

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — ROWING

BARRY UNIVERSITY

JOSIE WILES

Senior

Josie's work ethic and determination have made her a leader on the water and in the weight room. ~James Karr

DUQUESNE UNIVERSITY

MAGGIE RAY

Junior

Maggie has done nothing but improve in the classroom, sport, and training. She sets the standard for the women's rowing team. Maggie has never missed one optional lift and always brings a teammate with her on optional days. She is a natural leader who leads by example. She is an athlete every coaches loves to coach. I am excited to continue to coach her to her highest level. ~Zach Chandler

ROCHESTER INSTITUTE OF TECHNOLOGY MAGGIE CAREY

Senior

Maggie's role as the anchor of the Women's Rowing team in invaluable. Her consistency, hard work and discipline create a solid framework for the team's success. By delicately balancing accountability and support, she has become an indispensable leader. Her commitment to strength training not only reflects in her own impressive numbers but also sets a high standard for her peers. This dedication to physical preparation contributes not only to her individual success but also to the overall strength and resilience of the team. "Ryan Kelly

ROCHESTER INSTITUTE OF TECHNOLOGY TOMMY MOORE

Senior

Tommy's dedication to his physical preparation is commendable, as it shows his commitment to personal growth and improvement. His enthusiasm for demonstrating strength not only reflects his own drive but serves as motivation for his teammates. Tommy's proactive approach to sharing training practices, providing feedback, and sharing new ideas for the program highlights his collaborative spirit and his desire to contribute positively to his team's success. ~Ryan Kelly