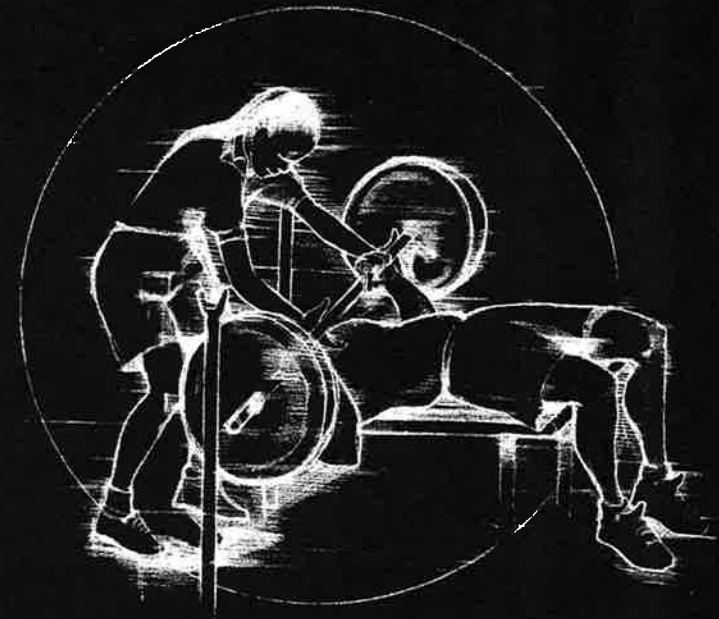




# 2003 ALL-AMERICAN

## Strength and Conditioning Athletes



**National Strength and Conditioning Association**

P.O. Box 9908, Colorado Springs, CO 80932-0908

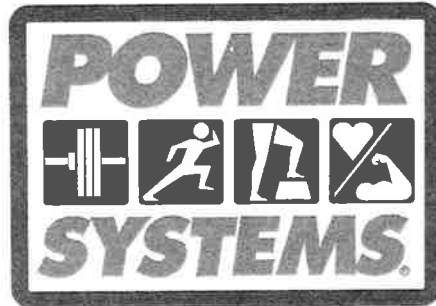
Phone: 719-632-6722 or 800-815-6826 • Fax: 719-632-6367

E-mail: [nsca@nsca-lift.org](mailto:nasca@nsca-lift.org) • Website: [www.nasca-lift.org](http://www.nasca-lift.org)

---

# National Strength and Conditioning Association

*The NSCA wishes to thank...*



***Official Sponsor  
2003 NSCA All-American  
Strength and Conditioning  
Athletes of the Year***

## Table of Contents

Introduction .....	2
Baseball .....	3
Men's Basketball .....	5
Football .....	8
Ice Hockey .....	21
Rowing & Crew .....	22
Lacrosse .....	23
Rugby .....	24
Soccer .....	24
Softball .....	27
Swimming .....	29
Track & Field .....	30
Volleyball .....	34
Women's Basketball .....	38
Wrestling .....	43
NSCA Mission Statement .....	44



## BASEBALL

### Johnson County Community College Sam Nocita

Catcher

Sophomore/ Business  
Height: 6', Weight: 195

**Personal Bests:**

Bench Press: 240 lbs., Squat: 400 lbs.,  
Vertical Jump: 33, Power Clean: 250 lbs.,  
40-yard dash: 4.4

*"30m sprint 3:91, 30m Shuttle Run 6:44, Standing Long Jump 8.8. Overall Excellent athlete. Sam gives his best in Baseball, in a classroom and in the weight room."*—Istvan Javorek, NSCA member sponsor.

### Lafayette College Matt Tambellini

First Base/Pitcher

Senior/ Economics and English  
Height: 6'1", Weight: 195

**Personal Bests:**

Bench Press: 245 lbs., Squat: 310 lbs.,  
Vertical Jump: 24, Power Clean: 285 lbs.,  
40-yard dash: N/A

*"Matt has proven to be a leader in the weight room, on the baseball field and on campus. In addition to being a non-recruited baseball player who has developed into a starter and team captain, Matt is also treasurer of his fraternity and volunteers his spare time to be a peer mentor. What's more impressive is that Matt is able to maintain a 3.7 GPA with a double major of Economics and English. Matt also received ALL-Patriot League First-Team honors and was named a Verizon District II Academic All-American. He leads by example and motivates everyone around him to raise their level of intensity. Matt's discipline and work ethic in the weight room carry over to all aspects of his life. He is the epitome of the term student-athlete."*—Stephen Mannino, NSCA member sponsor.

### Mount Marty College

#### Jesse Kurtenbach

Catcher

Junior/ Nursing  
Height: 5'8", Weight: 185

**Personal Bests:**

Bench Press: 335 lbs., Squat: 450 lbs.,  
Vertical Jump: 32, Power Clean: 250 lbs.,  
40-yard dash: 4.8

*"Jesse has been an avid lifter since high school when he won the South Dakota Open Power Lifting Championship. He has set the example for teammates to see the value of strength training. During the 2002 season, he caught every inning, led the team in all hitting categories, was second in stolen bases, and was named team MVP. Jesse was a first team GPAC All-Conference selection and will be an Academic All-American nominee while pursuing a rigorous nursing major."*—James Thorson, NSCA member sponsor.

# 2003

## NSCA All-American Strength and Conditioning Athletes of the Year

The NSCA All-American Strength and Conditioning Athletes of the Year program recognizes those collegiate athletes, whose athletic accomplishments, in the opinion of their strength coach, reflect their dedication to strength training and conditioning.

These athletes are also recognized for their academic and personal accomplishments and their integrity as student athletes.

Power Systems, Inc. is the official sponsor of this program.

**University of  
Central Florida**

**Ryan Bear**

**Outfield**

Senior/ N/A

Height: 6'1", Weight: 215

**Personal Bests:**

Bench Press: 315 lbs., Squat: 405 lbs.,  
Vertical Jump: 32, Power Clean: 240 lbs.,  
40-yard dash: 6.67

*"A great leader in the weight room and on the field. His hard work has led to increased power and hitting ability and better speed around the bases."*—Philip Magin, NSCA member sponsor.

**University of Hartford**

**Cory Parker**

**Outfield**

Senior/ Communications

Height: 5'7", Weight: 180

**Personal Bests:**

Bench Press: 275 lbs., Squat: 300 lbs.,  
Vertical Jump: 26, Power Clean: N/A,  
40-yard dash: N/A

*"A truly motivated athlete. Cory's commitment and dedication to training has reflected itself in his numbers on the field. He improved in every offensive category last season and continues with a tremendous work ethic this off-season."*—Emil R. Johnson, Jr, NSCA member sponsor.

**University of North  
Carolina Wilmington**

**Jaime Hemmingway**

**Outfield**

Senior/ Finance

Height: 6'2", Weight: 215

**Personal Bests:**

Bench Press: 310 lbs., Squat: 550 lbs.,  
Vertical Jump: N/A, Power Clean: N/A,  
40-yard dash: 4.51

*"Jaime has made himself into a player that professional scouts are very interested in. His size and strength have allowed him to become a standout on the baseball field. I have had the pleasure of watching Jaime work day in and day out for the past three years to make himself what he is today."*—Jim Mayew, NSCA member sponsor.

**William Woods University**

**Justin McBride**

**Infielder**

Senior/ Marketing

Height: 5'10", Weight: 178

**Personal Bests:**

Bench Press: 275 lbs., Squat: 405 lbs.,  
Vertical Jump: 30, Power Clean: N/A  
lbs., 40-yard dash: N/A

*"Justin has been on campus only one semester, but has been a tremendous leader. His work ethic and positive attitude have been contagious."*—Robert H. Jones, NSCA member sponsor.



**MEN'S  
BASKETBALL**

**Arizona State University**

**Chad Prewitt**

**N/A**

Senior/ N/A

Height: 6'10", Weight: 235

**Personal Bests:**

Bench Press: 260 lbs., Squat: 300 lbs.,  
Vertical Jump: 28, Power Clean: 250 lbs.,  
40-yard dash: N/A

*"Chad has made the biggest physical transformation that I have ever witnessed. All Pac-10 offensive, defensive team MVP, and Holiday Classic MVP."*—Rich Wenner, NSCA member sponsor.

**Creighton University**

**Brody Deren**

**Forward**

Junior/ Exercise Science

Height: 6'8", Weight: 245

**Personal Bests:**

Bench Press: 345 lbs., Squat: N/A,  
Vertical Jump: 35.5, Power Clean: 287 lbs.,  
40-yard dash: 8.58

*"Brody is very deserving of this award. He has been a weight room regular since his freshman year and has brought intensity and tremendous work ethic to the weight room every day. His dedication is unmatched and is a source of inspiration for the rest of his team and other athletes in our facility. It will be fun to watch his continued growth over the next two years."*—Satoshi Ochi, NSCA member sponsor.

**Furman University**

**Orion Wake**

**Center**

Senior/ History

Height: N/A, Weight: N/A

**Personal Bests:**

Bench Press: 215 lbs., Squat: 315 lbs.,  
Vertical Jump: 22, Power Clean: 198 lbs.,  
40-yard dash: N/A

*"She has combined intensity, commitment and ability to be a fierce competitor. Through work ethic and desire, she has been a motivator for those around her."*—C. Wayne Brown, NSCA member sponsor.

**Furman University**

**Guilherme Da Luz**

**Guard**

Senior/ Health and Exercise Science

Height: 6'3", Weight: 205

**Personal Bests:**

Bench Press: 320 lbs., Squat: 550 lbs.,  
Vertical Jump: 32, Power Clean: 271 lbs.,  
40-yard dash: N/A

*"Combines excellence in athletic ability with impressive physical strength and dedication. He has been a consistent leader and worker for four years. His character and values will lead him to achieve great things in life."*—C. Wayne

Brown, NSCA member sponsor.

## Jacksonville State University

### Omar Bartlett

#### Forward

Senior/ Business

Height: 6'8", Weight: 235

#### Personal Bests:

Bench Press: 295 lbs., Squat: 395 lbs.,  
Vertical Jump: 27.5, Power Clean: 245  
lbs., 40-yard dash: 4.8

*"Omar has benefited tremendously from a hard-nosed work ethic. A leader in the truest sense. His drive allowed him to place in the top five in each testing event. He gives and expects only the best of his team."*—Scott Austin, NSCA member sponsor.

## James Madison University

### Kenny Whitehead

#### Center

Senior/ N/A

Height: 6'10", Weight: 245

#### Personal Bests:

Bench Press: 295 lbs., Squat: N/A,  
Vertical Jump: 26, Power Clean: N/A,  
40-yard dash: N/A

*"Kenny Whitehead has transformed his body and athletic ability through consistent, diligent effort in the weight room and on the basketball court. Kenny has never once missed a workout, and even though he struggled with a low fitness level early-on he asked for extra sessions and worked hard to build his fitness. It has been said that, "Champion's are built not born," and once an athlete adopts this philosophy his work ethic will follow. Kenny Whitehead adopted the champion's philosophy and has utilized strength and*

*conditioning to alter his once unfit body into a sold, fit, slam-dunking, shot-blocking, All-Conference threat."*—Greg Werner, NSCA member sponsor.

## Marshall University

### Ardo Armpalu

#### Forward/ Center

Junior/ Business

Height: 6'10", Weight: N/A

#### Personal Bests:

Bench Press: 275 lbs., Squat: 365 lbs.,  
Vertical Jump: 35, Power Clean: 285 lbs.,  
40-yard dash: N/A

*"Ardo has shown to be one of the hardest working athletes at Marshall University. He has tremendous work ethic and has developed into the teams most physical player on the court. He has improved over 100 pounds in his squat and 50 pounds in his clean in just eight months."*—Jason Loscalzo, NSCA member sponsor.

## Michigan State University

### Adam Ballinger

#### Forward

Senior/ Advertising

Height: 6'9", Weight: 248

#### Personal Bests:

Bench Press: 275 lbs., Squat: N/A,  
Vertical Jump: 28, Power Clean: N/A,  
40-yard dash: N/A

*"Adam has earned the respect of his teammates by his work ethic and improvements which have played a big part in a run of 3 Big-Ten titles, 3 final fours and a National Championship."*—Michael Verkapich, NSCA member sponsor.

## Ohio State University

### Velimir Radinovic

#### Center

Junior/ English

Height: 7', Weight: 245

#### Personal Bests:

Bench Press: 250 lbs., Squat: 400 lbs.,  
Vertical Jump: 32, Power Clean: 225 lbs.,  
40-yard dash: N/A

*"Vel is an outstanding kid who works hard in the weight room. He has gained 30 pounds since his freshman year. All of his lifts have gone up over 75 pounds."*—Kim Dally, NSCA member sponsor.

## The University of Virginia's College at Wise

### Zack Moore

#### Forward

Senior/ Political Science

Height: 6'4", Weight: 200

#### Personal Bests:

Bench Press: 250 lbs., Squat: N/A,  
Vertical Jump: N/A, Power Clean: N/A,  
40-yard dash: N/A

*"Freshman bench 175, average 20 points, 7 rebs. On pace break school scoring record. All conference 00-01, 01-02. HM NAIA All-American 01-02. Plays inside/out. Team leader. Works very hard on and off court."*—Danny Sterling, NSCA member sponsor.



## FOOTBALL

### Arizona State University

#### Mike Karney

##### Fullback

Junior/ Interdisciplinary Studies  
Height: 5'11.5", Weight: 260

##### Personal Bests:

Bench Press: 375 lbs., Squat: 601 lbs.,  
Vertical Jump: 30.5, Power Clean: N/A,  
40-yard dash: 4.95

*"Mike is what every coach dreams about; an individual who is willing to do whatever it takes to become successful. Mike is a workaholic. He is a true leader in our program with his intense work ethic and belief. Mike was one of our "Hard Hat" Players that represent those individuals who came to work with a championship effort and does what is right even when no one is looking. It is an honor to coach such an individual. Choosing Mike for this honor was a no brainer."*—Joseph Kenn, NSCA member sponsor.

### Boise State University

#### Bobby Hammer

##### Defensive Line

Senior/ General Building Management  
Height: 6'2", Weight: 270

##### Personal Bests:

Bench Press: 505 lbs., Squat: 545 lbs.,  
Vertical Jump: 32, Power Clean: 406 lbs.,  
40-yard dash: 5.0

*"Bobby is an extremely dedicated athlete that comes from an athletic family. A very humble athlete who has started for three years. Bobby was always undersized but has out manned."*—Jeff Pitman, NSCA member sponsor.

### Central Connecticut State University

#### Anthony Cracco

##### Offensive Lineman

Senior/ Physical Education  
Height: 6'1", Weight: 285

##### Personal Bests:

Bench Press: 420 lbs., Squat: 725 lbs.,  
Vertical Jump: N/A, Power Clean: 275 lbs.,  
40-yard dash: N/A

*"Anthony is an athlete that continually works hard to attain goals. He worked hard every time he was in the weight room and he surpassed the school record for squat at 725. He has tremendous work ethics, toughness, and an unselfish attitude."*—Michael Ericksen, NSCA member sponsor.

### Clemson University

#### Nick Eason

##### Defensive Tackle

Senior/ Sociology  
Height: 6'3", Weight: 295

##### Personal Bests:

Bench Press: 475 lbs., Squat: 750 lbs.,  
Vertical Jump: 30.5, Power Clean: 420 lbs.,  
40-yard dash: 4.9

*"Nick is one of the most intense and goal oriented athletes that I have ever been around. The 6'3 295lb Eason packed on 65lbs of mass over his five years career at Clemson to become one of the premier defensive tackles in the ACC. Nick is an outstanding leader and student. Nick was also selected to the Goodworks Team by the America Football Coaches Association for his work as a public servant. The powerful Eason increased his Bench from 315 to 475, squat 500 to 750 and clean from 275 to 420 while maintaining excellent speed and quickness. Nick was voted Most Dedicated by his teammates and received the Highest level of Strength for a Clemson Football Player: Manster."*—Joey Batson, NSCA member sponsor.

### Colgate University

#### Nathan Thomas

##### Tailback

Senior/ Political Science  
Height: 5'9", Weight: 198

##### Personal Bests:

Bench Press: 365 lbs., Squat: 540 lbs.,  
Vertical Jump: 38, Power Clean: 338 lbs.,  
40-yard dash: 4.62

*"Nate came in as an exceptional athlete, but not a complete football player. He has developed his talent into a complete package taking the weight room out to the field."*—T.J. Ragan, NSCA member sponsor.

### College of the Canyons

#### JJ Arrington

##### Running Back

Sophomore/ Undecided  
Height: 5'10", Weight: 205

##### Personal Bests:

Bench Press: 355 lbs., Squat: 525 lbs.,  
Vertical Jump: 31.0, Power Clean: 310 lbs.,  
40-yard dash: 4.36

*"Pound for pound, the most dominate player to come through our strength and conditioning program. An athlete the brought into our system 100%, JJ owns every strength and conditioning RB record at our institution, in fact his 40 time is the fastest ever recorded at our college. A two-time all conference selection for us who showed tremendous versatility and work ethic on the field and in the weight room. JJ's play on the field and leadership by example style is a big reason that our football team has only lost 2 games in the past 2 seasons. He is a highly sought after Division I recruit and will have great success wherever he decides to further his education."*—Robert dos Remedios, NSCA member sponsor.

### Davidson College

#### Adam Elmore

##### Free Safety

Senior/ History  
Height: 5'11", Weight: 190

##### Personal Bests:

Bench Press: 288 lbs., Squat: 477 lbs.,  
Vertical Jump: 37, Power Clean: N/A,  
40-yard dash: 4.6

*"Adam is a vocal leader with a tremendous work ethic both in classroom and on the field. 9.0% body fat, leads team in tackles"*—Ryan Martin, NSCA member sponsor.

## East Stroudsburg University

### Dustin Barno Defensive Tackle

N/A/ Sports Management  
Height: 6'3", Weight: 275

#### Personal Bests:

Bench Press: 455 lbs., Squat: 670 lbs.,  
Vertical Jump: 31, Power Clean: 360 lbs.,  
40-yard dash: 4.83

*"Dustin has worked extremely hard both in the classroom and the weight room to get a total college education and experience. He increased his bench press by over 125 lbs and his squat over 150 in his playing career here at ESU. He received the Miles Montague Award for the last three years. This award is given to the outstanding defensive player during spring practice. He finished his career being a two time all PSAC First Team Defensive Tackle and tied an ESU record for tackles for losses in a season with 11. It has been a pleasure to work with him over the last few years and will be missed for his leadership and commitment to our program."*  
—Robert Mikulski, NSCA member sponsor.

## Eastern Illinois University

### Andre Jones

#### Fullback

Senior/ Economics  
Height: 6'0", Weight: 236

#### Personal Bests:

Bench Press: 365 lbs., Squat: 410 lbs.,  
Vertical Jump: 29.5, Power Clean: 132.5 lbs.,  
40-yard dash: 4.69

*"Andre works extremely hard all year long to make himself a better football player. He stayed here all summer and trained to*

*become faster, stronger, and more explosive. He is a dedicated athlete that has contributed greatly to our team."*  
—Nathan Arron Moe, NSCA member sponsor.

## Furman University

### Lebryan Sperling

#### Defensive Tackle

Senior/ Philosophy & Political Sciences  
Height: 6'2", Weight: 287

#### Personal Bests:

Bench Press: 435 lbs., Squat: 535 lbs.,  
Vertical Jump: 28, Power Clean: 352 lbs.,  
40-yard dash: 5.35

*"He has an untiring work ethic with a team concept. His intensity and commitment promote him as an outstanding leader."*  
—C. Wayne Brown, NSCA member sponsor.

## Gardner-Webb University

### Jason Bright

#### Tight End

Senior/ Computer Science MIS  
Height: 6'3", Weight: 235

#### Personal Bests:

Bench Press: 345 lbs., Squat: 525 lbs.,  
Vertical Jump: 29, Power Clean: 305 lbs.,  
40-yard dash: 4.65

*"Jason has been a four year starter at tight end, and a tremendous role model for our athletes. His outstanding athleticism has enabled our coaching staff to also use him as a wide receiver and on special teams. Prior to the season he was an All-America and All Big-South candidate. His leadership is invaluable in the weight room, during conditioning sessions, and on the field. The numbers he posts are indicative of the effort and work he puts forth each*

*day. He will be missed greatly in our program."*  
—Eric Feijo, NSCA member sponsor.

## Gardner-Webb University

### Jason Threat

#### Defensive Line

Junior/ Physical Education  
Height: 6'3", Weight: 296

#### Personal Bests:

Bench Press: 335 lbs., Squat: 575 lbs.,  
Vertical Jump: 23, Power Clean: 325 lbs.,  
40-yard dash: 5.1

*"Jason has been a fixture on our defensive line since he transferred here. His is an outstanding presence in the weight room and on the field. Jason's competitiveness is unparalleled in our program, he not only drives himself to succeed, but elevates the play of everyone on the field. He has made tremendous strides to become a better athlete, as well as person, and I am confident he will continue to flourish in all aspects of athletics and life."*  
—Sean Benevides, NSCA member sponsor.

## Humboldt State University

### John Stokes

#### Offensive Line

Senior/ Business  
Height: 6'2", Weight: 300

#### Personal Bests:

Bench Press: 415 lbs., Squat: 595 lbs.,  
Vertical Jump: 29, Power Clean: 360 lbs.,  
40-yard dash: N/A

*"John returned from a serious knee injury that sidelined him for most of the 2001 season to become a dominating force on the line of scrimmage for the Lumberjacks. John's work ethic in the weight room was*

*an inspiration to his teammates. During his two-year career, John never missed a weightlifting, plyometric, or sprint workout. Now that he is finished with his football workouts, there will be many more 45 lb plates available in the weight room."*  
—Holly Shumard, NSCA member sponsor.

## Humboldt State University

### Adam Angeli

#### Defensive Tackle

Senior/ Business  
Height: 6'1", Weight: 245

#### Personal Bests:

Bench Press: 435 lbs., Squat: 565 lbs.,  
Vertical Jump: 33, Power Clean: 370 lbs.,  
40-yard dash: N/A

*"Despite being undersized, Adam was a force on the Defensive line for the Lumberjacks. His tremendous strength and explosive first step made from a formidable opponent for any opposing offense. His constant hustle and continuous effort garnered him a First Team All-Conference selection as a Junior. A leader on and off the field, Adam set the tone in the weight room with his intense desire and fantastic work ethic. Although Adam claims that after November 23rd he will never do an Olympic lift or Squat again, I don't believe him."*  
—Drew Petersen, NSCA member sponsor.

## Illinois State University

### Jon Laurenti

#### Wide Receiver

Senior/ Marketing  
Height: 6'3", Weight: 207

#### Personal Bests:

Bench Press: 370 lbs., Squat: 535 lbs.,  
Vertical Jump: 32.5, Power Clean: 315  
lbs., 40-yard dash: 4.72

*"First athlete to win ISU Dominator award, given to the top overall performance in all speed and strength categories. Every semester he was here 10 times. Also, on Academic honor roll."* —Robert B. Lindsey, NSCA member sponsor.

## Juanita College

### Shawn Chen

#### Defensive Line

Senior/ Business  
Height: 6'1", Weight: 225

#### Personal Bests:

Bench Press: 325 lbs., Squat: 500 lbs.,  
Vertical Jump: 31, Power Clean: 245 lbs.,  
40-yard dash: 4.8

*"Shawn is a great worker and a role model for his teammates. His off season efforts in the weight room contributed to his success on the football field."* —Michael A. Hudy, NSCA member sponsor.

## Juniata College

### Nate Leach

#### Wide Receiver

Senior/ Elementary/ Special Education  
Height: 6'1", Weight: 195

#### Personal Bests:

Bench Press: 275 lbs., Squat: 450 lbs.,  
Vertical Jump: 23, Power Clean: 225 lbs.,

40-yard dash: 4.6

*"Nate's hard work in the off season program allowed him to come back from an ACL injury and win All-Conference honors his senior year."* —Douglas Bryce Smith, NSCA member sponsor.

## Kansas State University

### Allen "Tank" Reese

#### Defensive Lineman

Senior/ Arts and Sciences  
Height: 5'11", Weight: 295

#### Personal Bests:

Bench Press: 474 lbs., Squat: 958 Safe  
Squat lbs., Vertical Jump: 35, Power  
Clean: 417 lbs., 40-yard dash: 4.78

*"Tank's enthusiasm and desire to excel are on par with any athlete I've worked with in 19 years of coaching."* —Rod Cole, NSCA member sponsor.

## Montana State University

### Joey Thomas

#### Cornerback

Junior/ Family Science  
Height: 6'1.5", Weight: 185

#### Personal Bests:

Bench Press: 355 lbs., Squat: 427.5 lbs.,  
Vertical Jump: 35, Power Clean: 291 lbs.,  
40-yard dash: 4.36

*"One of the most gifted athletes M S U has ever had. He has developed an outstanding work ethic in and out of the weight room. Joey is now one of the top ranked Division I DB's in the nation."* —Brett Tudsbury, NSCA member sponsor.

## New Mexico State

## University

### Tim Patrick

#### Linebacker

Junior/ Family Child Science  
Height: 6'2.5", Weight: 225

#### Personal Bests:

Bench Press: 390 lbs., Squat: 430 lbs.,  
Vertical Jump: 27, Power Clean: 335 lbs.,  
40-yard dash: 4.6

*"Tim is a tremendous leader and competitor. He had an ACL repair that forced him to sit out the 2001 season. Tim's diligent efforts in the rehabilitation and reconditioning process enabled him to return to a rigorous performance training program rapidly. His hard work and dedication to physical preparation contributed to his earning a starting position as a Linebacker for the 2002 season. Tim is a solid student, his teammates respect him and he approaches life and the game of football with a fun-loving attitude."* —John Taylor, NSCA member sponsor.

## Northwood University

### Chad Coons

#### Running Back

Senior/ Business Management  
Height: 5'8", Weight: 185

#### Personal Bests:

Bench Press: 385 lbs., Squat: 440 lbs.,  
Vertical Jump: N/A, Power Clean: N/A,  
40-yard dash: 4.4

*"Chad was always putting in extra time to improve his speed and strength. It all paid off, his senior year he led the team in rushing and scored 14 touchdowns on his way to place on the 2002 All-GLIAC Honorable Mention Team."* —Scott Fisher, NSCA member sponsor.

## Oregon State University

### Nick Barnett

#### Linebacker

Senior/ N/A  
Height: 6'1.8", Weight: 220

#### Personal Bests:

Bench Press: 410 lbs., Squat: 475 lbs.,  
Vertical Jump: 35, Power Clean: 336.2 lbs.,  
40-yard dash: 4.45

*"Nick was OSU lifter of the year for the 2002 off-season and all PAC-10 (1st team) linebacker for 2002. He built himself thru 4 years of focused, intense, and positive habits with his training and conditioning. He played as physical and fast in December as in August because of his dedication to in-season training practice."* —Trent Greener, NSCA member sponsor.

## Portland State University

### Juston Wood

#### Quarterback

Senior/ Public Health  
Height: 6'1", Weight: 210

#### Personal Bests:

Bench Press: 300 lbs., Squat: 445 lbs.,  
Vertical Jump: 33, Power Clean: 315 lbs.,  
40-yard dash: 4.60

*"Brett Favre, Jeff Garcia, and Chad Pennington come to mind. These QB's have used the time in the weight room to their best advantage. Juston fits in the same mold as these men."* —W. James Jacobson, NSCA member sponsor.



## Shepherd College

### Chris Mstowski

#### Offensive Line

Senior/ Computer Science  
Height: 6'3", Weight: 302

#### Personal Bests:

Bench Press: 460 lbs., Squat: 545 lbs.,  
Vertical Jump: 23, Power Clean: 285 lbs.,  
40-yard dash: 5.30

*"Three year starter who improved each year worked extremely hard in the weight room. Firm believer that training was the only way to get better. An All-Conference player for 2 years and academic All-American - has a 3.5 GPA in Computer Science."* —Anthony Yurish, NSCA member sponsor.

## Shepherd College

### Joel Gordon

#### Quarterback

Senior/ Sports Management  
Height: 6'3", Weight: 203

#### Personal Bests:

Bench Press: 300 lbs., Squat: 426 lbs.,  
Vertical Jump: 32, Power Clean: 250 lbs.,  
40-yard dash: 4.56

*"A 4 year starter at QB, never missed a training session. A 3 year captain elected by his teammates. Leader by example. Has a 3.0 GPA. Outstanding person. Will be greatly missed by coaches and teammates."* —Anthony Yurish, NSCA member sponsor.

## Texas Christian University

### John Turntine

#### Defensive Tackle

Senior/ Education Administration  
Height: 6'2", Weight: 285

#### Personal Bests:

Bench Press: 570 lbs., Squat: 680 lbs.,  
Vertical Jump: 34, Power Clean: 425 lbs.,  
40-yard dash: 4.69

*"John is the heart and soul of our team. Leadership and dedication are remarkable. I will miss him being around. It has been a joy to coach him."* —Don Sommer, NSCA member sponsor.

## Texas Christian University

### La Tanrence Dunbar

#### Wide Receiver

Senior/ Psychology  
Height: 6', Weight: 195

#### Personal Bests:

Bench Press: 415 lbs., Squat: 610 lbs.,  
Vertical Jump: 37, Power Clean: 400 lbs.,  
40-yard dash: 4.45

*"La Tanrence is mister everything. He is the spark that makes us go. He will be missed."* —Kent Morgan, NSCA member sponsor.

## Texas Christian University

### Jared Smitherman

#### Safety

Senior/ Business  
Height: 6', Weight: 210

#### Personal Bests:

Bench Press: 500 lbs., Squat: 615 lbs.,  
Vertical Jump: 35, Power Clean: 410 lbs.,  
40-yard dash: 4.59

*"He will out work anyone to be successful. Jared has battled back from a serious knee injury to become a force on the defense."* —Darryn Wilboughby, NSCA member sponsor.

## Texas Christian University

### Jamal Powell

#### Center

Senior/ Business  
Height: 6'4", Weight: 315

#### Personal Bests:

Bench Press: 520 lbs., Squat: 760 lbs.,  
Vertical Jump: 36, Power Clean: 400 lbs.,  
40-yard dash: 5.12

*"He leads in the weight room and on the field. His leadership, drive, and determination is great."* —Jeff Reader, NSCA member sponsor.

## Texas Christian University

### Jason Goss

#### Corner

Senior/ Business  
Height: 6', Weight: 192

#### Personal Bests:

Bench Press: 460 lbs., Squat: 700 lbs.,  
Vertical Jump: 38, Power Clean: 400 lbs.,  
40-yard dash: 4.48

*"Jason has battled back from knee surgery to become our strongest pound for pound. His work ethic is infectious."* —David Deats, NSCA member sponsor.

## The College of New Jersey

### Michael Sykes

#### Defensive End

Sophomore/ Health & Exercise Science  
Height: 5'10", Weight: 220

#### Personal Bests:

Bench Press: 405 lbs., Squat: 560 lbs.,  
Vertical Jump: 35, Power Clean: N/A,  
40-yard dash: 4.32

*"Mike is an outstanding individual with a true passion for strength and con-*

*ditioning. This past season Mike recorded 9 sacks with 18 tackles for a loss."* —Jay Hoffman, PhD, NSCA member sponsor.

## The College of

## William and Mary

### Mohammed Yousofi

#### Linebacker

Senior/ Marketing  
Height: 6'1", Weight: 225

#### Personal Bests:

Bench Press: 420 lbs., Squat: 500 lbs.,  
Vertical Jump: 31, Power Clean: 370 lbs.,  
40-yard dash: 4.58

*"Mohammed came to the College of William and Mary with very little background in strength training. He has worked extremely hard in our program. This hard work and determination has also carried over to the field where he has developed into an All-Conference linebacker. It has been a very rewarding experience working with this young man."* —John Saur, NSCA member sponsor.

## The University of

## Southern Mississippi

### Derrick Nix

#### Running Back

Senior/ Sports Administration  
Height: 6'1.5", Weight: 222

#### Personal Bests:

Bench Press: 385 lbs., Squat: 600 lbs.,  
Vertical Jump: 37, Power Clean: 370 lbs.,  
40-yard dash: 4.4

*"Derrick has always delivered consistent quality effort in our strength and conditioning program. He was chosen by his teammates and coaches as strength and conditioning athlete of the year three*

straight years.” —Charlie Dudley, NSCA member sponsor.

## The University of Southern Mississippi

### Joe Heley

#### Linebacker

Senior/ Sports Administration  
Height: 5'11.5", Weight: 235

#### Personal Bests:

Bench Press: 400 lbs., Squat: 715 lbs.,  
Vertical Jump: 40, Power Clean: 350 lbs.,  
40-yard dash: 4.41

*“Joe’s tremendous work ethic has him at the top of our record board in the Squat and Vertical Jump. He has been a great worker and leader for his teammates to follow.”* —Chaucer Fuchess, NSCA member sponsor.

## The University of Virginia’s College at Wise

### Sam Wharton, III

#### Defensive End

Senior/ Business Admin. & Economics  
Height: 6'2", Weight: 325

#### Personal Bests:

Bench Press: 405 lbs., Squat: 450 lbs.,  
Vertical Jump: 29, Power Clean: N/A,  
40-yard dash: 4.81

*“Intense, almost obsessive, lifter who’s missed a day only for knee surgery (spring 02) and an extreme elbow dislocation, forcing him to miss four games. He was back for the final game. He still made the HM All-Conference. He was all VA as a junior. He “made” himself a player beyond his stature through dedicated work.”* —Bruce Wasem, NSCA member

sponsor.

## Troy State University

### Deloise Moore

#### Linebacker

Senior/ Biology  
Height: 5'11", Weight: 218

#### Personal Bests:

Bench Press: 450 lbs., Squat: 700 lbs.,  
Vertical Jump: 41, Power Clean: 385 lbs.,  
40-yard dash: 4.48

*“Deloise is an undersized backer who’s strength and speed has put him in a position to be highly successful for us as well as putting himself in a situation to have a chance at the next level.”* —Richard Shaughnessy, NSCA member sponsor.

## United States Air Force Academy

### Leotis Palmer

#### Running Back

Senior/ Management  
Height: 5'8", Weight: 177

#### Personal Bests:

Bench Press: 380 lbs., Squat: 500 lbs.,  
Vertical Jump: 42, Power Clean: 359 lbs.,  
40-yard dash: 4.42

*“Leotis is the rare athlete who combines great natural ability with a tremendous work ethic. That combination elevated his game to the highest possible level.”* —Allen Hedrick, NSCA member sponsor.

## University of Alabama at Birmingham

### Thomas Cox

#### Quarterback

Senior/ History  
Height: 5'10", Weight: 200

#### Personal Bests:

Bench Press: 300 lbs., Squat: 520 lbs.,  
Vertical Jump: 34, Power Clean: 350 lbs.,  
40-yard dash: 4.51

*“Thomas is a special guy; he is always willing to help others. He has a great work ethic and has used that to achieve his goals.”* —Stacey Torman, NSCA member sponsor.

## University of British Columbia

### Jason Taylor

#### Linebacker

Junior/ Psychology  
Height: 6'4", Weight: 230

#### Personal Bests:

Bench Press: 340 lbs., Squat: 500 lbs.,  
Vertical Jump: 36, Power Clean: 320 lbs.,  
40-yard dash: 4.69

*“He leads the team in sacks- last year ('01) he had mono and renal complications forcing him to sit out all but three games. He came back this year increasing his 3 lift total by over 160 lbs week 1 defensive player of the conference. A true inspiration to all teammates. Standing broad jump 11'1". He is a former gymnast and he led the team in sacks his rookie year. He has an intensity and work ethic in the weight room that has infected the team on and off the field.”* —M. Anthony Findlay, NSCA member sponsor.

## University of Central Florida

### Jimmy Fryzel

#### Wide Receiver

Senior/ N/A  
Height: 5'10", Weight: 195

#### Personal Bests:

Bench Press: 400 lbs., Squat: 475 lbs.,  
Vertical Jump: 34, Power Clean: 312 lbs.,  
40-yard dash: 4.47

*“Jimmy is our leading receiver in number of catches for the last two years and is also a team captain. He is a leader in the weight room both verbally and by example. His work in the strength program has helped him avoid injury and stay on the field after some really tough collisions.”* —Reese Bridgman, NSCA member sponsor.

## University of Delaware

### Mondoe Davis

#### Linebacker

Sophomore/ Communications  
Height: 6'1", Weight: 227

#### Personal Bests:

Bench Press: 405 lbs., Squat: 560 lbs.,  
Vertical Jump: 35.5, Power Clean: 335 lbs.,  
40-yard dash: 4.59

*“Mondoe exemplifies the meaning of the word “Hard Worker.” His ability to excel in the weight room has paid tremendous dividends in his performance on the field. He posted 66 tackles, 3 sacks, and 7 tackles for a loss during his 2002 sophomore campaign.”* —Russell Barbarino, NSCA member sponsor.

## University of Iowa

### Robert Gallery

#### Offensive Tackle

Junior/ N/A  
Height: 6'7", Weight: 318

#### Personal Bests:

Bench Press: 455 lbs., Squat: 605 lbs.,  
Vertical Jump: 34, Power Clean: 377 lbs.,  
40-yard dash: 4.95

*“Robert is a converted tight end. His intensity and work ethic is unmatched in our program. He is an outstanding leader.”*—Christopher Doyle, NSCA member sponsor.

## University of Kentucky

### Ronnie Riley

#### Linebacker

Senior/ Decision Science and Information Systems.

Height: 6’2”, Weight: 236

#### Personal Bests:

Bench Press: 365 lbs., Squat: 236 lbs., Vertical Jump: 33, Power Clean: 340 lbs., 40-yard dash: 4.71

*“As a two year team elected captain, Ronnie is the leader you are looking for. The heartbeat of our team has revolved around him and his attitude this fall. He was an Academic SEC Honor Roll athlete in 2001. He makes being a strength coach easy!”*—Marcus D. Hill, NSCA member sponsor.

## University of Minnesota,

### Crookston

#### Justin Schreiber

#### Quarterback

Senior/ Sport and Recreation Management

Height: 6’1”, Weight: 175

#### Personal Bests:

Bench Press: 225 lbs., Squat: 360 lbs., Vertical Jump: 31, Power Clean: 270 lbs., 40-yard dash: 4.6

*“Justin’s hard work in the weight room has gained him Don Henson FB Gazette Preseason All- American Honors. He was also Northern Sun Intercollegiate All Conference two years in a row.”*—Scott Fuchs, NSCA member sponsor.

## University of South Carolina

### Watts Sanderson

#### Offensive tackle

Senior/ Retailing

Height: 6’6”, Weight: 300

#### Personal Bests:

Bench Press: 465 lbs., Squat: 550 lbs., Vertical Jump: 30.5, Power Clean: 300 lbs., 40-yard dash: 5.02

*“Watts Sanderson is the ultimate team player. On the day we tested the bench press, he maxed out at 455 lbs and went on to finish his workout. After I tallied the results, the offensive line was 10 lbs short in their unit total to make their goal of a 400 lb average. Six different players tried to make up the 10 lbs and failed. Watts, who was in the middle of a workout, came over and with a Herculean effort bench pressed 465 lbs - 10 lbs higher than his pre-workout max, and put the offensive line to their goal of a 400 lb average. His unselfishness also showed on the field. Watts came here as a defensive lineman, but was switched to the offensive line and played as a backup for three years. In those three years, he never complained, and through his hard work both in the weight room and on the practice field, he was named the starting right tackle for the 2002 season. I believe that his desire, commitment, and loyalty to this program exemplify how strength training and hard work can help anyone achieve their goals.”*—Michael D. Golden, NSCA member sponsor.

## University of Tulsa

### Sam Rayburn

#### Defensive Line

Senior/ Communications

Height: 6’3”, Weight: 303

#### Personal Bests:

Bench Press: 410 lbs., Squat: 800 lbs., Vertical Jump: 32.5, Power Clean: 475 lbs., 40-yard dash: 5.03

*“Sam is an impressive physical specimen. He maximized his potential by becoming an extremely hard worker which translates to the field.”*—Pat Ivey, NSCA member sponsor.

## University of Wisconsin

### – River Falls

#### Tom Oulford

#### Quarterback

Senior/ Health & Human Performance

Height: 6’0”, Weight: 190

#### Personal Bests:

Bench Press: 245 lbs., Squat: 415 lbs., Vertical Jump: 27, Power Clean: N/A, 40-yard dash: 4.7

*“Tom has never missed a workout in his five years. This has allowed him to compete for a starting spot in his last 2 years.”*—Carmen Pata, NSCA member sponsor.

## University of Wyoming

### Adam Goldberg

#### Offensive Tackle

Senior/ Business

Height: 6’7”, Weight: 320

#### Personal Bests:

Bench Press: 450 lbs., Squat: 655 lbs., Vertical Jump: 32.5, Power Clean: 365 lbs., 40-yard dash: 5

*“Adam has put a lot of effort and intensity during his five years at the University of Wyoming. He will be missed as a leader in the weight room.”*—Scott Bennett, NSCA member sponsor.

## Upper Iowa University

### Jon Scranton

#### Nose Tackle

Sophomore/ Mortuary Science

Height: 6’, Weight: 255

#### Personal Bests:

Bench Press: 385 lbs., Squat: 405 lbs., Vertical Jump: 28, Power Clean: 265 lbs., 40-yard dash: 4.9

*“Jon is a football team captain as a Sophomore. He exhibited leadership and an intense work ethic in the off-season strength and conditioning program. He is a starter on defense. Jon earned all IIAC honors following Sophomore year”*—Jeff Engel, NSCA member sponsor.

## Utah State University

### Ade Jimoh

#### Cornerback

Senior/ Marketing

Height: 6’2”, Weight: 195

#### Personal Bests:

Bench Press: 355 lbs., Squat: 450 lbs., Vertical Jump: 41, Power Clean: 350 lbs., 40-yard dash: 4.38

*“Ade has a special quality about himself. The harder the workouts are, the harder he trains. Ade is a great leader, is well respected, and uses the training to make himself and his teammates better. Ade’s desire to succeed is extremely high.”*—Paul Arndorfer, NSCA member sponsor.

## Youngstown State University

### Anthony Barone

#### Safety

Senior/ Finance/Accounting

Height: 5'8", Weight: 185

#### Personal Bests:

Bench Press: 305 lbs., Squat: 425 lbs.,  
Vertical Jump: 28, Power Clean: 276 lbs.,  
40-yard dash: 4.5

*"Toner maximized his potential with a strong work ethic in the weight room. His perseverance and dedication are a hallmark to our program. Toner has challenged and achieved above expectations through career."*—Dan Wathen, NSCA member sponsor.

## Youngstown State University

### Jon Tekac

#### Linebacker

Senior/ International Marketing

Height: 6'1", Weight: 225

#### Personal Bests:

Bench Press: 365 lbs., Squat: 500 lbs.,  
Vertical Jump: 33.5, Power Clean: 325 lbs.,  
40-yard dash: 4.6

*"Jon is passionate about football and about training. He set and then broke the record for cleans at our school this past season. He is an athlete with remarkable determination and deserves to be recognized."*—Todd Burkey, NSCA member sponsor.

## Football / Track & Field Bowdoin College

### Chris Wagner

#### Defensive Lineman/The Throws

Junior/ American Government

Height: 5'11", Weight: 215

#### Personal Bests:

Bench Press: 340 lbs., Squat: 470 lbs.,  
Vertical Jump: 26.5, Power Clean: 230 lbs.,  
40-yard dash: 5.0

*"Chris has an incredible passion for athletic competition. Few match his physical preparation for the sports he plays. His commitment to the weight room is infectious and sets a great example for his teammates at Bowdoin College."*—Jim St. Pierre, NSCA member sponsor.

## Bridgewater College

### Jermaine Taylor

#### Linebacker - 55m / 100m Sprint

Junior/ Information Sys. Management

Height: 5'10", Weight: 210

#### Personal Bests:

Bench Press: 335 lbs., Squat: 500 lbs.,  
Vertical Jump: 33.5, Power Clean: 439 lbs.,  
40-yard dash: 4.39

*"Jermaine is an extremely talented athlete with a lot of sheer strength and power. He is dedicated to training year-round and has a holistic approach to improving himself as much as possible. Jermaine is also genuinely a nice person who has the ability to encourage and motivate the people around him."*—Lori Schrock, NSCA member sponsor.

## Football / Weightlifting

## MidAmerica Nazarene

## University

### John Booth

#### Quarterback

Junior/ English Education

Height: 6'1", Weight: 200

#### Personal Bests:

Bench Press: N/A, Squat: 400 lbs.,  
Vertical Jump: 38, Power Clean: 330 lbs.,  
40-yard dash: 4.49

*"John is a quiet leader with uncommon work ethics and perseverance. He is very powerful and transfers that to the field. John rushed for 1079 yards, scored 12 TD's, passed for 16 TD's and led our team to a 9-2 record, including a first ever Conference Championship and NAIA play-off berth. John plans to teach English and coach after graduation."*—Tom Cross, NSCA member sponsor.



# ICE HOCKEY

## The Ohio State University

### Scott Titus

#### Defenseman

Junior/ Biology

Height: 5'10", Weight: 185

#### Personal Bests:

Bench Press: 245 lbs., Squat: 450 lbs.,  
Vertical Jump: 33, Power Clean: 245 lbs.,  
40-yard dash: N/A

*"Two time Academic All-CCHA. Two time Academic Big-Ten."*—Lee Anthony Glass, NSCA member sponsor.



## University of Wisconsin

### Stacy Coy

#### Starboard

Senior/ Kinesiology

Height: 5'5", Weight: 140

#### Personal Bests:

Bench Press: 125 lbs., Squat: 185 lbs.,

Vertical Jump: 20, Power Clean: 140 lbs.,

40-yard dash: N/A

*"Stacy is very unique woman with unparalleled drive and dedication to maximizing her athletic potential. She has a contagious attitude and dedication to strength and conditioning which brings the team to a higher level of training. Despite her small stature she packs a big punch!"* —Jim Snider, NSCA member sponsor.

# ROWING & CREW

## Clemson University

### Kate Niebauer

N/A

Senior/ Health Science

Height: 5'3.5", Weight: 135

#### Personal Bests:

Bench Press: 125 lbs., Squat: 225 lbs.,

Vertical Jump: 19.5, Power Clean: 143 lbs.,

40-yard dash: N/A

*"Kate has impressed me since the first day I worked with her. Her intense work ethic and powerful will to succeed has helped her become one of the strongest leaders on the team. Kate is not only a strong leader and athlete, but she's also an incredible student. The Senior Health Science major holds a cumulative 3.82 GPA and has been named to the ACC Academic Honor Roll all three years. Kate is also very active in the community, assisting in several community projects yearly. In 2000, as a sophomore, Kate was voted Most Dedicated by her teammates. Kate's desire to achieve excellence is evident daily in the classroom, weight room, and at practice."* —Tanna Burge, NSCA member sponsor.



## University of Massachusetts

### Tom Fallon

#### Defenseman

Senior/ School of Management

Height: 6'4", Weight: 255

#### Personal Bests:

Bench Press: 375 lbs., Squat: 500 lbs.,

Vertical Jump: N/A, Power Clean: N/A,

40-yard dash: 4.77

*"All ECAC 2002 & 2001 also All-England 2002-2001 Candidate All-American 2003. Tom is the strongest lacrosse player in America, and the reason is his total dedication to all aspects of strength and conditioning. Definite All-American candidate. He has been all ECAC and All England the past two years"* —Bob Otrando, NSCA member sponsor.

# LACROSSE

## Springfield College

### Peter Toner

#### Defenseman

Senior/ Sports Management

Height: 5'10", Weight: 200

#### Personal Bests:

Bench Press: 320 lbs., Squat: 415 lbs.,

Vertical Jump: 27, Power Clean: 245 lbs.,

40-yard dash: N/A

*"Pete's leadership qualities are obvious in the weight room where he sets an example for all to follow. He is a 2 year captain on the field who plays with great determination and provides solid defense."* —Margaret Jones, NSCA member sponsor.

## RUGBY



### Eastern Illinois University

#### Kate Taake

##### Flanker

Senior/ Chemistry  
Height: 5'8", Weight: N/A

##### Personal Bests:

Bench Press: 150 lbs., Squat: 225 lbs.,  
Vertical Jump: 19, Power Clean: 62.5 lbs.,  
40-yard dash: 5.51

*"Kate worked as hard as she could to make herself a better athlete. She stayed and trained this summer to be in the best possible shape going into the season. She still managed to improve her strength and power in season. She is also a great student."*—Nathan Arron Moe, NSCA member sponsor.



## SOCCER

### Clemson University

#### Deliah Arrington

##### Forward

Senior/ Biological Studies  
Height: 5'5", Weight: 115

##### Personal Bests:

Bench Press: 135 lbs., Squat: 185 lbs.,  
Vertical Jump: 27, Power Clean: N/A,  
40-yard dash: N/A

*"Deliah is a very dedicated athlete with a great work ethic. She is a three time All-ACC performer and was the 2002 ACC player of the year. She is the all time leading scorer in Clemson woman's soccer history. Her performance is a direct reflection of her work ethic off the field."*—Larry Greenec, NSCA member sponsor.

### Clemson University

#### Eric Lewis

##### Defender

Junior/ Economics  
Height: 6'0", Weight: 170

##### Personal Bests:

Bench Press: 275 lbs., Squat: 365 lbs.,  
Vertical Jump: 32, Power Clean: N/A,  
40-yard dash: N/A

*"Eric is an excellent athlete with a great work ethic. He has great leadership abilities and a great attitude. Eric was a member of the US under 20 National Team that competed in the 2001 World Championships. He is currently a member of the US under 23 Olympic Pool. He is a three year starter at Clemson achieving All-ACC honors twice along with being named to the All-ACC tournament team twice. It is a great privilege to coach such a great individual."*—Russell Patterson, NSCA member sponsor.

### College of the Canyons

#### Kelly Boone

##### Mid / Def.

Sophomore/ Nursing  
Height: 5'7", Weight: 130

##### Personal Bests:

Bench Press: N/A, Squat: 295 lbs.,  
Vertical Jump: 21.0, Power Clean: 165 lbs.,  
40-yard dash: 5.05

*"About as perfect an athlete as any coach could hope for. Kelly's work ethic and team attitude has been the glue that has kept us solid in a dominant conference run and also during some difficult times over the past 2 seasons. A two-time all conference selection, Kelly has established her place in our strength and conditioning record books as one of the most impressive female athletes in school history. Kelly is one of the most coachable and self motivated athletes I have ever had the pleasure to work with in my career. I speak for our soccer coach and myself when I say that her leadership by example style will be missed here at our college. We wish Kelly all the luck in the world as she moves on to play and continue her education at a four-year school."*—Robert dos Remedios, NSCA member sponsor.

### Humboldt State University

#### Jenna Hunter

##### Midfield

Junior/ Kinesiology  
Height: 5'4", Weight: 130

##### Personal Bests:

Bench Press: 150 lbs., Squat: 225 lbs.,  
Vertical Jump: 26, Power Clean: 185 lbs.,  
40-yard dash: N/A

*"The tenacity of Jenna Hunter, captain of the 2002 soccer team, can be seen both on the field and in the weight room. In addition to holding the squat and bench records for her weight class, Jenna was a 2001 first team all-conference pick and lead the GNAC conference in scoring. As a teams most valuable player, it is obvious why she started all 20 games last season. With one year left, it will be exciting to see what more Jenna will accomplish."*—Holly Shumard, NSCA member sponsor.

### Texas Christian University

#### Lori Robbins

##### Mid-Fielder

Senior/ Nursing  
Height: 5'6", Weight: 100

##### Personal Bests:

Bench Press: 100 lbs., Squat: 155 lbs.,  
Vertical Jump: N/A, Power Clean: 100 lbs.,  
40-yard dash: N/A

*"Through her will and determination, she has helped turn the soccer program in the right direction."*—Darryn Wilbughby, NSCA member sponsor.

## The Ohio State University

### Jennifer Miller Defender

Junior/ Mechanical Engineering  
Height: 5'6.5", Weight: 147

#### Personal Bests:

Bench Press: 135 lbs., Squat: 225 lbs.,  
Vertical Jump: N/A, Power Clean: N/A,  
40-yard dash: N/A

*"Jen is dedicated, self motivated, with a work ethic every coach dreams of."*—Lee Anthony Glass, NSCA member sponsor.

## University of Central Florida

### Jackie Van Looven

Central Defender  
Senior/ Communications  
Height: 5'6", Weight: 132

#### Personal Bests:

Bench Press: 115 lbs., Squat: 200 lbs.,  
Vertical Jump: 23.5, Power Clean: 142 lbs.,  
40-yard dash: 5.51

*"I have only coached Jackie for one year and she has worked very hard for me. She stayed all summer to improve herself and put 15 pounds on all 3 lift totals from spring. Her teams seem to work hard when she is there."*—Harry F. Meyers, Jr., NSCA member sponsor.

## The University of Southern Mississippi

### Lindsay Canhan Forward

Senior/ Psychology  
Height: 5'7.5", Weight: 141

#### Personal Bests:

Bench Press: 95 lbs., Squat: 125 lbs.,  
Vertical Jump: 19, Power Clean: 105 lbs.,  
40-yard dash: N/A

*"Lindsay's character and dedication to her sport distinguishes her from the pack. Her continual commitment and progress has helped her achieve success in the weight room and has made her an outstanding example for her teammates."*—Chaucer Fuchess, NSCA member sponsor.

## Soccer / Softball

### Bowdoin College

### Hillary Smith

Mid/Forward: DH/1st/3rd  
Junior/ Art History  
Height: 5'10", Weight: 160

#### Personal Bests:

Bench Press: 105 lbs., Squat: N/A,  
Vertical Jump: 16, Power Clean: N/A,  
40-yard dash: 6.01

*"Hillary has played an integral part on the soccer and softball teams over the past few years. She can always be found working harder in and out of the weight room to achieve her goals of speed, quickness, and strength. Her work ethic and desire to achieve her fullest potential encourages her teammates to reach their potential as well. She exemplifies a student-athlete at Bowdoin by maintaining an above average GPA while juggling athletic commitments. Hillary is a very focused individual who doesn't settle for mediocrity. She has been elected as the soccer captain for the 2003 season."*—Dawn Strout, NSCA member sponsor.



## SOFTBALL

### Central Connecticut State University

### Jessica Harvey Outfield

Senior/ Physical Education  
Height: 5'9", Weight: 150

#### Personal Bests:

Bench Press: 120 lbs., Squat: 225 lbs.,  
Vertical Jump: N/A, Power Clean: 130 lbs.,  
40-yard dash: N/A

*"Jessica's hard work and determination lead to a total gain of 145 in eight lifts in 12 weeks. Her desire to be successful in the weight room guided her to a team high .406 slugging percentage; .287 batting average, and .975 fielding percentage."*—Charles Eger, NSCA member sponsor.

### Jacksonville State University

### Stacey Smith Outfield

Senior/ Exercise Science  
Height: 5'3", Weight: 125

#### Personal Bests:

Bench Press: 175 lbs., Squat: 275 lbs.,  
Vertical Jump: N/A, Power Clean: 125 lbs.,  
40-yard dash: 5.2

*"Stacey is a coach's dream. A determined athlete who has used the weight room to solidify a good team. Stacey inspires friendly competition among her teammates in the weight room and in conditioning."*—Scott Austin, NSCA member sponsor.

## MidAmerica Nazarene University

### Valerie Gugert Outfield

Junior/ Criminal Justice  
Height: 5'6.5", Weight: 161

#### Personal Bests:

Bench Press: N/A, Squat: 190 lbs.,  
Vertical Jump: 22, Power Clean: 165 lbs.,  
40-yard dash: N/A

*"Valerie has improved big time in her training habits and has become a very good lifter and team leader both on and off the field. She is so helpful to the younger players. She has become the best hitter on the team. She is planning to work with neglected children after graduation and also plans to continue weight lifting."*—Tom Cross, NSCA member sponsor.

## Springfield College

### Jill Roach

Outfield  
Senior/ Physical Therapy  
Height: 5', Weight: 120

#### Personal Bests:

Bench Press: 120 lbs., Squat: 240 lbs.,  
Vertical Jump: 22.5, Power Clean: 115  
lbs., 40-yard dash: N/A

"Jill is a 4 year starter and a 2 year captain. She is a leader on and off the field. Last year she was 1st team all NEWMAC Conference. She has been outstanding in the weight room since freshman year." —Margaret Jones, NSCA member sponsor.

## Texas A&M University

### Cheryl Fowler

#### Outfielder

Senior/ Business Management  
Height: 5'6", Weight: 150

#### Personal Bests:

Bench Press: 155 lbs., Squat: 310 lbs.,  
Vertical Jump: 24.5, Power Clean:  
170.5 lbs., 40-yard dash: 4.94

"Cheryl made a huge commitment over the past two years and it shows. She is extremely explosive and can make things happen on the softball field. She is the all-time squat record holder for softball. She is the ultimate competitor and I look forward for her to have an outstanding senior year. She is a pleasure to coach and will be missed." —Raychelle Ellsworth, NSCA member sponsor.

## University of Alabama at Birmingham

### Candice Hithe

#### Short Stop

Senior/ Health Promotions  
Height: 5'2", Weight: 111

#### Personal Bests:

Bench Press: 130 lbs., Squat: 210 lbs.,  
Vertical Jump: 24, Power Clean: 120 lbs.,  
40-yard dash: 5.03

"Candice works very hard and her lack of size is made up with her leadership and

heart. She has increased her squat max 64% in 4 years and now bench presses 117% of her body weight. In addition, she holds 2nd place for her performance in the 40 yard dash at UAB. Candice is a great asset to our program." —Stacey Torman, NSCA member sponsor.

## The University of Southern Mississippi

### Amanda Brown

#### Left Field

Senior/ Biology  
Height: 5'8", Weight: 142

#### Personal Bests:

Bench Press: 115 lbs., Squat: 195 lbs.,  
Vertical Jump: 22, Power Clean: 135 lbs.,  
40-yard dash: N/A

"Amanda is the model student-athlete. She displays excellent work ethic in every workout. She also has many qualities that are not found very often these days. Amanda is a very hard working athlete that never gives up." —Charlie Dudley, NSCA member sponsor.

## University of Tulsa

### Danielle Olsen

#### Second Base

Senior/ Finance  
Height: 5'5", Weight: 140

#### Personal Bests:

Bench Press: 125 lbs., Squat: 175 lbs.,  
Vertical Jump: 20, Power Clean: 145 lbs.,  
40-yard dash: N/A

"Danielle works extremely hard year round to become a better athlete. She has transferred her strength and conditioning numbers to the softball field to become one of the best players on her team. More impressively, her leadership abilities have also been used to make everyone around her better."



—Rusty Burney, NSCA member sponsor.

## SWIMMING

## New Mexico State University

### Sarah Schaufler

#### 400 IM/Distance Free

Senior/ Hospitality and Tourism  
Height: 5'6", Weight: 129

#### Personal Bests:

Bench Press: 105 lbs., Squat: 145 lbs.,  
Vertical Jump: 19, Power Clean: N/A,  
40-yard dash: N/A

"I have had the privilege to be Strength and Conditioning Coach for Sarah during the past four years. Throughout Sarah's career here at MNSU, I have been witness to her constant desire to excel in each and every endeavor. Sarah's leadership places great importance on academics, which is reflected in her cumulative GPA of 3.78. Her contributions in seven pool events are a tribute to her athletic versatility. Sarah is a leader by example, who pound for pound, is one of the strongest and most intense athletes I have had the pleasure to work with!" —Anthony McClure, NSCA member sponsor.

## Southern Connecticut University

### Ben Michaelson

#### Butterfly/Freestyle Sprints

Senior/ Computer Science

Height: 6'1", Weight: 180

#### Personal Bests:

Bench Press: N/A, Squat: N/A,  
Vertical Jump: N/A, Power Clean: N/A,  
40-yard dash: N/A

"Ben credits his success in part to his strength training workouts. He pushed himself hard in the weight room and challenges his teammates to do so as well. Ben has six NCAA Division II individual titles and competes at the international level as well." —Alison Parakh, NSCA member sponsor.

## Texas Christian University

### Erin Irons

#### Backstroke/Freestyle

Senior/ Elementary Education  
Height: 5'8", Weight: 100

#### Personal Bests:

Bench Press: 100 lbs., Squat: 200 lbs.,  
Vertical Jump: N/A, Power Clean: N/A,  
40-yard dash: N/A

"She is by far one of the hardest working athletes I have ever coached. Her drive and work ethic have helped her succeed both in the pool and in the weight room." —Don Sommer, NSCA member sponsor.

## Texas Christian University

### Melissa Powell

#### Breastroke/1 M

Senior/ Business Marketing  
Height: 5'3", Weight: N/A

#### Personal Bests:

Bench Press: 130 lbs., Squat: 200 lbs.,  
Vertical Jump: N/A, Power Clean: 140 lbs.,  
40-yard dash: N/A

"Her tireless work ethic has helped bring TCU swimming to the top of our conference. Her smile and positive attitude will





*be missed.*” —David Deats, NSCA member sponsor.

## TRACK & FIELD

### Kansas State University

#### Rebekah Green

##### Thrower

Junior/ Psychology  
Height: 5’9”, Weight: 220

##### Personal Bests:

Bench Press: 301 lbs., Squat: N/A,  
Vertical Jump: 23, Power Clean: 251 lbs.,  
40-yard dash: N/A

*“Rebekah is a gifted thrower who has consistently been a hard worker in the weight room. She will continue to improve due to her work ethic.”* —Rod Cole, NSCA member sponsor.

### Northern Arizona University

#### Benson Lunden

##### Sprinter

Senior/ Physical Education  
Height: N/A, Weight: N/A

##### Personal Bests:

Bench Press: 235 lbs., Squat: 275 lbs.,  
Vertical Jump: 34.5, Power Clean: 242 lbs.,  
40-yard dash: N/A

*“Lunden has a strong belief in the role strength and conditioning plays in making him a better sprinter. 5x All-Conference selection, 2x Big-Sky Conference champ in 2000, and 3x Golden Eagle Award Recipient.”* —Casey Bond, NSCA member sponsor.

### Gardner-Webb University

#### Natilee Dawkins

##### Sprinter/ Jumper

Senior/ Business  
Height: 5’8”, Weight: 140

##### Personal Bests:

Bench Press: 150 lbs., Squat: 405 lbs.,  
Vertical Jump: 20, Power Clean: 150 lbs.,  
40-yard dash: N/A

*“Natilee continues to flourish as an athlete, a competitor, and a person. She continues to be a role model for our athletes in the weight room, on the track, and in the classroom. Nat is one of the most dedicated, hard working, athletes to compete at GWU. A true pleasure to coach, Natilee is a 5 time All-American and placed 4th in the Sr. Jamaican Nationals.”* —Eric Feijo, NSCA member sponsor.

### Indiana State University

#### Josh Mastison

##### Thrower

Senior/ Political Science  
Height: 6’5”, Weight: 280

##### Personal Bests:

Bench Press: 455 lbs., Squat: 700 lbs.,  
Vertical Jump: 31, Power Clean: 395 lbs.,  
40-yard dash: 4.54

*“Josh has used his improvements in strength to break the school record in the*

*weight and to qualify provisionally for the NCAA’s as well as qualifying for the US Championships. He has been in MVC Champion in the shot and runner up in discus as well.”* —Kip Hytrek, NSCA member sponsor.

### Indiana State University

#### Beth Hilton

##### Thrower

Senior/ Business  
Height: 5’8”, Weight: 180

##### Personal Bests:

Bench Press: 180 lbs., Squat: 400 lbs.,  
Vertical Jump: 24.5, Power Clean: 210 lbs.,  
40-yard dash: 5.14

*“Beth’s strength gains have helped her qualify provisionally for Nationals since her Sophomore year in the weight as well as a 10th place 2002 finish at the US Championships. She was a MVC Champion in the Hammer and Discus as well.”* —Kip Hytrek, NSCA member sponsor.

### Johnson County Community College

#### Jena Blubaugh

##### Sprint

Sophomore/ N/A  
Height: 5’7”, Weight: 120

##### Personal Bests:

Bench Press: 125 lbs., Squat: 210 lbs.,  
Vertical Jump: 26.8, Power Clean: 125 lbs.,  
40-yard dash: 4.81

*“20 sec. Jack knife—24, 15 sec. Pushups—19. Besides her leg injury Jena never missed a day in sports and conditioning. She is a leader and good student with a great personality.”* —William Kincade, NSCA member sponsor.

## Lafayette College

### Jackie Bingham

#### Hammer and Javelin

Senior/ Business Economics / Art

Height: 5'4", Weight: 134

#### Personal Bests:

Bench Press: 135 lbs., Squat: 300 lbs.,  
Vertical Jump: N/A, Power Clean: 140 lbs.,  
40-yard dash: N/A

*"Dedicated. That is the term that best describes Jackie. When Jackie entered Lafayette College her combined total for bench press, squat, and hang clean was less than 200 pounds. Today, almost four years later, she has a combined total of almost 600 pounds for these three lifts—an increase of over 300%—making her the strongest female athlete on campus. Jackie's dedication to strength training has proven it's worth, as she placed 4th in the Patriot League championships in the Hammer and Javelin as a junior. Jackie's dedication extends beyond that of the athletic arena, into her academic, and everyday life. She is a student representative for "Perception IS Not Reality", a social norms campaign to improve campus health and decrease harmful behaviors, and volunteers through the Landis Community Outreach Center as a daycare worker. With all of her extra-curricular activities, Jackie still finds time to maintain a 3.1 GPA with a double Major of Business Economics and Art. Jackie is a role model, not just for athletes or college students, but everyone. She has proved that with a little discipline, some self-sacrifice, and a lot of dedication you can achieve many things in life."* —Stephen Mannino, NSCA member sponsor.

## Montana State University

### Erin Jones

#### Heptathlete

Sophomore/ Art

Height: 5'5.5", Weight: 130

#### Personal Bests:

Bench Press: 180 lbs., Squat: 255 lbs.,  
Vertical Jump: 23, Power Clean: 180 lbs.,  
40-yard dash: N/A

*"Erin has utilized outstanding genetic potential in the weight room to become a very outstanding heptathlete. The stronger she becomes, the better her marks become."* —Brett Tudsbury, NSCA member sponsor.

## University of Central Florida

### Kelly Roloff

#### Heptathlete, High Jump, 4x400

Senior/ Communications Disorders

Height: 5'8.5", Weight: 140

#### Personal Bests:

Bench Press: 115 lbs., Squat: 210 lbs.,  
Vertical Jump: 21.5, Power Clean: 137 lbs.,  
40-yard dash: N/A

*"Dedicated Athlete who works hard at every obstacle that is put in her way. She improved her mark of 5'4 in the high jump and 59 split in the 4x400 m relay her freshman year to a 5'7 3/4" jump in the high jump and a 55.8 split in the 4x400 m relay her junior year. Her commitment to excellence and superior work ethic are clearly evident to all that are around her. She is a leader by example on the athletic field, and in the classroom where she is a Dean's list student."* —Harry Myers, NSCA member sponsor.

## University of Georgia

### Panagiotis Mavraganis

#### Hammer Throw

Junior/ Consumer Economics

Height: 5'9", Weight: 245

#### Personal Bests:

Bench Press: 265 lbs., Squat: 484 lbs.,  
Vertical Jump: 28, Power Clean: 385 lbs.,  
40-yard dash: 4.97

*"Pan works very hard in the weight room, which led to his top 6 NCAA finishes last year in both the weight throw and the hammer. His PR's are 235-0 in HT and 71-0 in WT."* —Don Babbitt, NSCA member sponsor.

## University of Georgia

### Renata Foerst

#### Hammer Throw

Freshman/ Math Education

Height: 5'10", Weight: 205

#### Personal Bests:

Bench Press: 160 lbs., Squat: 265 lbs.,  
Vertical Jump: 22, Power Clean: 203 lbs.,  
40-yard dash: 5.25

*"Renata did a great job in improving her Olympic lifts this year which allowed her to break our freshman record for Hammer Throw at 174-3, and she finished 10th at the USA Juniors."* —Don Babbitt, NSCA member sponsor.

## University of Texas

### Carl Johnson

#### Hurdles

Senior/ Kinesiology

Height: 6', Weight: 185

#### Personal Bests:

Bench Press: 330 lbs., Squat: 460 lbs.,  
Vertical Jump: 42, Power Clean: 305 lbs.,  
40-yard dash: 4.28

*"Carl is one of the most gifted athletes I have ever had the pleasure to coach. His natural ability has been enhanced by his drive and focus in the weight room. He has set the standards by which all our athletes judge themselves. His work ethic and dedication have led to 3 individual championships, 3 years of All-Conference recognition, a team Championship, and multiple University records. In addition to athletics, Carl is a member of the Dean's List."* —Michael Cox, NSCA member sponsor.

## University of Texas

### Letitia Davis-Wiltshire

#### 400m Sprinter

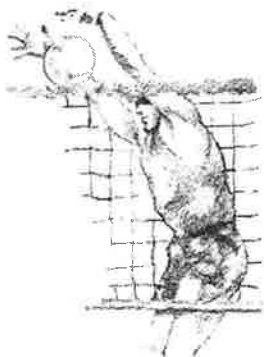
Senior/ Criminal Justice

Height: 5'10", Weight: 140

#### Personal Bests:

Bench Press: 135 lbs., Squat: 265 lbs.,  
Vertical Jump: 26.5, Power Clean: 135 lbs.,  
40-yard dash: N/A

*"Letitia has become her team's leader in the weight room. She has taken her level of performance higher and set the tone for all of Women's track. She has an excitement and enthusiasm that is contagious. She is a mentor and positive role model to our younger athletes. Her efforts have paid off with two All-Conference Honors in individual events and team relays. She*



also represents her fellow athletes at the University by being a member of the student Athlete Advisory Committee.” —Michael Cox, NSCA member sponsor.

## Utah State University

### Katie Farner

#### Heptathlon

Senior/ Exercise Science

Height: 5'8.5", Weight: 127

#### Personal Bests:

Bench Press: 115 lbs., Squat: 175 lbs., Vertical Jump: 25, Power Clean: 155 lbs., 40-yard dash: N/A

“Katie is a very hard worker in the weight room and is driven to keep making improvements in herself. One of her best qualities is that she takes the time to help others be better by giving pointers on technique and pushing them to work harder.” —Paul Arndorfer, NSCA member sponsor.

# VOLLEYBALL

## Arizona State University

### Jamie Coughlin

#### Outside Hitter

Senior/ Education

Height: N/A, Weight: N/A

#### Personal Bests:

Bench Press: 150 lbs., Squat: 245 lbs., Vertical Jump: 21, Power Clean: 150 lbs., 40-yard dash: N/A

“Jamie was a tireless worker both in the weight room and on the court. She provided valuable leadership to a very young team.” —Rich Wenner, NSCA member sponsor.

## Birmingham Southern

### College

### Kyndall Waters

#### Setter

Sophomore/ Psychology

Height: 5'2", Weight: 140

#### Personal Bests:

Bench Press: N/A, Squat: 230 lbs., Vertical Jump: 29, Power Clean: 135 lbs., 40-yard dash: 5.26

“Kyndall is a tremendous worker in the weight room and on the court. Her consistent effort provides a great example for her teammates.” —Scott Charland, NSCA member sponsor.

## Boise State University

### Joy Baldwin

#### Outside Hitter / Middle Blocker

Junior/ Graphic Design

Height: 5'10", Weight: N/A

#### Personal Bests:

Bench Press: 145 lbs., Squat: 255 lbs., Vertical Jump: 26, Power Clean: 196 lbs., 40-yard dash: N/A

“Joy is a well rounded student, athlete and person. Joy's take no prisoners approach to weight training has allowed her to excel on the court.” —Jeff Pitman, NSCA member sponsor.

## Central Connecticut

### State University

### Jackie Fernandez

#### Outside Hitter

Senior/ Psychology

Height: 5'9", Weight: N/A

#### Personal Bests:

Bench Press: 110 lbs., Squat: 200 lbs., Vertical Jump: N/A, Power Clean: 120 lbs., 40-yard dash: N/A

“Jackie is the type of athlete every strength coach would like to train. She is a leader in the weight room and on the court. She shows up daily in the weight room and goes to work with a passion that not all athletes possess. She pushes to better herself and separate her strength levels from the rest of the athletes. She is truly a great competitor and person.” —Michael Ericksen, NSCA member sponsor.

## Dartmouth College

### Kainoa Fialkowski

#### Outside Hitter

Junior/ Government

Height: 5'9", Weight: 163

#### Personal Bests:

Bench Press: 120 lbs., Squat: 240 lbs., Vertical Jump: 19.5, Power Clean: N/A, 40-yard dash: N/A

“Kai embodies this award. At the start of the 2001 season, she injured her right

shoulder. This kept her from playing on the outside and eventually relegated her to the backcourt as a defensive specialist. Not content with this situation, she painstakingly rehabbed her shoulder, enabling her to return to the frontcourt for the 2002 season. Kai's work ethic, whether in the weight room, on the track, in the training room, or on the volleyball court is unequivocal. Her determination to get back her position as an outside hitter for the 2002 season was undeterred. She committed fully and intensely to her strength training and volleyball conditioning. As a result of her hard work and determination, she finished third on the team with a kill percentage of 2.11.” —Bob Miller, NSCA member sponsor.

## Humboldt State University

### Keri Eichenberger

#### Setter

Senior/ Kinesiology

Height: 5'4", Weight: 135

#### Personal Bests:

Bench Press: 115 lbs., Squat: 200 lbs., Vertical Jump: 22, Power Clean: 165 lbs., 40-yard dash: N/A

“Keri endured many ups and downs during her four-year Volleyball career, a major injury, two coaching changes, and a 2-23 Sophomore season. One thing that always remained constant was her desire to be the best player she could be. Keri's leadership kept the team together and her tremendous dedication to the off-season strength and power program was an inspiration. The entire team prospered and improved. Keri's example and work ethic was the glue that molded the 2002 HSU Volleyball Team.” —Drew Petersen, NSCA member sponsor.

**Johnson County  
Community College  
Sarah Cochrane  
Outside Hitter**

Sophomore/ Education  
Height: 5'10", Weight: 138

**Personal Bests:**  
Bench Press: 115 lbs., Squat: 190 lbs.,  
Vertical Jump: 26.3, Power Clean: 120 lbs.,  
40-yard dash: 4.86

*"30m Sprint 4:20, 30m Shuttle Run 4:71, Standing Long Jump 7:5. Sarah is a clean A student and gets the same grade in conditioning and volleyball."* —Istvan Javorek, NSCA member sponsor.

**Juniata College  
Lauren Beasley  
Defensive Specialist**

Junior/ Elementary Education  
Height: 5'3", Weight: N/A

**Personal Bests:**  
Bench Press: 135 lbs., Squat: 250 lbs.,  
Vertical Jump: 20, Power Clean: 125 lbs.,  
40-yard dash: N/A

*"Lauren is an extremely hard worker on and off the court. She is a fine example to her teammates through her dedication to her year round strength power program."* —Douglas Bryce Smith, NSCA member sponsor.

**Ohio State University  
Katie Virtus  
Setter**

Senior/ Marketing  
Height: 5'8.5", Weight: 147

**Personal Bests:**  
Bench Press: 140 lbs., Squat: 270 lbs.,  
Vertical Jump: 24, Power Clean: 140 lbs.,  
40-yard dash: N/A

*"Katie is the hardest working female athlete I had the pleasure of working with. She is a great team leader as well. Katie was Big-Ten Freshman of the Year."* —Kim Dally, NSCA member sponsor.

**Oregon State University  
Megan McMillan  
Outside Hitter**

Senior/ General Science  
Height: 5'9", Weight: 165

**Personal Bests:**  
Bench Press: 160 lbs., Squat: 245 lbs.,  
Vertical Jump: 24, Power Clean: 187 lbs.,  
40-yard dash: 5.09

*"Outstanding work ethic and dedication to anything she puts her mind to. Leader on and off the court. Second on team with both kills and digs. Great competitor!"* —Andrew Dendas, NSCA member sponsor.

**Texas A&M University  
A.D. Achilefu  
Middle Blocker**

Senior/ Journalism  
Height: 5'9", Weight: 177

**Personal Bests:**  
Bench Press: 145 lbs., Squat: 290 lbs.,  
Vertical Jump: 27, Power Clean: 181.5 lbs.,  
40-yard dash: N/A

*"A.D. is one of the most explosive athlete's I have been around. She is an exceptional middle blocker despite only being 5'9. She is a coaches dream... her work ethic and competitiveness are outstanding. She battled back from a severe knee injury to achieve personal bests in the power clean and parallel squats. She currently holds the volleyball record in power clean. She will be missed."* —Raychelle Ellsworth,

NSCA member sponsor.

**Texas Christian University  
Stephanie Watson  
Outside Hitter**

Senior/ Biology/ Pre-med  
Height: 5'11", Weight: N/A

**Personal Bests:**  
Bench Press: 135 lbs., Squat: 400 lbs.,  
Vertical Jump: N/A, Power Clean: 185 lbs.,  
40-yard dash: N/A

*"Stephanie brings an intense work ethic to the weight room. We will be sorry she graduated."* —Jeff Reader, NSCA member sponsor.

**The University of  
Virginia's College  
at Wise**

**Candida Robinson  
Middle Hitter**

Junior/ Communications  
Height: 5'10", Weight: 151

**Personal Bests:**  
Bench Press: N/A, Squat: N/A,  
Vertical Jump: N/A, Power Clean: N/A,  
40-yard dash: N/A

*"Has had 4 knee operations. R/L ACL, L Meniscus x2. Played the majority of the season on a torn meniscus. Still lead conference in several categories. Team leader, helped start conditioning program for volleyball."* —Danny Sterling, NSCA member sponsor.

**Troy State University  
Portia Proffitt  
Lead Row**

Senior/ Nursing  
Height: 5'7", Weight: 147

**Personal Bests:**  
Bench Press: 135 lbs., Squat: 250 lbs.,  
Vertical Jump: 26, Power Clean: 185 lbs.,  
40-yard dash: N/A

*"Portia is a player who has worked hard at her lifting and has become a technician at her lifts, which in turn has helped her to become a more productive player."* —Richard Shaughnessy, NSCA member sponsor.

**University of Delaware  
Liz Ommundsen  
Middle Hitter**

Junior/ Psychology  
Height: 5'9", Weight: N/A

**Personal Bests:**  
Bench Press: 125 lbs., Squat: 210 lbs.,  
Vertical Jump: 24.5, Power Clean: 135 lbs.,  
40-yard dash: N/A

*"Liz is the quintessential female athlete. Her desire, dedication, and determination in her strength and conditioning training have reaped tremendous results for her in the weight room and on the court. She had career high 277 kills and 194 digs in 103 games this past season."* —Russell Barbarino, NSCA member sponsor.

## University of Minnesota

### Kim Pinske

#### Outside Hitter

Junior/ Sports and Recreation Mgmt.

Height: 5'9", Weight: 145

#### Personal Bests:

Bench Press: 130 lbs., Squat: 210 lbs.,

Vertical Jump: 18, Power Clean: 165 lbs.,

40-yard dash: N/A

*"Kim is the hardest working female athlete in the weight room. She has earned her way up to being a two year captain for the women's volleyball team."* —Scott Fuchs, NSCA member sponsor.



## University of Wisconsin

### — River Falls

### Kristin Brandt

#### Middle Hitter

Senior/ Elementary Education

Height: 5'10", Weight: 155

#### Personal Bests:

Bench Press: 115 lbs., Squat: 225 lbs.,

Vertical Jump: 23, Power Clean: N/A,

40-yard dash: N/A

*"Kristin has been a perfect example of what to do in the weight room. With out a doubt, it has allowed her to gain her starting spot. This work ethic carried over to the classroom where she excels also."* —Carmen Pata, NSCA member sponsor.

## Volleyball

## University of Wyoming

### Jill Roslund

#### Middle Blocker

Sophomore/ Education

Height: 5'11", Weight: 170

#### Personal Bests:

Bench Press: 130 lbs., Squat: 230 lbs.,

Vertical Jump: 9'7" in approach,

Power Clean: 170 lbs., 40-yard dash: N/A

*"As you can see by Jill's power clean, Jill is a very powerful athlete. Jill helped the Cowgirl Volleyball program to their best record in 12 years. Jill's great attitude and desire to be the best will help her break records in the weight room and on the court."* —Paula Allan, NSCA member sponsor.

# WOMEN'S BASKETBALL

## Creighton University

### Teresa Wessling

#### Forward

Senior/ Elementary Education

and Spanish

Height: 6', Weight: 173

#### Personal Bests:

Bench Press: 165 lbs., Squat: N/A,

Vertical Jump: 19.5, Power Clean: N/A,

40-yard dash: 9.73

*"Teresa is a great leader on the women's basketball team. The summer between her junior and senior year, she used our strength and conditioning program to improve her strength, agility, and overall stamina. As a result of her hard work, she has become stronger and faster on the court. Her vertical jump has increase from 13 to 19.5 inches and her bench press max has increased 30 pounds over a two year period. Her demeanor in the weight room makes her an athlete to follow."* —Satoshi Ochi, NSCA member sponsor.

## Gardner-Webb University

### Ruth Hammond

#### Shooting Guard

Junior/ English Education

Height: 5'6", Weight: 135

#### Personal Bests:

Bench Press: 120 lbs., Squat: 275 lbs.,

Vertical Jump: 20, Power Clean: 130 lbs.,

40-yard dash: 5.2

*"Ruthie has been a pleasure to coach ever since her first day on campus. Not only on the court, but in the weight room, she is*

*always first to enter and last to leave. The marks she attained in the weight room are a true credit to her meticulous nature and commitment to become the best student-athlete she can. Ruth has been rewarded for her hard work and dedication to the team by being elected tri-captain of the 2002-03 team."* —Sean Benevides, NSCA member sponsor.

## Illinois State University

### Steph Reichle

#### Guard

Senior/ Public Relations

Height: 5'9", Weight: 130

#### Personal Bests:

Bench Press: 125 lbs., Squat: 215 lbs.,

Vertical Jump: 20, Power Clean: N/A,

40-yard dash: N/A

*"Steph is a great leader in the weight room. She has pushed herself through several injuries to become one of the strongest members of her team."* —Robert B. Lindsey, NSCA member sponsor.

## James Madison University

### Nadine Morgan

#### Forward

Senior/ Health Science

Height: 5'10", Weight: 180

#### Personal Bests:

Bench Press: 225 lbs., Squat: 350 lbs.,

Vertical Jump: 27.5, Power Clean: 200 lbs.,

40-yard dash: N/A

*"A quiet-spoken, fierce competitor, who leads by example," is how one of Nadine's teammates characterized her- and what a fine example she has been. As a freshman, Nadine came to JMU strong by most female standards, she benched 135, squatted 225, and had a 19 inch vertical, but she wanted more and she diligently*

worked for it at every workout. I vote to give this accolade to Nadine Morgan because she has made exceptional progress each year, she has overcome adversity to come back from knee surgery, she has earned All-Conference honors, she has been a two year captain of her team, and she is an excellent student. Nadine will continue to excel in basketball and life, not because she can lift a lot of weight or jump high, but because she has a strength within her that can move mountains. Nadine Morgan is a warrior.” —Greg Werner, NSCA member sponsor.

## Juanita College Jennifer Uhrich

**Forward**  
Junior/ Elementary Education  
Height: 5'10", Weight: N/A

**Personal Bests:**  
Bench Press: 125 lbs., Squat: 200 lbs.,  
Vertical Jump: 23, Power Clean: 115 lbs.,  
40-yard dash: N/A

*“Jenn’s hard work and dedication has allowed her to come back from an ACL injury. She is a team leader on and off the basketball court.”* —Michael A. Hudy, NSCA member sponsor.

## Marshall University Catie Knable

**Forward**  
Junior/ Business  
Height: 6'2", Weight: N/A

**Personal Bests:**  
Bench Press: 115 lbs., Squat: 175 lbs.,  
Vertical Jump: 23, Power Clean: 155 lbs.,  
40-yard dash: N/A

*“Catie has set the standard for the Marshall University Strength and*

*Conditioning Program. In eight months time she has improved over 115 pounds in total weight on her personal bests. Through her hard work, she has developed into one of the top forwards in the MAC conference.”* —Jason Loscalzo, NSCA member sponsor.

## Michigan State University Jennifer Callier

**Center**  
Senior/ Hospitality Management  
Business  
Height: 6'3", Weight: N/A

**Personal Bests:**  
Bench Press: 170 lbs., Squat: N/A,  
Vertical Jump: 23, Power Clean: N/A,  
40-yard dash: 5.68

*“Jennifer has gone above and beyond the call of duty in terms of her commitment to the strength and conditioning program. As a result, she set the team record in the bench press and leg press.”* —Michael Verkaphich, NSCA member sponsor.

## Muskingum College Kate Workman

**Forward**  
Junior/ Mathematics  
Height: 5'10", Weight: 145

**Personal Bests:**  
Bench Press: 140 lbs., Squat: 235 lbs.,  
Vertical Jump: 20.5, Power Clean: 120  
lbs., 40-yard dash: N/A

*“Kate is an amazingly dedicated athlete. She is committed to improving all aspects of her athleticism- doing over and above that which is asked of her. I have not coached an athlete with more desire or leadership qualities.”* —Michael Hamsher, NSCA member sponsor.

## Northern Arizona University

**Joy Dixon**  
**Guard**  
Senior/ Exercise Science  
Height: 5'8", Weight: 143

**Personal Bests:**  
Bench Press: 130 lbs., Squat: 220 lbs.,  
Vertical Jump: 23, Power Clean: 170 lbs.,  
40-yard dash: N/A

*“Joy has tremendous work ethic; she trains through the entire year; always working to get better. Joy is always in great shape!”* —Casey Bond, NSCA member sponsor.

## Shepherd College Brianna Hamilton

**Forward**  
Senior/ Physical Education  
Height: 6', Weight: 150

**Personal Bests:**  
Bench Press: 165 lbs., Squat: 245 lbs.,  
Vertical Jump: 26, Power Clean: 190 lbs.,  
40-yard dash: N/A

*“A NSCA All-American in 2002. Again, proving that she is still NSCA All-American status. Elected team captain again and having a great year. Had to rehab a knee/ ankle injury. Worked diligently to rehab and improved her performance.”* —Anthony Yurish, NSCA member sponsor.

## Southern Connecticut University

**Rebecca Roy**  
**Forward**  
Senior/ Performance  
Height: 5'11", Weight: N/A

**Personal Bests:**  
Bench Press: 115 lbs., Squat: 185 lbs.,  
Vertical Jump: N/A, Power Clean: N/A,  
40-yard dash: N/A

*“Rebecca is truly a team leader and a pleasure to coach. She led the team in scoring as a junior and had the highest FG and FT percentage as well. Rebecca i  
s  
co-captain this year, and to date averages 18.7 ppg. She devoted herself to getting in top condition last year and it is paying huge dividends.”* —Alison Parakh, NSCA member sponsor.

## Texas Christian University Tiffany Evans

**Forward**  
Junior/ Psychology  
Height: 6'2", Weight: N/A

**Personal Bests:**  
Bench Press: 155 lbs., Squat: 270 lbs.,  
Vertical Jump: 23, Power Clean: 165 lbs.,  
40-yard dash: N/A

*“Tiffany’s work habits in the weight room have elevated her game to another level. She is a great leader and a joy to coach.”*

—Kent Morgan, NSCA member sponsor.

## University of Hartford

### Dorcas Miller

#### Guard

Senior/ Psychology  
Height: 5'8", Weight: 150

#### Personal Bests:

Bench Press: 115 lbs., Squat: 185 lbs.,  
Vertical Jump: 22, Power Clean: 138 lbs.,  
40-yard dash: N/A

*"A leader by example in the weight room. Dorcas attacks her workouts with tremendous effort and determination. She continually strives for improvement and in doing so, pushes her teammates every day."* —Emil R. Johnson, Jr, NSCA member sponsor.

## West Virginia University

### Latitia Williams

#### Center/Forward

Sophomore/ N/A  
Height: 6'1", Weight: 185

#### Personal Bests:

Bench Press: 205 lbs., Squat: 530 lbs.,  
Vertical Jump: 28, Power Clean: 205 lbs.,  
40-yard dash: N/A

*"Tish is a monster in the weight room. Her astonishing strength rivals any male athlete. She possesses a desire to achieve that ensures her a promising future in basketball. Tish has the raw talent which can surpass all of life's limitations."* —Michael Barwis, NSCA member sponsor.

## University of North

## Carolina Wilmington

### Rachael Friesen-Norwood

#### Guard

Senior/ Exercise Science  
Height: 5'8", Weight: N/A

#### Personal Bests:

Bench Press: 165 lbs., Squat: 230 lbs.,  
Vertical Jump: N/A, Power Clean: N/A,  
40-yard dash: 5.02

*"Rachael is the ideal captain of a team that has totally bought into the concept of total player development. She has improved dramatically physically and is the team leader in the strength and conditioning testing protocol. With her enthusiasm and determination in the weight room, she has not only made herself into a great player, but has helped her teammates improve as well."* —Jim Mayew, NSCA member sponsor.



## William Woods University

### Janette Kauffman

#### Forward

Senior/ Biology  
Height: 5'11", Weight: 165

#### Personal Bests:

Bench Press: 155 lbs., Squat: 275 lbs.,  
Vertical Jump: 21, Power Clean: 215 lbs.,  
40-yard dash: N/A

*"Janette has truly taken to the challenge of training at the highest level. She has helped create a very competitive attitude with the women's sports at WWU. She is the standard by which others measure themselves."* —Robert H. Jones, NSCA member sponsor.

# WRESTLING

## University of Wyoming

### Brad Steele

#### Heavyweight

Senior/ Elementary Education  
Height: 6'4", Weight: 270

#### Personal Bests:

Bench Press: 455 lbs., Squat: 585 lbs.,  
Vertical Jump: N/A, Power Clean: 315 lbs.,  
40-yard dash: N/A

*"Brad has done a great job in the weight room in his career. This past summer he worked through a knee injury and came out with P.R. in all his lifts. He is a pleasure to work with."* —Tim Socha, NSCA member sponsor.

## West Virginia University



## Mission Statement

*As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.*