

COLLEGE — TRACK AND FIELD

Cal Poly Humboldt

JOSEPH GONZALEZ

Throws

Sophomore

Joseph is the strongest male athlete we have on campus. He is one of the most consistent and dedicated lifters we have on our entire campus and it shows in his numbers in the weight room and in his events. His technique is fantastic and he continues to get stronger every year.

~Anthony Ratto

California State University Bakersfield

THOMAS RICHARDSON

Thrower

Senior

Thomas has been a great example of what a dedicated athlete in the weight room can achieve. Throughout his time at Cal State Bakersfield he has accumulated weight room bests of; 286lbs on the power snatch, a 400lb power clean, 600lb back squat, 500lb front squat, and 485lb bench press. These outstanding weight room numbers have led to PRs in the Hammer Throw of 194ft and 56ft 3in in the Shot Putt. Thomas was able to get on the podium with a second-place finish in Shot Putt during the 2023 season. Not only is Thomas an excellent athlete but as a student he has amassed a 3.43 cumulative GPA and is on pace to graduate with his Master's degree at the end of this season.

~Jonathan Wall

California State University Bakersfield

JAVIER TORO

Throws

Senior

Javier has been an outstanding example of what it means to be a student-athlete and has used the weight room to his full advantage to catapult himself to athletic success. His weight room best include; a 264lb power snatch, a 352lb power clean, a 600lb back squat, 485lb front squat, and a 465lb bench press. This weight room numbers have helped him succeed in the ring, with current PRs of 208ft 8in in the Hammer Throw and 55ft 8.5in in the Shot Putt. These marks allowed him to qualify for the NCAA West Regionals as a Junior. He will look to build upon that success going into his Senior year. As a student he has been excellent, with a cumulative GPA of 3.55 which shows his dedication to not only his sport but also his dedication to his academics. ~Samuel Findley

Colorado College

EASTON CAPSER

Thrower

Freshman

Easton brings a level of energy and drive to our weight room that all of our other athletes feed off of. He is constantly pushing himself and those around him. ~Derek Savage

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Colorado College

ALINA MIRANDA

Sprinter

Sophomore

Alina has several attributes that qualify her for this nomination. Alina is a lead by example type of person. Whether that is from her work ethic, positive attitude, determination to execute exercises with intent, or her thought provoking questions, Alina is always giving it her all. She is seeing lifetime PR's in her sport and I believe it is due to her excellent work ethic. Nobody deserves this award more. ~Derek Savage

Converse University

ZEPHANIAH COX

Sprints

Senior

Zephaniah does an incredible job in the strength facility. He demonstrates near impeccable form on very heavy hang cleans as well as squats. Everything he does is wide open including his speed sessions during track practice. He very recently became the conference Carolinas 60 m indoor track champion. He puts in great work and always gets great results. ~Kevin Darlington

Converse University

ESEOSE OKODUWA

Sprints

Senior

Eseose is one of our top performers for our Women's Track Program and is very successful during both indoor and outdoor track seasons. She takes an incredible work ethic to the track everyday, and then brings that same energy to our evening strength session in the strength facility. She's never

happy until her form is impeccable on the track and in the strength facility, which is a big reason for her success. ~Kevin Darlington

Maryville University

MALLORIE METZGER

Mid-Distance

Sophomore

Mallorie never misses a chance to put in work, she is the first to the weight room and last to leave. She does extra sessions on her own, is always setting a good example for teammates, does not let injuries stop her progress, and her results show it! ~Mitchel Schwartzman

Rochester Institute of Technology

JOSH AULER

Thrower

Senior

Josh'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. Josh's proactive approach to injury prevention, 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

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Rochester Institute of Technology

CAROLINE HILL

Sprints

Senior

Caroline's confidence, energy and enthusiasm for her training and preparation have resulted in great success both in the weight room and on the track. Caroline currently holds records for our female athletes in the Front Squat (225), Bench Press (170), Hang Clean (160) and Chinups (14). Meanwhile, she consistently sets Atlantic Regional Qualifying times in the 200, 400 and relay events. Her dedication to strength and conditioning does not go unnoticed. ~Ryan Kelly

Smith College

SOFIA JURUSZ

Middle Distance/Distance

Sophomore

Since the first day working with Sofia, she has stood out as a leader in the weight room. She is always the first one to show up with a smile, cheer on her teammates and push the other people in her group. On the cross country course and on the track, she has made incredible strides in her first two seasons at Smith with several PR's, most recently in the indoor mile and 800m. Sofia's potential is unlimited, due to her drive, intensity and mindset. She is so easy to coach because she is thoughtful, driven and curious. She wants to know why she's doing something, how it will affect her racing and how she can get better at it. Sofia is the definition of leading by example, and it is an honor to nominate her for this award. ~Catherine Winstanley

South Dakota School of Mines

ABBY KRUMPUS

Senior

Abby Krumpus is recognized as Female Strength and Conditioning Athlete of the Year, not merely for her physical strength, but for her transformative leadership. She elevates team performance through her own dedication and empowers future athletes with her mentorship. Her ability to consistently excel and inspire, coupled with her unwavering commitment, makes her an outstanding example of the qualities this award represents. ~Garrett Snook

Southern Methodist University

KIRIN CHACCHIA

Sprints/Hurdles

Sophomore

Athlete exemplifies dedication, effort, and determination in all training sessions. ~Peter Kenn

Springfield College

MICHAEL ANDERSON

Sprints/Hurdles

Sophomore

Mike shows an incredible interest in what we are doing in the weight room. He loves to learn about the training process and works harder than anyone else. He is an incredibly driven individual with a focus on his track goals. He has experienced great carryover from the weight room to the track this year. ~Griffin Weidler

COLLEGE — TRACK AND FIELD

Springfield College SUMMER SOBIESKI

Jumps Sophomore

Summer has experienced so much growth in the weight room this year and has seen the direct translation to her jumping events. She is very determined and works very hard, but also knows how to have fun while doing so. ~Griffin Weidler

Springfield College KATELYNN TAYLOR

Thrower Senior

Katelynn is one of the hardest working athletes I have encountered in my 30+ years as a strength and conditioning coach. She takes advantage of every opportunity to become a better athlete. Katelynn is a role model for her teammates, leading by example inside and outside of the weight room with her great character, personality, and work ethic.

~Brian Thompson

University of Connecticut TRAVIS ROUX

Thrower Senior

Regarding results in the weight room, they were always there for Travis. Throughout his entire career here at UConn, he has always been amongst the best on the team both in absolute and relative standards. This is not surprising since Travis is gifted physically, and when that is combined with an incredibly impressive work ethic, it typically yields great results. Wildly enough, the other half of the equation with Travis is even more impressive. The passion and energy that he has for training and what he brings to the weight room for his teammates is unmatched. The INTENSITY that he trains with while also giving the

same amount to his teammates, is amazing. Travis produces, leads, and supports. He embodies & exemplifies all of the character traits we preach about as coaches. There may be some as deserving, but I don't believe there are any more deserving for this recognition than Travis Roux. ~Michael Rozzi

University of Michigan BREEANA BATES

Sprinter Senior

Bree Bates is the school record holder for the 60-Meter Dash and a member of the school record fastest 4x100m team. During the 2024 Indoor season, Bates suffered a foot injury that sidelined her for her entire Outdoor 2024 season. This injury kept Bates off of the track for all of Fall 2024 and the beginning of the 2025 Indoor season. During this time, Bates spent most of her time in the weight room, going through modified strength training sessions and grueling cross training/cardio sessions. There were times where Bates was not sure that she would be able to sprint not only for Michigan again, but later in life post college. Bates continued to work hard in the weight room and eventually was able to return to running like activity. In February 2025, Bates was able to sprint for Michigan in the 60 Meter Dash and advanced to the finals of the Michigan Invitational. It was her first race in nearly a year. All of her hard work finally paid off. Throughout her recovery, Bates was positive and had a great attitude and her resilient story encouraged many of her teammates. As a Coach, seeing Bates run again was a great moment and a story that I will definitely tell my future athletes. ~Layne Phillips

COLLEGE — TRACK AND FIELD

University of North Carolina at Pembroke

GARY PARKER

Throws

Sophomore

Gary is the ultimate teammate. Not only does he an incredible job in the weight room but he constantly elevates his teammates during training. Gary has fully bought into the weight room which allowed him to break the school squat record and place first in weight throw at conference. ~Cory Minnie

University of Providence

ADAM CEARLEY

Thrower

Senior

Adam has made huge strides in his performance and training over the past couple of years. I appreciate his coachability and willingness to take feedback from me even when he didn't want to hear it. He totally reconstructed every lift and has seen huge gains since then. He's one of the most consistent and hardest working athletes on the throws squad. I'm very proud to coach athletes like him who always has a positive spirit and smile no matter the circumstances. ~Lucky Lovan

University of Providence

TATIANA MARTINEZ

Thrower

Senior

Tatiana is one of the most dedicated student-athletes I've ever coached. She's the glue that hold the team together. Her personality, work ethic, maturity and performance set the foundation for the team. She not only excels as one of the top throwers in NAIA, but she's a phenomenal teammate and student in the criminal justice

program. She's highly motivated person that leads by example and pushes those around her to be great. ~Lucky Lovan

University of Southern Maine

WILL CARROLTON

Throws

Senior

Has greatly improved cleans. Power improvement has helped him add 12-15' to his discus throw. ~James Giroux

University of Southern Maine

CYRUS EVANS

Mid Distance

Junior

Has committed himself to strength training this year. Big improvements in times for all distances. ~James Giroux

University of Southern Maine

JAKE JACKSON

Jumps/Throws

Senior

Had one the top track team power cleans during testing this fall. Has had best long & high jumps of career during indoor season. ~James Giroux

University of Southern Maine

JACK PECORARA

Mid Distance

Senior

Has added a layer of strength to his speed. Expecting fast times during outdoor track & field. ~James Giroux

COLLEGE — TRACK AND FIELD

University of Wisconsin - La Crosse

LOGAN POWERS

Throws

Senior

Logan is an inquisitive individual who loves asking questions about how to help him improve his strength, power, and ability to throw. As his academic career progresses in exercise science, his knowledge is being applied to his training. This fall, Logan was challenged with making adjustments to the thrower's strength and conditioning programs. He accepted the challenge and brought some excellent ideas that have been incorporated into the plan. Logan is always aware of his technique in the strength center and works to adjust and improve his performance. He has improved all his lifts immensely over the past several years. Logan has personal bests of 18.12 meters in the 35-pound weight throw and 56.51 meters in the hammer throw. He is currently ranked top 30 in the NCAA and top 3 in the WIAC. He is an ESS major on the Fitness track and has a cumulative grade point average of 3.160. His dedication to training is seen by his teammates and coaches. ~Philip Whitesitt

University of Wisconsin - La Crosse

MADI VANDER SANDEN

Throws

Sophomore

Madi has shown incredible growth in her second year at UW-La Crosse. She spent the summer months training hard to improve her strength and power. During the fall training period, Madi took an additional interest in helping develop the strength training plans for the throws squad. She showed critical thinking skills and brought some excellent ideas to improve their training plans. Through the development of the programs, she also took on a greater leadership role within her event group. She used her knowledge of the purpose of the training programs to help motivate and

coach her teammates. Her drive to succeed was especially evident when an injury set her back this year. She put additional focus on doing the training she could do and has come out stronger than ever. Madi is a 2-time NCAA Qualifier in the shot put and is currently ranked in the top 25 for NCAA DIII shot put. She is also ranked fourth in the WIAC. Madi is an Exercise Sports Science major with a minor in photography. She currently has a 3.27 cumulative grade point average. Her dedication to improving herself is noticed and appreciated by her teammates and coaches. ~Philip Whitesitt

University of Wisconsin - Platteville

LAURA WEAVER

Throws

Sophomore

Laura's college journey has been one of dedication and remarkable growth. As a freshman, she was still developing as a thrower but showed great potential if she committed to honing her craft. Over the summer between her freshman and sophomore years, she put in the work—focusing intensely on technical throwing practice and rigorous summer workouts. When she returned in the fall, her efforts were evident, setting new personal records both in the weight room and in competition. She has carried that momentum into the indoor season, and as a sophomore, she now holds the fifth-farthest weight throw in school history. She has achieved all of this while excelling in her demanding Mechanical Engineering degree. Laura has an incredibly high ceiling and deserves recognition for taking control of her development and accelerating her potential. ~Conor Cantwell

COLLEGE — TRACK AND FIELD

University of Wisconsin-Platteville

ANDREW CUNNINGHAM

Throws

Senior

Andrew is an exceptional athlete and student who has dedicated himself to his training and been a leader within the group while also undertaking a challenge engineering degree. He leads the group and pushes everyone to be better in the weight room. ~Conor Cantwell

University of Wisconsin-Platteville

LEAH DIGMANN

Middle Distance

Junior

Leah has brought the traits of a strong leader in the weight room from day 1. Her dedication, attention to details, and hard work has helped her improve her times significantly. She leads both with her actions and her voice while being respected by her teammates. She is the leader that you can count on day in and day out in so many ways. Her smile brings energy to the room every day! ~Kellen Bornbach

University of Wisconsin-Platteville

DANIEL INYANG

60m Dash / High Jump

Senior

Daniel has been the model of consistency in the weight room with his training. Having battled through significant injuries in his career, he has come to the weight room prepared to make himself better no matter the circumstances. His dedication has seen him return and exceed his performances on the track. Daniel's leadership is that of one you can lean on and trust to instill that in his teammates. ~Kellen Bornbach

Vassar College

FAYE STEVENS

Multis

Senior

Faye Stevens is powerful and perseverant. Faye has overcome obstacles big and small to build strength from the ground up. If the weight room is open... she is there building the blocks of strength, mobility and power needed to perform on the track. In addition to her impressive commitment, she is also an energetic and passionate leader in the weight room motivating both teammates and fellow Brewers alike. ~Alice Read

Washington and Lee University

ASHLEY D'AMBROSIA

Pole Vault/Sprints

Senior

2024 NCAA Outdoor National Championship qualifier in the pole vault. Top vaulter in South Region both indoor and outdoor for 2024. Multiple time All-ODAC/Champion in pole vault. Has program record for both indoor and outdoor pole vault, along with being a part of the 4x100m relay school record. On program's top ten list for 60m dash and indoor 200m dash. ~Aron Gibson

Washington and Lee University

GEORGE MARABLE

Hurdles/Sprints

Senior

Multiple time All-ODAC honoree in hurdles. All-Region in 400m hurdles in 2024. Currently top 5 in program history for the 60m hurdles, 110m hurdles, 400m hurdles. ~Aron Gibson

COLLEGE — TRACK AND FIELD

Westfield State University

ELIZA LEE

Sprints/Jumps

Junior

Eliza has been a consistent hard worker every day she is at practice or in the weight room. She encourages new challenges and is determined to accomplish them. She brightens up the room with her positivity and leadership. ~Tucker Bachand

William Woods University

EMMA CLIFFORD

Distance

Senior

Emma Clifford's four years of unwavering dedication culminated in a transformative track season. Her "buy-in" attitude, relentless hard work, and consistent encouragement of her teammates fueled her personal bests (PRs) and a historic achievement: her first individual All-Conference honor. ~Robert Jones

William Woods University

IAN SCHWIERJOHN

Distance

Senior

Ian Schwierjohn has demonstrated an unparalleled commitment to strength and conditioning. I've witnessed a remarkable transformation in their approach to training and their impact on our team's culture. Their dedication extends beyond personal improvement; they consistently encourage and motivate their teammates, fostering a positive and competitive training environment. ~Robert Jones

Wright State University

MEREDITH GOECKE

Multis

Junior

Meredith has improved tremendously in her years here. She has overcome a lot of obstacles injury wise. She persisted through those injuries and has put in extra work to be successful this year.

~Alyssa Crusey