrestling is over. ~James Giroux