

2009 NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR



NSCA™ National Strength and Conditioning Association

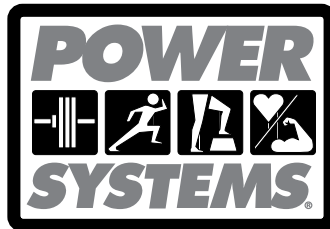
Bridging the gap between science and application™

2009 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.

**A team coach who is a member of the NSCA, may make a nomination in the event that a team does not have a regularly assigned strength coach.*



baseball

Morehead State University

Josh Barnes

Pitcher

Business Management

Height: 6'1" Weight: 197

Bench Press: 130 lbs., Vertical Jump: in., Power Clean: N/A, 40-Yard Dash: sec., 5-10-5 Agility: sec.

Josh has been a perfect model of hard work and dedication. His constant enthusiasm in the weight room and on the field has made him stand out on this team. He has put in the extra effort necessary to excel as a pitcher and has led this team both vocally, and by example.

—Kevin Dewese, CSCS, NSCA Member Sponsor

Texas Christian University

Matt Carpenter

Third Base

Communications

Height: 6'3" Weight: 215

Bench Press: 330 lbs., Vertical Jump: 32 in., Power Clean: 300 lbs., 40-Yard Dash: 4.65 sec., 5-10-5 Agility: 4.10 sec.

Matt has never missed a workout voluntary, or mandatory. He is the team leader in the weight room and motivates others around him to perform to a higher level. He will be a great loss not only on the field, but also in the weight room where he leads by example.

—Zach Dechant, CSCS, NSCA Member Sponsor

Mount Marty College

Dean Hansen

Outfielder

Exercise Wellness

Height: 6'1" Weight: 205

Bench Press: 305 lbs., Vertical Jump: 33 in., Power Clean: N/A 40-Yard Dash: 4.6 sec., 5-10-5 Agility: 4.4 sec.

Dean's perseverance to excel begins in the weight room. He has dedicated himself to learning about training to improve his athletic performance. It has shown on the diamond and in the weight room. He was awarded GPAC Player of the Week after hitting .545 and slugging .636. On the year, he ended hitting .385. He constantly improves his personal best and his teammates have taken notice, realizing what hard work and proper training can do to improve performance. Dean's example has led to greater responsibilities approaching his final season. He has been asked to supervise and oversee strength & conditioning training for his baseball team. He is constantly studying to seek the most effective and efficient ways to train to be the best baseball player. Dean has not only taken his game to a new level but is also taking the entire Mount Marty baseball program to a new level in both training and performance.

—Andrew Holzwarth, ATC, CSCS, NSCA Member Sponsor Ohio University

Marc Krauss

Outfielder

Broadcast Journalism

Height: 6'3" Weight: 225

Bench Press: 144 lbs., Vertical Jump: 31.5 in., Power Clean: 257 lbs., 40-Yard Dash: 6.95 sec., 5-10-5 Agility: sec.

Marc is an extremely hardworking and dedicated athlete.

—Joseph Fondale, CSCS, NSCA Member Sponsor

Georgia Southern University

Andy Moyer

Pitcher

Business

Height: 6'5" Weight: 212

Bench Press: 225 lbs., Vertical Jump: 32 in., Power Clean: 220 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Andy has made incredible gains over the past two years, and has become a leader in the weight room. Andy had Tommy John surgery during his freshman year and used that year to improve himself physically. Over the past two years he has gained over twenty pounds without gaining body fat, increased his bench press by 70 pounds, squat by 115 pounds, and hang clean 75 pounds. Although he is only sophomore on the field, he has become a leader because of his work ethic. Andy is committed to improving himself physically for his personal goals and the goals of the team.

—Thomas Melton, Jr., CSCS, NSCA Member Sponsor

Auburn University

Kevin Patterson

Outfielder

General Studies

Height: 6'4" Weight: 225

Bench Press: 315 lbs., Vertical Jump: 29 in., Power Clean: N/A 40-Yard Dash: sec., 5-10-5 Agility: sec.

Kevin attacks the weight room with great passion and dedication. He is an inspiration to the rest of the team because of his tremendous hard work. Pound for pound he has the highest power index on the team.

—Richard Levy, CSCS, NSCA Member Sponsor

Miami Univ of Ohio

Jordan Petraitis

Infielder

Management and Organizations

Height: 6'3" Weight: 224

Bench Press: 240 lbs., Vertical Jump: 28.5 in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.35 sec.

Jordan is a leader both on and off the field. He has been nominated as a captain of his team. In the 2007 season he started 55 of 56 games. He has a .318 batting average and collected a hit in 27 consecutive games. His commitment to baseball as well as strength and conditioning has allowed him to become a role model for his teammates.

—Cindi Merrill, CSCS, NSCA-CPT, NSCA Member Sponsor

Mercer University

Travis Peyatt

Catcher

Engineering

Height: 6'2" Weight: 220

Bench Press: 300 lbs., Vertical Jump: 29.5 in., Power Clean: 275 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Travis has been very committed to the weight room since the beginning. He has total transformed himself physically, and has made great strength increases in the 18 months. He is a great leader by example. He also excels in the classroom as an engineering major that has maintained a 3.2 or higher GPA.

—Paul Bohr, CSCS, NSCA Member Sponsor

Long Beach City College

Josh Rush

Catcher

Business

Height: 6'0" Weight: 195

Bench Press: 225 lbs., Vertical Jump: 28 in., Power Clean: 200

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Josh started last season as a bullpen catcher and ended the season with an opportunity to transfer to a Division II school. He chose to return to LBCC to improve his leadership skills which he has done on and off the field, keeping teammates accountable in the strength and conditioning program and practices. Players listen because they have seen the improvements; 40# on the bench press, 75# on squats, 50# on power cleans, and decrease in pop-to-pop by 0.2 seconds.

—David Yamane, III, NSCA-CPT, CSCS, NSCA Member Sponsor

Lipscomb University

Justin Sanders

First Base

Marketing

Height: 6'3" Weight: 210

Bench Press: 325 lbs., Vertical Jump: 31 in., Power Clean: 275

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.34 sec.

Justin Sanders' work ethic and determination is matched by few college athletes. Since stepping on campus, he has been a presence both on the field and in the weight room. On the field last year, Justin helped lead his team to its first Atlantic Sun Championship and first appearance in the NCAA Regional Tournament. Justin had a .306 batting average and was second on the team in homeruns with 8, the biggest one coming vs. Georgia in the regional tournament. While his on-field stats are impressive, Justin's work ethic in the weight room is hard to compete with. He holds the team record for squat at 460 lbs. and a personal record of 325 lbs. on bench. Not only does Justin have incredible determination on the field and in the weight room, he has also been a member of the Atlantic Sun All-Academic team every year of his college career.

—William Osburn, CSCS, NSCA Member Sponsor

William Woods University

Jacob Thames

Infielder

Sports Management

Height: 5'8" Weight: 160

Bench Press: 320 lbs., Vertical Jump: 29.5 in., Power Clean: 265

lbs., 40-Yard Dash: 4.48 sec., 5-10-5 Agility: 4.12 sec.

He may be one of the littlest players on the team but no one has a bigger heart or personality. Jacob was a good worker when he arrived at WWU and quickly become a leader in the weight room. However he had one thing hold him back; his body fat was 19%. This didn't allow him to be as quick as he needed to be to play the infield. After the season he spent the summer working on an off-shore drilling rig. This arrangement limited his workouts but he adapted them to what he had available. When he returned in the fall he had lost 30lbs and had lost very little strength. He made his goal on the clean and was only 5 pounds off on the bench. After the fall season his weight is still down and he hit his personal bests in nearly all his testing. He leads not only by example but he is a vocal leader as well! Jacob is going to be missed at WWU.

—Robert Jones, CSCS, NSCA Member Sponsor

Georgia Southern University

Brian Wilkerson

Pitcher

Business Management

Height: 6'2" Weight: 213

Bench Press: 275 lbs., Vertical Jump: 29" in., Power Clean: 245

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Brian is the type of athlete you have to kick out of the weight room. He is one of the most dedicated, hard working individuals to step foot in IronWorks. During an optional lift week Brian came in five days while working off of a three-day program. Coming out of a competitive freshman season Brian decided to have off-season Tommy John surgery. Two days after Brian's, surgery, however, he walked into the weight room asking if he could get a quick lift in. It is very rare to an athlete with the type of work ethic that he possesses. One of Brian's greatest accomplishments is not only that he works so hard on and off the field, but also that he balances all of his schoolwork and training with being a full-time father and husband.

—Skyler Pyles, CSCS, NSCA Member Sponsor

basketball

University of Kansas

Cole Aldrich

Center

Communication Studies

Height: 6'11" Weight: 245

Bench Press: 250 lbs., Vertical Jump: 32" in., Power Clean: 286 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Cole's work ethic would be definitely be considered 'blue collar' by anyone's standards. He has used training to dramatically improve his body composition as well as his coordination and athleticism. His strength gains have helped him to become a dominant force in the paint. He has made dramatic gains in all categories that are affected by strength training and conditioning.

—Andrea Hudy, CSCS, NSCA Member Sponsor

Lipscomb University

Jenna Bartsokas

Guard

Exercise Science

Height: 5'7" Weight: N/A

Bench Press: 165 lbs., Vertical Jump: 25.5 in., Power Clean: 154 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.56 sec.

Jenna has all the qualities one would want in an athlete. She continually raises the bar for herself and her teammates. As a sophomore, she has already broken numerous records and was voted captain by her teammates. Jenna was selected to be a member of the All-Freshman Atlantic Sun Team and also received the All-Atlantic Sun Academic accolade. Jenna was also chosen to be her team's representative for the Student Athletic Council and Fellowship of Christian Athletes. Jenna's positive attitude, leadership abilities, and work ethic are unmatched. It is an honor to have her as part Lipscomb University's Strength and Conditioning program and award her the 2009 All-American Strength and Conditioning Athlete of the Year.

—William Osburn, CSCS, NSCA Member Sponsor

Morehead State University

Brittany Bass

Forward

Business Marketing

Height: 6'0" Weight: N/A

Bench Press: 135 lbs., Vertical Jump: 18 in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Brittany's positive attitude and dedication has truly been an inspiration. Her commitment to this team and her school work has placed in her in a position of leadership. She is a constant encouragement to her teammates both in the weight room and on the court.

—Kevin Deweese, CSCS, NSCA Member Sponsor

Auburn University

Whitney Boddie

Guard

Psychology

Height: 5'9" Weight: N/A

Bench Press: 130 lbs., Vertical Jump: 25 in., Power Clean: 135 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

They say good things come in small packages. Whitney is a great example of that pound for pound she has the highest power index on the team. She possesses great speed, quickness, power, strength & toughness.

—Richard Levy, CSCS, NSCA Member Sponsor

SD State University

Mackenzie Casey

Guard

Sociology

Height: 5'11" Weight: 181

Bench Press: 250 lbs., Vertical Jump: 30.5 in., Power Clean: 264 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Mackenzie has worked very hard to become bigger, stronger, quicker and more explosive. He has been tireless in his efforts in the weight room, and on the court. He has reaped the rewards of his hard work and dedication. He has provided leadership for our young team. His work ethic will take him far in whatever he chooses to pursue after his basketball days are done.

—Nathan Moe, CSCS, NSCA Member Sponsor

Limestone College

Shawn Creal

Guard

Strength and Conditioning

Height: 6'1" Weight: 213

Bench Press: 275 lbs., Vertical Jump: 30 in., Power Clean: 231 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.18 sec.

Shawn is one of the leaders on the Limestone Men's Basketball team. He is one of the strongest guys on the team and is always willing to do what is asked of him. The way he goes about things in the weight room and on the court is a great example for his younger team mates to strive for.

—Lance Farmer, MS, CSCS, NSCA Member Sponsor

Western Michigan University

Tiera Delahoussaye

Point Guard

Nursing

Height: 5'6" Weight: 136

Bench Press: 150 lbs., Vertical Jump: 24 in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.34 sec.

Tiera has been a leader both in and out of the weight room. She has the ability to push herself to the next level on a consistent basis. I believe consistency is a very important factor in developing exceptional athletes and Tiera does an excellent job at pushing herself everyday. Tiera is a great athlete to coach she not only hears you, she listens and then produces! Tiera has been one of the team leaders in the 20 yard shuttle all four year and pound per pound is the strongest athlete on the team. She has shown tremendous discipline during the off season as well as the season to constantly improve her game and overall athleticism.

—Jennifer Query, CSCS, NSCA Member Sponsor

Monmouth University

Nick Deltufo

Center

Business

Height: 6'8" Weight:

Bench Press: 315 lbs., Vertical Jump: in., Power Clean: 240 lbs.,

40-Yard Dash: sec., 5-10-5 Agility: sec.

In only his second year as a Hawk, Nick has emerged as one of the hardest working athletes at Monmouth University. Nick's diligence in the offseason to increase in strength looks to pay great dividends in the 2008- 2009 season as he takes his improved abilities to the court. Nick leads by example on the court and in the weight room, establishing himself as a role model for all of his fellow athletes. He prides himself in going above and beyond and is the type of worker that any strength coach would want to train.

—Timothy Rehm, CSCS, NSCA Member Sponsor

Humboldt State University

Jennifer Enos

Guard

Kinesiology

Height: 5'4" Weight: 150

Bench Press: 120 lbs., Vertical Jump: 23 in., Power Clean: 175

lbs., 40-Yard Dash: 0 sec., 5-10-5 Agility: 0 sec.

During her 4 years here at HSU, Jen has continuously set new standards with her diligent work ethic on and off of the court. In the weight room, Jen has broken three individual records and one all-time strength and conditioning squat record for her weight class. On the court, Jen has excelled even more with leading her team in three-point field goal percentage (.400) and has moved into the No. 3 slot on HSU's career three-point list with 128. Beloved and respected by her teammates and coaching staff, Jen has truly become the definition of a bigger, faster, and stronger athlete, who is determined to make herself and those around her better. It has been a pleasure to work with such an amazing young woman.

—Angela Dendas, NSCA Member Sponsor

Marquette University

Page Fiedorowicz

Power Forward

General Studies

Height: 6'0" Weight: 195

Bench Press: 160 lbs., Vertical Jump: 21 in., Power Clean: 180

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.75 sec.

Paige is the strongest woman on the Marquette University Women's Basketball team and maybe the strongest at the entire university. Her nickname is the "Linebacker", well, because she looks like one. She is tenacious in the weight room and it carries over to her play on the court. She never backs down from a challenge whether it is lifting, conditioning, or an opponent. Her form is impeccable and she takes the utmost pride in everything strength and conditioning related. It is a pleasure to work with an athlete of her caliber and ability.

—Rudy Thomas, CSCS, NSCA Member Sponsor

Iowa State University

Diante Garrett

Guard

General Studies

Height: 6'4" Weight: 185

Bench Press: 220 lbs., Vertical Jump: 30.5 in., Power Clean: 221

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Diante has really dedicated himself to making improvements in his strength. Since he has been at Iowa State he has added 20lbs to his weight, 80lbs to his bench press, and over 100lbs to his squat. His dedication in the weight room has made a major impact on his physical and mental toughness on the court.

—Andrew Moser, CSCS, NSCA Member Sponsor

McNeese State University

Raiyawna Gatlin

Guard

General Studies

Height: 5'6" Weight: 140

Bench Press: 155 lbs., Vertical Jump: 30" in., Power Clean: 155

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.5 sec.

Raiyawna came in and went right to work as a freshman. She works very hard and pushes all of her teammates. She has a great upside and will continue to get better with each year.

—Zeb Hawkins, NSCA Member Sponsor

Pacific Lutheran University

Trinity Gibbons

Point Guard

Business

Height: 5'8" Weight: 155

Bench Press: 140 lbs., Vertical Jump: 22.5" in., Power Clean: 125

lbs., 40-Yard Dash: N/A sec., 5-10-5 Agility: 4.50 sec.

Trinity has gone through a transformation over the last year. Not just physically but mentally has well. The tools have been their entire time; she has simply taken the opportunity to sharpen them by dedicating herself to her athletic development.

—Christopher Wood, MEd, CSCS, NSCA Member Sponsor

Northwood University

Sarah Glowacki

Guard

Sport Management

Height: 5'7" Weight:

Bench Press: 135 lbs., Vertical Jump: 23" in., Power Clean: 140

lbs., 40-Yard Dash: 5.36 sec., 5-10-5 Agility: 4.7 sec.

In the weight room, Sarah has worked to become a force on the court. A 2-year starter and team captain, she played an integral role in helping her team win the 2007 – 08 GLIAC North title and a berth into the conference tournament. Well respected by the staff and her teammates, Sarah has been a pleasure to coach and will be missed.

—Scott Fisher, CSCS, NSCA-CPT, NSCA Member Sponsor

Ohio University

Lauren Hmile

Guard/ Forward

Secondary Education/ Integrated Sciences

Height: Weight:

Bench Press: 160 lbs., Vertical Jump: 22.5 in., Power Clean: 161

lbs., 40-Yard Dash: 5.19 sec., 5-10-5 Agility: sec.

Lauren is very gifted athlete and tenacious competitor.

—Joseph Fondale, CSCS, NSCA Member Sponsor

James Madison University

Juwann James

Forward

Sports Management

Height: 6'6" Weight: 230

Bench Press: 355 lbs., Vertical Jump: 40 in., Power Clean: 245

lbs., 40-Yard Dash: n/a sec., 5-10-5 Agility: n/a sec.

JuWann has been a diligent worker in the weight room. He came in his freshman year at 214 and by his junior season he had built his body to 235. JuWann has used strength & conditioning to strengthen injured areas and take his game to a higher level.

—Gregory Werner, MS, CSCS, NSCA Member Sponsor

US Air Force Academy

Anwar Johnson

Guard

Management

Height: 6'5" Weight: 190

Bench Press: 245 lbs., Vertical Jump: 40" in., Power Clean: 255

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 3.92 sec.

Anwar has been blessed with tremendous athleticism. Although gifted, Anwar approaches each workout with the determination of getting better. His intensity is contagious amongst his teammates often setting the tone for each weight room workout. He has done an outstanding job representing Air Force Basketball.

—Edward Blackwood, CSCS, NSCA Member Sponsor

Transylvania University

Brock Jones

Forward

Exercise Science

Height: 6'4" Weight: 205

Bench Press: 265 lbs., Vertical Jump: 28.5" in., Power Clean: 210

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Brock has worked exceptionally hard the last 3 years to build a strong frame. He is very aware of using proper technique and committed to the field of strength and conditioning. He has also succeeded on the court, as part of two conference championship teams. In the classroom, Brock has maintained a 3.2 gpa and made the Dean's List. Brock is a very well-rounded, respectful individual, who will succeed in any path he chooses.

—Keith Cecil, MS, CSCS, NSCA Member Sponsor

The University of Missouri

Shakara Jones

Post

Physical Therapy

Height: 6'2" Weight: 175

Bench Press: 135 lbs., Vertical Jump: 31" in., Power Clean: 176

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Shakara is the epitome of this award. While she enjoys the game of basketball she understands that the weight room is important and loves to work. When some are looking for excuse not to work, she is finding time to get in. Her desire and dedication have worn onto her teammates & she has become a role model for hard work.

—Bryan Mann, CSCS, NSCA Member Sponsor

Saint Louis University

Heather King

Forward

Athletic Training

Height: 5'11" Weight:

Bench Press: 160 lbs., Vertical Jump: 21.5 in., Power Clean: 160

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 5.03 sec.

After coming back from a significant ACL injury, Heather has worked herself from retirement to the starting lineup. Her determination has made her one of the strongest players in the A-10.

—Erick Schork, MA, CSCS, NSCA Member Sponsor

Sterling College

Ashley Kraft

Forward

Business and Sports Management

Height: 5'10" Weight: 160

Bench Press: 125 lbs., Vertical Jump: 24 in., Power Clean: 125

lbs., 40-Yard Dash: 5.3 sec., 5-10-5 Agility: 4.94 sec.

Ashley has been a hard worker since she stepped on campus. She has put a lot of time in the weight room when it was mandated. She encountered a set back 2 years ago with a torn ACL and rehabbed hard to get back. She has been a contributor on the basketball court since her freshman year and has developed in to a 1st team all-conference, conference player of the year, and 2nd team All-American.

—Jess Langvardt, NSCA Member Sponsor

Texas Christian University

T.K. LaFleur

Guard

Advertising and Marketing

Height: 5'8" Weight: 140

Bench Press: 140 lbs., Vertical Jump: 25" in., Power Clean: 140

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.75 sec.

TK was forced to sit out last year due to the NCAA transfer rule. As we all know, this can be a tough mental road for any athlete. TK came in this summer determined to not only get stronger and faster but improve her basketball skills. She worked extremely hard quickly becoming the leader in the weightroom. All of TK's hard work payed off in the season opener and her debut when she scored 28 points and led her team to victory over #3 ranked Maryland.

—Todd Kensler, CSCS, NSCA Member Sponsor

The University of Missouri

Matt Lawrence

Guard

Business Finance

Height: 6'6" Weight: 205

Bench Press: 275 lbs., Vertical Jump: 30.5 in., Power Clean: 235

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.47 sec.

Matt has utilized the weight room to improve his on-court performance. He comes to each workout with a great attitude with the desire to improve as an individual as well as adding to the overall level of team play. Matt does everything possible to be successful not only in the game of basketball but also in the game of life.

—David Deets, NSCA Member Sponsor

Saint Louis University

Kevin Lisch

Guard

Business Administration MBA

Height: 6'4" Weight: 195

Bench Press: 250 lbs., Vertical Jump: 31.5 in., Power Clean: 245

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.18 sec.

Kevin is a fierce competitor as well as an exceptional student. He has been a natural leader both on the court and in the weight room. Kevin has a natural drive that I wish all of our athletes could achieve.

—Erick Schork, MA, CSCS, NSCA Member Sponsor

Marquette University

Wesley Matthews

Guard

Advertising

Height: 6'5" Weight: 222

Bench Press: 321 lbs., Vertical Jump: 34.5 in., Power Clean: 268

lbs., 40-Yard Dash: 4.736 sec., 5-10-5 Agility: 4.00 sec.

This is the second year Wesley has won this award. He deserves this for the second time due to his year round consistency and work ethic. He has made outstanding gains in his power and speed as well as his body composition. He keeps pushing himself and as well as leading his teammates. Wes sets the standard for his teammates to live up to.

—Todd Smith, CSCS, NSCA Member Sponsor

University of Kansas

Danielle McCray

Guard

Communication Studies

Height: 5'11" Weight: 175

Bench Press: 210 lbs., Vertical Jump: 28" in., Power Clean: 203.5

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Danielle is naturally a strong person and like many gifted athletes, she responds more favorably to training than most. Unlike many talented athletes who use their abilities as a means to coast rather than develop them, Danielle has chosen to take advantage of the opportunities that training provides and has enjoyed significant improvements in her strength, but more notably her work capacity and endurance. She is able to perform at a much higher level for markedly longer periods due to her high level of effort in our conditioning and running sessions. Many athletes work hard in the weight room because they enjoy lifting, but it takes a special athlete to really push themselves through the discomfort and run hard every day in order to improve their work capacity. It takes a really special athlete to do it when it is her weakness. Danielle is one of those athletes.

Career Honors:

- 2007 – 08 All-Big 12 Honorable Mention
- 2007 – 08 Best 50/50 Hustle Player
- 2007 – 08 Athletic Director's Honor Roll
- 2006 – 07 Waco Tribune-Herald Big 12 All-Freshman Team
- 2006 – 07 Most Improved

—Andrea Hudy, CSCS, NSCA Member Sponsor

Juniata College

Claudia McDowell

Point Guard

Business Administration and Education

Height: 5'6" Weight: 132

Bench Press: 105 lbs., Vertical Jump: 23" in., Power Clean: 115

lbs., 40-Yard Dash: 4.9 sec., 5-10-5 Agility: 5.13 sec.

Claudia's work ethic and dedication to becoming a better athlete and leader of the basketball team is exceptional. She motivates herself and teammates by showing them, her hard work as she completes the conditioning and weight training drills/exercises. She has a quiet demeanor when going about her work, but at the same time will show her charismatic attributes to help relax the team in a stressful or hard situation. She is a very good leader and shows it by her accomplishments on and off the court.

—Matthew Huntsman, NSCA-CPT, NSCA Member Sponsor

University of Alabama at Birmingham

Crystal McFadden

Guard

Criminal Justice

Height: 5'10" Weight: 165

Bench Press: 170 lbs., Vertical Jump: 25.5 in., Power Clean: lbs.,

40-Yard Dash: sec., 5-10-5 Agility: sec.

Although Crystal suffered a knee injury prior to her senior year, the strength and stamina she had built up over her first three years at UAB enabled her to come back quickly and without problems. During her red-shirt year Crystal continued her hard work and dedication. In less than a year her squat was back up to 250 pounds with full range of motion. Her overall strength, speed, body control, and presence prove to be her advantage on the court as well. She consistently leads by example, pushes herself and her teammates unwaveringly. She has been such a positive influence on me as a coach and her teammates.

—Stacey Torman, CSCS, NSCA Member Sponsor

Georgia Southern University

Ashley Melson

Guard

Psychology

Height: 5'7" Weight:

Bench Press: 160 lbs., Vertical Jump: 22" in., Power Clean: 185

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 5.09 sec.

Ashley defines what it means to be dedicated. She is always striving to better herself as an athlete for her team. Every summer Ashley stays at school to continue her training. She always participates in the summer Speed School program that is available to all athletes. Besides being nominated for Strength Training All-American, Ashley has won several weight room awards. She was basketball's Most Dedicated athlete, which is a weight room specific award voted on by Ashley's teammates. She was also the first female winner of the Iron Eagle challenge. The Iron Eagle Challenge is a two-day competition that is open to all GSU athletes across all sports programs. The challenge tests different aspects of strength, speed, agility, and mental toughness. Every time Ashley steps foot in the weight room she brings a smile and a contagious attitude. She has been, and will be, one of the most respected female athletes at Georgia Southern University.

—Skyler Pyles, CSCS, NSCA Member Sponsor

SD State University

Ashlea Muckenhirn

Guard

Sociology

Height: 5'6" Weight: NA

Bench Press: 170 lbs., Vertical Jump: 22 in., Power Clean: 181.5

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Ashlea has worked incredibly hard here entire career. That dedication has and continues to reap rewards. She has been an important part of two teams that played in the WNIT, won a Summit League regular season conference championship, and three times led the nation (all divisions) in team GPA. SDSU has averaged over 22 wins each of Ashlea's first three years. She has set the standard for work ethic not only for the women's basketball team but for all teams. She has been successful in the weight room, in the classroom and on the court because of her hard work and dedication. She will be successful in whatever she pursues.

—Nathan Moe, CSCS, NSCA Member Sponsor, Salisbury University

Salisbury University

Gregory Palmer

Shooting Guard

General Studies

Height: 6'5" Weight: 196

Bench Press: 220 lbs., Vertical Jump: 31 in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.73 sec.

Greg is an extremely hard worker who truly feels that there is always room for improvement. His dedication to improving his game as a whole is unprecedented. Not only does Greg work and push hard in the weight room, but you can find him on the courts at 6am every morning working on his conditioning level, ball handling skills, and jump shot. The work ethic that Greg developed and possesses has enhanced his game play on and off the court since his arrival to Salisbury University in 2006. As a freshman, Greg found very little playing time. He was a mere 6'5", 175 lbs, athlete with average talent. He has now blossomed into an athlete who has grown into a 196 lb. force who can virtually play any position on the floor. He has also seen his strength and power levels increased while his body fat percent has decreased. After an intense Summer spent at the university training following his freshman year, Greg put up break out numbers as a sophomore. He was a starting shooting guard that could hit the 3 point shot or drive hard to the basket while taking a few hits along the way. As a result of his performance, Greg was awarded a spot on the All CAC Conference Second Team. As a Junior, Greg has emerged as a captain and the guy everyone looks toward to help lead the 08-09 squad to great heights.

It is an absolute honor to work with Greg on a daily basis. To see him grow as an athlete, student and an individual is truly moving. His story is remarkable and still developing. With the qualities Greg possesses, his future, whatever it may be, is very bright.

—Matthew Nein, MS, CSCS, NSCA Member Sponsor

Georgia Southern University

Ashley Rivens

Guard

Computer Science

Height: 5'8" Weight:

Bench Press: 160 lbs., Vertical Jump: 24 in., Power Clean: 175 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 5.03 sec.

Ashley is a quiet but steady leader on the team. She works extremely hard in the weight room and her strength numbers indicate that, but it is her work ethic that really stands out. Ashley's commitment has benefited herself as an athlete, and the team with her performance on the court. She always does what is asked and has never complained, and has been a tremendous help to me with her leadership in the weight room. Ashley's ability to lead by example is contagious. Her work ethic has been recognized by her teammates, by being nominated the teams Dedication Award winner in 2007.

—Thomas Melton, Jr., CSCS, NSCA Member Sponsor

University of Northern Colorado

Jamie Schroeder

Guard

Sport & Exercise Science/ Psychology

Height: 5'9" Weight: 155

Bench Press: 135 lbs., Vertical Jump: 26" in., Power Clean: 165 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Jamie is a tireless worker, always going above and beyond in what she does and then tries to do even more. She is extremely motivated to be the best she can be. She is a great leader and volunteers when ever she can. She works at the Cancer rehab on campus, loves animals, does all of our community service, and she is a camp favorite with all the young campers. She is the great role model for young women. She is planning on majoring in both sport and exercise science and psychology at the University of Northern Colorado. 2006-07: Was a second-team all-conference selection as well as an honorable mention all-region selection after averaging 16.3 points and 8.4 rebounds per game, as well as, Newcomer of the year for the Big Sky Conference. She also earned Academic All-American honors. 2005-06: With her 11.2 points and 6.2 rebounds per game she was named to the Region VI All-Tournament team.

—Cody Hodgeson, CSCS, NSCA Member Sponsor

Presbyterian College

Travis Sligh

Small Forward

Business

Height: 6'4" Weight: 210

Bench Press: 325 lbs., Vertical Jump: 33.5 in., Power Clean: 230 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Travis is an extremely hard worker. He is a leader by action. Travis worked really hard this summer and is in the best physical shape he has ever been in. Travis is a great athlete who's work ethic and determination has helped out basketball team to a great start this year.

—Eric Cash, NSCA Member Sponsor

Northeastern University

Eugene Spates

Forward

Criminal Justice

Height: 6'8" Weight: 220

Bench Press: 260 lbs., Vertical Jump: 28 in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Since transferring from a junior college three years ago, Eugene has developed into one of the most well rounded athletes in our men's basketball program's recent history. His persistent effort in the weight room has allowed him to not only leave his troubled knee problems behind, but has allowed him to become a most dominant defender and prolific scorer on the court. His attention to detail in both the weight room and the court has challenged his teammates to make daily improvements as well. His strength improvements are among the best of any athlete that I have worked with, resulting in impressive scores in all testing measures including the front squat, snatch and agility testing. Eugene has set a new standard for work ethic at Northeastern University.

—Arthur Horne, MEd, ATC, CSCS, NSCA Member Sponsor

James Madison University

Kisha Stokes

Forward

Sports Management

Height: 6'0" Weight: 155

Bench Press: 155 lbs., Vertical Jump: 26 in., Power Clean: 145 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Kisha has been a committed hard worker from day one. She was voted team Captain this year and she has motivated her teammates with her work ethic. What she lacks in height she makes up for with tenacity and heart. She has received such honors as CAA Commissioners Academic Award, Team's Attitude Award, Team's Hustle Award, Team's Courage Award. Last year she was second in rebounding on a team that lead the nation in the category.

—Gregory Werner, MS, CSCS, NSCA Member Sponsor

Ohio University

Jerome Tillman

Forward

Marketing

Height: 6'6" Weight: 235

Bench Press: 352 lbs., Vertical Jump: 33 in., Power Clean: 316 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Jerome is one of the most dynamic power forward in the MAC. This all MAC player owns team records in Bench, Squat and Clean. He is such a dedicated student athlete and his leadership on and off the court will be greatly missed.

—Shigeru Sano, CSCS, NSCA Member Sponsor

cheerleading

United States Air Force Academy

Meredith Leak

Flier

Biology

Height: 5'1.5" Weight: 107

Bench Press: 90 lbs., Vertical Jump: 26" in., Power Clean: 110 lbs.,

40-Yard Dash: 5.4 sec., 5-10-5 Agility: 5.11 sec.

Meredith is one of the most dedicated athletes I coach. She sets her mind to something and never rests until it is accomplished. Her dedication and belief in the strength and condition program are reflected in her results. Her goal for this fall was to squat 215, she surpassed that attaining personal best record of 225. Everyday a determined attitude, the willingness to help others and her unmatched work ethic accompany her to the weight room. She inspires others through her accomplishments and is a joy to coach.

—Julie Rubino, CSCS, NSCA Member Sponsor

crew

Boston University

Justin Martin

Breast Stroke

Biomedical Engineering/ Business Administration

Height: 6'3" Weight: 207.5

Bench Press: 225 lbs., Vertical Jump: 30.6 in., Power Clean: 227

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

As a 2-year captain, Justin is dedicated to his team and the sport. He has a tremendous work ethic on and off the water that provides an example for the rest of the team to follow. In Spring of 2008 he earned a spot on the Dean's List, he is currently the team representative with SAAC and is dedicated to its new program, Providing Athletes with Support (PAWS), which encourages athletes to attend BU athletic events other than just their own. Justin has primarily been in the stroke seat throughout his career at BU. In the fall of 2008, Justin attained a 6K PR of 20:21.4, which was a 19sec improvement. His sophomore year Justin had a season ending back injury, but was able to fight back the following year with a Vertical Jump of 26.8 inches, and 1RMs in the hang power clean of 221lbs, the front squat of 295lbs, and the bench press of 215lbs. His final test #s above are 3RMs. Justin has set the standard for future athletes on the water and in the weight room. He is sure to achieve great things in the future.

—Darcy Gould, MS, CSCS, NSCA Member Sponsor

field hockey

Ohio University

Nikki Gnozzio

Defender

Sport Industry

Height: 5'6" Weight:

Bench Press: 132 lbs., Vertical Jump: 24.5 in., Power Clean: 154

lbs., 40-Yard Dash: 5.09 sec., 5-10-5 Agility: sec.

Nikki is a very devoted and motivated student athlete. She is a 1st team all MAC player and also selected to the Academic All MAC team. As an athlete she posses strength, power and speed and has earned the very distinguished honor of becoming an Ultimate Elite Athlete.

—Shigeru Sano, CSCS, NSCA Member Sponsor

Wilkes University

Brittany Sines

Midfielder

Biology

Height: 5'4" Weight: 120

Bench Press: 65 lbs., Vertical Jump: 17.5 in., Power Clean: 80 lbs.,

40-Yard Dash: 5.53 sec., 5-10-5 Agility: sec.

Brittany played an integral role in the field hockey teams best record and national ranking this past season. She was also able to see first hand how off-season training can pay dividends during the season. Brittany uses her experience and work ethic to mentor help develop the same qualities in her teammates.

—Keith Klahold, CSCS, NSCA Member Sponsor

Bowdoin College

Leah Ferenc

Defender

Government & Legal Studies/ Women's Studies

Height: 5'5" Weight:

Bench Press: 115 lbs., Vertical Jump: 19 in., Power Clean: lbs.,

40-Yard Dash: 5.83 sec., 5-10-5 Agility: sec.

Leah's commitment to our strength and conditioning program was outstanding over the past few seasons, particularly in her most recent off-season, and she provided critical off-season leadership for our field hockey team. In addition, I would attribute much of the change we have seen in the attitudes around Strength and Conditioning from our Field Hockey players as well as several other female teams to Leah's work ethic, commitment, and leadership. Her "numbers" are impressive, and the intensity she brought to each session truly helped us break stereotypes still associated with the female strength trained athlete. Leah's hard work and accomplishments also directly contributed to Bowdoin College winning the past two national championships in Field Hockey with Leah earning both post-season All-Tournament team honors as well as All-American honors for the 2008 season.

—Eric Morin, CSCS, NSCA Member Sponsor

Salisbury University

Kandice Hancock

Midfielder

Height: 5'7" Weight:

Bench Press: lbs., Vertical Jump: 20 in., Power Clean: lbs., 40-

Yard Dash: sec., 5-10-5 Agility: 4.70 sec.

Kandice is one of the hardest working student athletes I have had the opportunity to train during my time here at Salisbury University. Day in and day out she is a tireless workhorse who is determined to improve her abilities. Each workout is given the utmost focus as it is seen as one element of the big picture. Kandice sets the tone for every workout with her attitude, the approach she takes and its relationship to the game. It is easy to see that just doing the minimum is not in her mindset. She will do everything possible to raise herself and her game to higher limits. As a freshman at Salisbury University, she had a remarkable season. Her level of play garnered the awards of CAC Conference Rookie of the Year and CAC all Conference First Team. With all of these awards, she could have settled, but Kandice put in a tremendous effort in the weight room seeing her strength and power capabilities steadily increase during the off season. With this dedication and work, Kandice repeated as a CAC All Conference First Team selection and was honored as a NFHCA All American Second Team selection.

It has been a great pleasure to work with Kandice and I look forward to seeing her continue on the path of excellence. With the qualities Kandice possesses, there is no doubt in my mind that all of the goals she sets be attained.

—Matthew Nein, MS, CSCS, NSCA Member Sponsor

Monmouth University

Megan Kubek

Defender

Business Management

Height: 5'1" Weight:

Bench Press: 150 lbs., Vertical Jump: in., Power Clean: 135 lbs.,

40-Yard Dash: sec., 5-10-5 Agility: sec.

Megan's unmatched work ethic and intensity have made her a tremendous asset to our strength and conditioning program. Megan prides herself in putting her all into everything she does, whether it be on game day, during practice, or in the weight room. In her four years at Monmouth, her phenomenal increases in speed and strength are a testament to her determination to be the best- day in and day out. Megan has put these abilities to use on the field, establishing herself as someone the team can always count on.

—Timothy Rehm, CSCS, NSCA Member Sponsor

football

Knox College

Brad Becque

Offensive Guard

Political Science/ Black Studies

Height: 5'11" Weight: 260

Bench Press: 420 lbs., Vertical Jump: in., Power Clean: 270 lbs., 40-Yard Dash: 5.0 sec., 5-10-5 Agility: sec.

Brad came back for a fifth year after injuring his knee in the first game of the 2007 season and taking a medical hardship. He worked extremely hard to come back and had a very good year and was awarded all-conference. He is one of the hardest workers I have ever seen in the weight room and has totally re-made his body during his career at Knox College. Brad came to Knox at about 290 pounds and through tremendous work in the weight room and his overall discipline he cut his body weight to 260 pounds. He became, stronger, more explosive, faster and a better football player. Brad was elected by his teammates a captain and was a two-time all-conference selection. He has a passion for strength training.

—Andrew Gibbons, NSCA Member Sponsor

Univ of WI-Stevens Point

Bryan Blum

Defensive Back

Geographic Information Science/ Cartography

Height: 6'1" Weight: 190

Bench Press: 325 lbs., Vertical Jump: 28.5 in., Power Clean: 280 lbs., 40-Yard Dash: 4.46 sec., 5-10-5 Agility: 4.37 sec.

Bryan is a leader by example. He has worked extremely hard in the weight room, on the field and in the classroom. Bryan attacks the weight room the same way he attacks ball carriers and his studies; all out. He is extremely passionate and driven, which has allowed him to become a quality student athlete and person. Bryan holds 3.2 GPA while leading the conference in interceptions and the team in tackles in his first year as a starter. For his hard work and relentless play, he was named 2008 First Team All WIAC by league coaches.

—Jon Verdegan, MS, CSCS, NSCA Member Sponsor

Humboldt State University

Taylor Boggs

Offensive Line

Business Administration

Height: 6'3" Weight: 275

Bench Press: 420 lbs., Vertical Jump: 30 in., Power Clean: 385 lbs., 40-Yard Dash: 4.8 sec., 5-10-5 Agility: sec.

Taylor is a great leader both on and off the field. His work ethic, discipline, and attitude epitomizes what the HSU Strength and Conditioning Program is all about. After red-shirting last season, Taylor has come back with avenges as a dominator on the offensive line. He has also been selected as a team captain by his coaches and teammates. Taylor is the type of student-athlete that every strength coach would love to work with. It has been a pleasure to work with such an outstanding young man.

—Angela Dendas, NSCA Member Sponsor

University of Louisville

Brock Bolen

Running Back

Sports Administration

Height: 6'0" Weight: 236

Bench Press: 375 lbs., Vertical Jump: 26.0 in., Power Clean: 300 lbs., 40-Yard Dash: 4.82 sec., 5-10-5 Agility: 4.25 sec.

Brock is the physically and mentally toughest player I have ever coached. He is very humble and highly values the strength and conditioning program. Brock was not blessed with loads of God-given skill. The only way Brock has been able to experience great success at a position that he not ideal for is through his tireless efforts in our strength and conditioning program. He gains every edge he can on his competition, whether that be other running backs on our team or the opposing team's defense, through a very competitive attitude in the strength and conditioning program. Brock performs with a purpose and intensity matched by few and makes a point of finishing everything he starts. He pushes and carries other teammates with him and constantly makes people around him better. Brock exemplifies what it means to be an NSCA all-American.

—Bryan Dermody, CSCS, NSCA Member Sponsor

Missouri Southern State University

Jared Brawner

Line Backer

Physical Education

Height: 6'1" Weight: 240

Bench Press: 345 lbs., Vertical Jump: 30.5" in., Power Clean: 335 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Jared works hard on and off the field and his conditioning this past year has really paid off. He was 2nd team All American and 1st team All-Region and 1st team ALL-MIAA. He also had 120 Tackles this past season.

—John Freeman, CSCS, NSCA Member Sponsor

Central Michigan University

Brian Brunner

Quarterback

Journalism

Height: 6'3" Weight: 225

Bench Press: 315 lbs., Vertical Jump: 32 in., Power Clean: 275 lbs., 40-Yard Dash: 4.75 sec., 5-10-5 Agility: 3.95 sec.

It has been an honor to work with someone of Brian's character, leadership and work ethic. He is a team captain that carries a 3.89 GPA. He is the hardest worker I have ever coached and he brings great energy and passion everyday. He is active in community service, campus leadership and exemplifies excellence in everything he does.

—David Lawson, NSCA Member Sponsor

University of Louisville

George Bussey

Offensive Tackle/ Guard

Communications

Height: 6'4" Weight: 305

Bench Press: 435 lbs., Vertical Jump: 27 in., Power Clean: 358 lbs., 40-Yard Dash: 5.23 sec., 5-10-5 Agility: 4.85 sec.

George has done outstanding job of leading our team both on the field and off. His work ethic has allowed him to start 38 of 39 games with 27 in a row. An All Big East performer the past two years, George will graduate in December. I feel extremely fortunate to have been able to work with and for "BUS"

—Joseph Kenn, MA, CSCS, NSCA Member Sponsor

Pacific Lutheran University

Nick Caraballo

Quarter Back

Mathematics

Height: 6'5" Weight: 225

Bench Press: 340 lbs., Vertical Jump: 37" in., Power Clean: 255 lbs., 40-Yard Dash: 4.61 sec., 5-10-5 Agility: 4.16 sec.

I have been the Strength Coach PLU for 16 months now, and Nick bought into what I was trying to accomplish from day one. His improvements both in the weight room and as both a football player and sprinter can be attributed to the effort that he puts into our program year around. Nick is a leader in all that he does at PLU.

—Christopher Wood, MEd, CSCS, NSCA Member Sponsor

Clemson University

Chris Clemons

Safety

PRTM- Community Recreation Management

Height: 6'1" Weight: 210

Bench Press: 365 lbs., Vertical Jump: 38" in., Power Clean: 325 lbs., 40-Yard Dash: 4.32 sec., 5-10-5 Agility: 4.22 sec.

Chris has really committed to developing his body and skill over the last few years. Chris got bigger, stronger, and faster with each year due to his serious approach to Strength and Conditioning. His performance numbers has become a measure for many skill athletes to reach. Chris, in his third year as starting safety, has always been one of Clemson's leading tacklers. Chris is surely an athlete who's work habits will carry him very far.

—Larry Greenlee, NSCA Member Sponsor

The College of William and Mary

Derek Cox

Corner Back

Marketing

Height: 6'1" Weight: 185

Bench Press: 315 lbs., Vertical Jump: 34.5 in., Power Clean: 315 lbs., 40-Yard Dash: 4.45 sec., 5-10-5 Agility: sec.

Derek is a two-time All-Conference performer(2nd team in 2008,3rd team in 2007).He was also elected as a team captain for the second year in a row. He has developed himself into one of the top playmakers in the CAA from the cornerback/returner position. Derek accomplished this with a superior work ethic and a tremendous desire to be the best he can be. He is a tremendous leader both on the field and in the strength and conditioning program. It has been a very rewarding experience working with this young man the last 5 years. John Sauer C.S.C.S. Director Speed-Strength Training and Condition The College of William and Mary

— John Sauer, CSCS, NSCA Member Sponsor

Centre College

Brian Coxon

Left Offensive Tackle

Economics/ History minor

Height: 6'2" Weight: 270

Bench Press: 380 lbs., Vertical Jump: 30" in., Power Clean: 295 lbs., 40-Yard Dash: 4.78 sec., 5-10-5 Agility: 4.47 sec.

Coxon is the enforcer and who our offensive line looks to on Saturday afternoon and during training. His competitive nature is infectious as he pushes everyone around him to get better with every rep. He is both feared and respected by his peers, and his accolades and accomplishments validate those sentiments. Coxon not only understands the necessity of our training and performing his opponent, but he relishes every opportunity to compete and test himself. He has an old school grit that accompanies his explosive athleticism forming a lethal football player. Having a starting O lineman who can spread down with your kick-off team and make plays, is unheard of and speaks volumes of his desires. Simply put- the kid is a beast!

—Carter Conley, CSCS, NSCA Member Sponsor

University of Redlands

Joshua Cunningham

Linebacker

Mathematics

Height: 6'1" Weight: 210 lbs

Bench Press: 285 lbs., Vertical Jump: in., Power Clean: 325 lbs., 40-Yard Dash: 4.75 sec., 5-10-5 Agility: sec.

Josh is a tremendously dedicated student/athlete. He consistently arrives at 7:00 am, on his own accord, to workout during our non-traditional season. In addition, Josh has taken it upon himself to spend his summer vacation on campus to train. He has used strength training and conditioning to transform himself from a baseball player to an exceptional college football player. His leadership in the weight room is unrivaled.

—Daniel Aipa, NSCA Member Sponsor

MidAmerica Nazarene University

Mike Deavours

Defensive End

Sports Management

Height: 6'4" Weight: 260

Bench Press: 400 lbs., Vertical Jump: 32" in., Power Clean: 330 lbs., 40-Yard Dash: 4.75 sec., 5-10-5 Agility: 4.5 sec.

During Deavours time at MNU he has been on First Team All-Conference as well as an All-American in the NAIA. Deavours has made huge improvements on his flexibility, strength, & speed. He bought into our program right away & has been making gains ever since. He has seen such improvements that he assists our other athletes and trains Jr. High and High School athletes as well.

—Whitney Rodden, CSCS, NSCA Member Sponsor

Sterling College

Tyler Degenhardt

Quarter Back

Exercise Science

Height: 5'9" Weight: 195

Bench Press: 330 lbs., Vertical Jump: 35 in., Power Clean: 335 lbs., 40-Yard Dash: 4.53 sec., 5-10-5 Agility: 4.16 sec.

Tyler has been one of the hardest workers on the team since his freshman year. He has consistently got better in the weight room and the field. He has continually had great summers and came to camp in shape. He has been a very coachable and versatile player. He has returned kicks and punts, punted, played running back, slot and quarterback this year. He has been 1st team all-conference two times.

—Jess Langvardt, NSCA Member Sponsor

University of California

Anthony Felder

Linebacker

American Studies

Height: 6'3" Weight: 242

Bench Press: 405 lbs., Vertical Jump: 30.5 in., Power Clean: 374 lbs., 40-Yard Dash: 4.62 sec., 5-10-5 Agility: 4.24 sec.

Tony has been consistently a productive worker in the gym and on the field. Not only is he a record holder in the power clean and bench press but also has been the leading tackler for the last two seasons.

—John Krasinski, NSCA Member Sponsor

Marist College Ray Fiumefreddo

Full Back

Business Administration, Psychology

Height: 5'8" Weight: 215

Bench Press: 440 lbs., Vertical Jump: 30 in., Power Clean: 325 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.29 sec.

Ray walked onto the football team as a freshman and was elected as a captain by his peers for his 2008 Senior season. Ray has demonstrated an unrivaled commitment to his team. He has twice been selected to the conference All-Academic team and twice a FCS Academic All-Star. Ray has promoted the mission of strength & conditioning to other student-athletes by producing exercise demonstrations and other training videos for athletes to access. Ray Fiumefreddo currently holds the school record in the Bench Press.

—Craig White, CSCS, NSCA Member Sponsor

Sacramento St University

Juan Gamboa

Kicker

Communication Studies

Height: 5'8" Weight: 170

Bench Press: 355 lbs., Vertical Jump: 34' in., Power Clean: 290 lbs., 40-Yard Dash: 4.53 sec., 5-10-5 Agility: 4.10 sec.

Juan's complete dedication to our strength and conditioning program is reflected in his consistent effort and enthusiasm for every single workout. More than just a hard worker, Juan is a leader, reaching out to his teammates in an effort to bring them up to his level. The work ethic forged in the weight room manifests itself in every area of Juan's life as he has been a 3 time all-academic team selection and sports a 3.68 GPA.

—Gary Uribe, MS, NSCA Member Sponsor

West Texas A&M University

Eldon Grimslid

Linebacker

Sport & Exercise Science

Height: 6'0" Weight: 230

Bench Press: 500 lbs., Vertical Jump: 34 in., Power Clean: 405 lbs., 40-Yard Dash: 4.7 sec., 5-10-5 Agility: 4.22 sec.

Eldon comes each day ready to attack the workout that is set in front of him. His work ethic and dedication are unparalleled, and he continually encourages his teammates to push themselves to reach a higher level. Eldon's intensity in the weight room and on the football field have allowed him to have a very successful career, and will serve him well in the future.

—Sarah Ramey, CSCS, NSCA Member Sponsor

Jacksonville State University

Gavin Hallford

Place Kicker

Exercise Science

Height: 5'11" Weight: 225

Bench Press: 300 lbs., Vertical Jump: 26 in., Power Clean: 253 lbs., 40-Yard Dash: 4.93 sec., 5-10-5 Agility: 4.62 sec.

Gavin approaches training with the mentality of a middle linebacker. His work ethic and leadership on the field and in the weight room are a cut above the rest. A 2007 First Team FCS All-American Selection, his approach to all aspects of his training and preparation provide an outstanding example of balancing athletics and academics while still achieving success in both.

—Brian Austin, CSCS, NSCA Member Sponsor

The University of Missouri

Evander "Ziggy" Hood

Defensive Tackle

General Agriculture

Height: 6'4" Weight: 295

Bench Press: 455 lbs., Vertical Jump: 33.5" in., Power Clean: 405 lbs., 40-Yard Dash: 4.96 sec., 5-10-5 Agility: 4.5 sec.

Ziggy has one primary focus: DOMINATE! He does so on and off the field and is an outstanding leader in the classroom and the community. He has been a leader since the day he arrived on campus. Ziggy is not only strong but powerful as a result of all the extra preparation he has put into his development. No one works harder than Ziggy Hood.

—Pat Ivey, MEd, CSCS, NSCA Member Sponsor

McNeese State University

Vaalyn Jackson

Defensive Tackle

General Studies

Height: 6'0" Weight: 295

Bench Press: 385 lbs., Vertical Jump: 33.5 in., Power Clean: 365 lbs., 40-Yard Dash: 4.86 sec., 5-10-5 Agility: 4.46 sec.

Vaalyn is a great young man that works hard everyday. He pushes himself and his teammates to get better year around.

—Zeb Hawkins, NSCA Member Sponsor

Bowdoin College

Tim Kelleher

Wide Receiver

Economics

Height: 6'0" Weight: 205

Bench Press: 255 lbs., Vertical Jump: 26.5 in., Power Clean: lbs., 40-Yard Dash: 4.95 sec., 5-10-5 Agility: 4.45 sec.

Tim met the most challenging standards presented by our strength and conditioning program. Consistent gains in leg strength led to an improvement in his speed. His conditioning level was superior. His ability to run a demanding number of competitive routes during preseason and throughout the season, allowed him to compete and contribute at a high level. Tim's approach to the offseason was as you would expect from the very best leaders. As a captain, his work ethic was tremendous and his teammates followed.

—James St. Pierre, CSCS*D, NSCA Member Sponsor

Furman University

Brantley Kendall

Fullback

Computing Business

Height: 5'10" Weight: 225

Bench Press: 385 lbs., Vertical Jump: 31 in., Power Clean: 385 lbs., 40-Yard Dash: 4.78 sec., 5-10-5 Agility: 4.20 sec.

Brantley is a highly respected player by both the staff and his teammates. He has led by example during his entire career at Furman. His freshman year he captured the "Purple Pounder Award" (scout team player of the year) and was named team captain during his senior season. One of the hardest workers in the weight room, Brantley holds the fullback records for both the hang clean and squat, and ranks among the all-time leaders in Paladin history for both lifts.

—Stephen Mannino, MEd, CSCS, NSCA Member Sponsor

College of the Canyons

Jovan Leacock

Wide Receiver

General Studies

Height: 5'10" Weight: 200

Bench Press: 345 lbs., Vertical Jump: 38.0 in., Power Clean: 325 lbs., 40-Yard Dash: 4.39 sec., 5-10-5 Agility: 3.94 sec.

Jovan is the epitome of an athlete who outworks his opponents. Sure he is a tremendous athlete (his strength and speed numbers are pretty freakish) but this ability is out-shined by his work ethic. Jovan was one of our many 'projects' over the years at our college and the final product has not disappointed around here as he was easily our most improved player on this season's very successful squad. Jovan will be a tremendous success wherever he decides to transfer and play next season and his presences will be missed on our campus.

—Robert Dos Remedios, MA, CSCS, NSCA Member Sponsor

University of California Berkeley

Alex Mack

Center

Legal Studies

Height: 6'5" Weight: 311

Bench Press: 360 lbs., Vertical Jump: 25 in., Power Clean: 374 lbs., 40-Yard Dash: 5.06 sec., 5-10-5 Agility: 4.27 sec.

Alex is an outstanding young man he has been a leader for Cal not only on the field but in the weight room, at film study, in the classroom, and in all aspects of life. Some other notable accomplishments include:

- 2008 1st team Playboy All-American
- Winner of the 2008 Draddy Trophy as the nations best football scholarship athlete
- Two time finalist for the Rimington Award.
- Rotary Trophy nominee.
- Outland Trophy nominee.
- 3 time first-team All Pac-10.
- First-team all Pac-10 Academic.
- First-team All-American at center by *The Sporting News*.
- Midseason First-team All-American at center by *SI.com*.
- Midseason First-team All-American at center by *Rivals.com*.
- Midseason First-team All-American at center by *Phil Steele's Magazine*.
- No. 1 rated junior center in the nation by Mel Kiper (Alex opted to stay for his senior year to complete his education & development).
- Voted the team's most outstanding offensive lineman (Brick Muller Award).
- Led the team in pancakes, knockdowns, cuts, and sacks given up in 2007 & 2008.
- Current record holder in both clean and squat for offensive linemen.
- Tied for #1 all time all position clean record.
- Top 10 all time all position in squat.

—Zac Conner, NSCA Member Sponsor

Humboldt State University

Desmond Maxwell

Defensive Tackle

Mathematics

Height: 6'0" Weight: 290

Bench Press: 400 lbs., Vertical Jump: 29 in., Power Clean: 335 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.8 sec.

Desmond's dedication to lifting and conditioning during the off-season was heavily relied upon during the 2008 season. He anchored an undermanned defensive line where he had no reliable backup. His combination of size, strength, speed, and agility resulted in him consistently drawing double-teams while taking 97% of the snaps on defense. Desmond also occupied the trusted position of mentor on the team. He was always willing to take time to discuss problems, share knowledge, or just be there for his teammates if they needed him. Always a positive and genuine presence, I will miss the high standard that Desmond set for himself in the weight room, on the field, and as a person.

—Matthew Lee, CSCS, NSCA Member Sponsor

Charleston Southern University

Mike McCann

Safety

Business Management

Height: 6'0" Weight: 199

Bench Press: 311 lbs., Vertical Jump: 31" in., Power Clean: 277 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.6 sec.

Mike is truly a special young man who is the definition of what this award is about. Mike came back for his last season after graduating and fighting through injuries history to be a critical part of our team. His leadership and dedication was not only noticed by his coaches, but also by his teammates being voted a team captain. Mike started all 12 games his senior season at safety and was also a key contributor on special teams.

—Tobias Jacobi, CSCS, NSCA Member Sponsor

The University of Southern Mississippi

Ryan McKee

Offensive Line

Business Admin

Height: 6'6" Weight: 300

Bench Press: 435 lbs., Vertical Jump: 34.5 in., Power Clean: 340 lbs., 40-Yard Dash: 4.93 sec., 5-10-5 Agility: 4.50 sec.

Ryan did a spectacular job in his final off season and summer. He gained 25 lbs of lean body weight and maintained a very high level of conditioning. His life is a role model for leadership and spirit. He finds ways to make things work, never takes short cuts, and brings a tremendous work ethic to the team every single day, without fail.

—Scott Bennett, CSCS,*D, NSCA Member Sponsor

NM State University

Brandon Perez

Running Back

Buisness

Height: 5'9" Weight: 225

Bench Press: 405 lbs., Vertical Jump: 30 in., Power Clean: 355 lbs., 40-Yard Dash: 4.65 sec., 5-10-5 Agility: 4.25 sec.

Brandon, is a leader on and off the field, in the weight room and in the classroom. He is extremely gifted physically, yet has a tireless work ethic. I am proud to have coached such a fine young man.

—Matt Walter, CSCS, NSCA Member Sponsor

Texas Christian University

Jason Phillips

Linebacker

Criminal Justice

Height: 6'1" Weight: 235

Bench Press: 450 lbs., Vertical Jump: 33 in., Power Clean: 430 lbs., 40-Yard Dash: 4.58 sec., 5-10-5 Agility: 4.15 sec.

Jason is a leader on the field and in the weight room. He knows the value of hard work, and has transformed himself into one of the nations top linebackers.

—Matt Parker, NSCA Member Sponsor

College of the Canyons

Sean Quinn

Fullback

Kinesiology

Height: 5'11" Weight: 245

Bench Press: 355 lbs., Vertical Jump: 31.0 in., Power Clean: 335 lbs., 40-Yard Dash: 4.69 sec., 5-10-5 Agility: 4.18 sec.

Sean has done just an incredible job for us here over the past two seasons. He is an unselfish, driven, and loyal student athlete here at our college. Sean has turned himself to one of the most punishing and physical fullbacks in the country via his hard work in our conditioning program and after transferring to the D1 school of his choice, none of us will be surprised to see him playing on Sundays. Sean has been a pillar in our Cougar Strength program and a great example for all of those who will follow as he leaves us this year.

—Robert Dos Remedios, MA, CSCS, NSCA Member Sponsor

East Stroudsburg University

Jesse Reider

Full Back

Physical Education

Height: 5'8" Weight: 215

Bench Press: 390 lbs., Vertical Jump: 26" in., Power Clean: 310 lbs., 40-Yard Dash: 4.84 sec., 5-10-5 Agility: 4.35 sec.

Jesse, who participated in 10 games this season, averaged 3.2 yards per carry and scored 7 touchdowns. He was a leader in the weight room during the season and throughout winter conditioning. His determination to become the best he could provided an example for both the upper classmen and "the 'rooks" alike.

—Robert Mikulski, MEd, CSCS, NSCA Member Sponsor

Georgia Tech

Darryl Richard

Defensive Tackle

Masters of Business Administration

Height: 6'2.5" Weight: 297

Bench Press: 400 lbs., Vertical Jump: 25 in., Power Clean: 340 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.75 sec.

Darryl is the most driven athlete I have ever had. His work ethic, attitude, and leadership skills are unmatched. He excels in everything he does the weight room, football field, and the classroom. Darryl is a team captain and a 2 time lifter of the year here at Tech. Darryl has also graduated in three years and finished his MBA as well. He is the student government president for the athletes and is also on the board of regions. This will be the second time he has been nominated for Strength and Conditioning All American.

—Eric Ciano, NSCA Member Sponsor

University of Redlands

Tom Romaine

Running Back

Philosophy

Height: 5'9" Weight: 207

Bench Press: 330 lbs., Vertical Jump: in., Power Clean: 340 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Tom is an excellent role model in our strength and conditioning program. His intensity in the weight room is contagious to the rest of his teammates. He was named team captain for the football team and this is the second year that he is part of our Iron Bulldog Club. Tom has awesome work ethic, toughness, and leadership to push everyone around him.

—Joshua Bullock, CSCS, NSCA Member Sponsor

University of Northern Colorado

Christian Sarmento

Linebacker

Sport and Exercise Science

Height: 6'1" Weight: 220

Bench Press: 375 lbs., Vertical Jump: 31.5" in., Power Clean: 400.4 lbs., 40-Yard Dash: 4.8 sec., 5-10-5 Agility: 4.79 sec.

Christian is a coach's dream in the weight room as well as on the field of play. He has an intensity about him that helped him return from a major injury last year and be voted 1 of 3 team captains by his teammates, lead the Big Sky Conference in tackles and well as earn a spot on the 1st team Big Sky conference team. It is this same intensity that helped him set numerous weight room records for his position as well as earn a spot on the second team Big Sky Conference Team. With his passion for life and kids, he will go on to be a very successful person.

—Josef Schaffer, MEd, CSCS, NSCA Member Sponsor

TCU

Blake Schlueter

Offensive Line

Communications

Height: 6'2" Weight: 285

Bench Press: 475 lbs., Vertical Jump: 33" in., Power Clean: 410 lbs., 40-Yard Dash: 4.87 sec., 5-10-5 Agility: 4.15 sec.

Blake is the strongest frog I have had at TCU in years. He leads by example and holds all his teammates accountable. His leadership will be sorely missed.

—Don Sommer, NSCA Member Sponsor

Miami Univ of Ohio

Chris Shula

Linebacker

Sports Studies

Height: 5'11" Weight: 230

Bench Press: 410 lbs., Vertical Jump: 32.5 in., Power Clean: 325 lbs., 40-Yard Dash: 4.62 sec., 5-10-5 Agility: 4.19 sec.

In addition to his volunteer work with local children, Chris Shula sets the example for hard work for Miami Football. A true competitor, he worked his way into the starting lineup this year, and had 150 tackles the past two seasons. In short, if we could have started eleven of this type of guy on defense, we would have been unstoppable.

—James Carsey, MEd, CSCS, NSCA Member Sponsor

Marshall University

Linford "Chubb" Small

Running Back

Sports Management

Height: 5'9" Weight: 202

Bench Press: 415 lbs., Vertical Jump: 36 in., Power Clean: 375 lbs., 40-Yard Dash: 4.48 sec., 5-10-5 Agility: 3.91 sec.

Chubb is a young man that has come into the program and has overachieved in every aspect of his life. He has been a leader in the weight room, football field, and classroom. As the 2008 Lifter of the Year for the football team at Marshall University, he has set new standards for all student athletes.

—Joseph Miday, NSCA Member Sponsor

Georgia Tech Andrew Smith

Wide Receiver

Management

Height: 5'11" Weight: 203

Bench Press: 335 lbs., Vertical Jump: 35 in., Power Clean: 335 lbs., 40-Yard Dash: na sec., 5-10-5 Agility: 4.31 sec.

Andrew is a hard working and dedicated athlete. He continually uses his work ethic and drive to excel in all areas. Andrew came to Tech as a walk-on. In his 4 years he earned a scholarship, became our leading punt returner, and graduated with honors. In doing so he broke the all time Power Clean record for Wide Receivers and became our Lifter of the Year. It has been an honor to work with Andrew over the last 4 years.

—Neal Peduzzi, CSCS, NSCA Member Sponsor

Juniata College Brandon Spayd

Strong Safety

Sports Management and Marketing

Height: 5'11" Weight: 200

Bench Press: 355 lbs., Vertical Jump: 35" in., Power Clean: 300 lbs., 40-Yard Dash: 4.5 sec., 5-10-5 Agility: 4.0 sec.

Brandon is Juniata Football's team leader on and off the field. His work ethic has translated into conference recognition as one of the most physical defense players in the league. This year alone, Brandon has made the Centennial Conference Honor Roll twice and named Juniata College's athlete of the week, twice. His roll as team captain and his example of hard work and attention to detail in the strength and conditioning program will go along way in assuring future success for Brandon and the football program at Juniata.

— Matthew Huntsman, NSCA-CPT, NSCA Member Sponsor

University of North Texas Truman Spencer

Punter

Sociology

Height: 6'3" Weight: 220

Bench Press: 390 lbs., Vertical Jump: 28.5 in., Power Clean: 292 lbs., 40-Yard Dash: 4.71 sec., 5-10-5 Agility: sec.

Truman is one of North Texas' best and is more than a punter, he is an athlete. As a former walk-on, Truman has shown the dedication and work ethic to be one of the best in the country. A 2007 Ray Guy Award nominee, Truman has displayed the effort and intensity not only on the field but in the weight room and in all phases of his performance training.

—Phillip Ramsey, CSCS, NSCA Member Sponsor

Clemson University C.J. Spiller

Running Back

Sociology

Height: 5'10" Weight: 190

Bench Press: 335 lbs., Vertical Jump: 37.5 in., Power Clean: 300 lbs., 40-Yard Dash: 4.20 sec., 5-10-5 Agility: sec.

C.J. is an incredible athlete and even better person. He is one of the most exciting players in college football as well as an All ACC performer and All-American in track. In football Spiller wears #28 in honor of Warrick Dunn who he idolized as a youth. C.J. is one of the most-popular student-athletes at Clemson serving as a role model for his team mates and area youth. His passion for God, life and sports is evident in his approach to training. Spiller's strong work ethic and commitment to overall excellence has been a blessing to the strength staff at Clemson.

—Joey Batson, NSCA Member Sponsor

Northwood University Jordan Summers

Offensive Line

MBA

Height: 6'3" Weight: 282

Bench Press: 315 lbs., Vertical Jump: 22" in., Power Clean: 255 lbs., 40-Yard Dash: 5.7 sec., 5-10-5 Agility: 5.4 sec.

Jordan exudes a professionalism and determination to be successful that is unmatched by anyone on the team. Serving as one of our 12 leaders, Jordan is and always has been very dedicated to the Strength and Conditioning program looking for new ways to help improve his performance. His efforts have come to fruition, as he has earned the privilege of being the Timberwolves' starting right tackle on an offense that averages 232 yards rushing per game. It has been a pleasure to coach Jordan his leadership will be missed.

—Scott Fisher, CSCS, NSCA-CPT, NSCA Member Sponsor

University of California Will Ta'ufou

Full Back

Sociology

Height: 5'11" Weight: 247

Bench Press: 375 lbs., Vertical Jump: 29 in., Power Clean: 341 lbs., 40-Yard Dash: 4.96 sec., 5-10-5 Agility: 4.34 sec.

Strength, Power and Speed are only a few characteristics that Will has shown in the weight room and on the field. As an athlete he takes his speed and power and translates it 100% to his position on Saturdays.

—Kenneth Miller, MS, PT, CSCS, NSCA Member Sponsor

University of Washington Daniel Te'o-nehseim

Defensive Line

Art

Height: 6'4" Weight: 265

Bench Press: 405 lbs., Vertical Jump: 31 in., Power Clean: 363 lbs., 40-Yard Dash: 4.7 sec., 5-10-5 Agility: 4.16 sec.

Daniel truly embodies what great college football athletes are all about; giving everything he has everyday. His energy and enthusiasm raises the effort of those around him. He works extremely hard year round in the weight room and at every running session. His quickness, strength and conditioning are evident as he plays. Daniel was selected 2nd team All Pac 10 Defensive Line for 2008. He led all Pac 10 defensive linemen with 65 tackles and was fifth in the Pac 10 with 8 sacks. His excellent conditioning allowed him to take over 800 game snaps this season.

—Trent Greener, CSCS, NSCA Member Sponsor

SD State University Nick Van Wyhe

Defensive Line

Civil Engineering

Height: 6'5" Weight: 255

Bench Press: 335 lbs., Vertical Jump: 26 in., Power Clean: 275 lbs., 40-Yard Dash: 5.20 sec., 5-10-5 Agility: 4.59 sec.

Nick has worked very hard to improve himself athletically. He has been dedicated to in his approach to prepare himself for each and every year. He has greatly improved his strength, size, agility and power. He has been a welcome addition to our football team. His hard work, dedication and attitude will take him far.

—Bradley Schmidt, Sr, NSCA Member Sponsor

Juniata College

Sean Vanderlin

Nose Tackle

Political Science / Criminal Justice

Height: 5'10" Weight: 225

Bench Press: 400 lbs., Vertical Jump: 26" in., Power Clean: 325

lbs., 40-Yard Dash: 4.85 sec., 5-10-5 Agility: 4.25 sec.

Sean is one of Juniata College's Football teams most respected and hardest working players both on and off the football field, and has translated into Sean being one of the most physical players on our team and in our league. Sean's feels his hard work ethic in our Football and Strength Program at Juniata College will factor in his future successes.

—Douglas Smith, CSCS*D, NSCA-CPT, NSCA Member Sponsor

Texas Christian University

James Vess

Defensive Tackle

Geology

Height: 6'3" Weight: 280

Bench Press: 450 lbs., Vertical Jump: 31" in., Power Clean: 405

lbs., 40-Yard Dash: 4.94 sec., 5-10-5 Agility: 4.31 sec.

James is one of the hardest working student athletes I have ever worked with. His commitment to excellence on the field and in the classroom is unmatched. James possesses an unspoken leadership both on the field and in the weightroom. His drive to be the best he can be pushes others around him to do the same.

—Todd Kensler, CSCS, NSCA Member Sponsor

Ohio University

Jayson White

Fullback

Sociology Criminology

Height: 6'1" Weight: 243

Bench Press: 440 lbs., Vertical Jump: 34.5 in., Power Clean: 396

lbs., 40-Yard Dash: 4.78 sec., 5-10-5 Agility: 4.08 sec.

Pound for pound, Jayson is probably the strongest and the most powerful Bobcat I have ever coached. He won the Super Iron Bobcat award, a record, 5 times and became the 2007 Samurai Bobcat during summer conditioning period. His hard work and dedication in the weight room will be missed.

—Michael Wojciechowski, NSCA Member Sponsor

Humboldt State University

Jeff Williams

Defensive Back

General Studies

Height: 5'10" Weight: 190

Bench Press: 335 lbs., Vertical Jump: 37" in., Power Clean: 340

lbs., 40-Yard Dash: 4.5 sec., 5-10-5 Agility: sec.

Jeff is a natural leader in the weight room, on the field, and in his daily life. His leadership abilities are evident by his teammates and coaching staff, as he was captain of his team his senior year. His teammates know him as "superman" for all of his amazing accomplishments in the weight room. He also received the "Jack's Pride Award," which was voted on by the football coaching staff for embodying what the program stands for. Jeff is humble and quite when he completes his lifts and conditioning, but his actions definitely speak for him. He is always consistent with his efforts in the weight room, which proved to payoff by becoming a first time starter his senior year. Jeff is definitely a deserving candidate for the NSCA All American Strength and Conditioning Award.

—Erin White, CSCS, NSCA Member Sponsor

Birmingham Southern College

Evan Wilson

Full Back

Business

Height: 5'9" Weight: 200

Bench Press: 335 lbs., Vertical Jump: 28 in., Power Clean: 275

lbs., 40-Yard Dash: 4.9 sec., 5-10-5 Agility: sec.

Through his dedication and hard work in the weight room and on the field Evan has showed great improvement and leadership abilities on the football field and the classroom which have paid off. He has had significant gains in strength and power production, which has made him a huge asset to both the special teams and offense. None of these things could have been accomplished without his drive and desire to be successful at football.

—James Schwind, MS, CSCS, NSCA Member Sponsor

golf

Arizona State University

Jesper Kennegard

Geography

Height: 6'4" Weight: 194

Bench Press: 240 lbs., Vertical Jump: in., Power Clean: lbs., 40-

Yard Dash: sec., 5-10-5 Agility: sec.

Not only is Jesper a leader on the golf course, he is a leader in the weight room as well. He has an infectious positive energy that lifts the entire team so they can become the best that they can possibly be. Jesper demands a lot of himself and he is completely committed to giving 100% each and every day. Jesper's time of 8:42 for completion of running the Sun Devil Stadium lower bowl is unheard of. His dedication to his sport, his coaches, his teammates, and strength & conditioning, are quite evident. I have no doubt that Jesper will be successful in whatever he tries to accomplish due to his dedication and work ethic.

—Adam Rotchstein, CSCS, NSCA Member Sponsor

Clemson University

Kyle Stanley

PRTM

Height: 5'11" Weight: 165

Bench Press: lbs., Vertical Jump: in., Power Clean: lbs., 40-Yard

Dash: sec., 5-10-5 Agility: sec.

Kyle has an excellent work ethic on and off the course. Stanley is continually improving his game by concentrating on the little things that make a big difference. One of those things is his dedication to Strength and Conditioning. Kyle's strict focus on flexibility, stability and core strength each year has allowed him to be the number one ranked Clemson player who is rated third in the world and second among United States players in the Golfweek Amateur rankings for 2008.

—Dennis Love, NSCA Member Sponsor

ice hockey

Rensselaer Polytechnic Institute

Emily Ford

Goalie

Business Management

Height: 5'7" Weight: 160

Bench Press: 120 lbs., Vertical Jump: 23 in., Power Clean: 120 lbs., 40-Yard Dash: 6.4 sec., 5-10-5 Agility: 5.97 sec.

Although upon looking at stats Emily may not seem like the superstar athlete, she has made great strides in her strength, conditioning and personal fitness during her time at RPI. As a part of a hockey team, where she is in the line up behind two other goalies, Ford is always smiling, has a positive outlook and never fails to give 100% each and every day. Emily Ford works hard, believing in herself, her team and her program, and it shows. She has made great improvements in her fitness levels both athletically and personally: running faster, lifting more weight, being more agile, and changing her body type to become more athletic. Her personal attributes along with her fitness improvements make her a great person and an exemplary student athlete.

—Jonathan Rowan, NSCA Member Sponsor

Western Michigan University

Chris Frank

Defenseman

Psychology

Height: 6'1" Weight: 220

Bench Press: 320 lbs., Vertical Jump: in., Power Clean: 275 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Chris has shown tremendous dedication to the program throughout his four years. Chris has that fifth gear all strength coaches try to get their athletes to have. Despite having an injury that required surgery going into his junior year, Chris came back leaner, stronger and faster than ever.

Chris has used the strength and conditioning area to improve his game by improving his overall athleticism. Throughout his four years he has been dedicated and stayed on campus throughout the summer to put in extra time and improve his speed and conditioning level both on and off the ice. Chris has also been very disciplined nutritionally.

—Jennifer Query, CSCS, NSCA Member Sponsor

Castleton State College

Jared Lavender

Defender

Business Administration

Height: 5'11" Weight: 180

Bench Press: 280 lbs., Vertical Jump: 30 in., Power Clean: 280 lbs., 40-Yard Dash: 4.6 sec., 5-10-5 Agility: 4.46 sec.

Jared has a reputation as a hard worker both on and off the ice. His commitment to the dry land conditioning was admirable, as his relentless work ethic proved to make him the quintessential team leader. Jared is highly regarded by his teammates not only for his athletic talent, but his friendly character. Personally, it has been very rewarding to me to work with an athlete like Jared. He will be missed; however, his example of diligence he will leave behind for those who have trained with him.

—Lara Carlson, PhD, CSCS, NSCA Member Sponsor

Miami University

Brandon Smith

Forward

Finance

Height: 6'0" Weight: 206

Bench Press: 315 lbs., Vertical Jump: 26 in., Power Clean: 300 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Brandon has seen first hand that his commitment to strength and conditioning is paying off on the ice. He has become a regular contributor for our nationally ranked ice hockey team. In the weight room Brandon has always been a leader and continues to push himself to become even better. This season he netted his first collegiate goal, a game winner, and assisted on two other goals. Brandon is well rounded and he demonstrates this in the classroom, on the ice, and in the weight room.

—Matt Cady, CSCS, NSCA Member Sponsor

Miami Univ of Ohio

Brandon Smith

Forward

Finance

Height: 6'0" Weight: 206

Bench Press: 315 lbs., Vertical Jump: 26 in., Power Clean: 300 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Brandon has seen firsthand that his commitment to strength and conditioning is paying off on the ice. He has become a regular contributor for our nationally ranked ice hockey team. In the weight room Brandon has always been a leader and continues to push himself to become even better. This season he netted his first collegiate goal, a game winner, and assisted on two other goals. Brandon is well rounded and he demonstrates this in the classroom, on the ice, and in the weight room.

—Matt Cady, NSCA Member Sponsor

Rensselaer Polytechnic Institute

Garett Vassel

Forward

Management

Height: 6'2" Weight: 195

Bench Press: 335 lbs., Vertical Jump: 30.5 in., Power Clean: 255 lbs., 40-Yard Dash: 4.88 sec., 5-10-5 Agility: 4.66 sec.

Garett came in as a freshman with somewhat limited athletic ability and skill but with the determination to become an elite college athlete. What he lacks in natural skill, he overcomes with heart, work ethic, and accountability to himself as well as his teammates. Better players now look to him as a leader due to his capacity to lead by example. He is the epitome of creating who you are.

—Jonathan Rowan, NSCA Member Sponsor

lacrosse

University of Massachusetts

Joe Reale

Midfielder

Chemical Engineering

Height: 5'8" Weight: 175

Bench Press: 345 lbs., Vertical Jump: 29" in., Power Clean: 225 lbs., 40-Yard Dash: 4.66 sec., 5-10-5 Agility: 4.59 sec.

Joe on top of being a chemical engineering major he also came back from major ACL surgery. Joe has tremendous focus and work ethic which enabled Joe to squat a personal record 1 year after ACL surgery. We look forward to him being one of the top midfielders in the country.

—Robert Otrando, NSCA Member Sponsor

Limestone College

Renee Albro

Attacker

Business

Height: 5'6" Weight: 157

Bench Press: 125 lbs., Vertical Jump: 20 in., Power Clean: 145 lbs., 40-Yard Dash: 5.3 sec., 5-10-5 Agility: sec.

Renee has done an outstanding job for three years in the weight room and during conditioning sessions. Her natural ability combined with great work ethic has laid the ground work for future Limestone Lady Saints.

—Lance Farmer, MS, CSCS, NSCA Member Sponsor

Drexel University

Kevin Dart

Short-Stick Midfielder

Business

Height: 6'1" Weight: 185

Bench Press: 280 lbs., Vertical Jump: 32 in., Power Clean: 245 lbs., 40-Yard Dash: 4.77 sec., 5-10-5 Agility: sec.

Kevin's hard work, consistent determination, and lead by example personality have helped not only himself but the entire team improve. He is a two time team captain and has been one of the more outspoken athletes I have ever worked with. He does not accept less than 100% effort from himself or teammates and makes it known if someone is not working to there potential. I wish I had more athletes like K. Dart.

— Michael Rankin, CSCS, NSCA-CPT, NSCA Member Sponsor

The College of William and Mary

Kate Lawlor

Defender

Government

Height: 5'4" Weight: 130

Bench Press: 135 lbs., Vertical Jump: 18 in., Power Clean: 142 lbs., 40-Yard Dash: 5.4 sec., 5-10-5 Agility: 4.88 sec.

Kate is an extremely focused and disciplined individual. It doesn't matter if its practice or training she always gives 100%.She is a very enthusiastic individual leading both by example and vocally. Kate is one of the top defenders on the team and in the CAA. It has been a real pleasure working with this young lady.

—John Sauer, CSCS, NSCA Member Sponsor

Boston University

Kelly Munroe

Defender

Public Relations

Height: 5'4" Weight: 130

Bench Press: 120 lbs., Vertical Jump: 20 in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Having torn her ACL during her senior of high school, Kelly faced an uphill battle entering college. Since the beginning of her college career, Kelly consistently challenges herself in the weight room improving her test scores 14% in the bench press, 76% in the front squat, and 12% in the vertical jump. She also made a 6% improvement in the 10 yard dash and a 15% improvement in the 1 mile run. Most impressive is her increase in chin-ups from 2 to 19 reps. Kelly leads by example not only in the weight room but on the lacrosse field as well. She is a mainstay on the Terrier defense in which she started and played in all 21 games during her junior year and ultimately was named the Most Outstanding Player during the America East conference tournament. Other accolades included IWLCA Division I Northeast All-Region first team as well as America East All-Conference first team. Kelly's work ethic and leadership in the weight room and on the lacrosse field has lead her to being elected co-captain for her senior year as well as being selected to the USA Lacrosse developmental team.

—Glenn Harris, MS, CSCS, NSCA Member Sponsor

University of Massachusetts

Brett Newgaard

Defender

Sports Management

Height: 6'5" Weight: 230

Bench Press: 285 lbs., Vertical Jump: in., Power Clean: lbs., 40-Yard Dash: 4.61 sec., 5-10-5 Agility: sec.

Brett has shown tremendous dedication in recovering from ACL surgery. In 8 months he is fully recovered, setting a personal best in the squat. Brett stayed on campus the whole summer preparing for the season.

—Anthony Catterton, NSCA Member Sponsor

Loyola College in Maryland

Peter Ricci

Long Stick Midfielder

Communications

Height: 5'11" Weight: 190

Bench Press: 270 lbs., Vertical Jump: 27.7 in., Power Clean: lbs., 40-Yard Dash: 4.95 sec., 5-10-5 Agility: 4.34 sec.

Mr. Ricci play making ability has been taken to a new level with his commitment to the strength and conditioning program here at Loyola College in Maryland. Ricci consistently remains at the top of our team speed charts, works consistently hard during our strength sessions, leads our team with a positive personality, and is always a pleasure to be around. I wish Ricci and the LC men's lacrosse team great success in 2009!

—Robert Taylor, Jr, CSCS, NSCA-CPT, NSCA Member Sponsor

rugby

Humboldt State University

Jacob Nelson

Prop

Kinesiology

Height: 6'0" Weight: 240

Bench Press: 365 lbs., Vertical Jump: 32 in., Power Clean: 365 lbs., 40-Yard Dash: 4.85 sec., 5-10-5 Agility: 4.45 sec.

As an athlete Jacob was extremely dedicated to the demanding off-season strength and conditioning regime that was implemented for the Humboldt State Football program. After two years of football, Jacob redirected his efforts to rugby where he became one of the finest players in the west region. Jacob's physical progress was a main reason for his athletic success. During his career, Jacob developed an in depth understanding of the mechanics and the principles of strength and conditioning; having him in the weight room was like having another assistant coach. Jacob is USAW and CSCS certified and will focus on entering the strength and conditioning field upon graduation. My most lasting memory of Jake is the set of twenty "rock-bottom" pause squats that he did with 365 pounds, and the two weeks that it took him to recover!

—Andrew Petersen, MA, CSCS, NSCA Member Sponsor

soccer

Transylvania University

Julie Anderson

Defender

Business

Height: 5'7" Weight: 130

Bench Press: 110 lbs., Vertical Jump: in., Power Clean: lbs., 40-Yard Dash: 5.5 sec., 5-10-5 Agility: 4.65 sec.

Julie has a tremendous work ethic in all aspects of her life. As a starter her freshman year, she tore her ACL, MCL, Meniscus, and fractured her Femur and Tibia, in a violent collision on the field. After surgery, she worked incredibly hard to rehab and train herself to get back on the field. Her senior season, she came back stronger than ever and led a defense that surrendered only 5 conference goals. Off the field she has maintained a 3.8 GPA and has made the Academic All-Conference team each year. She has recently been accepted into dental school and will unquestionably be very successful.

—Keith Cecil, MS, CSCS, NSCA Member Sponsor

Clemson University

David Bendik

Goal Keeper

Business Management

Height: 6'3" Weight: 220

Bench Press: 300 lbs., Vertical Jump: 28 in., Power Clean: 285 lbs., 40-Yard Dash: 5.0 sec., 5-10-5 Agility: 4.5 sec.

Joe has developed a strong work ethic during his career at Clemson. He has made tremendous strides that has enabled himself to compete at a high level in the ACC, which is known to be a very strong soccer conference. As a freshman, he played for the U18 U.S. National Team. His recent accolade is being named to the Adidas All South Team. Consequently, his work ethic is translating into numerous accolades on the field.

—David Abernethy, NSCA Member Sponsor

Limestone College

Dominic Casciato

Defender

Physical Education

Height: 6'2" Weight: 190

Bench Press: 215 lbs., Vertical Jump: 23.5 in., Power Clean: 200 lbs., 40-Yard Dash: 4.88 sec., 5-10-5 Agility: 4.59 sec.

Dominic knows that the harder he works and the more dedication that he gives to the strength and conditioning program, there will be greater carry over to the field. He constantly works hard to become a better athlete.

—Curtis Lamb, CSCS, NSCA Member Sponsor

Marquette University

Michelle Compty

Midfielder

Exercise Science

Height: 5'2" Weight: n/a

Bench Press: lbs., Vertical Jump: 18 in., Power Clean: lbs., 40-Yard Dash: 5.82 sec., 5-10-5 Agility: sec.

Compty lives in the weight room. She is the most consistent student-athlete we work with. Her performance and health are attributed to how hard she works year round. She has not missed a day. Her teammates know without mention who is the best when it comes to work ethic and performance training.

—Todd Smith, CSCS, NSCA Member Sponsor

skiing

University of Vermont

Valerie Kechian

Alpine

Exercise and Movement Science

Height: 5'7" Weight: 155

Bench Press: 125 lbs., Vertical Jump: 29 in., Power Clean: 186 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Val is one of the strongest and most explosive female athletes that I have ever trained. When she puts her mind to something, it gets done effortlessly. The potential strength that she has is scary. As a sophomore she is the strongest female athlete at our school. These assets should allow her to have a much improved year on the slopes.

—Justin Goulet, CSCS, NSCA Member Sponsor

University of Vermont

Jilyne McDonald

Alpine

Public Communications

Height: 5'3" Weight: 125

Bench Press: 110 lbs., Vertical Jump: 23.5 in., Power Clean: 150 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Jill's leadership and intensity in the weight room are a pleasure to watch. She possesses tremendous strength, balance, power, agility, flexibility and uses them all to her advantage as a skier. Her sheer will and determination will allow her to overcome any obstacle she faces in life. It has been an honor to train her.

—Justin Goulet, CSCS, NSCA Member Sponsor

Limestone College

Lee Cribb

Forward

Physical Education

Height: 5'6" Weight: 135

Bench Press: 115 lbs., Vertical Jump: 19 in., Power Clean: 125 lbs., 40-Yard Dash: 5.47 sec., 5-10-5 Agility: 4.9 sec.

Lee dedicated this past summer to coming into her final season in the best shape she could on and off the field. Everyday she comes into the weight room with the same great attitude and has been a joy to coach for the past 4 years.

—Curtis Lamb, CSCS, NSCA Member Sponsor

Texas A&M International University

Victor Garcia

Midfielder

Criminal Justice

Height: 5'11" Weight: 183.5

Bench Press: 295 lbs., Vertical Jump: in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Victor is a dedicated athlete and a very hard worker. He used a red shirt year to hit the weights and get in better shape for his senior year. Victor pushed himself hard and the results showed in our games.

—Ernst FeisnerMA, LAT, ATC, CSCS, NSCA Member Sponsor

Wilkes University

Arthur Jankowski

Defender

Pharmacy

Height: 6'1" Weight: 190

Bench Press: 210 lbs., Vertical Jump: 28 in., Power Clean: 205 lbs., 40-Yard Dash: 4.8 sec., 5-10-5 Agility: n/a sec.

Arthur over the last 3 years has been a great leader for the men's soccer team. Arthur leads by example. His off-season work ethic coupled with his desire to improve is what truly sets Arthur apart.

—Keith Klahold, CSCS, NSCA Member Sponsor

University of Wyoming

Amanda Lathrop

Midfielder

Criminal Justice

Height: 5'4" Weight: 110

Bench Press: 110 lbs., Vertical Jump: 20.5 in., Power Clean: 121 lbs., 40-Yard Dash: n/a sec., 5-10-5 Agility: n/a sec.

Amanda is a coach's dream. She has a great work ethic and willingness to do whatever it takes to improve. I wish I had Amanda for another 4 years!

—Kathy Wagner, CSCS, NSCA Member Sponsor

Loyola College in Maryland

Sarra Moller

Defender

Biology/ Psychology

Height: 5'5" Weight: 135

Bench Press: 125 lbs., Vertical Jump: in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Ms. Moller has earned a list of accolades, both athletic and academic, throughout her women's soccer career at Loyola College in Maryland. During Moller's career, the team lost only one regular season conference game (29-1-6) over a four year span. Her success though on the field does not begin to tell the entire story. Sarra is an outstanding leader, person, and friend to many people on the LC campus. Her passion and unmatched work ethic on the field, in the weight room, and in the classroom will be without a doubt missed. I commend her and the rest of her graduating class for being top notch people and raising the bar of expectations within the LC's women's soccer program.

—Robert Taylor, Jr, CSCS, NSCA-CPT, NSCA Member Sponsor

Texas A&M International University

Marlina Ponce de Leon

Forward

Biology

Height: 5'2" Weight: 126

Bench Press: 95 lbs., Vertical Jump: n/a in., Power Clean: n/a lbs., 40-Yard Dash: n/a sec., 5-10-5 Agility: n/a sec.

Marli worked hard to get in shape for the season. She was in the weight room and running all summer. While others on the team struggled, Marli played hard and well. She was able to overcome injury issues from previous years due to her fitness level.

—Ernst Feisner, MA, LAT, ATC, CSCS, NSCA Member Sponsor

University of Redlands

Tenley Rawlings

Goal Keeper

Biology

Height: 5'9" Weight: 169

Bench Press: lbs., Vertical Jump: 21 3/4 in., Power Clean: 170 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Tenley is very dedicated to excel in her sport. She stayed on campus all summer to train every morning at 7. She is a tremendously driven and hard working individual and a proven leader by example which earned her a spot on our Iron Bulldog Club. Her performance on the field, holding her conference foes to 0.333 goals per game, is a direct connection to her perseverance in the weight room.

—Joshua Bullock, CSCS, NSCA Member Sponsor

West Virginia University

Robin Rushton

Defender

Political Science

Height: 5'5" Weight: 135

Bench Press: 125 lbs., Vertical Jump: in., Power Clean: 145 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Robin was a cornerstone in our success this season, culminating a great career- her strength was an iron work ethic among a hard-working team. Robin had major foot surgery in the spring, but through her consistent efforts with weights, rehab, conditioning, and more was able to come back 2 months ahead of schedule and not only prepare for the season, but start and play almost every minute of every game. It was an honor to be involved with Robin's senior campaign.

—Jerry Handley, MS, CSCS, NSCA Member Sponsor

University of WI-Stevens Point

Meghan VandenHeuvel

Defender

Elementary Education

Height: 5'6" Weight: 135

Bench Press: 110 lbs., Vertical Jump: 18.5 in., Power Clean: 115 lbs., 40-Yard Dash: 5.71 sec., 5-10-5 Agility: 5.09 sec.

It has been a pleasure to work with Meghan over the last 4 years. She is one of the toughest female student athletes that I have worked with. She is always positive in the weight room and motivates by hard work and dedication. She competes against herself to get better each and every workout. For her hard work, Meghan was named 2008 First Team All WIAC as a defender on a team that did not allow a single goal in conference play. Meghan also holds a 3.7 GPA and is active in the church and community.

—Jon Verdegan, MS, CSCS, NSCA Member Sponsor

University of Redlands

Becky Willis

Midfielder

Communicative Disorders

Height: 5'2" Weight: 120

Bench Press: 112 lbs., Vertical Jump: 19 1/2" in., Power Clean: 151 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Becky's work ethic has made weight training a women's soccer team culture. Her leadership, although quiet, sets the perfect example for her teammates. She is consistently competitive with males in the same sport and among the best female players in NCAA Division III. Her effort during strength training and conditioning is an example to all of our student-athletes.

—Daniel Aipa, NSCA Member Sponsor

softball

The University of Missouri

Andee Allen

Middle Infielder

Parks, Recreation & Tourism

Height: 5'2" Weight: 110

Bench Press: NA lbs., Vertical Jump: 25.1" in., Power Clean: 130 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.61 sec.

As a Strength & Conditioning Coach, I love to see people who make the absolute most of themselves. Andee is exactly that. She stands 5'2" and 110 lbs but she has built herself into an All Big 12 performer. Her performance on the field is a direct result of the work she has put in off the field. Andee has gained the respect of and serves as a role model for underclassmen. In the weight room, Andee makes everyone around her better with her championship level attitude. There is no doubt in my mind that Andee is deserving of this award. I have never seen an athlete make so much out of a little, both literally and figuratively.

—Andrew Paul, MEd, CSCS, NSCA Member Sponsor

Mississippi State University

Chelsea Bramlett

Catcher

Physical Education

Height: 5'8" Weight: 131

Bench Press: 150 lbs., Vertical Jump: 25.5 in., Power Clean: 155 lbs., 40-Yard Dash: 4.83 sec., 5-10-5 Agility: 4.24 sec.

Chelsea is one of the fastest athletes I have ever trained. Her explosive ability is a game breaker. Chelsea is a slapper and her world-class speed puts incredible stress on any opponent. Chelsea trains very hard and is dedicated to improving the physiological qualities that support her sport.

Accomplishments:

- Named NFCA First Team All-American for the second straight year.
- Tabbed NFCA/Diamond Sports Catcher of the Year as the top catcher in Division I softball.
- Selected to the ESPN The Magazine Academic All-America First Team.
- Honored for the second straight year with a selection to the SEC Academic Honor Roll.
- Named to the final 25 for USA Softball Player of the Year.
- Selected first team all-SEC at the catcher's spot.
- Selected to the NCAA Tempe Regional All-Tournament Team.
- Posted the second-highest season batting average in school history (.450), a mark which is the highest by a sophomore, beating out four-time All-American Kellie Wilkerson.
- Scored 52 runs, the most ever by a Bulldog sophomore
- Had three doubles, three triples, two home runs and 25 RBIs.
- Matched her stolen base record as she stole 46 of 50 bases on the year.
- Claimed a program-best 0.77 stolen bases per game mark.
- Tallied a school second-most 90 hits and a school-record 1.50 hits per game.
- Moved into second place on MSU's career stolen bases chart following her sophomore campaign.

—Erik Korem, CSCS, NSCA Member Sponsor

University of Houston

Katie Bush

Center Fielder

Exercise Science

Height: 5'3" Weight: 136

Bench Press: 125 lbs., Vertical Jump: 25 in., Power Clean: lbs., 40-Yard Dash: 5.39 sec., 5-10-5 Agility: 4.45 sec.

Katie has been recognized by Conference USA and ESPN The Magazine in 2007 and 2008 for her academic accomplishments in the classroom, as well as being a first team and second team all-conference selection in 2007 and 2008. As an Exercise Science major Katie is constantly in the gym, trying to improve herself during team workouts and with extra speed and agility work. She has an average 20 yard sprint time of 2.93 seconds and improved her broad jump now 7' 5" and vertical significantly this fall. As her strength coach I can not say enough about Katie's hard work and dedication to her training and play in the field. She is a real inspiration and joy to work with.

—R. Jones, II, MS, CSCS, NSCA Member Sponsor

University of Washington

Ashley Charters

Short Stop

Communications

Height: 5'9" Weight: 143

Bench Press: lbs., Vertical Jump: 26.5 in., Power Clean: 159 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.82 sec.

Ashley is one of the most physically gifted student-athletes that I have had the pleasure of working with and she will leave the University of Washington as one of the greatest players to wear the Purple and Gold because of her work ethic, dedication, and leadership. Ashley has battled back from shoulder and hip surgeries and her tireless efforts have been inspiring. She has embraced the physical components of the game and that has given her a distinct competitive advantage. It has been one of the great experiences I have had as a coach to witness Ashley's growth as a competitor, leader, and person.

—Jason Phillips, MS, CSCS, NSCA Member Sponsor

Charleston Southern University

Brittany Giannini

Outfielder / Short Stop

Business

Height: 5'7" Weight: 139

Bench Press: 105 lbs., Vertical Jump: NA in., Power Clean: 125 lbs., 40-Yard Dash: NA sec., 5-10-5 Agility: NA sec.

Brittany is dedication to training is second to none. She had the 2nd highest strength index on our team; which is impressive since she has been fighting through an old shoulder injury. She is a great example both vocally and by action for her teammates to follow and has been a true joy to coach.

—Tobias Jacobi, CSCS, NSCA Member Sponsor

Jacksonville State University

Jacque Jarman

Outfielder

Physical Education

Height: 5'8" Weight: 150

Bench Press: lbs., Vertical Jump: 19" in., Power Clean: 155 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.62 sec.

Jacque has done an outstanding job during her career at JSU. Her work ethic and quiet leadership are instrumental to the success of the softball program. Jacque's determined demeanor serves to motivate her teammates and others, in the classroom, on the field and in the weight room. She is the epitome of good leadership and competitor in all phases of her life.

—Brian Austin, CSCS, NSCA Member Sponsor

Miami University of Ohio

Alexis Javier

Second Base

Psychology

Height: 5'2" Weight: n/a

Bench Press: 125 lbs., Vertical Jump: 21 in., Power Clean: 135 lbs., 40-Yard Dash: 4.9 sec., 5-10-5 Agility: sec.

Alexis has been a starter for Redhawk softball since her freshman year. Her sophomore year, she went 21 games without an error. Although a hand injury sidelined her during her junior season, she has fought her way back, was voted captain, and is looking for a strong senior year. Alexis is the very image of what we strive for at Miami. With a fire and passion for excellence, she is Miami strong

—James Carsey, MEd, CSCS, NSCA Member Sponsor

MidAmerica Nazarene University

Samantha Juarez

Third Base

Athletic Training

Height: 5'4" Weight: 190

Bench Press: lbs., Vertical Jump: 17" in., Power Clean: 135 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Our strength & conditioning program has improved her softball skills through her batting, speed, strength, & flexibility. She has seen such improvements that she assists our other athletes and trains Jr. High and High School athletes as well. Sam has been a four year starter for MNU.

—Whitney Rodden, CSCS, NSCA Member Sponsor

Humboldt State University

Caitlin Klug

Second Base

Communications

Height: 5'5" Weight:

Bench Press: 125 lbs., Vertical Jump: 29 in., Power Clean: 185 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Caitlin is an upbeat and positive athlete, who works hard every time she comes into lift. She pushes herself to go above and beyond her previous standards. Setting the school record for females in the vertical jump, at 29 inches, proves her dedication to keep reaching for new limits. This year we have seen increases in her squat max, and power clean max that are the rewards for her consistency. She has proven herself as a vital cog to her team in bringing home the win for the 2008 National Softball Championship. Caitlin was also awarded All Western Region Player, and Softball All American. She is a great example to her teammates, as their captain, of how consistent dedication to strength and conditioning can improve your abilities as an athlete in your specific sport.

—Erin White, CSCS, NSCA Member Sponsor

Boston University

Shayne Lotito

Outfielder

English

Height: 5'8" Weight: 148

Bench Press: 130 lbs., Vertical Jump: 24.4 in., Power Clean: 134 lbs., 40-Yard Dash: 11.1 sec., 5-10-5 Agility: 4.5 sec.

Shayne approaches each session with a special desire and an unmatched focus and intensity. Her non complacent attitude has been a driving force behind her desire to excel and is directly reflected in her performance on the diamond. A three time All America East honoree, Shayne enters her senior season ranked in the top five in career batting average, hits, stolen bases, and runs scored and currently holds single season school records for both hits and at bats.

—Victor Brown, III, CSCS, NSCA-CPT, NSCA Member Sponsor

Humboldt State University

Chrissy Motzny

Center Fielder

Psychology

Height: 5'8" Weight: 132

Bench Press: 105 lbs., Vertical Jump: 23.5 in., Power Clean: 135 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

I have worked with Chrissy for the past 3 years and she is one of the most diligent and meticulous athletes I know. Her work in the weight room and during conditioning drills translated to her making substantial defensive and offensive contributions to a team that won the 2008 NCAA national championship. In the semi-finals, she made a game-saving catch of an apparent home run in the bottom of the 9th with 2 out. HSU won that game 2-1 in 17 innings. In the championship game, she made a game-saving catch of a shallow fly ball to prevent the game-tying run in a 1-0 win. She also hit 2 home runs in the post-season and was named to the All-tournament team. Chrissy has also been an Academic All-American, Daktronics All-American, and an All-conference athlete. To top everything, Chrissy is a genuinely thoughtful and caring person. I have enjoyed working with this outstanding, young woman.

—Matthew Lee, CSCS, NSCA Member Sponsor

Central Michigan University

Ali Pettit

Pitcher

Communication Disorders/Sign Language

Height: 5'10" Weight:

Bench Press: 135 lbs., Vertical Jump: 20 in., Power Clean: lbs., 40-Yard Dash: 5.23 sec., 5-10-5 Agility: 5.10 sec.

Ali works extremely hard and is a great leader. She is an All-MAC performer academically and athletically. She carries a 3.93 GPA. She is very competitive and focused on success. Takes part in community service projects and is active with campus leadership.

— David Lawson, NSCA Member Sponsor

SD State University

Brittany Postma

Outfielder

Mathematics

Height: 5'7" Weight: 152

Bench Press: 135 lbs., Vertical Jump: 23.5 in., Power Clean: 75 kg lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.62 sec.

Brittany has excelled on the field and in the weight room throughout her career at South Dakota State University. She is looked to as a leader on the field and in the weight room. Her dedication to the program and ability to give a consistently amazing effort everyday has been appreciated by our strength staff. Brittany has always gone above the standard and will continue to do so long after Softball. Her heart, leadership and intelligence will carry her through any obstacle she meets. It has been a pleasure and an honor to coach a person like Brittany.

—Bradley Schmidt, Sr, NSCA Member Sponsor

William Woods University

T.J. Quick

Outfielder

Physical Education

Height: 5'2" Weight: 125

Bench Press: 135 lbs., Vertical Jump: 21.5 in., Power Clean: 165 lbs., 40-Yard Dash: 4.85 sec., 5-10-5 Agility: 4.29 sec.

TJ has been steadily improving her work ethic and attitude. She did not like working out her first couple years. But now she is the hardest worker on the hardest working team at WWU. She sets the tempo and is one of the best leaders I've seen. It was evident that she would be a nominee for this award during her summer workouts. I have seen very few athletes as dedicated to her regiment as TJ was. This has not dropped off one bit during the school year.

—Robert Jones, CSCS, NSCA Member Sponsor

Sacramento St University

Jaimie Schloredt

Catcher

Criminal Justice

Height: 5'7" Weight:

Bench Press: 155 lbs., Vertical Jump: 24.5 in., Power Clean: 190 lbs., 40-Yard Dash: 5.49 sec., 5-10-5 Agility: 4.8 sec.

Jaimie attacks each workout with enthusiasm and tenacity. Both in the weight room as well as on the field she is coachable and gives her best effort day in and day out while consistently pushing her limits. She treats every workout as a chance to get better and separate herself from her competition. The results show in her play, as she is the school career record holder in home runs, RBI and batting average, with a full season left to play, and has been named both all-league and all-region.

—Gary Uribe, MS, NSCA Member Sponsor

Marshall University

Rachael Sofie

Left Fielder

Dietetics

Height: 5'1" Weight: 128

Bench Press: 155 lbs., Vertical Jump: 21.5 in., Power Clean: 160 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Rachael showed tremendous determination and drive within the weight room this past year. The winning attitude she possessed in the weight room directly translated into success on the diamond. Rachael increased her doubles, triples, homeruns, and went from a .255 batting average to .360 this past season while maintaining a 3.1 G.P.A.

—Joseph Miday, NSCA Member Sponsor

Texas A&M University

Kelsey Spittler

Outfielder

Kinesiology

Height: 5'6" Weight: 146

Bench Press: 160 lbs., Vertical Jump: 21.5" in., Power Clean: lbs., 40-Yard Dash: 4.94 sec., 5-10-5 Agility: 4.59 sec.

Kelsey finished number one in off-season testing. She lifted 440% of her bodyweight in the 3 lifts (bench press, squat, deadlift) as well as being one of the fastest athlete's on our team. She is an all-around athlete who finds a way to get the job done. She has been a pleasure to coach and I look forward to her having a "break out" year this season.

—Raychelle Ellsworth, CSCS, NSCA Member Sponsor

Missouri Southern State University

Angie Turner

Catcher

Physical Education

Height: **Weight:**

Bench Press: lbs., Vertical Jump: in., Power Clean: 135 lbs., 40-

Yard Dash: 6.4 sec., 5-10-5 Agility: sec.

Angie is a hard worker in the weight room and it shows with her playing. Her hitting has improved last year and she has hit 37 home runs and as a catcher she can run electronic time 20 yd dash in 3.2 sec. Angie has worked hard this off season and it should pay off this Spring.

—John Freeman, CSCS, NSCA Member Sponsor

University of Houston

Haley Valis

Second Base

Exercise Science

Height: 5'4" Weight: 136

Bench Press: 135 lbs., Vertical Jump: 20.5 in., Power Clean: lbs.,

40-Yard Dash: 5.77 sec., 5-10-5 Agility: 4.63 sec.

Haley is one of those athletes who will battle through any set back. She had a foot injury both her sophomore and junior years during the off-seasons that limited her as to what she could do in the fall. Even with that she never missed a workout and even came into the weight room to do whatever she could extra, whether it was stretching, abs, or riding the bike. She always managed to be ready for the season and started both of those years, performing at a high level. Finishing her Junior year tied for the team lead in homeruns and doubles. This fall she has been injury free and is still coming in to do extra work, but this year it is more for speed and agility, as well as continuing her flexibility. She is very dedicated not only to softball and the weight room, but also to the classroom. Where she majors in Exercise Science and is well liked by her professors and has twice been recognized by the conference on the Commissioner's Honor Roll. As her strength coach I appreciate all of her dedication and hard work.

—R. Jones, II, MS, CSCS, NSCA Member Sponsor

swimming

United States Air Force Academy

Greg Edmonds

100/200 Breast Stroke

Civil Engineering

Height: 5'9" Weight: 180

Bench Press: 235 lbs., Vertical Jump: 28" in., Power Clean: 250

lbs., 40-Yard Dash: 5.02 sec., 5-10-5 Agility: 4.99 sec.

Greg stands out among his team as a true leader. His dedication and work ethic ensure he and the members of his team accomplish every set and rep to the fullest. His belief in the strength program is reflected in his improvement from last year both in and out of the weight room and his attitude in the weight room daily. I have enjoyed watching Greg grow as an athlete and a leader and am excited to see the outcomes of the upcoming seasons.

—Julie Rubino, CSCS, NSCA Member Sponsor

Boston University

Arik Seiler

Backstroke & Freestyle

International Business and Economics

Height: 6'1" Weight: 168

Bench Press: 235 lbs., Vertical Jump: 28.4 in., Power Clean: 218

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Arik has been a driving force behind the teams high level training culture since he stepped foot on campus. He possesses a contagious attitude, intensity, and mentality that teammates look up to and respect. A team captain and two time team most valuable player, Arik has been a member of two America East conference relay championships and five school record relay teams.

—Victor Brown, III, CSCS, NSCA-CPT, NSCA Member Sponsor

Miami University of Ohio

Allison Stevens

Freestyle/ Fly

Journalism and Psychology

Height: 5'10" Weight:

Bench Press: lbs., Vertical Jump: 22.5 in., Power Clean: lbs., 40-

Yard Dash: sec., 5-10-5 Agility: sec.

Allison is a competitive athlete both in the pool as well as the weight room. In the 2005-2006 season, she was a part of the MAC Champion 200 Medley Relay Team. She came back even stronger in the 2006-2007 season winning 15 individual events as well as anchoring the MAC title-winning and school-record setting 400 Medley Relay team. Allison has also posted personal bests of 23.20 in the 50 Free, 50.60 in the 100 Free, 1:48.66 in the 200 Free, as well as 55.71 in the 100 Butterfly. Her positive attitude and continued emphasis on the details allow her to better herself each and every day.

—Cindi Merrill, CSCS, NSCA-CPT, NSCA Member Sponsor

Miami University

Allison Way

Fly

Journalism

Height: 5'5" Weight:

Bench Press: lbs., Vertical Jump: 16.5 in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Allison has demonstrated that a strong commitment over the summer will provide you with a platform for success. She placed an emphasis on her summer strength and conditioning and came back beating all of her personal bests. Not only has she excelled in the weight room this year she has also been successful in the pool. In this season alone she has set personal bests in 5 different events. She has a personal best and school record in the 100 butterfly (54.90), 50 Free (23.46), 200 Free (1:49.93), 200 Fly (2:02.15), and 200 IM (2:08.39).

—Matt Cady, CSCS, NSCA Member Sponsor

track & field

Grand View University

Jordan Adams

Thrower

Information Technology

Height: 6'2" Weight: 245

Bench Press: 355 lbs., Vertical Jump: 31 in., Power Clean: 315 lbs., 40-Yard Dash: 5.18 sec., 5-10-5 Agility: sec.

Over the past year Jordan has dedicated himself to improving his overall athletic ability. Along the way he has shattered personal bests in the power clean, 40 yd dash, and bench press. Adams is a two time qualifier for the NAIA Track and Field National Championships and has set high goals for his senior year. He is also a two time individual event conference champion, has scored in multiple throws events at the MCC Conference Championships, holds five school records, and has been MCC Athlete of the Week several times. Jordan has learned how to approach every aspect of his training and is an exceptional mentor for his younger teammates.

—Seth Roberson, CSCS, NSCA Member Sponsor

University of Northern Colorado

Patrick Berg

Thrower

Communications

Height: 6'1.5" Weight: 267

Bench Press: 335 lbs., Vertical Jump: 28" in., Power Clean: 308 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Pat is the most unselfish athlete I have ever been around. He spends much of practice helping the other throwers on the team with their technique, at the expense of his time to practice. He is no different in the weight room. He is like another coach in regards to challenging his teammates and his leadership ability. His work ethic is second to none, as it helped him set numerous school records last season, including Indoor Shot and Indoor Weight, and 2007/08 All-Conference for the Big Sky in the Outdoor Weight.

—Cody Hodgeson, CSCS, NSCA Member Sponsor

University of Vermont

Jan Carlson

Sprinter

Psychology/ Geography

Height: 5'8" Weight: 135

Bench Press: 125 lbs., Vertical Jump: 25.5 in., Power Clean: 170 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Jan has a tremendous inner focus and drive that has allowed her to become one of the most decorated female track and field athletes in UVM history. Jan owns numerous school records and has received numerous conference awards for her athletic performances over the years, almost too many to list. She is also an excellent student and was voted a captain this year, which will allow her to utilize her leadership skills to the fullest. Jan is one of those athletes that are a joy to train, and I am looking forward to seeing her compete at a very high level during her senior year.

—Justin Smith, CSCS, NSCA Member Sponsor

Johnson County Community College

Redell Frazier

400 m / 800 m

Physical Therapy

Height: 5'11" Weight: 160

Bench Press: 205 lbs., Vertical Jump: 34 in., Power Clean: 195 lbs., 40-Yard Dash: 7.2 sec., 5-10-5 Agility: 7.15 sec.

Redell is a very hard worker athlete in the weight room as well on the track. He combines very well his practice-conditioning and academics in a very well balanced activity. Redell is very respectful athlete, and well accepted by his team mates.

—Istvan Javorek, NSCA Member Sponsor

Adams State College

Matt Gersick

Shot, Hammer, Discus, Weight

Exercise Science

Height: 6'2" Weight: 240

Bench Press: 430 lbs., Vertical Jump: 38" in., Power Clean: 380 lbs., 40-Yard Dash: 4.38 sec., 5-10-5 Agility: sec.

Matt overcame a life threatening and potentially career ending injury when he was a sophomore at Adams State College. He ruptured his ACL, MCL, PCL and detached the hamstring femoris distally from the bone. He also experienced vascular trauma and nerve damage of his lower leg along with post surgery infection. Matt was our Running Back at the time and a Track & Field athlete. He also was an alternate in the indoor 60m and during his senior year in high school ran 10.85 sec in the 100m. However, all of his current achievements and success in and out of the weight room have been through the use of proper strength and conditioning and just 24 months post surgery he qualified for 5 events at the NCAA Div II National Championships!

—Derek Woodske, CSCS, NSCA Member Sponsor

University of Vermont

Cameron Grant

Sprinter

Wildlife Biology

Height: 6'1" Weight: 197

Bench Press: 225 lbs., Vertical Jump: 36 in., Power Clean: 250 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Cameron has a tremendous work ethic and intensity that he brings to both the track and the weight room, these attributes have helped him develop into one of the top sprinters for Vermont and in the America East Conference. Cameron is also an excellent student and leader, he was voted by his teammates to serve as a co-captain this year. Cam, overcame a foot injury this past season to have a successful outdoor season as a member of several relay teams. Member of the 2008 America East Champion and NCAA Regional Qualifier 4 x 100 relay team.

—Justin Smith, CSCS, NSCA Member Sponsor

New Mexico State University

Randi Grimes

Thrower

Business Marketing

Height: 6'0" Weight: 165

Bench Press: lbs., Vertical Jump: 21" in., Power Clean: 130 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

"The Amazing Randi" is an inspiration to her teammates and to other athletes at New Mexico State University. Her dedication and technical proficiency in the lifts have no equal. Randi is "Captain" of the Track Team. After overcoming an elbow injury during her sophomore year that slowed her career, she has come back with a vengeance. Since that injury, Randi has set school records in the Javelin with a throw of 154'4", she has become the schools' number 2 all-time in the Hammer throw, with a mark of 179'1" and she is in 7th place at NMSU in the 20 pound weight toss. She finished 2nd at the 2008 WAC Championships in the Javelin, 5th in the hammer and she competed at the NCAA Regional's in 2008 in those 2 events as a junior. Academic wise Randi has a 3.00 GPA and has been on the NMSU Wells Fargo Wall of Honor in Fall 2006 and Spring 2008.

—Tony McClure, CSCS*D, NSCA Member Sponsor

Loyola University Chicago

Erik Hernandez

Thrower

Biology

Height: 5'7.5" Weight: 215

Bench Press: 385 lbs., Vertical Jump: 31.5" in., Power Clean: 355 lbs., 40-Yard Dash: 4.53 sec., 5-10-5 Agility: 4.63 sec.

Erik has done a phenomenal job of pushing himself not only in Track and Field, but in the weight room and classroom as well. His constant desire to get better has expanded into a student-instructor role for other athletes in the department. The commitment to excellence Erik shows can be seen by his records in the weight room and by his numerous school records in Track and Field. I cannot think of a more deserving athlete at Loyola University for this award.

—Ryan Carroll, CSCS, NSCA Member Sponsor

Belmont University

Tyler Howell

Thrower

Organizational and Corporate Communications

Height: 6'4" Weight: 235

Bench Press: 315 lbs., Vertical Jump: 24 in., Power Clean: 260 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Tyler was a walk-on to the track & field program as a freshmen. As a junior he placed 3rd in the indoor weight throw at the Atlantic Sun Conference. Tyler has never missed a day in the weight room. He has not only increased his strength over the past three years but also he has changed his body and become more of an athlete. Tyler is also Vice-President of Lambda Pi Eta (Communication Honor Society) and recently he has had research published in the Belmont

Undergraduate Research Symposium.

—Joshua McMillian, CSCS, NSCA Member Sponsor

University of Houston

Brandon Hubbard

Thrower

Nutrition

Height: 6'4" Weight: 232

Bench Press: 315 lbs., Vertical Jump: 31 in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Brandon is a hard working athlete, who is very interested in strength and conditioning. He is constantly trying to get better and is very coachable. Brandon is not only a successful student athlete, but he is also a tutor for students in the nutrition department. That fact supports the kind of hard working and successful student Brandon is. Brandon holds the school record for the hammer throw, breaking his own record his sophomore year. He is looking to break that record again this coming season. Brandon has made great improvements in the weight room each off-season. Brandon is also a great leader in the weight room for the other athletes.

—R. Jones, II, MS, CSCS, NSCA Member Sponsor

Marquette University

Erynn James

High Jumper

Photography

Height: 6'0" Weight: 165

Bench Press: 145 lbs., Vertical Jump: 32 in., Power Clean: 180 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Erynn is a supremely talented and gifted athlete, however she doesn't rest of her natural abilities. She is ALWAYS in the weight room, pushing herself to be better. She has a competitive spirit that you can't teach and because of that she was able to qualify for regionals as a sophomore. Her willingness to out work other athletes has helped her stay positive while enduring some injuries through her career. I think she sets the example for the rest of her teammates.

—Rudy Thomas, CSCS, NSCA Member Sponsor

Saint Louis University

Matt Janda

Sprinter

Mechanical Engineering

Height: 5'6" Weight:

Bench Press: 295 lbs., Vertical Jump: in., Power Clean: 185 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Matt is a tireless worker in the weight room and on the track. His attitude, consistency, and effort provide a great example for his teammates. Matt's dedication to strength and conditioning has enabled him to become one of the best athletes at Saint Louis University.

—Scott Charland, CSCS, NSCA Member Sponsor

Long Beach City College

A.J. Johnson

400 Meters

Chemistry

Height: 5'6" Weight: 140

Bench Press: 85 lbs., Vertical Jump: 20 in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

AJ has set a goal of running a consistent sub 56 sec 400 meters. To accomplish this, she has dedicated her off-season to improving her physical and mental conditioning in order to finish the end of races stronger. She has trained tirelessly in the weight room with this goal in mind every day, resulting in a greater strength base and explosive power. Her mental skills has also seen improvements as she has embraced the visualization, goal-setting, and focus techniques in her training.

—David Yamane, III, NSCA-CPT, CSCS, NSCA Member Sponsor

University of Wyoming

Sharon Larrier

200/400

Family and Consumer Science

Height: 5'5" Weight:

Bench Press: lbs., Vertical Jump: NA in., Power Clean: 135 lbs., 40-Yard Dash: NA sec., 5-10-5 Agility: sec.

Sharon was one of the few sprinters that stayed in town to train this summer, and she did not miss a single training session. Sharon is a somewhat of a silent leader, she leads by her actions and not words. This is very fortunate, as she has done and will do everything necessary to be her best this year. The weight room personal bests mentioned above are from last year, as she will not test until later this year. However, there is already evidence that those numbers will significantly increase. Sharon's commitment to the weight room and her understanding of where it fits into her preparation is why I chose to nominate Sharon.

—Robert Hartman, CSCS, NSCA Member Sponsor

College of William & Mary

Abby Lemon

Thrower

Government & History

Height: 5'7" Weight: 185

Bench Press: 205 lbs., Vertical Jump: in., Power Clean: 205 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Abby is the conference champion and school record holder in the hammer throw. She is also a 3 time All-CAA thrower. She brings the right attitude and effort into the weight room every single day. Abby is a great leader who is very respected by her teammates.

—Jacob Dyslin, CSCS, NSCA Member Sponsor

Grand View University

Chelsea Maas

Thrower

Spanish

Height: 5'4" Weight: 160

Bench Press: 125 lbs., Vertical Jump: 20 in., Power Clean: 180 lbs., 40-Yard Dash: 5.52 sec., 5-10-5 Agility: sec.

Chelsea is an exceptional young adult who is dedicated to becoming a better thrower. She has shown her passion for improving by never missing daily injury rehab sessions to allow her to continue to train throughout. This year she set big personal bests in the power clean and squat and is prepared for a breakout sophomore season after placing in multiple throws at the MCC Championships as a freshman. She also showed her athletic ability by competing in and placing in the triple jump at the 2007 MCC Indoor meet. An outstanding student, Chelsea is also involved in many groups on campus and in the community.

—Seth Roberson, CSCS, NSCA Member Sponsor

Clemson University

Patricia Mamona

Jumper

Health Science

Height: 5'4" Weight: 130

Bench Press: 155 lbs., Vertical Jump: 24 in., Power Clean: 185 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Mamona has a tremendous work ethic. She was a member of the 2008 All ACC Indoor and Outdoor Long Jump and Triple Jump team. Patricia was also awarded as an All-East Region Qualifier for Long Jump and Triple Jump. She was also a member of the All-ACC Academic team. It is easy to see how her work ethic has translated on and off the field.

—David Abernethy, NSCA Member Sponsor

Humboldt State University

Jodi Symonds

Thrower

Social Work

Height: 5'7" Weight: 205

Bench Press: 175 lbs., Vertical Jump: 22 in., Power Clean: 185 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Jodi used her explosive power and strength to make up for a lack of foot speed which enabled her to capture the conference championship, and sixth place nationally in the javelin. As she enters her final year of eligibility, Jodi remains a team leader, sets the pace in the weight room, and looks to repeat her All-American status in Division Two Track and Field.

—Andrew Petersen, MA, CSCS, NSCA Member Sponsor

Marquette University

Nick Van Deraa

Pole Vault

Business

Height: 5'9" Weight: 180

Bench Press: 205 lbs., Vertical Jump: 32 in., Power Clean: 235 lbs lbs., 40-Yard Dash: 4.5 sec., 5-10-5 Agility: 4.08 sec.

Nick is an exceptional leader both on and off the track and uses his knowledge of strength and conditioning to help teach his younger teammates the importance of proper technique and hard work. He also volunteers his time helping various causes around the country that are in need of help.

—Nathan Heyrman, NSCA Member Sponsor

University of Texas–San Antonio

Thomas Wolfe

Decathlon

Kinesiology

Height: 6'1" Weight: 185

Bench Press: 265 lbs., Vertical Jump: 36" in., Power Clean: 305 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Thomas has been a part of several Championship Teams and has had the good fortune to be surrounded by excellent leaders his entire Athletic Career. One of the signs of maturity is learning from your leaders and peers. Thomas has done just that. He has established himself as an outstanding role model with the ability to lead and motivate others. His dedication has helped the younger athletes learn the lessons Thomas did and will no doubt lead to continued success for the UTSA Track and Field Program. He has been a major part of four Championship Teams; he is a five time All Conference performer; an NCAA Championship Qualifier; a Team Captain; and a member of the All Conference Academic Team.

—Michael Cox, CSCS, NSCA Member Sponsor

The University of Missouri

Ja'nay Woolridge

Horizontal Jumper

Biology

Height: 5'3" Weight:

Bench Press: lbs., Vertical Jump: 28" in., Power Clean: 155 lbs., 40-Yard Dash: na sec., 5-10-5 Agility: sec.

One word describes Ja'Nay, CONSISTENT! For the past 4 years she has trained with great determination & drive to be the best at her event. This approach is not exclusive to the weight room, but is prevalent in everything she participates in. No matter what it is, she wants to be the best. This pursuit of excellence has made her a leader by example on the squad. Her teammates are inspired to step up their game when they are around. She has earned Big 12 honors in 3 separate events (4x100 relay, long jump, and 60m hurdles), holds the school record in the 60m hurdles, and earned 2006 US Junior All-American accolades.

—Antwan Floyd, CSCS, NSCA Member Sponsor

volleyball

Texas A&M University

Mary Batis

Outside Attacker

Sport Management

Height: 6'0" Weight: 158

Bench Press: 120 lbs., Vertical Jump: 28.5" in., Power Clean: lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.51 sec.

Mary finished number one overall again with the off-season testing. She lifted 399% of her bodyweight in the 3 lifts: bench press, squat, dead lift. She also has an excellent vertical jump and good lateral quickness. She is a gifted athlete who's at her best when her best is needed.

—Raychelle Ellsworth, CSCS, NSCA Member Sponsor

Saint Louis University

Whitney Behrens

Libero

Nutrition and Dietetics

Height: 5'4" Weight:

Bench Press: 105 lbs., Vertical Jump: 20.5" in., Power Clean: 110 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Whitney is everything you could ask for in a student-athlete. She does a great job of pushing herself and encouraging her teammates. Whitney's commitment to strength and conditioning has helped her become one of the best defensive volleyball players in school history.

—Scott Charland, CSCS, NSCA Member Sponsor

Presbyterian College

Amanda Davis

Defensive Specialist

Business

Height: 5'6" Weight:

Bench Press: 115 lbs., Vertical Jump: 19 in., Power Clean: 135 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.69 sec.

Amanda is a "coach" in the weight room. She pushes her team very hard. Her leadership and hard work in the weight room carried over to the court. Amanda always pushes herself and her team to another level.

—Eric Cash, NSCA Member Sponsor

Arizona State University

Margie Giordano

Outside Hitter

Travel and Tourism

Height: 5'10" Weight: 165

Bench Press: 110 lbs., Vertical Jump: 23.5 in., Power Clean: 154 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.8 sec.

Margie has the most infectious positive attitude of anyone I have ever coached. She uses this trait to be a great leader both on the court as well as off the court for training. Margie gives 100% effort each and every day and demands nothing but the best from herself and her teammates. Margie's dedication to her sport, her coaches, her teammates, and strength & conditioning are quite apparent. Margie is among the elite of NCAA Volleyball due to her career total of over 1,000 kills and 1,000 digs. She is 1 of only 8 in ASU history to ever achieve such a career feat. I have no doubt that Margie will be successful in any and all endeavors due to her persistent dedication and work ethic. I know that the underclassmen looked up to her greatly. The team and I will miss having her around the weight room.

—Adam Rotchstein, CSCS, NSCA Member Sponsor

University of La Verne

Brianna Gonzales

Outside Hitter

Psychology

Height: 5'9" Weight:

Bench Press: lbs., Vertical Jump: 22 in., Power Clean: 165 lbs., 40-Yard Dash: 5.1 sec., 5-10-5 Agility: 4.65 sec.

Brianna is a 2 time conference player of the year, 2 time All-American, 3 year all conference. In the 4 years Bri has been here her approach jump has gone up 6 inches. Not only has Bri been our leader on the court but also in the strength program. Her presence in the weight room not only benefits our volleyball team but also other female athletes at the college. She is exactly the type of an athlete that a coach looks forward to coaching each and every day.

—Matt Durant, NSCA Member Sponsor

Texas Christian University

Nirelle Hampton

Setter

Biology

Height: 5'11" Weight:

Bench Press: lbs., Vertical Jump: 26 in., Power Clean: 200 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Nirelle is highly self motivated and a team leader. Her tremendous work ethic has helped her have a very successful volleyball career.

—Matt Parker, NSCA Member Sponsor

Clemson University

Danielle Hepburn

Middle Hitter

Sociology

Height: 6'2" Weight: 149

Bench Press: 130 lbs., Vertical Jump: 28.5" in., Power Clean: 140 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.6 sec.

Danielle Hepburn is a very dedicated Student-Athlete on and off the court. Danielle has continually over the past four years gotten stronger, more explosive and quicker. Those results coincide with the results of her volleyball career on court. She became Clemson Volleyball's first two time All-American with her second straight AVCA Honorable Mention Selection. She has also been named to the All-ACC and All-East Region for the second straight year. She also holds the school record for hitting percentage with .395 that led the ACC in 2007. Danielle's dedication to volleyball, strength and conditioning and academics truly makes her a positive role model for up and coming athletes.

—Dennis Love, NSCA Member Sponsor

West Texas A&M University

Natalie Johnson

Outside Hitter

Sport & Exercise Science

Height: 6'0" Weight: NA

Bench Press: 147 lbs., Vertical Jump: 23 in., Power Clean: 140 lbs., 40-Yard Dash: NA sec., 5-10-5 Agility: NA sec.

Natalie is one of the most determined athletes I have coached, whether it is getting the match point kill or beating everyone on the last sprint of conditioning. She competes with herself each day to improve, no matter how small the task is. Natalie never takes a day or rep off, priding herself on doing everything right. She is a leader through her words and actions, leading the Lady Buff Volleyball team to 3 straight LSC Championships and NCAA Championship play during her career thus far.

—Sarah Ramey, CSCS, NSCA Member Sponsor

Marquette University

Jess Kieser

Defensive Specialist

Health & Exercise Sciences

Height: 5'4" Weight: 130

Bench Press: 135 lbs., Vertical Jump: 20 in., Power Clean: 145 lbs., 40-Yard Dash: 5.2 sec., 5-10-5 Agility: 4.76 sec.

Jess is always the first athlete at the weight room and the last to leave. She uses her experience and education to further her strength background and is constantly working on fixing her weaknesses. She has the ability to raise the level of teammates by both her actions and her encouragement.

—Nathan Heyrman, NSCA Member Sponsor

Johnson County Community College

Jordan Lockwood

Outside Hitter

Pre-Med

Height: 5'10" Weight: 145

Bench Press: 105 lbs., Vertical Jump: 23 in., Power Clean: 120 lbs., 40-Yard Dash: 9.0 sec., 5-10-5 Agility: 7.39 sec.

Jordan beside the fact that she is just a freshman is already a leader. Academics and athletics is her main preoccupation. She has a very pleasant personality, qualifying her to be a team leader, and I feel comfortable that as a sophomore her performance will be 4.0 in both in academics and athletics.

—Istvan Javorek, NSCA Member Sponsor

Iowa State University

Jen Malcom

Middle Blocker

Kinesiology

Height: 6'1 Weight: 152

Bench Press: lbs., Vertical Jump: 23.5 in., Power Clean: 146 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Jen is one of the best kids I have worked with at ISU. She has dedicated herself each summer and is always making improvements in her strength and conditioning levels. She leads by example in the weight room and on the court and her dedication to training has played a major role in the success of her team.

—Andrew Moser, CSCS, NSCA Member Sponsor

East Carolina University

Trish Monroe

Libero

Worksite Health Promotion

Height: 5'6" Weight: 140

Bench Press: 150 lbs., Vertical Jump: 25 in., Power Clean: 154 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Trish came to East Carolina with a bright future ahead of her. As a freshman she was the strongest and most athletic player on the team. It is her competitive drive, hard work and attitude that makes her a coach's dream to work with and separates her from all other athletes. She has battled through numerous injuries throughout her career, but always seemed to be on the floor everyday eventually setting a new school record for career digs. This is a testament to her drive and competitive spirit to be the best volleyball player and teammate she could be. When the words All-American come to mind, Trish would be the first choice for any coach on and off the court.

—Danny Wheel, CSCS and Beverly Wheel, CSCS, NSCA Member Sponsors

Furman University

Nikki Palazzo

Middle Blocker

Business and Communications

Height: 6'3" Weight:

Bench Press: 145 lbs., Vertical Jump: 24.5 in., Power Clean: 165 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Nikki is a tremendously hard worker who has demonstrated a great deal of leadership during her time at Furman. As a team captain, Nikki has set the tone for the volleyball team in the weight room, on the court, and in the classroom. She has earned All-Southern Conference status each of her three years at Furman, and was the 2006 Southern Conference Player of the Year. Her dedication to the program helped lead the Paladins to their second ever post season appearance.

—Stephen Mannino, MEd, CSCS, NSCA Member Sponsor

University of Texas—San Antonio

Gena Rhodes

Outside Hitter

Kinesiology

Height: 5'11" Weight: 160

Bench Press: 115 lbs., Vertical Jump: 25.5" in., Power Clean: 160 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Following a severe ankle injury mid-way through her Junior year, Gena dedicated herself to never missing a game again. Her focus and dedication in the weight room not only improved her physically, it also made her tougher mentally. She became a leader. She set an example that rubbed off on all the athletes around her. Her personality is focused and contagious. She has left a legacy for all UTSA Volleyball athletes to follow. She is a two time Team Captain; she is an All Conference, All Region, and All American; and, a member of the Dean's List. Her goal after graduating is to become a Strength Coach.

—Michael Cox, CSCS, NSCA Member Sponsor

Juniata College

Jessica Ritchey

Defensive Specialist

Sociology

Height: 5'8" Weight:

Bench Press: 45 lbs., Vertical Jump: 23" in., Power Clean: 140 lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.5 sec.

Jess was the member of the 2005 & 2007 NCAA Final Four Teams and of the 2006 National Championship Team. Jess is currently captain of the 2008 Team. For the past four years Jess's hard work during the in-seasons & off-seasons of the Women's Volleyball Strength & Conditioning programs has earned her the respect of her teammates and coaches and has help set a standard of intensity and work ethic for her fellow team members.

Jess has been a pleasure to work with, her attention to detail, dedication and willing to motivate and teach others has not only enhanced her own athletic abilities, but has also contributed positively to those her around her.

—Douglas Smith, CSCS*D, NSCA-CPT, NSCA Member Sponsor

University of Northern Colorado

Taylor Smith

Middle Blocker

Sport and Exercise Science

Height: 6'0" Weight: 165

Bench Press: 130 lbs., Vertical Jump: 23.5" in., Power Clean: 176 lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Taylor is the rock of the volleyball team. She has a work ethic that is second to none. Through her hard work in the weight room and field of conditioning, she has been able to elevate her game to a point where she has become a prominent member whose leadership will be hard to replace. She has a relentless drive that pushes her beyond the point where anybody else would have quit, and it is this drive that helped her earn honorable mention among in the Big Sky Conference.

—Josef Schaffer, MEd, CSCS, NSCA Member Sponsor

Birmingham Southern College

Natasha Stark

Defensive Specialist

Education

Height: 5'7" Weight:

Bench Press: 145 lbs., Vertical Jump: 24' in., Power Clean: 125

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Through her dedication and hard work in the weight room and on the court, Natasha has showed great improvement and leadership abilities on the volleyball and the classroom which have paid off 10 fold. She has had significant gains in strength and power production across the board, which has made her a huge asset in every aspect of the game. None of these things would have been accomplished without her drive and desire to be successful at volleyball.

—James Schwind, MS, CSCS, NSCA Member Sponsor

Western Michigan University

Ashley Vogl

Middle Blocker

Secondary Education: English

Height: 6'0" Weight: 170

Bench Press: 120 lbs., Vertical Jump: 24 in., Power Clean: 145

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.57 sec.

As one of Western Michigan's most dedicated student-athletes, Ashley has used the weight room in many ways to better herself on and off the court. Her commitment to the strength and conditioning program and enthusiastic work ethic has taken her from a role player to an All-Conference performer on the Volleyball court. Her perseverance through injury and positive attitude in the weight room have helped her comeback from multiple injuries. She is a devoted team player who leads by example, and has developed leadership skills that are unparalleled. It has been my pleasure to work with Ashley over the past five years. She is a great student-athlete and an even better person.

—Timothy Herrmann, CSCS, NSCA Member Sponsor

Mercer University

Erica Vrvilo

Right Side

Biology

Height: 5'10" Weight: NA

Bench Press: 125 lbs., Vertical Jump: 30 in., Power Clean: 155

lbs., 40-Yard Dash: sec., 5-10-5 Agility: 4.87 sec.

Strongest player on the team ... Dynamic athlete who jumps out of the gym ... Heart of a lion ... Known for encouraging her teammates ... A true team player.

—Paul Bohr, CSCS, NSCA Member Sponsor

wrestling

United States Air Force Academy

Steve Crozier

165 lb. class

Economics

Height: 6'0 Weight: 165

Bench Press: 275 lbs., Vertical Jump: 25.5 in., Power Clean: 220

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Steve has exemplified the meaning of a student-athlete. The third year starter and team captain has been instrumental to the success of the team by guiding the Falcons to a 2nd place team finish in the Western Wrestling Conference last season, and his individual accomplishments on and off the mat are a tribute to his dedication and passionate effort. In 2008, Steve took 3rd place in the WWC, qualified for NCAA's at 165#, was named to the All WWC 2nd team, was the recipient of the Mountain West Scholar Athlete Award, and made the NCAA All-Academic team. Steve implements the Air Force Academy core values of integrity, service before self, and excellence in all he does; and he has selflessly reinforced its simplistic importance to his teammates. The delicate balance of being a thriving student and gifted athlete ensures Steve a successful career as an officer in the US Air Force.

—Kim Pinske, CSCS, NSCA Member Sponsor

The University of Missouri

Raymond Jordan

174 lb class

Personal Finance

Height: 5'9" Weight: 174

Bench Press: 376 lbs., Vertical Jump: 33.8 in., Power Clean: 278

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

Ray is the leader that every coach wants in their program. He demands a lot from himself and his teammates. His focus, intensity, enthusiasm, & dedication during workouts in the weight room and on the mat have helped Ray earn All-American status. Off the mat, Ray was a member of the 2005 & 2007 Big 12 Honor Roll, as well as co-President of the Student-Athlete Advisory Committee (SAAC) for 2008-09. He is a member of the Mystical 7 Honor Society & a 2007 Regional SAAC Leadership Conference participant. Ray is currently an intern with Merrill Lynch.

—Travis Kinkade, NSCA Member Sponsor

University of Wyoming

Alex Rieder

174 lbs class

Agricultural Communications

Height: 5'10" Weight: 174

Bench Press: 265 lbs., Vertical Jump: 27.5 in., Power Clean: 260

lbs., 40-Yard Dash: sec., 5-10-5 Agility: sec.

This past summer we had a number of wrestlers stay in town to train, and Alex was one of those guys. Alex's hard work and attitude towards training earned him the title of weight room leader. He is a guy that I can always count on to do things right, and make sure others do the same. The most impressive aspect of Alex's training is that his dedication to the program this past year has made visual improvements to his abilities on the mat.

—Robert Hartman, CSCS, NSCA Member Sponsor

West Virginia University

Matt Weston

184 lb. class

Criminal Justice

Height: 5'11" Weight: 184

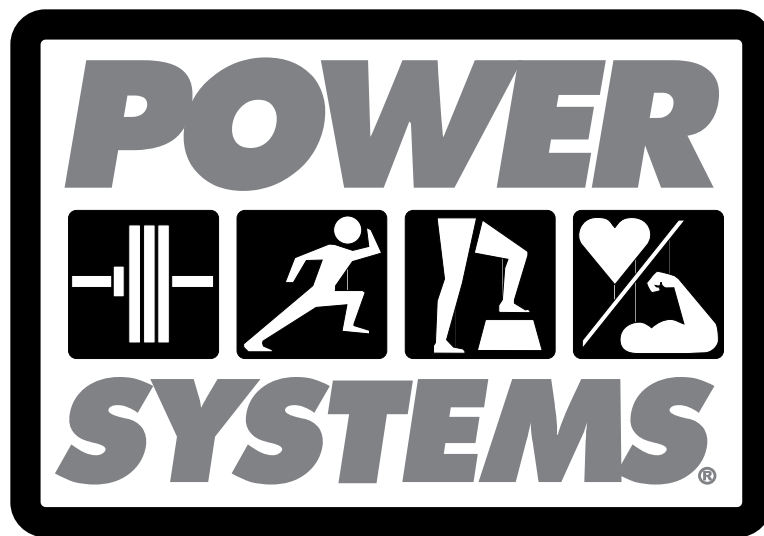
Bench Press: 265 lbs., Vertical Jump: in., Power Clean: 275 lbs.,

40-Yard Dash: sec., 5-10-5 Agility: sec.

Matt is a great athlete to work with due to his combination of natural athleticism and desire to push towards his physical limitations each workout. He's constructively self-critical, regularly asking to have his performance observed to ensure he's getting the most out of every exercise. Matt's energy for workouts is infectious, and his teammates always seem to want more from their workouts when Matt is with them.

—Jerry Handley, MS, CSCS, NSCA Member Sponsor

The NSCA wishes to thank...



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2009 NSCA All-American
Strength and Conditioning
Athletes of the Year***

NSCA 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.

Editorial Note

Information for the NSCA All-American Booklet is provided verbatim from the NSCA sponsor coach via an online nomination form. NSCA staff conducts some editing; however, athlete names, statistics, and comments are considered accurate at the time of submission.