



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — MULTI-SPORT ATHLETES

WASHINGTON AND LEE UNIVERSITY

EVAN NOVAK

Football/Track & Field

Tight End/Thrower

Junior

Dependable leadership with reliable energy. On the football field for the Generals Evan hauled in his first career All-District distinction, the junior boasts a 3.78 gpa while working towards a degree in physics. He was selected to the All-ODAC second team after being a dual-threat in the Generals' offense. He was a dominant force in the running game, helping the Generals average 288.4 yards per game on the ground which ranked fourth in Division III, he also contributed in the passing game as he hauled in ten passes this season for 155 yards and two touchdowns. For Track & Field Evan finished his sophomore campaign with a 4th place finish in the Hammer and 8th in the Discus at ODAC Outdoor Championships. Currently ranked 3rd All-Time for W&L in both events. Recently finishing his junior year ODAC Indoor Championships with a 4th place finish in the Weight Throw, his mark putting him 7th All-Time in program history. ~Aron Gibson