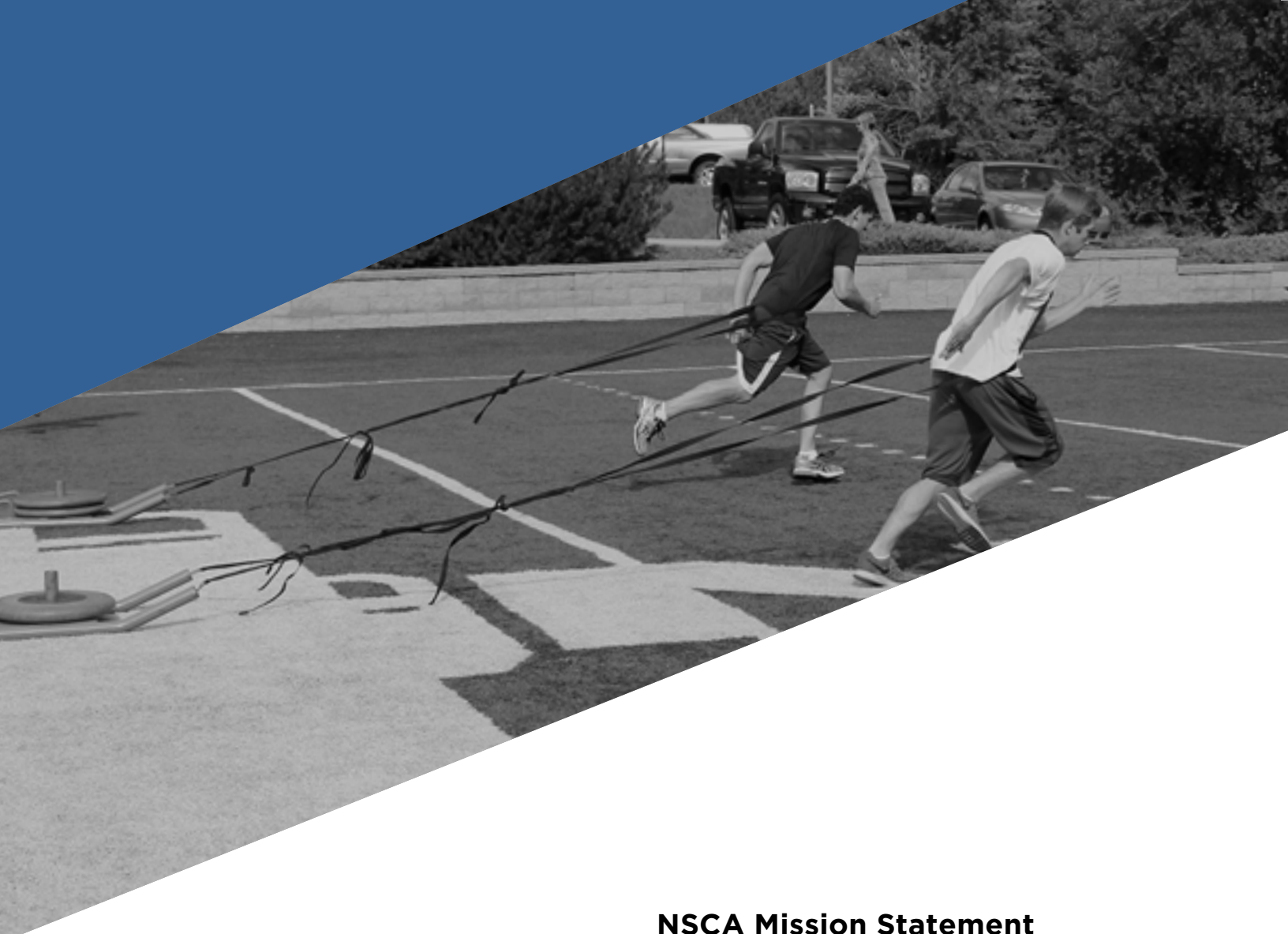




**2017 NSCA
ALL-AMERICAN
STRENGTH AND
CONDITIONING
ATHLETES OF
THE YEAR**





2016 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 and high school 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.

**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.*

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.

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HIGH SCHOOL ATHLETES



BASEBALL

Payson High School

Jake Beeler

Sport: Baseball

Position: Pitcher

Senior

Bench: 245, Squat: 365, Hang Clean: 255, 40-yd dash: 5.12, Pro Agility: 4.56, Broad Jump: 9', Height: 6'3", Body Weight: 222. Jake is an outstanding worker in the weight room. He is constantly pushing himself and others with a level of intensity that is rare to see in high school athletes. Jake is a 4-year varsity starter as a sophomore he was selected as 2nd team All-Section. He has also holds a 3.42 cumulative GPA. ~ Bryan Burke

Canutillo High School

Alexander Briggs

Sport: Baseball

Position: Shortstop/Pitcher/Catcher

Junior

Alexander is a very strong baseball player that will probably be a two- or three-way guy in college. He is a very capable athlete on the field as well as in the weight room displaying a great attitude and work ethic. His commitment and dedication speak for themselves and his achievements in the weight room are obvious. Alexander is a no-nonsense kind of a guy that just tackles things head-on and deals with them letting problems roll off his back. He has great stamina and perseverance in all things. His dedication to improve and the time he commits to it will take him far in college baseball. Squat: 335lbs, bench press: 215lbs, deadlift: 345lbs, Power clean: 215lbs, 60-yard time: 6.9 sec, Pro-agility: 4.32 sec. ~ Doug Briggs

Guilford High School

Logan Driscoll

Sport: Baseball

Position: Outfielder

Junior

Height 5'9" Weight 190 60-yd dash: 6.7 30-yd dash: 3.8 Exit velo-tee: 92 Bench: 185x12 Squat: 365 Logan is a dedicated student athlete who has set himself apart in the classroom, weight room and on

Page 2 of 114the field. I am impressed with his work ethic and commitment to become a better athlete. Logan is one of the few athletes who have the demeanor to reach his full potential. He possesses gifted natural abilities and high baseball intelligence. He is a varsity starter since his Freshman year. He adhered to our programming with relentlessness abandon. He gained 40 lean pounds of functional muscle and increased his speed and agility. To his credit, he's achieved this progression utilizing his home gym and NSCA fundamentals. He is an honor student and challenges himself in the classroom with AP Physics II, AP Calculus AB and AP Statistics. Currently, this multi-sport scholar athlete has focused on baseball. Logan is a D-1 prospect who conducts himself with the humility and presence of a much older athlete. He is a coach's dream. Working with him has been rewarding. ~ James Quinn

Cate School

Dylan Ell

Sport: Baseball

Senior

Dylan has been the single most consistent person in the weight room on campus. It's no wonder then, why he is one of the strongest guys on campus. Each time he lifts he demonstrates focus and determination. As a result, he has shown tremendous improvement. ~ Erik Hansen



BASEBALL



Waukee High School
Fischer Henderson
Sport: Baseball
Position: Shortstop
Senior

2-year letter winner and starter on last year's state semifinal baseball team Hit .313 with a fielding percentage of .970 ~ Jay Dahl

Athletic Performance Training Center
Zach Mueller
Sport: Baseball
Position: Infield
Junior

Zach is totally committed and dedicated to his strength and conditioning program as a way to improve his athletic performance. He never misses a session. Zach is self-motivated and driven to be the best he can be on the field, in the weight room, and in the classroom. Zach leads by example, always exhibiting a positive attitude and serving as a role model for everyone in our facility. ~ Brian Lebo

Lake Central High School
Ben Nisle
Sport: Baseball
Position: Outfield
Senior

Ben made good use of his time in the weight room both during the season and off-season. His work ethic helped him become one of our better baseball players. We looked forward to another solid performance from Ben during his senior season. ~ Thomas Halterman

Guilderland High School
RJ Porter
Sport: Baseball
Position: Second Base
Senior

RJ is a tenacious athlete with the drive to improve his athletic potential that is unrivaled by his peers. He is more excited to put in the necessary work to become the best athlete he can be than any other young man I have worked with. This shows through the massive strides he has made over the course of the last three years in the weight room. His strength, speed, agility, and mental prowess make each grueling training session just another reason why he will succeed both on and off the field! ~ Max Gordon



BASEBALL

Cate School

Joel Revo

Sport: Baseball

Senior

Joel has probably seen more improvement in his lifting than any other person on campus. And he's earned every bit of it. When he first came in as a freshman, he could barely do a push-up correctly, let alone squat well. Now, pound for pound, he is one of the strongest guys on campus. ~ Erik Hansen

Cate School

Pierce Thompson

Sport: Baseball

Freshman

At Cate we like to instill in our freshmen that both focus and consistency will be the two forces driving their long term success in the weight room. In terms of these two values, Pierce has been an ambassador for our campus and the reason he was nominated. He will see incredible improvements if he keeps this up. ~ Erik Hansen

Pro-Activity / North Hunterdon High School

Ryan Visicaro

Sport: Baseball

Position: Pitcher

Junior

Ryan exemplifies all the characteristics that equate to success in the weight room, classroom and field. After an unfortunate setback in his freshman year, he joined our program intent on improving himself for the next year to earn his spot. His commitment led him to perfect attendance, even adding additional sessions on his own during open gym hours. His drive to improve earned him tremendous improvements in the weight room. His efforts resulted in achieving his goal his sophomore year. After a promising season his work ethic has not changed as he prepares for his Junior season. I know he has inspired me and others around him to work and stay committed to achieve their goals. ~ Chris Gahagan



BASKETBALL

Providence Day School

Janelle Bailey

Sport: Basketball

Position: Center

Senior

Janelle has made the commitment to improving her strength, flexibility, and running mechanics. With her hard work and dedication she has realized the benefits on the court. 2016-17 McDonald's All-American Game Selection (1 of 24 Nationally and ONLY player from N.C.) 2016-17 Nationally ranked in the Top 50 in 2017 class by the following Blue Star Media (#16), ASGR (#24), Prospect Nation (#37), ESPN (#41) 2016-17 Naismith National Player of Year Watchlist 2016-17 Leading scorer in Charlotte metropolitan region according to Charlotte Observer 2016-17 Title IX All-Tournament Team (Washington D.C.) 2016-17 NCISAA All-State 2016-17 CISAA All-Conference 2016-17 Top 100 newsmakers of 2016 (South Charlotte Weekly) 2016-17 Charlotte Hoops Challenge Top Female Performer July 2016 One of only three members in 2017 class Nationally selected for USA Basketball 17U team A. Started every game for USA Basketball, averaging almost a double-double...9 ppg, 9 rpg B. Led Team USA to Bronze Medal 2016 Member of EYBL Boo Williams AAU team 2015-16 Guided Providence Day to #13 National Ranking and State Championship 2015-16 1st Team Charlotte Observer 2015-16 1st Team South Charlotte Weekly 2015-16 NCISAA All-State 2015-16 CISAA All-Conference 2015-16 1,00 Point Scorer 2015-16 Crescent Bank Invitational All-Tournament Team 2015 N.C. Flames member 2014-15 Guided Providence Day to State Championship 2014-15 NCISAA All-State 2014-15 CISAA All-Conference 2014-15 S. Charlotte Weekly Player of Year 2014-15 MVP of Charlotte Hoops Challenge 2013-14 Guided Providence Day to State Championship 2013-14 NCISAA All-State 2013-14 CISAA All-Conference 2014 N.C. Spartans member ~ Tom Caruso

Solon High School

Dee Bekelja

Sport: Basketball

Senior

Dee Bekelja is a Senior Captain. She is a 4-year starter who has dominated both on the court and in the weight room. She is the heart and soul of Solon basketball, leading the team to deep State title runs including another District Championship this year. She will be continuing her playing career at DePaul University. It is my honor to have coached such a wonderful young woman and to nominate her for this award. ~ Aaron Short

Kenowa Hills High School

Aubrey Boos

Sport: Basketball

Position: Guard

Senior

Like so many female athletes, Aubrey has had to overcome an ACL reconstruction during her basketball career. While watching her rehab this injury, my admiration for her dedication grew on a daily basis. Now that she has completely recovered, she has gone on to record one of the highest back squats of any female athlete that I've worked with in 20-plus years in the weight room. Additionally, Aubrey is an excellent student and is currently ranked in the top 10 of her class. She plans to compete in college at MacMurray College in Southern Illinois. ~ Todd Johnston

Waukee High School

Kelli Fogt

Sport: Basketball

Position: Forward

Senior

2-year letter winner in girls' basketball and softball. Member of 2016 and 2017 state qualifying teams. National Honor Society, Silver Cord Volunteer Program, National Council on Youth Leadership. ~ Jay Dahl



BASKETBALL

Kenowa Hills High School

Tyler Johnson

Sport: Basketball

Position: Forward

Senior

Tyler has displayed a consistent commitment to strength and conditioning during his high school years. As a senior, Tyler was named captain of our basketball team. In addition to being a student in PEAK Performance, he is also my student assistant in the weight room as well where he is able to mentor our younger students in their strength and conditioning goals. ~ Todd Johnston

Robert E. Lee High School

Taylor Lynch

Sport: Basketball

Position: Shooting Guard

Junior

Taylor has been one of the hardest working female athletes I've had the privilege to coach. Through her positive attitude and work ethic has elevated her ability in both basketball and softball her dedication in the weight room has earned the girls all-time deadlift record and one of the top female lifters to come out of Lee. Her character, compassion, and leadership, is what really sets her apart from most athletes. She is an amazing person who truly defines what this award is all about. I am blessed to have had a chance to be a part of her growth. ~ John Girton

Notre Dame Academy

Carly Noble

Sport: Basketball

Position: Guard

Senior

Carly is a three sport athlete who has won twelve varsity letters in Cross Country, Basketball, and Track and Field. Despite her busy schedule, Carly has always committed herself to the weight room. Her dedication to the weight room is what has allowed her to withstand the constant stress of being a three sport athlete. As a senior, Carly is a captain of all three of her sports which is evidence of the respect her teammates and coaches have for her. Carly also excels in the classroom. Her academic excellence has led her to become a member of the National Honor Society and achieve high honor roll many times. Carly's constant commitment to hard work and doing things the correct way is the reason why I nominate her for this award. ~ Anthony Giovanetti

Waukee High School

Jacob Rau

Sport: Basketball

Position: Center

Senior

3 varsity letters. Averaged 13pts and 8 rebounds as a junior, 12pts and 10 rebounds as a senior. 2nd team all-conference as a junior. All elite 1st team CIML as a senior. Helped lead the team to a share of the conference title and number 2 ranking as a senior. Academic award winner as a 10th, 11th, and 12th grader. ~ Jay Dahl

Solon High School

Alexis Stover

Sport: Basketball

Senior

Alexis Stover is another Senior Captain. She recently scored her 1,000th career point. She puts her head down and goes to work in the weight room and finds a way to make things happen on the court. She will be continuing her playing career at Ohio University. It is my pleasure to nominate her for this award. ~ Aaron Short



FIGURE SKATING



FIGURE SKATING

Troy High School

Lauren Ball

Sport: Figure Skating

Position: Pairs & Freestyle

Freshman

When Lauren first began her strength and conditioning journey, she was slow, weak and fragile. She has put in the effort and consistency needed to be successful. She has improved tremendously and even earned a couple age group records at the gym. That weak kid is now a coordinated, strong and tough young adult. Great job Lauren! ~ Ken Kashubara



FOOTBALL

Fairmont Senior High School

Jake Abbott

Sport: Football

Position: Quarterback / Linebacker

Senior

Jake is a quintessential leader – setting an example of high standards on the field, in the weight room, and in the classroom. An old-school ironman athlete playing almost every snap on both sides of the ball, Jake also vocally led and motivated his team. In the weight room the team always wanted to see what Jake could do because they knew how hard he would work, which led to a new team record 315-lb power clean, and the team a WV State Runner-Up. ~ Jerry Handley

Notre Dame Prep

Luke Adams

Sport: Football

Position: RB/OLB

Senior

Luke has been one of the hardest working kids I have coached. Great person too! ~ Jake Siebert

New Richmond High School

Sam Altena

Sport: Football

Position: Running Back

Senior

Sam is a high school senior at New Richmond High School in New Richmond, Wisconsin. Sam intends to play football on scholarship at Northern State University in South Dakota. Sam has exceptional athletic ability coupled with an intense drive to succeed. Sam has made weight training and athletic development a high priority in his life and continues to develop his talents through participation in our athletic development program. Sam has been a multi-sport athlete for his high school career and had a significant impact on all teams he has been a part of. He holds multiple school records in football. ~ Keith Badger

Skyline High School

David Ames III

Sport: Football

Position: Slot Receiver

Senior

I am nominating David Ames III for the strength and conditioning All-American Athlete award because of his merit as an athlete, student, and individual. He is a four sport varsity athlete who does double duty in the spring competing in track and baseball. His hard work in the weight room was validated in his senior football season where, as a slot receiver, he totaled 2,523 all-purpose yards and 22 tds (1,116 yards-12 tds rushing, 831 yards- 7 tds receiving, and 3 tds as a kick returner). His work ethic was instrumental in him being named the all-area player of the year and the 4A state player of the year while leading his team to a 12-0 record and a state title. Though not extremely vocal in the weight room he proved to be a leader through team workouts and on the playing field. While being successful on the playing field he was also an exemplary student, being named an academic all-conference athlete. In short, he is everything you want in a high school athlete! ~ Justin Jicha

Cate School

Luke Beckmen

Sport: Football

Junior

Luke has demonstrated extraordinary effort in the weight room all year, in season and out. He has taken on a leadership role on the football team to help organize off-season lifting that I'm confident will have a tremendous impact on the health and well-being of his teammates for years to come. ~ Erik Hansen



FOOTBALL

Solon High School

Matt Brown

Sport: Football

Position: LB

Senior

Matt was a captain for us this past football season. He always had a nose for the ball and would make a big play when we were in need of it. He was the Defensive Player of the Year in the state of Ohio. He is also the captain of our lacrosse team. He is an outstanding leader and inspiration to his classmates. It is my pleasure to nominate Matt for this award. ~ Aaron Short

Solon High School

Joe Bubonics

Sport: Football

Position: QB

Senior

Joe is someone who is a coach's dream. He is the captain of our baseball team and was the captain this past year for football as well. His junior year, he was an All-Ohio safety. His senior year, we needed a QB so he stepped up and lead his team to the district semi-final. He received recognition for his ability at that position. Joe led by example in the weight room as well. He gives his all in everything he does and embodies what it means to be a Solon Comet! It is my honor to nominate Joe for this award. ~ Aaron Short

Roosevelt High School

Bryson Carroll

Sport: Football

Position: Quarterback

Senior

Bryson is an under-sized quarterback. At 5-8 178 pounds, some might over look him. What he lacks in size, he makes up in work ethic. In both academics and athletics. Bryson will graduate in the top 7% of his high school class of 2985 students. Bryson is a SC coaches dream! He never misses, always gives his best, and LISTENS! He is cool under pressure and humble in victory. However, Bryson trained with a chip on his shoulder. He knew he had to develop is athletic ability if he would ever have a chance at playing football in college. And he did just that! Bryson had a CMVJ of 35.8 (probotic Jump Mat) and Broad Jump of 9-2 and squatted to parallel 465lbs. Bryson had a great JR and SR year of football. Receiving many offers. He committed to New Mexico where he will have the opportunity to play QB. ~ Troy McHugh



FOOTBALL

Lincoln High School

Kyle Dawson

Sport: Football

Position: Inside Linebacker

Senior

Kyle Dawson is a senior at Lincoln High School. He is a two sport athlete participating in Football and Track & Field. Kyle is also a member of the LHS Powerlifting Club where he and the team compete against other schools in Nebraska. During his school career he has maintain a 3.0 GPA or higher and have always gotten As and Bs. After high school Kyle plans to attend college and major in Exercise Science with a minor in Business and hopes to own his own training facility one day. ~ Stewart Venable

East Ascension High School

Keenen Dunn

Sport: Football

Position: Wide Receiver

Senior

Keenen is a great example of what it means to be a successful student athlete. He sets the tone for our football program on the field, in the weight room, and in the classroom. His 3.97 GPA is one of the best on our football team. He leads by example and is a tough young man. He is a tireless worker, and his commitment raises the level of performance from other teammates. Keenen is the top performer on our team's "Ironman." He received All-District football honors as a senior while battling a high ankle sprain through district. Keenen is very deserving to be named an All American, and he will represent the award and the NSCA well. ~ Daniel Keragan McCready

Longmeadow High School

Liam Fitzgerald

Sport: Football

Position: Linebacker

Senior

Liam was a good athlete on the football team and hockey team. He did track in the spring to stay in shape. But, during this past year he has taken the time, effort and sacrifice to become a great athlete. His lifting numbers skyrocketed even in the face of injury. His max numbers are not the only things that improved. He went from a role player on the football team to a player we couldn't take off the field. He went from being the best defensemen in hockey on his team, to one of the best in our region. He is a lead by example two-sport Captain and a hard worker. ~ Tanner Williams

Payson High School

Atreyu Glasscock

Sport: Football

Position: Defensive End

Senior

Bench: 215, Squat: 365, Hang Clean: 255, 40-yd dash: 5.09, Pro Agility: 4.66, Broad Jump: 9'3, Vertical: 29", Height: 6'2", Body Weight: 212 Atreyu is a leader and has a tremendous work ethic and a phenomenal competitor. He is always the last to leave the weight room and is always eager to embrace new challenges that can make him better on the field. Atreyu was selected to 1st Team All State and has accumulated a 2.7 GPA. He has also lettered in basketball and track and field. ~ Bryan Burke

Cedar Catholic High School - Hartington, NE

Stephen Hillis

Sport: Football

Position: Middle Linebacker

Senior

Stephen is 6'1", 220lbs, runs a 4.6 40 yd dash, has a time of 4.37 in the Pro Agility Run, a VJ of 35 and benches 315 and squats 415. He has signed with Air Force Class of 2017. Stephen is a stand out in basketball as well - being named to the Mid-State All Conference team as a sophomore. In football he was Honorable Mention All-State as a sophomore and 1st Team All State in Neb. this year as a Sr. ~ Mark Roozen



FOOTBALL

Harker Heights High School

Jameel Hodges

Sport: Football

Position: Running Back

Junior

Jameel has dedicated himself to being the best athlete he can be. He's an example of what total buy-in can do for an individual. He made every possible workout during the summer and put on close to 15 pounds of muscle while keeping maintaining an effortless running style. His hard work and dedication during the summer paid off with him racking up 191 carries, 1091 yards and 8 touchdowns during the regular season. He shows up every day, works harder than anyone else in the room, and commits to taking care of himself after he leaves. He is a pleasure to coach and a great person to know. ~ Wayne Skelton

Waukee High School

Drew Johnson

Sport: Football

Position: Quarterback

Senior

First-Team All-District Selection, 3rd in the State in Total Offense, Team Captain, 30 total Touchdowns, Led team to state quarterfinals, Captain and letter winner in basketball, Letter winner in track and field also. ~ Jay Dahl

Mountain View High School

Garbentz Josue

Sport: Football

Senior

Garbentz is an extremely dedicated and humble young man with tremendous talent on the football field. While being very much under the radar his junior year he stayed committed to his goals of playing at the next level, and in doing so was voted as a team captain his senior year. His performance on the field was outstanding earning him player of the week awards multiple times as well as being selected for the All-Region team. He accomplished his goal and received a full scholarship to play at Georgia Southern University. ~ Bradley Palmer

Londonderry High School

Christopher Komst

Sport: Football

Position: Lineman

Senior

"Apply yourself every day to just becoming a little bit better." ~ John Wooden

From his freshman to his senior year Chris got a little better every day he trained. He was committed, consistent, understood the importance of "the little things" and as a result started every game his senior year. He never missed a practice or a game. He was the recipient of the 2017 Leadership Award and Lancer Strong Awards this year in football and is in the process of choosing between 4 offers to play college football. ~ Michelle Hart-Miller

Collinsville High School

Joey Krupinski

Sport: Football

Position: OL/DL

Senior

Joey Krupinski will graduate Collinsville High School in 2017. He has a 3.5 GPA and is a four year letter-man in football. Joey began training with us in 2014, as a freshman, and has showed nothing but dedication and toughness. His dedication to the training regimen has gained him 100lb on his bench, 265lb on his Squat, and 50lb on his Power Cleans. He has been a leader for his class in the arena, as well as, in the classroom. After he graduates he would like to enter the field of Law Enforcement. ~ Adam Hass



FOOTBALL

Robert E. Lee High School

Gideon Kwame

Sport: Football

Position: Defensive Back

Junior

Gideon's consistent effort and intensity to be the best has set him apart both in the weight room and in the classroom. Through his dedication the last few years he has become pound for pound one of the strongest athletes we've ever had. Gideon also has a fantastic work ethic off the field earning Scholar Athlete honors for having above a 3.5 GPA his junior and senior years. Gideon is one of the best young men I've had the privileged to coach. His character is second to none. He is truly deserving of this award. ~ John Girton

Conway Springs High School

Matthew Lange

Sport: Football

Position: Defensive End

Junior

Height: 6'1" Weight: 235lb Vertical Jump: 32" Pro Agility: 4.21 (laser) Bench Press: 345lb Squat: 510lb Hang Clean: 340lb Matthew is a very dedicated student-athlete. His work ethic on the field, in the class room, and in the weight room is second to none. He is a multi-sport athlete excelling in football, track, and on the powerlifting platform. The work Matthew has put into our strength and conditioning program has translated to the field, as other teams must game plan for him due to his physicality. This was evident as he received all-league and all-state honors his junior season. His work ethic is also evident in the classroom as he has a 3.8 GPA and also represents the school's student body on the Student Council. Matthew is one who is never satisfied with his progress and is primed for a huge senior season in 2017. ~ Clinton Vancuren

Northwest High School

Tanner Lierman

Sport: Football

Position: Receiver

Senior

Tanner has demonstrated an incredible work ethic and drive to succeed the last four years in our program. Tanner's infectious personality is truly contagious. His teammates respect his work ethic and level of commitment. But most of all Tanner is a NSCA All-American person. He is a 3.6 student athlete and Honor Roll member all four years of high school. National Honor Society member and involved with FCA for 4 years. Voted team captain in football and basketball. This award is a testament to Tanner's hard work and dedication to reaching his utmost potential as an athlete. Tanner is a four year varsity letter winner in Football, Basketball, and Track. 2016 All Heartland in Basketball and Football. All State Honorable Mention in football. Returning State medalist in the 110 and 300m hurdles. Tanner's weight room maxes are 405 squat, 250 bench, and 260 clean. Tanner was also chosen to be a bone marrow donor, to his sister this summer. Tanner is very deserving of an award like the NSCA All-American award. Please consider Tanner for this award. ~ Troy McNeil

Goshen High School

Mat Marvin

Sport: Football

Position: Lineman

Senior

Mat has always been a hard worker all through high school. He has developed into a leader on and off the field. Mat worked to make time to get in the weight room, in season and out of season. Whether it was before or after school and all summer long. He focused on improving strength, power and technique always looking for an edge. Mat was always coachable, open to suggestions and willing to learn. He has set an example and standard for others to follow and should do well next fall as he continues his athletic career at Stonehill College. ~ Robert McIntee



FOOTBALL

Solon High School

Jake McCurry

Sport: Football

Position: WR/CB

Senior

Jake is someone who is extremely competitive. In the classroom, weight room, out on the field whatever it may be he wants to be the best. He boasts a 4.0 GPA and will be continuing his football career at the University of Michigan next fall. He was a captain for our team and laid everything out on the line every single day. He rarely came off the field. Whether we needed a big play to get the 1st down on offense or a big defensive stop on D, Jake was a guy we could always count on. He is a very versatile player. His ability carried over to the weight room. He made everyone around him better by bringing an energy that spread throughout the room. It is my honor to nominate Jake for this award. ~ Aaron Short

Marquette University High School

Noah Nordness

Sport: Football

Position: Linebacker

Senior

I am pleased to write in support of Noah Nordness for the 2017 All-American Strength and Conditioning Athlete Award. Noah is the most committed and hardest working athletes I have had the pleasure of coaching at MUHS. He shows up every day with a great attitude ready to work hard and always gives 100%. We often say that if everyone would come to the workout with Noah's dedication and work ethic our job would be very easy. During his four years at MUHS, Noah has made a difference in the classroom, community and on the sports field. He has worked with the veterans at the VA, helped at the school by tutoring freshman who were struggling, worked with the elderly at a local nursing home and has also helped out at a local elementary school tutoring the kids. In addition to his outstanding character Noah has found time to excel in the classroom boasting a 3.68 GPA and has been on the high honor roll six times and one time on the honor roll. He is also very accomplished in athletics; Noah was the defensive MVP, two time off season effort award winner, an all-state honorable mention defensive end, and a finalist for the John Anderson best state linebacker award. Noah has been a true pleasure to coach and I know with his work ethic his future will be bright! ~ Jacob Wyss



FOOTBALL

Campbell County High School

Madden Pikula

Sport: Football

Position: WR

Senior

Madden puts in the time year round in the weight room and honing his skills in his sports. He is a perfectionist in the weight room and has developed into one of the most technically sound athletes I have had the pleasure to work with. His attitude is great and is contagious to everyone in the room, bringing up the level of all. Madden has used his skill and passion in the development of younger players as well. He is always willing to pass on his knowledge and work with younger, less proficient athletes. His hard work has been rewarded with many achievements in both track and football. He is just as proficient in the classroom boasting a 4.0 GPA. He has been a great role model for all athletes in our school and represents our community well. ~ Micah Christensen

Corpus Christi Veterans Memorial High School

Luis Salazar

Sport: Football

Position: Defensive End

Junior

Luis is one of our team leaders and the hardest worker that we have. He is a 500-lb squatter, 300-lb cleaner, 300-lb bencher, and has a 500-lb deadlift. He has a 4.8 40-yard dash all while overcoming a meniscus surgery. He maintains a 3.2 GPA. He is starter on defense in football, qualified for Regional in wrestling, and throws shot and disc in track. Luis was also chosen to serve on the athletic leadership council. ~ John Mitchell

Strong Rock Christian School

Seth Thompson

Sport: Football

Position: Running Back & Linebacker

Senior

Seth Thompson has taken his hard work and effort in our training program and used it to become one of the best football players in our programs history. Seth owns the single season and career tackles record here at Strong Rock; along with many strength & conditioning records as well. This past season he was named All-Region and All-County as Linebacker. He owns the Combo All-Time Record in the Box Squat & Total Weight. He has earned the highest award level in our testing competition, being named Elite Patriot his past fall semester. His effort and passion for training are second to none and it has been a joy to coach Seth during his high school career. ~ Tobias Jacobi

Christian Brothers Academy (Albany)

Benjamin Truchard

Sport: Football

Position: Quarterback

Senior

A leader both on and off the field, Ben knows the definition of hard work. His preparation in the off-season in the weight room and on the practice field allow him to go into each season physically and mentally ahead of his peers. His tireless work ethic combined with a constant positive attitude give him the potential to play well into his college years, and maybe beyond! ~ Max Gordon



FOOTBALL



Cate School

Elliot Tsai

Sport: Football

Junior

At Cate we try to communicate to our freshmen that two things will primarily contribute to their success in the weight room: 1) focus and 2) consistency. Young athletes set themselves on a safe path toward improvement when they're able to focus enough to gain competency in form, in how to organize the workout, and in calculating the appropriate weight. When they're able to do this on a consistent basis, throughout a season, for the entire a year...that's when they start seeing the kinds of improvements that surprises both themselves and their peers. Elliot, along with just one other freshman, has exhibited these two values we like to see in all our student-athletes. ~ Erik Hansen

AC Flora High School

Robert Tyree

Sport: Football

Position: Offensive Line

Senior

Through Rob's effort and hard work in the weight room, he became our school's most dynamic and dependable lineman on the football team which made it to the 2nd round of the playoffs. He has been the model for hard work and effort. "Big Rob" used his superior strength and quickness to become an all-region football player and a terror as a pulling guard. Rob currently has the 2nd highest bench press in school history at 395lbs. Rob also throws the shot put in track and is on the club rugby team. Rob is a great athlete but an even better person! ~ Micah Kurtz

Cate School

Eric Yi

Sport: Football

Junior

Eric has demonstrated vast improvements since his freshman year. He couldn't squat when he first started. Now, he's one of the strongest guys on campus. In addition, he has helped take on a leadership role on the football team to help organize off-season lifting that I'm confident will have a tremendous impact on the health and well-being of his teammates for years to come. ~ Erik Hansen

Notre Dame Academy

Andrew Zipp

Sport: Football

Position: OL/DL

Senior

Throughout his entire four years of high school, Andrew, has always competed in the weight room to better himself as an athlete. Andrew is a multi-sport athlete who plays football and baseball. As a freshman in summer lifting, Andrew's work ethic immediately caught the attention of his teammates. He showed that same work ethic and dedication every day of his four year career. Andrew has been a three year starter at multiple positions on our varsity football team, including a state championship and state runner-up team. His work ethic has paid off for Andrew in his academics as well, as he has consistently been on the honor roll. These characteristics and the example he has set for his teammates is why I nominate Andrew for this award. ~ Anthony Giovanetti



GOLF

Kenowa Hills High School

Kezia Stinson

Sport: Golf

Position: Team Captain

Senior

Like many female athletes, Kezia suffered an ACL rupture in her career. After her freshman basketball season ended due to injury, she turned to PEAK Performance and a commitment to strength and conditioning to help her recover. As a senior, she served as a Student Assistant Coach for our Girls' Basketball team and turned her athletic attention toward the sport of Golf where she was Team Captain and was named MVP. It has been a joy to work with her in the weight room and I am proud to nominate her for this award. ~ Todd Johnston

Yankton High School

Morgan Strahl

Sport: Golf

Position: Player

Freshman

Morgan was on her High School Varsity Golf Team for the last 2 years. Last year she was on the State Championship Team for AA Golf. She placed 14th as an 8th Grader with a personal record of 83. Morgan is also on the Varsity Soccer Team and plays defender. She has used her performance training to excel and compete at the HS level while in Jr. High. ~ Mark Roozen



HOCKEY



Guilderland High School

Connor Phillips

Sport: Hockey

Position: Center

Senior

After three years of hard work, Connor has become an exemplary athlete both in the weight room and on the ice. His never say die attitude combined with a relentless work ethic sets him apart from his peers. Every day Connor shows up to train he is ready to work, no matter how tired, sore, or otherwise occupied he may be. Working with Connor is truly a pleasure, and I can't think of anyone who deserves this award more. ~ Max Gordon

Kenowa Hills High School

Thomas Reese

Sport: Hockey

Position: Defenseman

Senior

Thomas has displayed a commitment to his strength and conditioning during his career as a hockey player for Kenowa Hills High School. His consistent approach to his training has been an example to his teammates. He plans a career in Athletic Training or Physical Therapy and would like to have a career in the Sports Medicine field. ~ Todd Johnston

Kenowa Hills High School

Brendan Schievink

Sport: Hockey

Position: Defenseman

Senior

I am proud to nominate Brendan Schievink for NSCA High School All-American status. In addition to being the captain of our hockey team, Brendan is part of our football and baseball teams as well. Simply one of the hardest-working, most dedicated athletes that our school has with regard to his strength and conditioning. ~ Todd Johnston

Kenowa Hills High School

Lucas Snyder

Sport: Hockey

Position: Field Hockey Linebacker

Senior

In over 20 years in high school strength and conditioning, I have encountered few young men with the drive and determination that Lucas Snyder has. It has been a privilege to have him in PEAK Performance and to watch his commitment to strength and conditioning pay off on the football field. Lucas plans to enlist in our Armed Forces after graduating, and I am pleased to nominate him for NSCA All-America status. ~ Todd Johnston

The Rivers School

Michael Young

Sport: Hockey

Position: Defense

Senior

Mike has been dedicated to strength and conditioning ever since I first worked with him in 8th grade. His tireless work ethic in the weight room is second to none and is well known throughout the school. Mike will always find time to get his workout in whether it's before school or staying late after practice. He has been a 2-time recipient of the school's Strength and Conditioning Dedication Award and an All-League selection in Hockey and Baseball multiple times. He's been elected Captain of the Hockey team as a Junior and Captain of Baseball and Hockey his senior year. Mike's work in the classroom is not to be outdone as he consistently enrolls in 2-3 advanced placement courses a year and maintains a 4.0 GPA. Mike is also a student advisor in which he guides freshman with their school experiences. ~ Paul Sanclemente



LACROSSE

New Hampton School

Nicole Foringer

Sport: Lacrosse

Position: Attack

Senior

Nicole works day in and day out to succeed in strength and conditioning, and in lacrosse. Rarely do I see a student-athlete with the commitment and drive that Nicole possesses. She has battled two ACL setbacks and she continues to work hard in her rehab and strengthening to achieve her goals. She demands the very best from herself, while communicating clearly and displaying positivity. Her perseverance and tenacity are inspiring to those around her. ~ Sarah Booker

Kenowa Hills High School

Sam Jakubowski

Sport: Lacrosse

Position: Defenseman

Senior

In over 20 years of high school strength and conditioning, Sam is one of the most dedicated athletes I have encountered. His work ethic and consistent, faithful approach to his training is matched only by his school pride. This is one of the finest young men that PEAK Performance has ever produced. ~ Todd Johnston

Marquette University High School

Sam Malewicki

Sport: Lacrosse

Position: Defender

Senior

Sam is one of the hardest working and most coachable young men we have had the opportunity to work with at Marquette University High School. His leadership, work ethic, and character have been a positive influence on teammates and in each program he has been involved with. There has been a commitment on his part to training which has helped him be a major contributor in several sports and successfully come back from shoulder surgery to compete at an even higher level. He has won MVP on two different athletic teams. In his main sport, lacrosse, Sam has been captain that last two years and awarded the Coaches Award recognizing leadership and the player coaches turn to when needed. Sam has competed in football, weightlifting, and powerlifting of which he was a state qualifier. In addition athletic success and academics (cumulative 3.55 GPA), Sam has been involved in community service and mission trips. Congrats and good luck in all your future endeavors. ~ Michael Duehring

Cate School

Daphne McKafferey

Sport: Lacrosse

At Cate we like to instill in our freshmen that both focus and consistency will be the two forces driving their long term success in the weight room. Typically, students get frustrated with mastering form and don't exhibit the kind of effort that contributes to consistency. Furthermore, we emphasize that the weight room space is there for all our students, not just the boys. Daphne has demonstrated the attributes described above while often being the only female in the weight room. She's an example to all our students. ~ Erik Hansen



LACROSSE

Londonderry High School

Brandyn Proulx

Sport: Lacrosse

Position: Defensive Middle

Senior

How do you overcome adversity? You can make excuses or attack it and get better! Brandyn came off a great junior lacrosse season after working hard to improve his body composition and increase his speed. He was expecting to have a big senior football season but he tore his ACL 3 weeks into the summer. Although he lost his senior football season as an athlete, he continued to train up to and after his surgery and focused his efforts on what he could do. He made no excuses. As a result he was named a football team captain, recovered quickly and has prepared himself for his senior year on the lacrosse field. Despite his injury Brandyn finished in the top 5 in our point system, was a 3 year Iron Lancer and is the recipient of this year's Lancer Strong Award for Lacrosse. He hopes to have a strong lacrosse season and has options to play in college next year. ~ Michelle Hart-Miller

Red Bank Catholic High School

Erika Recanzone

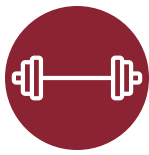
Sport: Lacrosse

Position: Midfield

Senior

In today's generation, Erika Recanzone is the epitome of what a high school student-athlete represents. Driven. Determined. Passionate. Purposeful. Throughout my 10+ years of coaching at the professional, collegiate and high school level, I have never met a youth athlete that possessed the grit and dedication to push past their comfort zone and establish a continuous mindset to improve more than her. After beating cancer at an early age, Erika has devoted her life to maximizing her potential both on and off the field while inspiring everyone around her to do the same. In just her high school years alone, she has maintained a 4.1 GPA, volunteered her time as a caregiver, taught bible school, became lead vocalist of the church choir, and worked with us at RYPT as a student sports performance intern. She's also recovered from a torn ACL and built her body and mind back better than ever, rehabbing and training with our staff these past four years effectively helping her secure a scholarship roster spot with Florida Southern College women's lacrosse. Our facility prides itself on teaching our athletes the fundamentals of living, not just lifting. Erika's respect for herself and others, positive attitude and unwavering service to the community is a great asset to not only sports performance and sport, but to our society as a whole. ~ Adam Feit





OLYMPIC WEIGHTLIFTING

Pine Crest School

Sofia Caro

Sport: Olympic Weightlifting

Senior

Sofia will be attending Yale University after graduation. She was a Florida HS silver medalist in 139 class, played varsity football, scoring 2 TDs as a RB and making 10 tackles as a member of the punt team, played lacrosse and earned First-Team All-Broward County by Miami Herald and South Florida Sun-Sentinel. She also sung the National Anthem prior to playing football games! - Timothy Hibbs

West Valley High School

Chloe Han

Sport: Olympic Weightlifting

Senior

Chloe is in her Senior year in high school and is now just focusing on Weightlifting. In her first three years in high school, Chloe lettered in Volleyball, Softball, Soccer, and Tennis. Chloe also has a 3.34 GPA in the classroom. She plans on going to college and becoming an Audiologist. - Patrick Cullen-Carroll



Guilderland High School

Brandon Ford

Sport: Soccer

Position: Midfielder

Freshman

Brandon is what you get when talent works harder than everyone else. A testament to Brandon's hard work, he was the first Freshman in school history to start on his Varsity Soccer team. His ability to consistently put in the work in the weight room in the off season allows him to play through the bumps and bruises a grueling match schedule causes in season, both without complaint and reservation. Leading by example, Brandon is the type of kid you want on your team, a competitor who no matter what will give you 100%, regardless of the score or situation. His dedication to getting bigger, stronger, faster, quicker, and become a better all-around athlete will continue to pay massive dividends for the rest of his high school career and as he moves into the collegiate level. For such a young kid with the work ethic of Brandon, the sky is the limit! ~ Max Gordon

Waukee High School

Cade Longnecker

Sport: Soccer

Position: Infielder

Senior

Longnecker is a three year letter winner, 3-year starter and soccer team captain. He was a 3rd Team All-State selection last spring. He was also a team captain on the basketball team. Lettering his last two years in Basketball playing the guard position. ~ Jay Dahl

University High School

Braden Pickett

Sport: Soccer

Position: Defense

Junior

With her sights set on playing high-level collegiate soccer, Braden has transformed herself into a true leader on her team - setting an example of high standards on the field, in the weight room, and in the classroom. A true soccer athlete who plays where she is needed most, Braden provides a force not many opponents can stand up to and a constant burst of energy for her team for the entire game. Not content to lead only on the field, Braden has also shown a commitment to strength & conditioning to best prepare herself for success. ~ Jerry Handley

Solon High School

Jane Sensibaugh

Sport: Soccer

Position: GK

Senior

Jane gets after it in everything she does. She's in the National Honor Society, the captain of both the soccer team and track team, and she is the strongest female athlete here at Solon. She is the school's record holder in both the Shot Put with a 46'1" and Discus with a 158'7". She has placed in the top 5 at states for her events. On top of that, she is a better person than she is an athlete. It has been my pleasure to coach Jane and nominate her for this award. I wish her nothing but the best as she continues her career at the University of Cincinnati. ~ Aaron Short

New Richmond High School

Sophie Thommes

Sport: Soccer

Position: Defense

Senior

Sophie is a high school senior at New Richmond High School in New Richmond, Wisconsin. Sophie's dedication to the weight room started before her freshman year. In four years, Sophie has missed very few workouts. Her athleticism has increased through her commitment to improving herself athletically. In addition to her individual commitment, Sophie has been an exceptional leader attracting her teammates to train alongside her year-round. Academically, Sophie challenges herself taking some of the most difficult courses our school has to offer. Her 3.8 GPA is a reflection of her effort in the classroom. ~ Keith Badger



SOFTBALL

Kenowa Hills High School

Taylor Borkowski

Sport: Softball

Position: Outfielder

Senior

Taylor Borkowski is one of the hardest working student-athletes that I have ever worked with. She has been a faithful member of our PEAK Performance class for the last 3 years. Additionally, she has chosen to participate in our voluntary summer StrongHER program as well. In addition to being an elite softball player, she also has displayed a tremendous work ethic in the weight room. She has committed to play softball at Aquinas College in Grand Rapids, Michigan. I am proud to nominate her for the NSCA High School All-America distinction. ~ Todd Johnston

Strong Rock Christian School

Anna Claire Box

Sport: Softball

Position: Outfield

Senior

AC is one of the hardest workers we have in our girls program at Strong Rock. Her effort and passion to training has helped her become the most decorated softball player in our schools history; earning All-State honors this past season. She also holds the All-Time Pro Shuttle record for girls and is in the top 1 or 2 in every current testing categories. She also competes in basketball, soccer, and track & field. She will be attending the University of Georgia next fall. ~ Tobias Jacobi

Hamilton Heights High School

Ashton Runner

Sport: Softball/Basketball

Senior

Feisty. Driven. Hustle. Devoted. Impactful. Teammate. Fitness focused. Encourager. Defender. All of these and so much more define Ashton Runner. This impact player competed in three sports- basketball, softball, and volleyball- during her high school career. Her work ethic and drive provided the positive example many of her female counterparts required to buy into being dedicated to strength and conditioning. Physically, Ashton is built more like a model than the football players she jumped in to train with throughout the pre-season conditioning. If she is willing to sweat and work hard without embarrassment, why not the rest of the female athletes? In a world filled with highlight clips and concerns about personal averages, Ashton has a challenge remembering them from her two semi-state softball seasons because in her words she 'never looks at them, they are not important, it's all about team first; stats don't matter only outcomes!' Her integrity as a student athlete is only overshadowed by her academic and other athletic accomplishments. ~ Jan Clifton-Gaw

Waukee High School

Sarah Schaefer

Sport: Softball

Position: Pitcher

Senior

4-year letter winner in softball. Has a 47-9 career record as a pitcher and was 18-3 with a 0.77 ERA last summer. Was the team's leading hitter with a .438 batting average. Two-time first-team all-state selection and captain of the class 5A state all-tournament team in 2015 leading Waukee to the state championship. ~ Jay Dahl



Dassel-Cokato High School

Hana Pokornowski

Sport: Swimming
Senior

Hana is an all-around hard worker and a great person. She is a 6-year participant at the Minnesota True Team State Swimming meet, along with being a two time state participant in the Minnesota Individual State Swimming Meet. She has received all-conference awards for 4 years and was voted by her fellow swimmers as the “Hardest Worker.” Along with swimming, Hana participates in Softball and Strength and Conditioning. She is also involved in National Honor Society and Student Council. In the weight room, Hana has worked hard and holds many school records. She is a great candidate for the All-American Athlete Award. ~ Amanda Berg

Kenowa Hills High School

Simon Schenkel

Sport: Swimming
Position: Freestyle
Senior

Simon is a foreign exchange student that has only been with us for this current school year. However, in this short time, his commitment to strength and conditioning has been impressive and he is deserving of nomination for this award. He has participated in soccer and swimming for our school and we are proud to nominate him as a swimmer for the honor of NSCA All-American. ~ Todd Johnston



TENNIS

Cate School

Carol Cai

Sport: Tennis

Position: Singles and Doubles

Freshman

Carol approaches her workouts with focus and is the most consistent freshman lifter in the school. It is no surprise, then, that she has become the strongest, quickest female in her class. She has just scratched the surface of her potential. It will be exciting to see her surprise herself and others by her senior year. ~ Erik Hansen

San Jacinto High School

Gabriel Pacheco

Sport: Tennis

Position: Singles and Doubles

Junior

Gabriel is in his third year on the Tennis team. During his freshman and a sophomore years he was a varsity team letterman and was the # 4 player, and went to the playoffs as a doubles player as a sophomore. This year, his junior year, he is the # 1 player on the boy's team and the season starts on March 1. Gabriel carries a 3.4 GPA and take honor classes. ~ Patrick Cullen-Carroll





TRACK & FIELD

Kenowa Hills High School

Anna Berg

Sport: Track & Field

Position: Sprints

Senior

Anna is an accomplished sprinter winning All-Conference, All-Region and All-State in the 4x400 relay. She also runs the Open 400 and 200. Her work ethic in the weight room has been exemplary and we have enjoyed devising workout routines that will enhance her ability to perform on the track. Anna is also a member of Cross Country team as well as our competitive Dance squad. ~ Todd Johnston

Waukee High School

Dan Blocker

Sport: Track & Field

Position: Sprinter

Senior

3-year letter winner in track. 2-year letter winner in wrestling. Drake Relays and State Meet qualifier. Placed 5th in the State Meet in the 200m dash. Drake and State meet relay place winner. ~ Jay Dahl

Cate School

Sean Busse

Sport: Track & Field

Freshman

At Cate we try to communicate to our freshmen that two things will primarily contribute to their success in the weight room: 1) focus and 2) consistency. Young athletes set themselves on a safe path toward improvement when they're able to focus enough to gain competency in form, in how to organize the workout, and in calculating the appropriate weight. When they're able to do this on a consistent basis, throughout a season, for the entire a year...that's when they start seeing the kinds of improvements that surprises both themselves and their peers. Sean, along with just one other freshman, has exhibited these two values we like to see in all our student-athletes. ~ Erik Hansen

St. Mary's High School

Alex Fesi

Sport: Track & Field

Position: High Jump, 200m, 400m

Senior

Alex is consistent, hard-working, gracious, and respectful. These are just a handful of terms that can describe Alex Fesi. Alex rarely ever missed a training session, and when he did, he always found a way to make it up. He took his development as an athlete seriously. You can find his name all over the Record Board and Iron Dragon Board in the Weight Room. And, now his name will forever be etched upon the All-American Wall. This is an honor which Alex undoubtedly earned. ~ Ty Van Valkenburg

Waukee High School

Mary Kate Gray

Sport: Track & Field

Position: Sprints and Hurdles

Senior

3-year letter winner in girls track, softball, and basketball. Has been a member of state championship teams in Softball 2015, Basketball 2015 and Track & field 2016. Multiple medal winner in state track and field in Shuttle Hurdle relay, 4x400 relay and 400 Hurdles. Drake relay champion in 4x400 relay and Shuttle hurdle relay. Student Council, National Honor Society, National Council on Youth Leadership. ~ Jay Dahl



TRACK & FIELD

Mater Dei High School

Imani Jones

Sport: Track & Field

Position: Sprinter

Senior

Imani is one of the most gifted athletes that I have ever had the opportunity to work with. She is a combination of raw strength and pure power that is rarely seen. Couple that with her unrelenting work ethic and you can see why she has had such tremendous success as a student-athlete. We all wish Imani great success at the collegiate level. ~ Greg Vandermade

Payson High School

Meredith Kiekintveld

Sport: Track & Field

Position: Hurdles

Sophomore

Bench: 125, Squat: 215, Hang Clean: 120, 40-yd dash: 5.63, Pro Agility: 5.07, Broad Jump: 7'0.5 , Height: 5'5 , Body Weight: 142. Meredith is a phenomenal athlete but what sets her apart is her tremendous work ethic. She sets the tempo and intensity for the entire weight room any time that she is training. She holds a 3.8 GPA and is also a varsity starter in basketball as well. As a freshman she placed 4th in the state in the high hurdles with a time of 16.29. ~ Bryan Burke

LaCrosse High School

Kacee Klozenbucher

Sport: Track & Field

Position: High Jump / Triple Jump

Junior

Kacee is the type of athlete that makes a coach's job easy. Whether its strength, speed, agility, or nutrition, Kacee shows up every day ready to work hard and make herself the best she can be. That dedication has helped make her pound for pound one of the strongest athletes in the school and allows her to compete with girls that are much bigger than her. Kacee is also a fierce competitor but that doesn't keep her from having fun with the workouts. She has worked hard for all that she has earned and her work ethic will continue to serve her well in future endeavors. ~ Shawn Landers

Corpus Christi Veterans Memorial High School

Aaron Lugo

Sport: Track & Field

Position: Sprinter

Senior

Aaron is a three-sport athlete competing in football, soccer, and track. He is one of the vocal leaders in the weight room, who leads by example also. He cleans 245lb, squats 345lb, benches 210lb, and deadlifts 385lb at 155lb bodyweight. ~ John Mitchell



Longmeadow High School

Abbie Mokwuah

Sport: Track & Field

Position: Thrower

Senior

Abby began track and field as a freshman and met some success. She began working out the summer before her sophomore year. She then began her rise through the ranks. She moved up from a qualifier at our regional meet to a scorer as a sophomore and now as the pre-eminent thrower in our region. Her dedication to strength and conditioning is shown in her leadership with her peers and her relentless pursuit of improvement. She now holds both the indoor and outdoor school record in the shot-put. She has qualified for nationals for both indoor and outdoor track this season. ~ Tanner Williams

Cate School

Sophie Nettesheim

Sport: Track & Field

Position: Sprints

Senior

Sophie's continued presence in the Harcourt Fitness Center has helped contribute to the much needed message that the weight room is for all people on campus, not just the boys. Her perseverance has enabled her to be one of the strongest student-athletes on campus. Her positive influence on this program will extend many years past her graduation. ~ Erik Hansen

Reagan High School

Taylor Olson

Sport: Track & Field

Position: Sprinter and Long and Triple Jumper

Senior

Taylor is a tenacious athlete--never settling for less than the very best she has to give. Her talent for sprinting was evident as a freshman; however, her sophomore year, Taylor was diagnosed with a spinal injury that required rest and recovery for the entire season. Determined to overcome, Taylor began focusing on building her foundation through S&C. Through that endeavor, she blossomed. After years of S&C work, Taylor's Broad Jump has developed to 8' 2" and her CMVJ to 30.2" (measured on Probotic Jump Mat). This improvement transferred to her following track season as she competed at her personal best and within the National Elite Standard--posting a 12.18 FAT 100M, a 39' 5.75" Triple Jump, and a 18' 3.5" Long Jump. In addition to being a committed athlete, Taylor's 3.9 GPA demonstrates her priority of academic excellence, as well. Her heart and will are assets that will sustain her as she journeys to Oklahoma State University to play soccer next year. ~ Jennifer McHugh

Corpus Christi Veterans Memorial High School

Bryan Prado

Sport: Track & Field

Position: Sprints/Shot-Put (wheelchair)

Senior

Bryan is an inspiration to all those around. He is one of the hardest working athletes in the program. Despite being in a wheelchair he is always willing to work with no excuses. He qualified for Regionals in the 400meter, and 100meter races, and qualified for State in the shotput. He is ranked 79 of 322 students with a 3.5 GPA, involved in National Honor Society, Young Life, Junior Achievement, and graduating distinguished. ~ John Mitchell



TRACK & FIELD

LaCrosse High School

Emma Rues

Sport: Track & Field

Position: Sprints

Junior

Emma is a great example of both the physical and intangible benefits of weight training. She has grown from a timid middle school athlete to a key high school contributor. Her hard work has paid off with improved athleticism, strength, and self-confidence. Emma is also a great example of how a student athlete should conduct themselves. Whether she is lifting the heaviest weight in the weight room or beating everyone in sprints, she is still encouraging others to do their best. Emma is everything you want in a student athlete, great student, work ethic, high character, but humble with her success. Emma is still just scratching the surface of her potential and I see great things in her future. ~ Shawn Landers

Lincoln High School

Cody Selvage

Sport: Track & Field

Position: Cross Country and Distance Running

Senior

She was the captain of the girls cross country team for three years which has helped give her confidence in a leadership position, her freshman and sophomore years she individually qualified for state and her senior year she qualified with her team and set, and still holds, the course record at the home course her freshman year. She's very involved in the weight room and has student coached by helping out her teammates by demonstrating various lifts for various reasons. Both in sports and lifting, she's very dedicated and works her hardest. Her running career in high school has benefited her by landing her a cross country and track and field scholarship to Hastings College. ~ Stewart Venable

Solon High School

Jane Sensibaugh

Sport: Track & Field

Position: Thrower

Senior

Jane gets after it in everything she does. She's in the National Honor Society, the captain of both the soccer team and track team, and she is the strongest female athlete here at Solon. She is the school's record holder in both the Shot Put with a 46'1" and Discus with a 158'7". She has placed in the top 5 at states for her events. On top of that, she is a better person than she is an athlete. It has been my pleasure to coach Jane and nominate her for this award. ~ Aaron Short

Cate School

Rivers Sheehan

Sport: Track & Field

Position: Sprints and Jumps

Junior

Rivers' continued presence in the Harcourt Fitness Center has helped contribute to the much needed message that the weight room is for all people on campus, not just the boys. Her perseverance has enabled her to be one of the strongest student-athletes on campus. ~ Erik Hansen



TRACK & FIELD

Yankton High School

Emma Stewart

Sport: Track & Field

Position: Long Jump and Triple Jump

Senior

Emma has used performance training to excel and be the top of her field. Last year she was AA State Champion in the long jump with a jump of 18' 4.5" and AA State Champion in the triple jump with a leap of 37' 8". She also runs on her teams 4 x 200 and 4 x 400 team. ~ Mark Roozen

Payson High School

Sadie Sweeney

Sport: Track & Field

Position: Shot Put, Discus

Senior

Bench: 125, Squat: 235, Hang Clean: 145, Pro Agility: 5.56, Broad Jump: 5'10", Vertical: 16", Height: 5'6" Sadie is an exceptional worker, she is constantly motivating herself and other to push themselves to their limits. She is a competitor and is always trying to keep up with the boys on the track team which at times leads to her passing them all together. As a Junior she was a state qualifier in shot put and in discus. Her work ethic is also evident in the classroom by accumulating a 3.33 GPA. This is especially impressive when you consider that she is a 3-sport athlete and she is involved in multiple clubs on campus. ~ Bryan Burke

Providence Day School

Gracie Whelan

Sport: Track & Field

Position: 400m

Senior

Gracie has committed herself to work hard in the weight-room. She attacks every workout in effort to get the maximum results to improve her performance on the track. For Gracie, if it is worth doing, it is worth doing right. 3-time State Champion in the 400m. 5-time All-Conference in the 400m. Ranked #3 in NC in the 400m. School record holder in the 4x2, and 4x4. Penn Relays 4x4 record holder in college prep division. ~ Tom Caruso





LaCrosse High School

Olivia Baus

Sport: Volleyball

Position: Middle Hitter / Setter

Senior

Olivia is an absolute beast. She is physically dominant on the court while playing with a calm confidence that appears effortless. If you saw behind the scenes, you would understand where the results come from. Her consistent effort and attention to detail sets a great example for our younger athletes. Olivia ranks towards the top in all strength and performance categories. Her leadership and talents have helped to lead the team to four straight trips to the state tournament. Athletes like Olivia don't come into your program very often. She will be difficult to replace but she has left her mark on the program that will hopefully continue on in future athletes. ~ Shawn Landers

Northwest High School

Kylie Broich

Sport: Volleyball

Position: Setter

Senior

Kylie has demonstrated an incredible work ethic and drive to succeed the last four years in our program. Her infectious personality is truly contagious. Her teammates respect her work ethic and level of commitment. But most of all Kylie is a NSCA All-American person. She is a 4.0 student athlete and top 15% of her class and Honor Roll member all four years of high school. Perfect NeSA score in writing and Honor's Convocation Award winner. This award is a testament to Kylie's hard work and dedication to reaching her utmost potential as an athlete. Kylie is a four year varsity letter winner, 2014 state volleyball participant, 2015 state volleyball semifinals, 2016 State Volleyball Runner-Up, All- Heartland Super Squad Captain, Lincoln Journal Class B All-State first team 2015-2016. Finalist for volleyball player of the year Class B. Basketball 4 year letter winner, 2013 State Champion. Track three year letter winner (2014 - 2017), 2016 state track 4x800, 4th place finisher. Kylie is very deserving of an award like the NSCA All-American award. ~ Troy McNeil

Kenowa Hills High School

Maddie Kragt

Sport: Volleyball

Position: Middle Blocker

Senior

Maddie is one of the most dedicated athletes to her strength and conditioning that I have ever had the privilege of working with. She has increased her strength, lateral quickness and leaping ability and had a remarkable career as a volleyball player. She has committed to attend Concordia College in Ann Arbor, Michigan where she will compete on their volleyball team. ~ Todd Johnston

AC Flora High School

Ashton Rieger

Sport: Volleyball

Position: Libero

Senior

Through Ashton's effort and hard work in the weight room, she became our school's most dynamic and dependable player on the volleyball team which made it to the state semifinals. She has been the model for hard work and effort. Despite Ashton being undersized, she has used her superior strength and quickness to become an all-region volleyball player. Ashton can squat twice her body weight and is a fixture of our strength program. She plans to attend the University of South Carolina and major in Exercise Science. Ashton is a great athlete but an even better person! ~ Micah Kurtz



VOLLEYBALL

Harker Heights High School

Valicity Saunders

Sport: Volleyball

Position: Middle Blocker

Senior

Valicity showed up every day ready to work. She is the type of leader that every coach hopes to have. She was a presence in the weight room and on the court, leading first by example, then vocally when it was needed. She finished the year being honored as team MVP and as one of the stronger pound for pound athletes I've been able to coach. ~ Wayne Skelton

Payson High School

Savanna White

Sport: Volleyball

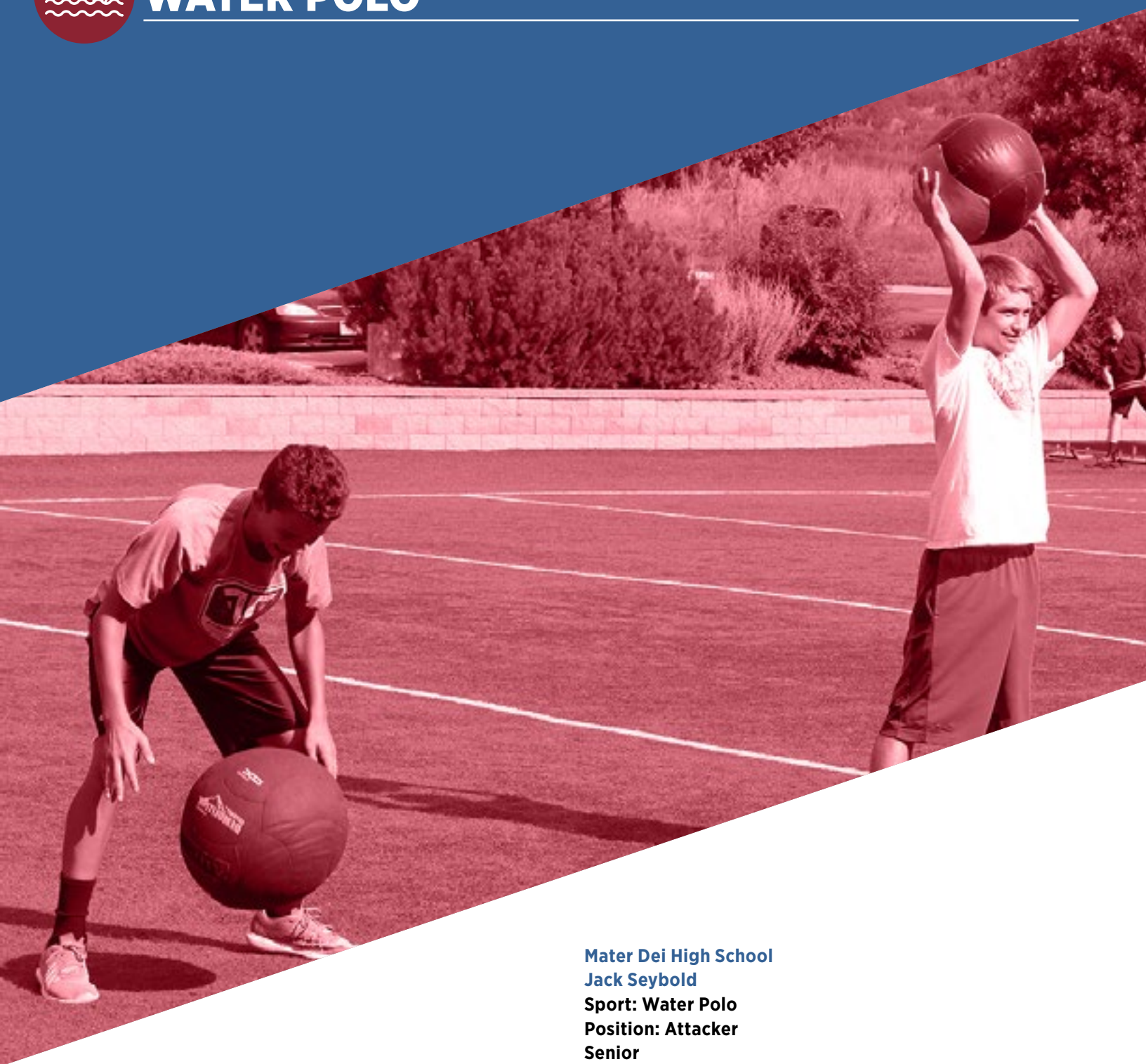
Position: Middle Hitter

Sophomore

Bench: 105, Squat: 190, Hang Clean: 135, 40-yd dash: 5.15, Broad Jump: 8'0.5", Body Weight: 139 Savanna is a sophomore 3-sport athlete, she has an incredible work ethic that is infectious to her teammates. She has accumulated a 3.8 GPA and was awarded 1st team All-Region and 1st team All-State as a sophomore. She also is a 2-year varsity starter in basketball and state place-winner as a freshman in track (High Jump). ~ Bryan Burke



WATER POLO



Mater Dei High School

Jack Seybold

Sport: Water Polo

Position: Attacker

Senior

Leadership by example would best be defined by watching the actions of Jack Seybold. As a student-athlete, Jack's tireless work ethic has helped him excel in the classroom as well as the pool. This has resulted in Jack becoming an elite level student and water polo athlete. We all wish Jack the best of luck in his future endeavors. ~ Greg Vandermade



WRESTLING

Waukee High School

Kyle Biscoglia

Sport: Wrestling

Junior

Kyle Biscoglia, Jr, is a two-time state champion wrestler. He's compiled over 500 takedowns, has the school record for wins in a season (54) and currently boasts 138 total wins in three seasons. Cumulative Weighted GPA 4.11 out of 4.0. Class rank is 61 out of 589. ~ Jay Dahl

Kenowa Hills High School

Devon Doughty

Sport: Wrestling

Position: Team Captain

Senior

Devon is a multiple sport athlete competing in baseball and wrestling. We are nominating him as a wrestler based on his conference championship and placing in the Regional wrestling meet. Devon has been a member of PEAK Performance for the last 2 years as his work ethic with regard to strength and conditioning has been exemplary. I am proud of what he's done in the weight room to prepare to be the best wrestler he can be. ~ Todd Johnston

Benton Community High School

Blade Durbala

Sport: Wrestling

Senior

Height: 6'0" Weight: 220 Age: 17 Vertical Jump: 31" Broad Jump: 8' Bench Press Poundage: 345 Squat Poundage: 530 Hang Clean Poundage: 265 Blade has spent the past four years dedicated to the process of improving his physical performance. His relentless effort, coach-ability, positive attitude, and ability to lead have been instrumental to the numerous accolades he has received over the past four years. In 2016, Blade was a State Qualifier at 195lbs, in 2017 he placed 4th in the State finishing his senior season with a 46-5 record. Blade also was a three-year starter for the football team. As a sophomore he was selected 2nd Team All-District, and then both his junior and senior seasons was selected 1st Team All-District. Blade also has competed in the Iowa State Fair Powerlifting Competition in 2015 and 2016 and is a two-time deadlift and bench press champion in his class. Blade has left his positive mark as one of the greats of the Benton Strength and Conditioning Program. ~ David Frazier

Corpus Christi Veterans Memorial High School

Jackie Ghent

Sport: Wrestling

Senior

Jackie is one of the hardest workers in the entire program. She is a two-time State Qualifier in wrestling. Sophomore Council President, Student Council Member, NHI, UIL Speech and Orchestra. She squats over 230lb and cleans over 150lb despite suffering a broken foot this year. ~ John Mitchell



WRESTLING

Dassel-Cokato High School

Gaven Gillman

Sport: Wrestling
Senior

Gaven is one of the hardest working, yet most humble person there is. He has been a Wrestling Captain both his Junior and Senior year. He has also worked his way through multiple injuries to qualify for the Minnesota State High School Wrestling Tournament for both his Junior and Senior Year. Gaven has also been named All-Conference 1st Team both his Junior and Senior year. Outside of Wrestling, Gaven is involved in Football, Trap Shooting, National Honor Society and Strength and Conditioning. He is a top school record holder in all lifting categories. Gaven is an outstanding candidate for the All-American Athlete Award. ~ Amanda Berg

Payson High School

Dylan Keeney

Sport: Wrestling
Senior

Bench: 215, Squat: 265, Hang Clean: 205, 40-yd dash: 5.03, Pro Agility: 4.82, Broad Jump: 7'8" Dylan is an incredible competitor, every day he is in the weight room he competes with the bigger athletes to lift the same amount of weight. Some days when you watch him lift it's easy to forget that these other athletes outweigh him by 100lb. He has a tremendous work ethic which is not only evident in the weight room, but shows on the mat as well. Dylan is a 4-year state placer and as a senior is a State Champion. ~ Bryan Burke

Pro-Activity / Delaware Valley High School

Connor Mills

Sport: Wrestling
Senior

Connor Mills, aka Captain Connor, aka The Voice of Del Val epitomizes the High School athlete, as well as the High School experience as a two sport athlete in wrestling and baseball. Connor is a 4 year varsity wrestler, a leader of his team, and a leader at his school as the school sports announcer. He brings a contagious positive energy and attitude to everything he does, regularly providing an example to his teammates and classmates. In every session he seeks to improve not only himself, but his team. Most recently his leadership helped bring Delaware Valley High School their third consecutive sectional championship, their first state championship since 1999 and their first district championship since 2008. ~ Chris Gahagan

Hamilton Heights High School

Riley White

Sport: Wrestling/Football/Baseball
Senior

Riley is a man you all want to be a part of your program or organization. We all have that favorite item in our tool box that when nothing else seems to work, you know it will find the way to accomplish the task. Rarer today, he is a stellar 3 sport athlete, excelling in wrestling with state and national placements. A tireless worker on and off the field/mat, he not only leads by example working out before school and on Sundays to complement his team activities, but he displays a fun, inclusive demeanor in the classroom trying to include those often overlooked in activities. His ability to motivate others to be better is his trademark. ~ Jan Clifton-Gaw





COLLEGE ATHLETES



BASEBALL

Lipscomb University

Tyler Bethune

Sport: Baseball

Position: Catcher

Senior

5th Year Senior Height: 6' Weight: 200 Age: 23 Squat Poundage: 405 Squat Reps: 3 Tyler truly embodies what it is to be a Lipscomb University Bison Baseball player. Tyler has always brought the energy in the weight room day in and day out. He has had to battle through two significant injuries. He tore the labrum in his shoulder and his PCL in his knee, but he didn't let that stop him from working hard and encouraging his teammates to get better. I have seen him walk around in a knee brace and arm sling asking me what exercises he can do in order to stay strong to get back on the field faster. He is constantly looking for ways to improve his lifts and his tireless work ethic has been a constant influence on the team. ~ John Hudy

Jacksonville State University

Josh Bobo

Sport: Baseball

Position: Infielder

Senior

Josh has been a quiet, yet determined leader of a fine group of young men. A strong work ethic on the field and in the weight room, he has been determined to improve each of his four years. A 3 1/2 year starter, his actions have set the example for emulation by his teammates. This also carries over into his classroom activities where he is on schedule to graduate this spring. ~ B. Scott Austin

University of Michigan

Michael Brdar

Sport: Baseball

Position: Infield

Senior

Michael has developed into a true leader this year. His work ethic and team first attitude is what we expect of our upper classmen at Michigan. Michael's true character lies in his preparation. He understands the importance of preparing himself physically as well as mentally in order to be the best baseball player, teammate and student he can be. It is with great pleasure that I nominate Michael Brdar for the 2017 NSCA All-American Athlete of the Year. ~ Jason Cole

Wilkes University

James Brown

Sport: Baseball

Position: Outfield/catcher

Senior

Weight: 170lbs, Squat: 395, Bench: 270, Vertical: 27 inches, Pro-Agility: 4.74, Degree: Bachelors of Business Administration, Double Major: Marketing + Management. Has never missed a lift or questioned a prescribed exercise/weight. Has complete faith in the process. ~ Andrew Earp

Swarthmore College

Ryan Burnett

Sport: Baseball

Position: Outfielder

Senior

Squat 355 (1RM) and Bench Press 240 (1RM). Ryan has been a tremendous leader on and off the field for the baseball team. He was always ready to work and pushed his teammates to be better. It has been a great privilege to work with Ryan. ~ Chris McPherson



BASEBALL

University of Delaware

Tyler Callender

Sport: Baseball

Position: Catcher

Sophomore

Tyler is a great story of hard work and overcoming obstacles. Tyler underwent elbow surgery the previous year, he rallied around his teammates and became a supporter to all of them. Tyler attacked his rehab, and when he got the green light he did the same with his training sessions. Tyler has worked himself into one of the strongest student athletes at the university regardless of sport, and has made a full recovery to be in the lineup this year. Tyler is a great example of hard work and patience, and is everything the NSCA strives to have in student athletes through strength and conditioning. ~ Ted Perlak

Troy University

Joey Denison

Sport: Baseball

Position: Left Field

Senior

Joey has arguably been the hardest working athlete for baseball. He is always doing extra work both in the weight room and in the cage to stay strong over the course of the season. Pound for pound, Joey is easily the strongest athlete on the baseball team. He weighs a little under 200lbs but squats 500lbs, bench presses 300lbs, and hang cleans 315lbs. On the field, Joey led the Trojans in batting average, doubles, home runs, and RBIs during the 2016 season. In the classroom, Joey is a Risk Management and Insurance major with a 3.4 GPA. ~ Richard Shaughnessy

University of Nebraska Omaha

Marcus Ethen

Sport: Baseball

Position: Pitcher

Senior

Marcus has demonstrated his commitment to improving both on and off the field his entire career. Marcus is a great teammate and a leader by example. Marcus has improved in the weight room every year of his career. He is always willing to do extra and help his teammates in any way he can. ~ Mike Shukis

University of Connecticut

Aaron Hill

Sport: Baseball

Position: IF

Senior

Aaron is a tireless worker, which has translated to huge performance gains in his career. Pound-for-pound, he is one of the strongest athletes we have. Combining his natural athletic ability with his work ethic, Aaron has moved to the top of our performance standards. He has grown into a great leader and his energy, work ethic, and passion all set the standard in the weight room for our baseball program. ~ Joel DeMarco

Webber International University

Sjaghbar Martis

Sport: Baseball

Position: Third Base

Senior

Sjaghbar is one of the juiciest workhorses to come through the program during the Coach Raz era. His work ethic and energy inside and outside of the weight room has been an integral part of the recent success of the baseball program. Key accolades from 2016 include 1st Team All-Conference honors and a .349 batting average. ~ Steve Rassel



BASEBALL

Haverford College

John Masella

Sport: Baseball

Position: Pitcher

Senior

John has made one of the biggest transformations I have ever seen for an athlete at Haverford. He came in under 150 pounds with minimal strength and has since turned himself into one of the strongest pound-for-pound men at this school. Weighing less than 170 pounds, John can deadlift 385 pounds and has increased his vertical jump over 5 inches during his career. He has made this transformation possible due to his desire to get better both physically and mentally. During John's career, he has become enamored with the science of human movement. He has gone from asking the staff great questions to being someone we rely upon for answers. This growth has had direct results on the field as John went from throwing just 6 innings as a freshman to a second team all-conference selection his junior year, all while helping his team win two conference titles to date. ~ Cory Walts

Nova Southeastern University

Dillon Maya

Sport: Baseball

Position: RHP

Sophomore

Dillon Maya has been an outstanding competitor and teammate for the NSU Baseball team. He is a leader on and off the field, but especially while training. His effort and intensity in the weight room helped prepare his team to win the 2016 DII National Championship. A relentless competitor, he was the overall winner of the annual Muscle Shark competition which tests strength, endurance and toughness. Dillon carries a 3.5 GPA and is majoring in Health Administration. ~ Steven Orris

University of Missouri

Bryce Montes De Oca

Sport: Baseball

Position: Pitcher

Junior

Bryce is one of the hardest workers I have been around in my career. Bouncing back from an injury and still squatting 625 and front squatting 500 as well as a 155lb DB Press max. He also vertical jumps 32.9 inches. ~ Scott Bird

William Woods University

Ryan Schmidt

Sport: Baseball

Position: Pitcher

Senior

Ryan is a 5th year senior due to an injury he suffered his first week of school his freshman year. From that time on he has dedicated himself to training and improving himself. Ryan has cut his body fat 5%, 20-yard dash five tenths of a second, vertical over 12 inches, tripled his pull-ups, and doubled his sit-ups. Ryan has also added 115lbs to his Hang Clean and 175lbs to his squat. This has been done while moving into a leadership role not only for our pitching staff but the entire baseball team. Ryan is a great student and is a true example of what hard work and dedication to both academics and athletics. Ryan has been a pleasure to work with and watch grow as a person. ~ Robert Jones

Huntingdon College

Cody Shoemaker

Sport: Baseball

Position: IF

Senior

Cody demonstrates the attitude and effort we desire for our athletes to possess. He is devoted to strength and conditioning, and sets a solid example year round to every other athlete in our baseball program. ~ Charlie Goodyear

California Lutheran University

Sinjin Todd

Sport: Baseball

Position: Outfield

Senior

Though unassuming and not large in stature, Sinjin is a tremendous leader. His work ethic and commitment to physical preparation sets quite an example for his teammates. As a player, Sinjin has been a key contributor on three consecutive Conference Championship teams. Undoubtedly, he will be a success in whatever post-collegiate endeavor he chooses. ~ Patrick Holmberg



BASEBALL

Texas Christian University

Mitchell Traver

Sport: Baseball

Position: Pitcher

Junior

Mitchell has had an incredibly difficult road in his baseball career. Through all this he has persevered through the difficulties with his work ethic and attention to, and understanding of how strength and conditioning field can aid his performance and prevent injury. His work ethic in the weight room is second to none and attention to the details are what separate Mitchell from other athletes. Mitchell entered our program at 25% body fat and 243lbs. Today, he is 12.3% body fat and 249lbs. He has undergone a complete physical transformation since he's been at TCU. He deserves much recognition for the hard work he has put in. Not only is Mitchell a great athlete on the field and in the weight room, but he is an even better person outside of his sport. ~ Zach Dechant

The Ohio State University

Jalen Washington

Sport: Baseball

Position: Shortstop/Catcher

Senior

Jalen is one of the hardest working athletes on and off the field I have ever worked with. In the weight room the two-time captain has packed over 15lbs of muscle while going from a 7.2s to a 6.5s 60 yard dash. He also sports a 35 inch vertical, 525lb deadlift, and 335lb bench. Jalen has shown his versatility by being an everyday catcher his junior season and an everyday shortstop his senior season. He caught 35 innings of elimination baseball in 27 hours to help the Buckeyes win the 2016 B1G Tournament. Off the field he spent part of his summer in Bolivia with the soles4souls program delivering shoes to children in need. ~ Dean Hansen

Barton College

Andrew Webster

Sport: Baseball

Position: Catcher

Senior

Andrew's work ethic and knowledge as an exercise science major has made him one of the hardest workers on the team. This has allowed him to build off his Carolinas Conference player of the year 2016 season. Through the first 17 games this season, Andrew has already surpassed his career high of 10 home runs in a season by two. This past fall, Andrew helped lead baseball strength and conditioning as an exercise science student intern. In addition to his dedication on the field and in the weight room, Andrew was named to the Conference Carolinas Presidential Honor Roll for Fall 2015 and Spring 2016. ~ Tim Dornemann

New Mexico Military Institute

Jordan Williams

Sport: Baseball

Position: Outfield

Freshman

Jordan embodies what it is to be a Bronco baseball player in the weight room. He bought in from day one and made the most progress in terms of his body and lifts. He was the lifter of the week multiple times and deserves this award as well the Bronco baseball player lifter of the year. He is what an NSCA All-American should be about. ~ Tyrell Curtis



BASKETBALL



Athletic Performance Training Center

Nic Anderle

Sport: Basketball

Position: Guard

Freshman

Nic is totally committed and dedicated to his strength and conditioning program as a way to improve his athletic performance. He never misses a session. Nic is self-motivated and driven to be the best he can be on the court, in the weight room, and in the classroom. Nic leads by example, always exhibiting a positive attitude and serving as a role model for everyone in our facility. ~ Brian Lebo

Juniata College

Dani Atkinson

Sport: Basketball

Position: Guard

Junior

Dani is an extremely dedicated athlete which shows in the weight room. She has an excellent work ethic and demands the same out of her teammates. During team lifts, she has taken on a leadership role. Dani constantly pushes herself to improve while also supporting and motivating her teammates. ~ Sarah Simeone

Lipscomb University

Alex Banks

Sport: Basketball

Position: Forward

Senior

Alex is a model student-athlete and Christian young lady. Her work ethic and character on and off the court is exemplary. Through her consistent hard work she has improved each year she has been at Lipscomb. She has been a leader by example in the weight room and on the basketball court. Alex has used the strength and conditioning over the years to help her be prepared physically and mentally for each season. Through this preparation she has developed a toughness and physicality that carried over to the court. It truly has been a pleasure to work with over her career at Lipscomb! ~ John Hudy

Sacred Heart University

De'Von Barnett

Sport: Basketball

Position: Forward

Junior

De'Von has been an excellent example of consistent hard work both in the weight room and on the court. ~ Chris Fee

East Central University

Aaliyah Blakely

Sport: Basketball

Position: Forward

Junior

Aaliyah has been a leader with her dedication to using strength and conditioning to improve her basketball game and prevent injury. ~ Scott O'Dell



BASKETBALL

West Texas A&M University

David Chavlovich

Sport: Basketball

Position: Point Guard

Junior

I have been able to work with David since his freshman year here at West Texas A&M. He is a kid that has completely changed his attitude toward the weight room over the past three years and it has been great to watch. In the beginning he wasn't too bought into being in here but over time he has gotten the understanding of why it's important and he pushes that importance onto the rest of the team. He is a true leader not only on the court but also with all other facets with his team. This year has been an historic year for him averaging 20 points per game while also breaking the school's all-time scoring record as only a Junior. I look forward to see what the future has in store for him and it's a great pleasure to nominate him for an NSCA All-American this year. ~ Matt Segura

Huntington University

Mason Coverstone

Sport: Basketball

Position: Small Forward

Sophomore

Mason came to me as a 6'7" 163-lb skinny 18-year-old fresh off of spring break. In the last year and 9 months he has worked himself in to a much stronger, tougher, and athletic 6'7" 195-lb athlete. His work ethic is second to none. Mason has increased his vertical 4" in the last year and his lifts have skyrocketed. More importantly he has improved his lateral quickness which turned him from a one dimensional dead-eye shooter to a multi-dimensional shooter and strong defender. A combination of skill, toughness, and relentless work ethic have earned him a key role as a starter on the Huntington University basketball team. ~ Tyler Palmer

Transylvania University

Rachel Cox

Sport: Basketball

Position: Forward

Junior

Height: 6'0" Counter Movement Jump: 22" Hang Power Clean 1RM: 145lbs Back Squat 1RM: 245lbs Bench Press 1RM: 150lbs Rachel is the personification of the expectations of our strength and conditioning department: dedicated, hardworking athletically and academically, and a leader with a positive attitude; not to mention a powerful presence on the court. A list of honors have been awarded to Rachel, including: several All-Tournament Teams, two time Conference All-Academic Team, 2017 All-Conference Team, Dean's List every semester, and Pre-Med academic honors. It is an honor and a pleasure to coach Rachel and see her push her teammates these past three years. I have no reservations in my nomination for Rachel; she is the ideal candidate for this award. ~ Mike Caro

East Central University

Ishmael Donzo

Sport: Basketball

Position: Forward

Senior

Ishmael is the strongest, fastest, and most powerful men's basketball player I have worked with while having a positive attitude all along the way. ~ Scott O'Dell

University of Missouri

Lianna Doty

Sport: Basketball

Position: Guard

Senior

Lianna is one of the hardest working individuals that has been part of the Women's Basketball Program at Mizzou. Discovering the benefits of strength training early in life, Lianna has used the weight room to maximize her potential. Lianna has committed to the process and has made her strength and power on the court an extremely important asset to her game and to the team. ~ Jacob Linn



BASKETBALL

Webber International University

Sheldon Durant

Sport: Basketball

Position: Men's Basketball Point Guard

Junior

Sheldon Durant is the human energizer bunny. He attacks every workout with a pace and a mindset that is unmatched. He is another coach on the floor, and a team leader by example. He overcomes his size limitations with incredible passion and drive. ~ Steve Rassel

Brigham Young University

Nick Emery

Sport: Basketball

Position: Guard

Sophomore

Nick's strong work ethic has proven to be a catalyst for much of the team's success. His teammates respect his level of commitment and sacrifice toward his goals. Nick has been able to transfer his work in the off-season to the court. He has set the school record with 32 consecutive games with at least one 3 pointer made. Nick has also become stronger on the defensive side of the ball, leading the team in steals per game. Nick has proven himself as an exemplary ambassador for Brigham Young University. ~ Erick Schork

University of North Dakota

Quinton Hooker

Sport: Basketball

Position: Guard

Senior

Quinton Hooker is being nominated for the effort, attitude, and the toughness he displays every day. "Q" has been consistent in his actions during his time at UND and has earned numerous accolades including being named a Lou Henson Mid-Major All-American and a finalist for Lou Henson Mid-Major Player of the Year Award. His dedication to his training is evident day in and day out, and it has made an impact on his teammates too. It has been an honor to watch him develop and succeed. ~ Sean Fantuzzi

Saint Louis University

Olivia Jakubicek

Sport: Basketball

Position: Forward

Senior

Olivia brings discipline and work ethic to every aspect of her collegiate experience. Her hard work and passion earned her a scholarship after beginning college as a walk on. She was a key piece in helping a program progress from 12 wins her freshman year to 26 wins in her junior year. Olivia's dedication in the weight room has allowed her to become one of the strongest women in the entire athletic department. Many of her conditioning sessions are one-on-one with a coach due to her rigorous Occupational Therapy class schedule. Nonetheless, she maintains peak physical condition. Additionally, Olivia has been named to the Atlantic 10 Commissioner's Honor Roll every semester of her collegiate career. Olivia has been a keystone to the sports performance department and women's basketball team the past four years. ~ Riley Allen

Salisbury University

Gordon Jeter

Sport: Basketball

Position: Forward

Senior

Over the last 4 years that I have had the honor to work with Gordon, I have seen a young 175-lb basketball player grow into great leader and teammate here at Salisbury University. Whether in the classroom, on the court, or in the weight room, Gordon is and has always done the little things necessary to become successful. From being Rookie of the Year to an All-League player, these accolades are a testament to the work ethic Gordon brings daily. It has been a true joy to work with an athlete of his caliber and passion. ~ Matthew Nein



BASKETBALL

Humboldt State University

Jessica Johnson

Sport: Basketball

Position: Guard

Senior

Jessica Johnson models the importance of strength and conditioning through her improved performance as a player throughout the course of her career. She fell in love with improving her athletic performance in the weight room, and was able to work her way up to starting in games. The newly developed strength, speed, and confidence she gained through the years led her to becoming her team's leader in assists her final season. Her job is not yet over as she continues to assist former teammates and incoming freshman in the weight room. Understanding and sharing how much it helped her, led to her passion to now pursue a career as a strength and conditioning coach herself. - Carlton Wei

United States Coast Guard Academy

Jayla Joyner

Sport: Basketball

Position: Guard

Sophomore

Jayla Joyner is an exemplary Cadet-Athlete at the United States Coast Guard Academy. Her dedication to her team and her return next year from a season ending injury endured her sophomore year has supported the results of her being the strongest female Cadet-Athlete at the Academy. - Shaakira Hassell

Northern Arizona University

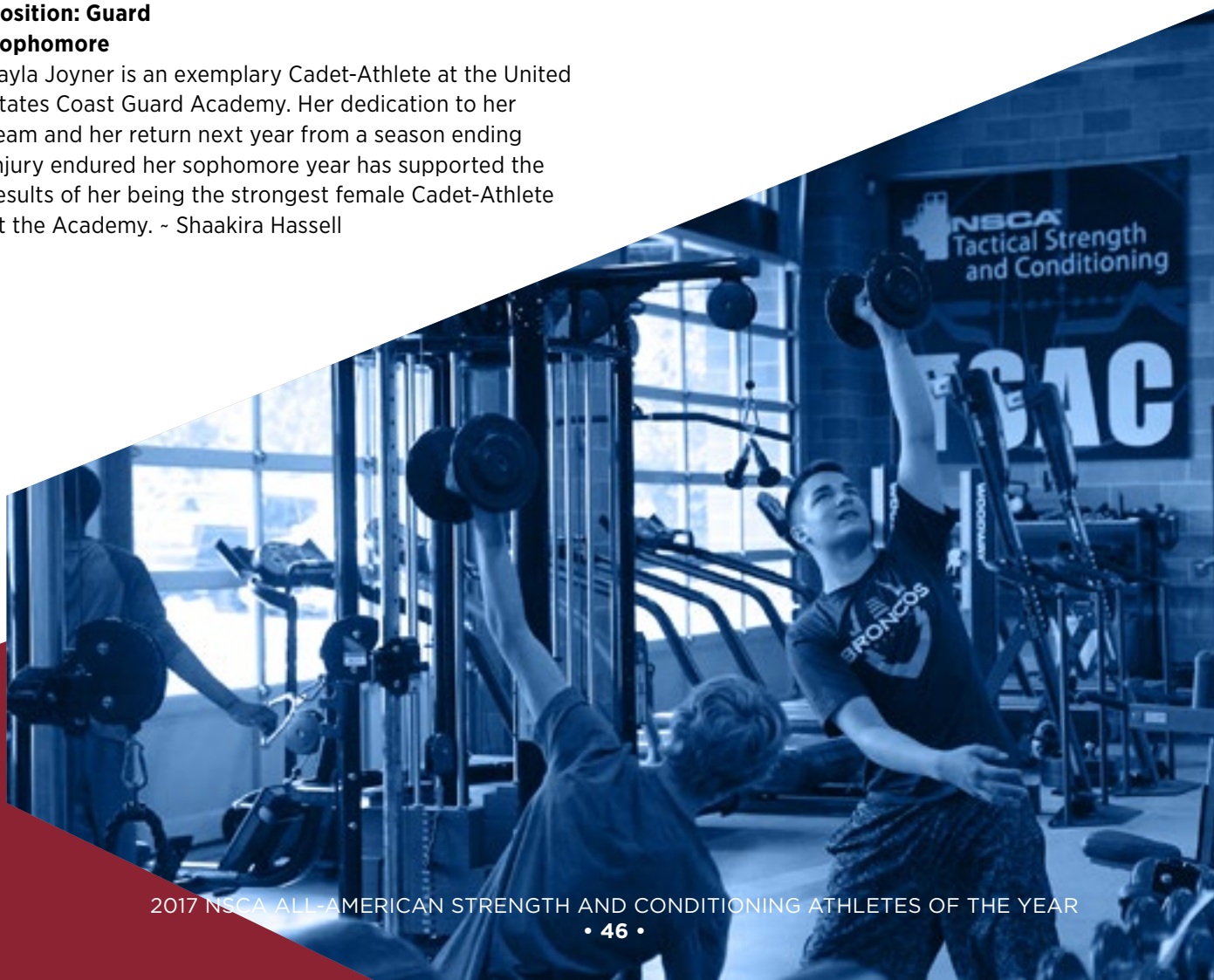
Ako Kaluna

Sport: Basketball

Position: Forward/Center

Senior

Ako Kaluna has excelled on and off the basketball court. As a student, he balanced a class credit internship, working late nights for his Hotel and Restaurant Management degree, while also being committed to summer and pre-season workouts. As an athlete, he scored (more than 1,000 points in career), rebounded (more than 550 rebounds in career), and recorded heavy minutes (more than 2,600 minutes in career) on the basketball court and also broke the squat and bench recorded in the weight room. Whether on the court or in the weight room, Ako has excelled at all aspects of the game. Although not outspoken, when he does speak it is with great respect and attention that his teammates listen. He strives to be better each and every day and continually sets new standards in the weight room for his teammates to follow. - Emma Ostermann





BASKETBALL

South Dakota School of Mines and Technology

Konor Kulas

Sport: Basketball

Position: Forward

Senior

Height: 6'7", Body Weight: 220lbs, Power Clean: 230lbs, Squat: 280lbs, Bench Press: 230lbs

Konor has had an extraordinary basketball career here at South Dakota School of Mines and Technology. Konor has been named to multiple Rocky Mountain Athletic All-Conference Basketball Teams over his career at SD Mines. He is also currently a record holder on the Top 10 Career All-Time Points Scored List. Kulas has worked consistently in the weight room and during practice to transform himself into one of the best basketball athletes that has ever played here at SD Mines. He has developed as a leader among his teammates due to his passion for basketball as well as for life. In addition to his accomplishments on the court, Konor has an outstanding academic track record as evidenced by him being named to the Rocky Mountain Athletic Conference All-Academic Team. Konor's desire to be great, his good-natured personality, and strong work ethic has resulted in remarkable success over his basketball career and will continue to do so well into his future. ~ Alex Jardine

University of Michigan

Sean Lonergan

Sport: Basketball

Position: Wing

Senior

Sean is a model student-athlete and will receive this award for a second time. His work ethic and character are second to none. Sean has improved each year he has been at Michigan and has consistently been one of our top performers in the weight room. ~ Jon Sanderson

University of Nebraska Omaha

Abi Lujan

Sport: Basketball

Position: Guard

Senior

Height: 5'11", Weight: 164lbs., Vertical Jump: 21.5 in., Power Clean: 150lbs., Squat: 245lbs., Bench: 130lbs.

Abi has displayed great passion for strength and conditioning during her basketball career at the University of Nebraska Omaha. She has constantly been a tremendous leader and motivator in the weight room and on the basketball court and has reaped the benefits of her great work ethic. Abi currently holds personal records in Power Clean (150lbs), Back Squat (245lbs), Bench Press (130lbs), and Vertical Jump (21.5in). Her relentless desire to be the best student-athlete she could possibly be is evident each and every training session. Abi has continually proved to be deserving of this award and has a bright future in whatever she chooses to pursue ~ Nicholas Lee

South Dakota School of Mines and Technology

Taylor Molstad

Sport: Basketball

Position: Shooting Guard

Sophomore

Taylor Molstad, a member of the Lady Hardrocker Basketball team, is a two year starter who has emerged as the top player on our team. Her work ethic is second to none which sets an example for every other player on the team. She has dedicated her off season and summer to improving her game. For Taylor, "there are no days off." Over her two years participating in the Hardrocker Strength program she has increased her vertical jump from 19.6 in. to 24.4 in., broad jump from 6.6 ft to 7.7 ft, and 3/4 court sprint has decreased from 4.19 sec to 3.46 sec. ~ Bret Miguez



BASKETBALL

Endicott College

Max Motroni

Sport: Basketball

Position: Guard

Senior

Max has created so many opportunities in his athletic career because of his dedication to strength, conditioning, nutrition, rest, and regeneration. While logging over 3000 minutes in his college career and over 1400 points, Max has been a pivotal factor in 3 straight NCAA Tournament appearances for his team. He is often the first one in the gym and the last one to leave. He has been able to handle the heavy demand on his body because he prepares it the correct way. He coordinates his lifting schedule with skill work and shooting better than any student-athlete that I have had the pleasure of working with. 2016-17 CCC Senior Scholar-Athlete 2-time CoSIDA Academic All-District First Team 2-time CCC Academic All-Conference 2015-16 Endicott Male Student-Athlete of the Year 3-time All-CCC Second Team 2-time CCC Player of the Week. ~ James Daley

University of Texas at San Antonio

Lucas O'Brien

Sport: Basketball

Position: Center

Senior

Lucas is your prototypical leader. He can and does lead by example but also has the respect of his teammates that they will follow his instructions as if they had come from a coach. Lucas is an integral part of the basketball team appearing in almost every game in the last two years. Additionally, Lucas excels off the court. He has been named to the C-USA Commissioner's Honor Roll for two years while graduating early and pursuing a MBA during his final year playing basketball. ~ Charles Dudley, Jr.

Trinity College

Ed Ogundeko

Sport: Basketball

Position: Center

Senior

Ed is one of the most dedicated and strongest athletes at Trinity College. He is constantly trying to move more weight and be the best he can be. He lifts hard all year round and even on game day at times. His wingspan is over 7 feet and he benches 315 and squats 405. ~ William DeLongis

Washburn University

Brady Skeens

Sport: Basketball

Position: Forward

Junior

Brady worked hard in to off-season to put on much needed size to play aggressively in the post. It has paid off and shows as he is a top defensive player in the nation and leading the conference in blocks and rebounds. Along with being the conference Defensive POY last season, he has been named first team academic all-district with a 3.8 GPA and double majoring. With all of his success on the field Brady has also stepped up as the team leader and helped the Washburn basketball team overcome great point deficits to win games. Brady truly embodies the hard work and dedication we strive for here at Washburn. ~ Trent Smith



BASKETBALL

University of Michigan

Siera Thompson

Sport: Basketball

Position: Guard

Senior

Height: 5'7" Age: 21 Vertical Jump: 27.5" Bench Press Poundage: 135 Squat Poundage: 190 Hang Clean Poundage: 140. Siera is the epitome of an iron women. She has played in every University of Michigan basketball game, starting all but four since arriving in Ann Arbor. She is the all-time leader in minutes played and is the first University of Michigan Women's Basketball Player to have 1,000 points, 500 assists, and 400 rebounds. Additionally, she has totaled over 200 career three-pointers, becoming just the second player in school history to do so. ~ Russell Barbarino

Bacone College

Chasity Traylor

Sport: Basketball

Position: Guard

Senior

Chasity Traylor is an exceptional student-athlete, mentor, and leader. She has a passion for working hard on and off of the court. Chasity has overcome many obstacles during her college career, yet she continues to put academics first. She has an affinity for strength and conditioning with female athletes. During her college career, Chasity has served as a captain for the Bacone College Basketball Team. Her rapport with coaches and teammates provide inspiration for other student-athlete underclassmen. This past Fall semester, Chasity performed research on shoulder mobility across various athlete populations. Her dedication and potential for leadership make her an excellent representative within our field of study and practice. ~ William Hale

West Texas A&M University

Sasha Watson

Sport: Basketball

Position: Guard

Senior

Sasha grew from an athlete that hated the weight room to one that embraced what it could do for her game. A quick athlete on the court who gained strength over her career and ultimately used it to her advantage vs her defenders. Head strong and body strong fit Sasha both on and off the court. ~ Sarah Ramey

Huntingdon College

Jello Weatherspoon

Sport: Basketball

Position: Guard

Senior

Jello demonstrates the attitude and effort we desire for our athletes to possess. She is devoted to strength and conditioning, and sets a solid example to every other athlete in our basketball program. ~ Charlie Goodyear





Colgate University

Pat Afriyie

Sport: Football

Position: Defensive Line

Junior

It is my honor to nominate junior defensive lineman Pat Afriyie as a 2017 NSCA All-American award winner. The work Pat has put into the weight room has established him as one of the premier players in the Patriot League. Pat was named to four different All-American teams, and was the 2016 ECAC Defensive Player of the Year, as well as being the 2016 Patriot League Defensive Player of the Year. He was a 2016 All-Patriot League first-team selection after leading the PL in sacks and tackles for loss (finished the year ranked fourth nationally in both categories). Pat has always excelled in the weight room, but now has evolved into a team leader both on and off the field. His quiet demeanor and tremendous work ethic is an excellent example that his teammates exemplify on a daily basis. ~ Paul Hesel

Lewis & Clark College

Carl “CJ” Appleton

Sport: Football

Position: Tight End

Senior

Carl “CJ” Appleton has been an essential piece for the Lewis & Clark Football Team. A Junior College transfer, CJ has demonstrated that it takes hard work and dedication to compete at the collegiate level. Recently, CJ finished his playing career as the team’s leader in receiving yards and touchdowns. As a two sport athlete, CJ was a force on the court as he led the team in rebounding in each of his two seasons. In the weight room, CJ demonstrated great work ethic, discipline, and attitude, all of which epitomize what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, CJ is determined to make himself and those around him better every day, and in every way. It has been a privilege to work with such an outstanding young man. ~ Angela Dendas-Pleasant

University of Wisconsin-River Falls

Rance Ashley

Sport: Football

Position: Running Back

Sophomore

Rance is not only a talented athlete but is also a young professional in our field. His time is spent learning the science of strength training, but also applying it to himself and the rest of his team. If more athletes were as interested in their development as Rance is, our jobs would be significantly easier. ~ Carmen Pata

Stony Brook University

Ray Bolden

Sport: Football

Position: Wide Receiver

Senior

Ray, a team captain, is a constant reminder to his peers of the attitude and effort that needs to be brought to the weight room, the field, and academics on a daily basis. He continually challenges his teammates to push their limits as well as his own. Bolden played in all 11 games for the Seawolves and led the team with 536 receiving yards on 37 receptions. Ray has worked tirelessly on and off the field to overcome multiple injuries refusing to ever let circumstance get the best of him. He is a privilege to work with and I am excited to see what he has in store for him in his final season at Stony Brook University. ~ Gonkeylah Yerry



FOOTBALL

Centre College

Ben Bostick

Sport: Football

Position: Defensive End

Senior

Hands down the most dedicated leader on our team in terms of training. Transformed his body during his college career gaining 30+lbs of lean muscle. Ben cleans over 350, Squats over 500, benches over 360 and runs a 4.8 40, and has a 32 inch vert. Started at DE for 2 years. ~ Carter Conley

Humboldt State University

Cameron Buell

Sport: Football

Position: Linebacker

Senior

Cameron Buell epitomizes the importance and benefits of strength and conditioning from his redshirt year to his senior year. His commitment to our coaching staff and programs have led Cameron to become a leading tackler during his career, with a high of 90, leading to his second team all-Great Northwest Conference honors. His leadership in the weight room and on the field with his teammates never went unnoticed, resulting in holding a captain's position two years in a row. He will continue to embody the importance of strength and conditioning he has learned in this program as he proceeds in his future with his goals set on continuing to play at the next level. ~ Carlton Wei

Northern Arizona University

Jake Casteel

Sport: Football

Position: Linebacker

Senior

Jake Casteel came in and worked hard for 4 years, a high energy, and hard hitter both on the field and in the weight room. He leads by example, always on time, always in attendance, and always pushes himself to the extreme. He speaks softly and guides those around him with care. No one was beneath him, he could help anyone, and he would hold them to the same standard he holds himself to. Jake would carry the team on the field and in the weight room. His character transcended any differences between him and his teammates, earning respect from all. He is a positive influence everywhere he goes. ~ Cody Hodgeson

University of North Dakota

Jake Disterhaupt

Sport: Football

Position: Linebacker

Senior

Jake has dedicated himself to the weight room and the program since he stepped foot on campus. His contributions on defense and special teams are a direct result of his positive attitude and hard work. Jake's day-by-day commitment to the process have allowed him to develop into a well-rounded student athlete. Jake is competing as a Master's student in Kinesiology for his senior season and is an aspiring strength and conditioning coach. ~ Nathan Baukol

Juniata College

Jake Diviney

Sport: Football

Position: Linebacker

Senior

Academics: Class of 2017 Major: Politics GPA: 3.74 Plans after college: Will be attending law school to become a lawyer in corporate law Weight: 205 Lifts: 40: 4.7 Bench: 295 Squat: 465 Deadlift: 455 Power Clean: 275 Hang Clean: 255 RDL: 415 Jake is Juniata Football team's 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, Jake has made the Centennial Conference All-Sportsmanship Team, Centennial Conference Honor Roll, the Division III Team of the Week, and received the National Football Foundation Award. Jake's role as team captain and his example of work ethic and attention to detail in the strength and conditioning program will go far in assuring future success not only for Jake, but also for those around him. ~ Douglas Smith



FOOTBALL

Colorado State University-Pueblo

Corbin Feenstra

Sport: Football

Position: Center

Senior

Corbin is a great example of what it means to be a student-athlete. In addition to winning many conference and national awards for academic excellence during his career, Corbin is also a two time all-conference performer on a perennial conference championship team heading into his final season. Last year Corbin cleaned 315lb, squatted 415lb, and benched 335lb while long jumping 8'2" and running the pro shuttle in 4.6. ~ Allen Hedrick

Salisbury University

Justin Field

Sport: Football

Position: Offensive Line

Senior

Justin has been a dedicated athlete both in the weight room and on the field during his time as member of the Salisbury University Football team. A tireless workhorse, Justin could always be found in the weight room working to get stronger and more powerful. It was a true pleasure to work with an individual as dedicated as Justin. ~ Matthew Nein

Wilkes University

Michael Fitz

Sport: Football

Position: Defensive End

Senior

Michael Fitz has been the true definition of a hard worker. He pushed through workout and being an engineering major to become a team leader and leader on the strength council. He had a 365 bench, 535 squat, and a 315 hang clean. Michael has been a great leader by example and has always exemplified what it means to be a Wilkes University Colonel student-athlete. ~ Keith Klahold

Clemson University

Wayne Gallman

Sport: Football

Position: Running Back

Senior

Wayne is one of the most dedicated athletes to come through Clemson. His work ethic, attitude, and commitment earned him a starting position for over three years. Gallman earned first team ALL-ACC as he led his Tigers to a National Championship victory in 2016. ~ Larry Greenlee

Humboldt State University

Josh Hanson

Sport: Football

Position: Guard

Junior

Since coming to HSU, Josh has been a model of consistency and dedication to all aspects of the training process. He is also an exercise science major and a true student of the process. It is not uncommon for Josh to ask our coaches about principles he's learned in class as we are applying them in a workout! Motivating Josh has never been an issue, if anything we need to hold him back! Every time he steps into the gym it genuinely seems like he is having the time of his life. His enthusiasm and dedication to the process is infectious and has made him a great teammate who leads the charge in the weight room. Through his dedication, Josh has developed from a 215lbs 100m sprinter into a 2x all conference guard who can do 10 pull-ups at a bodyweight of 315lb. He is an aggressive and fundamentally sound player whose strength and athleticism allow him to maintain balance in pass protection and to put defenders in positions they do not want to be. ~ Benjamin Servais



FOOTBALL

Buffalo State College

Kyle Hoppy

Sport: Football

Position: Quarterback

Senior

Kyle came to us after playing a few seasons of semi-pro baseball which meant he was a very good athlete coming in. Because of his life experiences he was ready to lead as a freshman. He has a fantastic work ethic which has allowed him to become one of the strongest quarterbacks in school history. Kyle is also an outstanding citizen and has very good GPA. He stands out among his teammates and is a great role model in the weight room, on the field, and in life. ~ Nathan Young

Bridgewater College

Jack Howerton

Sport: Football

Position: Offensive Guard

Senior

Jack came to us with a great understanding and background in powerlifting. Jack continued to build on his strength while at Bridgewater College by relentlessly attacking his weaknesses. On the field, Jack led by example with a strong work ethic and grasp of the zone scheme. Jack completed his career as a Second Team All-Conference Player. ~ Nicholas Cawthon

Sacred Heart University

Ose Imeokparia

Sport: Football

Position: Running Back

Senior

Ose's work ethic in the weight room, field, and classroom is outstanding and makes him such a special person. ~ Chris Fee

North Greenville University

Tristen Jackson

Sport: Football

Position: RB

Junior

Tristen Jackson has contributed a great deal of time in the strength and conditioning facility and has mastered his movements. Tristen was named Freshman All-American and has contributed in 27 games where he has averaged 5.58 yards a carry and is crucial to the North Greenville short yardage run game. Tristen made Dean's list fall of 2016 as a Biology major. Tristen is a pleasure to coach and continues to impress as an all-around student athlete. Hang Clean: 315, Power Clean: 345, Bench: 380, and Squat: 545. ~ Andre Bernardi

South Dakota School of Mines and Technology

David Jakpor

Sport: Football

Position: Linebacker

Senior

David, co-captain of the Hardrocker football team, was a walk-on who emerged as a leader over his 4 years at SD Mines. He not only excelled as a football player but also in the athletic weight room and classroom. David was selected as a 2016 recipient of the RMAC All-Conference Linebacker award and a member of the RMAC All-Academic team. He was also voted as the top defensive player two years in a row by his teammates. ~ Bret Miguez

George Fox Football

Dane Jensen

Sport: Football

Position: Defensive Line

Senior

Dane is a 3-year starter going into his senior year. He was a big part of a defense that was second in the conference in rushing, scoring, and total defense in 2016. He is 6'1" and weighs 292. He bench presses 225 34 times, squats 525, power cleans 340, and vertical jumps 27". He is a Nursing major with a 3.678 GPA. ~ Ken Ingram



FOOTBALL



Humboldt State University

Tracy A. Johnson

Sport: Football

Position: Guard

Senior

Tracy “Gus” Johnson followed his brother Mick’s path to Humboldt State. The Johnson brothers’s careers were almost a mirror of each other. Gus was a model of consistency throughout his development from red-shirt scout team player to All-Conference performer. As a kinesiology undergraduate with a very high GPA, Gus’ thorough and deep understanding of exercise science and nutrition was the foundation of his borderline fanatical commitment to individual improvement. This dedication allowed him to become one of the leanest and athletic 300 pound linemen in program history. In spite of Gus’s legendary work ethic in the weight room, he will always be remembered for the most missed attempts on the platforms and in the squat rack in program history! ~ Drew Petersen

Endicott College

Christopher Lipscomb

Sport: Football

Position: Receiver

Senior

Chris has dramatically changed his body in a positive way during his time with Endicott Strength and Conditioning. He has earned a starting role with both the football & men’s basketball teams. He competes tirelessly in all that he does and is a natural born leader in and out of the performance facility. His work ethic, increased strength, and his increase in lean muscle mass have made him a great example of what hard work and dedication to one’s body can become. A career 36 contests (football) with 112 receptions and over 1700 all-purpose yards for a total of 68 points during his career. 2016 NEFC Academic All-Conference 2015 NEFC Academic All-Conference 2014 NEFC Academic All-Conference 2016 NEFC All-Conference Second Team Wide Receiver 2-time NEFC Special Teams Player of the Week 5-time NEFC Weekly Honor Roll Spring 2016 Dean’s List ~ James Daley

United States Coast Guard Academy

Logan Mars

Sport: Football

Position: Defensive Lineman

Senior

Logan Mars is an exemplary example of perseverance and dedication to becoming better than he was the day before. He fought through countless injuries, the most severe a back injury endured his junior year, to come back his senior year and contribute greatly to his team’s success. ~ Shaakira Hassell

Webber International University

Ryan Masters

Sport: Football

Position: Offensive Lineman

Senior

Ryan Masters has been a vital leader to the Warrior Football team, both on and off the field. Voted 1st Team All-Conference in 2016 for his performance in the trenches, Masters also received the Iron Warrior award for his work ethic and relentless pursuit for growth in training. ~ Steve Rassel

Saint Anselm College

Eric Mercer

Sport: Football

Position: Linebacker

Junior

Eric Mercer is one of the most dedicated and hard-working athletes to ever play at Saint Anselm College. He is a leader of his peers who leads by example. He is an incredibly strong athlete that shows a desire to compete in every aspect of his preparation. His desire of achieving peak performance is challenged by none. ~ Robert Herrick



FOOTBALL

University of Delaware

Bilal Nichols

Sport: Football

Position: Defensive Line

Junior

Bilal encompassed everything we wanted as a student-athlete in the past year leading into his junior season. He increased his tangible test results immensely, becoming one of the strongest players on the team - while becoming more explosive and lowering his body comp by 6%. The more impressive aspect of Bilal was his intangibles - Bilal became a "lead by example" guy who pushed the group and help his teammates and himself accountable. The combination of both of these aspects of the program resulted in him receiving all-conference honors. The University of Delaware is lucky to have a student-athlete like Bilal Nichols. ~ Ted Perlak

Juniata College

Aaron O'Brien

Sport: Football

Position: Wide Receiver

Senior

Aaron has been a strong presence on the football team, playing in almost every game since freshman year. What has made Aaron a successful athlete is the dedication he puts into everything and his willingness to go the extra mile. His junior year, he was recognized Herosports.com as one of its Studs of the Week. Aaron is also an intern with the Strength and Conditioning department for the Spring semester. ~ Sarah Simeone

University of North Dakota

Connor O'Brien

Sport: Football

Position: Linebacker

Junior

Connor is a hardworking and dedicated football player. As a two-time captain he always puts the team first and is a leader on and off the field. Connor is also very proud of his team and school and is very active in the community. ~ Nolan Larson

South Dakota State University

Jacob Ohnesorge

Sport: Football

Position: Center

Junior

Jacob has been a tireless worker in the weight room, on the field and in the classroom. He had pushed himself and his teammates to the limits to get bigger, stronger and more explosive. He has been a three year starter for us at center and has become the anchor of a very explosive offense. He is a great team leader and has been a captain even as an underclassman. His work ethic and dedication will allow him to be successful in whatever he pursues. ~ Nathan Moe

Hobart College

Dylan Quay

Sport: Football

Position: Fullback

Junior

Dylan Quay is the Ultimate Statesmen. He is committed to excellence in everything he does, on and off of the football field. He is a great leader and role model to his teammates. Dylan sets the tone for the work ethic of the team in every lift, practice and competition. That same work ethic carries over to his roles in the classroom and other extracurricular activities. He is truly a pleasure to coach, in that he will always do anything that's asked of him. ~ Zachary Woodard

Avila University

Jordan Radebaugh

Sport: Football

Position: Quarterback

Senior

Jordan is as strong as most athletes on our football team and is the strongest I have personally ever seen for a QB. He is always dedicated to his craft and was a great leader by example. You could rely on him to perform all of his duties with high levels of effort. During conditioning he was always one of the fastest and always provided full intensity to push his teammates. During break workouts it was given that he would complete all prescribed lifting and conditioning programs because he was so dependable. Jordan will be missed in the weight room because you could always expect him to throw up big numbers and many others wanted to compete with him also. ~ Brian Ciolek



FOOTBALL

Furman University

Trey Robinson

Sport: Football

Position: Safety

Senior

Trey Robinson was a tremendous worker, leader and player at Furman University. He was a team captain for the football team his senior year. He was a member of the All-Southern Conference team in 2015 and 2016. He was also named to the 2016 FCS Pre-season All American team. He was a tremendous worker in the weight room, taking his body from 205lbs. in 2013 to 218lbs. the 2016 season. His lifting numbers are highlighted by an 11 ft. Broad Jump, 38.5 in. vertical, 340lb Power Clean, 505lb Squat, 14 reps on 225lb Bench and a 4.59 40-Yard Dash. He was very consistent in his work and built a great athletic career. Therefore, Trey is very deserving of the NSCA All-American Award. ~ David Abernethy

Stevenson University

Devin Salisbury

Sport: Football

Position: Wide Receiver

Junior

Devin exhibited all the positive traits that strength coach wants in an athlete. He is accountable, hardworking, dedicated, disciplined, and coachable. He is not only a great athlete but a great teammate, and human. He is never late, always does what is asked and sets an example to his teammates with his hard work and dedication to the team. He comes in every day with a “will do” attitude and always performs any workout to the best of his ability. ~ Michael Query

Northwood University

Ray Shepler

Sport: Football

Position: Linebacker

Senior

Since the day Ray stepped on campus he was always one of the strongest most well-conditioned athletes we’ve ever had. His dedication to the weight room, sleeping habits, and nutrition are an inspiration to his teammates. ~ Scott Fisher

Trinity College

Chris Simmons

Sport: Football

Position: Offensive Tackle

Junior

Chris is an extremely dedicated, focused, and high character student athlete who leads by example on the field and in the weight room. He earned a selection to the DIII All-American 2nd team in 2016 after helping Trinity capture an undefeated conference title. He holds the school record with a 445lb bench press and a 675lb trap bar deadlift. ~ Tristan McLaren

North Greenville University

Casey Stewart

Sport: Football

Position: OL

Junior

Casey Stewart, originally a walk-on, has contributed in 37 total games at Guard and or center. He has helped paved the way for over 6,000 rushing yards in his three years. Casey is a great leader and truly loves lifting as well as the game of football. In his junior year he graded out at 90% and was named offensive MVP by the coaching staff. Power Clean: 315, Bench: 400, Squat: 600, Hang Clean: 300. ~ Andre Bernardi



FOOTBALL

The College of William and Mary

Jerry Ugokwe

Sport: Football

Position: Offensive Tackle

Senior

Jerry Ugokwe 6'8 305lb. Senior Offensive Tackle Power Clean: 308lbs. Squat: 405lbs. Bench Press: 370lbs. Vertical: 27" 40 Yard Dash: 5.2 seconds Jerry came to The College of William and Mary as a lightly recruited walk-on, who redshirted his freshman year. Jerry worked very hard in our strength and conditioning program to develop himself to play the offensive line position. His attitude and work ethic improved every year. It is these qualities that aided him in becoming a four year starter at the position and 1st team All-CAA and 3rd team AP All-American. In addition to being invited to the NFL combine. I am very proud of this young man and what he has accomplished. ~ John Sauer

West Texas A&M University

Travis Vornkahl

Sport: Football

Position: Offensive Line

Junior

A blue collar worker from the time he stepped on campus, Travis brings that work ethic to the weight room each day. Putting weight and gaining strength on his 6'5" frame earned him a starting role. He is highly respected by his teammates for his approach and also for putting up great numbers for a 260 pound athlete. Squat 600, bench 375, hang clean 330, and a 29" vertical jump makes him a strong all around contributor on the field. Travis leads by example each day and shows up ready to put in the work without backing down. ~ Sarah Ramey

Clemson University

Deshaun Watson

Sport: Football

Position: Quarterback

Senior

Deshaun Watson has been a tremendous leader for our football team during his career. Not only has he accomplished a great deal on the field, he has also been a model citizen off the field. His character is just as impressive as his football talent. Deshaun understood as a freshman the importance of strength and conditioning as a tool to improve his athletic performance. As a result, over his impressive three-year career he achieved the following strength and conditioning accomplishments: increased bodyweight of 35lb with virtually no fat gain, 1RM squat 405lb, 1RM power clean 300lb, vertical jump 33", standing broad jump 9'0, pro agility shuttle 4.25 sec, and 3-cone L-drill 6.93 sec. As an important side note, Deshaun achieved these feats after ACL reconstruction surgery, showing his will-to-train and will-to-win to be that much more impressive. Deshaun's work habits have been second-to-none on a daily basis. His leadership of this team was solidified long before he stepped on the field to play because he gave his all with his teammates daily in training. ~ Adam Smotherman

McKendree University

AJ Wentland

Sport: Football

Position: LB

Senior

AJ was a strength coach's dream athlete. A true leader in every aspect, both in the weight room and on the field. He brings intensity to each and every training session and is someone we can count on to be his best each and every day. ~ Jordan Fark

Huntingdon College

Drew Wheeler

Sport: Football

Position: Defensive Line

Senior

Drew demonstrates the attitude and effort we desire for our athletes to possess. He has used strength and conditioning as a vehicle to become a dominant player on the football field. ~ Charlie Goodyear



Webber International University

Max Bowmer-Adey

Sport: Golf

Freshman

Max's work ethic and pursuit of relentless growth is second to none. He is one of the most dedicated and motivated student-athletes I have had the pleasure of working with. His outstanding work ethic is already proving successful, as he has been a top 10 scorer for Webber many times already as a freshman. Max also spends time volunteering for the golf team, the community and is also active with events on campus. He has taken part in two QEP debates on campus and has won by significant margins both times. ~ Steve Rassel

Clemson University

Joshua Fickes

Sport: Golf

Junior

Josh has done a tremendous job with training this year for the Clemson University Men's Golf program. As a junior, he has understood the importance of what training, recovery, and nutrition will do to elevate his game on the course. He will continually seek out opportunities to make sure he is improving in the weight room and act as another coach to his teammates. Josh is one of the strongest and most powerful athletes on the team. He is able to deadlift over 400 pounds and squat well over 300 pounds. His dedication to making himself and the program better as a whole is what separates him from other athletes. ~ Justin Houg

Webber International University

Gabriella Gonzalez

Sport: Golf

Junior

Gabriella has overcome struggles and injuries during her time as a student-athlete at Webber. She has to wear knee braces during any sport activity because of surgeries she has had, but that has not removed her from staying in the top 5 golfers for the women's team. Her perseverance and dedication through these trials has inspired many individuals and her teammates. Gabriella is extremely active in the community and on campus. She is the Vice President of the Rotaract Club, Vice President of WIU's American Criminal Justice Association chapter Alpha Omega Rho, a Professor Assistant, and a Resident Assistant. On top of all that, Gabriella has volunteered many hours for Big Brothers Big Sisters at Babson Park Elementary, FCA, and the American Cancer Society. ~ Steve Rassel

Lamar University

Olivia Le Roux

Sport: Golf

Junior

Olivia is such a genuine soul, you often can lose sight of her outstanding work ethic. The first time I worked with Olivia she was unable to do a pushup, now after training during the school year and during the breaks she has built herself into quite the lifter. I don't need to remind Olivia of anything during the lift. She is fully aware of the sets and reps that need to be done, what exercise is next, never has to be told more than once what to do and how to do it, she is constantly locked in and ready to go. It very obvious that she has put the time in to be great. ~ Tyler Janota





Radford University

Conner Lewis

Sport: Golf
Senior

Conner is the personification of consistency and dedication. He is in the weight room no less than three times a day. He keeps a very regimented schedule with strict attention to detail and a hardcore work ethic that is unmatched by any other athlete in our department. ~ Scott Bennett

Webber International University

Kenny Overthrow

Sport: Golf
Senior

Kenny has been an outstanding leader for the Men's golf team on the course and in the weight room. He has the respect and trust of all his teammates and always leads them by setting an appropriate example at all times. Kenny has been very successful during his time at Webber, receiving many accolades and acknowledgements. He received the 2016 Daktronics-NAIA Men's Golf Scholar Athlete Award, was nominated for the NAIA A.O Duer Scholarship Award, played in the 2016 NAIA National Golf Championship, and currently has a 3.6 GPA. ~ Steve Rassel

Huntingdon College

Will Thrash

Sport: Golf
Senior

Will demonstrates the attitude and effort we desire for our athletes to possess. He is devoted to strength and conditioning, and sets a solid example to every other athlete in our golf program. ~ Charlie Goodyear

Troy University

Clay Vannoy

Sport: Golf
Senior

It is a pleasure to recommend Clay Vannoy for this award. Immediately you notice that Clay has an exceptional work ethic. Clay is a senior golfer majoring in Business with a 3.0 GPA, who plans on becoming a professional golfer after college. He has consistently pushed himself and improved for the past four years to achieve his goal. He works hard in all aspects of his life to better himself and those around him. He is a leader and role model for his team both in and out of the weight room. His teammates admire him for his abilities and positive attitude. Clay pushes himself and his teammates to improve daily. He continuously goes above and beyond what is asked of him and always enjoys a challenge. Clay is the type of athlete and person that every strength coach enjoys working with and is deserving of this honor. ~ Richard Shaughnessy





GYMNASTICS

University of Michigan

Lauren Marinez

Sport: Gymnastics

**Position: Uneven Bars, Balance Beam, & Floor Exercise
Junior**

Lauren is currently a junior on the University of Michigan Women's Gymnastics team and a member of two Big Ten Championship teams (2015 & 2016). She currently competes on Uneven Bars, Balance Beam, and Floor Exercise. Although Lauren is in her junior year, she is in her second year competing, due to a season-ending injury prior to the start of her freshman campaign. Lauren has faced a challenging road to full recovery. While she competed as a sophomore and contributed in the lineup, she continued to be hindered by her injury. Her first fully healthy off-season was prior to her current season. This off-season, she committed to training in preparation for what is inarguably her most successful collegiate season with career highs on beam (9.95), bars (9.925), and making her debut on floor. She is a model of consistency in her approach, in the weight room, practice, and competition. Without question, Lauren is a student-athlete I will continue using as an example for years beyond her Michigan career ends. It is with great pleasure that I nominate Lauren for this award and look forward to continue assisting in her development as a student-athlete. - Lew Porchiazzo III



Stevenson University

Sarah Antonelli

Sport: Hockey

Position: Defense

Junior

Sarah is by far one of the hardest working athletes I have on campus here at Stevenson University. I not only see her work hard in my team scheduled workouts, but I routinely see her coming in on her own time to do extra work. She is well loved by her teammates and coaches because she has a great demeanor and is a hard working individual. We have a very young team this year and Sarah does her best to help coach up her young freshmen teammates and sets an example for them as it pertains to working hard in the weight room to make your game better on the ice. ~ Michael Query

Old Dominion University

Meg Byas

Sport: Hockey

Position: Field Hockey Back

Senior

Meg has worked extremely hard over the course of her collegiate career. As a freshman she suffered a torn ACL. Despite the setback, she continued to grow and develop each year into a better and stronger athlete each year, working with a purpose to be the best she could be. ~ Joe Makovec

Sacred Heart University

Justin Danforth

Sport: Hockey

Position: Forward

Senior

Justin is a true leader and one of the best work ethics and attitude in the department. He is a great student. He competes in all areas of life. ~ Chris Fee

Penn State University

Ricky DeRosa

Sport: Hockey

Position: Forward

Senior

Ricky is a senior forward and an assistant captain on our men's hockey team and I've had the great pleasure of working with him over the past four years. Rick embodies everything that we stand for in our culture. He works hard, he's dedicated to being a great person and athlete, and has tremendous character both on and off the ice. He is involved in THON, the world's biggest student-run philanthropy organization to raise money for children's cancer, and has founded a children's reading program in the local area. It's my great pleasure to nominate such a great individual. ~ Cameron Davidson

University of New England

Trevor Fleurent

Sport: Hockey

Position: Forward

Senior

Trevor approaches every opportunity to improve himself, whether on the ice, in the weight room or in the classroom, in a business-like manner. The picture of consistency and competitive ferocity, Trevor serves a captain for the Nor'easters and anchors one of the most productive lines in DIII across the country. He is second in the country in scoring (behind his teammate and younger brother) and owns the UNE career points and goals record with 100+. He was awarded 2nd Team All-Conference honors last season and was recently awarded 1st Team All-Conference honors this season, with action left in the playoffs. Trevor leads his team with a composure and competitiveness in the weight room that rare. He is extremely dedicated to the entire process of improving athletic performance - he never skips a drill, set or repetition. He posted a 250lb 1RM Bench Press, 335lb 3RM Squat and 185lb 3RM Hang Clean. He will likely be named an All-American at the culmination of the season. ~ Lyndie Kelley



Sacred Heart University

Cassandra Hanlon

Sport: Hockey

Position: Defense

Senior

Cassandra has been one of the strongest athletes during her career in our department. She is very competitive and pushes the people around her to get better. ~ Chris Fee

Endicott College

Lloyd Hayes

Sport: Hockey

Position: Forward

Sophomore

L has been the leader in the weight room for the team since the beginning of the year. He stands out by pushing all of his team to give their best effort and to continually get better. The team would not have success in the weight room or on the ice without Lloyd's work ethic. His dedication to strength and conditioning is what all athletes should strive for. Perhaps the best thing about Lloyd is his willingness and improve not only his strength but also his conditioning to make himself into a better player on the ice. ~ Jonathan Williams

Sacred Heart University

Rebecca Houser

Sport: Hockey

Position: Field Hockey Middle Field

Sophomore

Rebecca is one of the pound for pound strongest athletes in our department. She is a model student and great leader for the team. ~ Chris Fee

Endicott College

Caroline Hughes

Sport: Hockey

Position: Forward

Sophomore

Caroline has been the leader in the weight room for the team since the beginning of the year. She stands out by pushing all of her team to give their best effort and to continually get better. The team would not have success in the weight room or on the ice without her work ethic. Her dedication to strength and conditioning is what all athletes should strive for. She never takes a day off and always shows up ready to work hard and try to get better. ~ Jonathan Williams

University of Connecticut

Marisa Maccario

Sport: Hockey

Position: Forward

Junior

Reese is a highly competitive athlete who never backs down from a challenge. Her commitment to training off the ice has propelled her set 2 program performance records in the last year. She is a mark of consistency for her teammates and embodies all of the great qualities that a strength coach is looking for. She sets a very high performance standard for our program. ~ Joel DeMarco



University of New England
Brooke Marshall, NSCA-CPT

Sport: Hockey

Position: Field Hockey Midfield

Senior

Brooke is the unsung hero of an incredibly talented field hockey squad. An Applied Exercise Science major with a Nutrition minor, Brooke is an intelligent, dedicated and tenacious student-athlete. During her career, the Nor'easters won 3 Commonwealth Coast Conference Championships in a row, with subsequent berths in the NCAA tournament. Brooke captained her squad for two consecutive years, during which time she worked closely with her Strength Coach to ensure her team was working hard in the weight room to enhance athletic performance and reduce the risk of injury. She is tenacious in the pursuit of her goals and her perseverance is to be admired in all ways. She is interested in pursuing a career as a Strength & Conditioning Coach and has served as an intern for Nor'easter Strength & Conditioning. Her talent in the field has already shone through in her ability to effectively lead, coach and inspire the teams she works with. A consistent starter and anchor of the midfield over the past two seasons, Brooke is also the president of UNE's Student Athletic Advisory Committee, a member of the Chi Alpha Sigma National College Athlete Honor Society, a multiple time CCC All-Conference Academic Team member and was named the Applied Exercise Science Student of the Year last year as a Junior. Brooke is sought after for her aptitude to teach Olympic lifting technique - she is always willing to help her fellow student-athletes! ~ Lyndie Kelley

Ferris State University
Gerald Mayhew

Sport: Hockey

Position: Forward

Senior

Gerald's competitive drive makes him a leader both on the ice and in the weight room. Gerald finished as our team's leading scorer both his sophomore and junior seasons and is on pace to do the same his senior year. He serves as an alternate captain and constantly pushes himself and his teammates. Gerald was the top finisher in our team's annual strength and conditioning competition, and set a school record in our on-ice testing event last fall. ~ David Cencer

University of Connecticut
Kasper Ojantakanen

Sport: Hockey

Position: Forward

Sophomore

OJ has established himself as a standout in our program. He has embraced the grind of the off-season, put the time in and transformed himself into a strong, powerful athlete which has paid off for him this season. He takes care of the details and it shows in his everyday performance. A quiet leader, who gets it done on the ice, in the weight room and in the classroom. ~ Maureen Butler



University of New England
Shannon Smith, NSCA-CPT

Sport: Hockey
Position: Forward
Senior

Shannon is a gritty, focused and fierce competitor on the ice and in the weight room. She leaves everyone she comes in contact better than she found them. Shannon saw action in nearly every game of her career for the Nor'easters. She is pursuing a career in Strength & Conditioning and has served as an intern for the Nor'easter Strength & Conditioning program for two semesters. Her passion for the field is palpable and contagious. Shannon is driven to improve not only herself and her teammates, but all UNE student-athletes. She leads her team in strength testing with a 3RM Squat of 165lb, a 3RM Hang Clean of 135lb and a 1RM Bench Press of 120lb. She is three time ECAC and NEHC All-Academic Team member and has 43 career points. ~ Lyndie Kelley

Mercyhurst University
Morgan Stacey

Sport: Hockey
Position: Defense
Sophomore

Morgan's dedication to personal development on and off the ice is evident by her enthusiasm and work ethic. She arrives to each and every workout prepared and eager to get started. She is coachable and driven to improve her performance with each lift. Morgan encourages her teammates and is driven to make those around her better. Morgan exemplifies the same work ethic in her studies as she does in the weight room and on and off the ice by achieving Dean's List with a 4.0 GPA. ~ Tyler Travis

University of Wisconsin-River Falls
Emily Stark

Sport: Hockey
Position: Forward
Senior

Emily is not only a talented athlete but extremely dedicated in her personal development. Her drive for continual improvement is one of the reasons why her team has had so much success. ~ Carmen Pata





HOCKEY

Buffalo State College

Vivi Vaattovaara

Sport: Hockey

Position: Forward/Defense

Senior

Vivi transferred to Buffalo State and was a standout right from the start. She entered the weight room as one of the strongest members of her team and drove her teammates to become better. During her tenure here she has overcome previous injuries to excel in the weight room. The excellence she has shown has carried over to the ice where her team has been able to set program records almost each year she has been here. Vivi also is a standout in the classroom! - Nathan Young

Mercyhurst University

Michael Verboom

Sport: Hockey

Position: Forward

Junior

Michael's leadership on and off the ice is one of very few words. He is characterized by what coaches appreciate most and leads the team by his actions. Verboom is usually the first athlete to arrive to the weight room and the last athletes to leave. Verboom is coachable and takes pride in mastering each of his lifts. He makes extra efforts to apply movement preparation and mobility work as directed. Verboom currently has 3 goals, 4 assists, and 7 points. He majors in Finance. - Tyler Travis



LACROSSE



Stony Brook University

Carolyn Carrera

Sport: Lacrosse

Position: Defense

Junior

Carolyn's hardworking attitude in both the weight room and on the field has been evident since her first day on campus. Her inner drive and understanding of the work it takes in order to continue to be successful on the field has been fun to coach and a great example for the underclassmen to follow. She has seen an immense growth since arriving to Stony Brook and her consistent dedication to the weight room has been a big part of her athletic development. ~ Patrick Cummings

Sacred Heart University

Caitlin Delaney

Sport: Lacrosse

Position: Middle Field

Senior

Caitlin is one of the most competitive athletes I have been around. She is a great leader who strives to get better every day in the weight room. ~ Chris Fee

William Smith College

Allie Flaherty

Sport: Lacrosse

Position: Mid-Fielder

Senior

Allie Flaherty is a student-athlete who accepts nothing less than her best in all that she does. As a student, as an athlete, in the weight room, on and off the field, Allie knows the meaning of work. Allie knows that to get better at anything, you must challenge yourself and push the limits of your comfort zone. She is an individual of tremendous character and enjoys the respect and confidence of her teammates. She has an excellent work ethic and is a team leader who was a clear choice for captain this year. Allie works hard to make herself the best she can be, and in the process, she makes everyone around her better! ~ Zachary Woodard

Sacred Heart University

Chase Godfrey

Sport: Lacrosse

Position: Defense

Senior

Chase is the model student-athlete and is extremely dedicated to the weight room and making himself the best he can. ~ Chris Fee

Huntingdon College

DJ Horner

Sport: Lacrosse

Position: Midfield

Senior

DJ demonstrates the attitude and effort we desire for our athletes to possess. He is devoted to strength and conditioning, and sets a solid example year round to every other athlete in our lacrosse program. ~ Charlie Goodyear



George Mason University

Kristin Morgan

Sport: Lacrosse

Position: Defense

Junior

Kristin is a model student-athlete who brings her best every day in the weight room, on the field, and in the classroom. Along with that she is a tireless motivator to her teammates and a joy to serve and coach. I am pleased and honored to nominate Kristin for the 2017 NSCA All-American Strength and Conditioning Athlete of the Year Award. ~ Michael Snowden

Drexel University

Jeremy Omrod

Sport: Lacrosse

Position: Midfield

Senior

Jeremy, a senior majoring in business, has worked extremely hard in all areas of our strength and conditioning program to improve his individual athleticism as well as his skills as a lacrosse player. Jeremy's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man. ~ Michael Rankin

University of New England

David Pearson

Sport: Lacrosse

Position: Goalie

Senior

David's work ethic on the turf and in the weight room is unparalleled. He has grown tremendously from his freshman season to the beginning of his current, senior season. Selected to the NEILA (New England Intercollegiate Lacrosse Association) Pre-Season team, David possesses the ability to inspire his teammates in the weight room in an uncanny way. He is a true leader in all aspects of the word and a master communicator - as the Nor'easters starting Goalie, David has posted an impressive .611 save percentage last season. David is always seeking to improve his strength and speed to reach his full potential. He has spent vast amounts of time analyzing his biomechanics on film with his Strength Coach. He has made his strengths stronger and his weaknesses his strengths. This past testing cycle, David demonstrated his strength posting a 275lb 3RM Bench Press, 21 chin ups and a 225lb 1RM Hang Clean. He also organized the team's off-season strength and conditioning sessions. ~ Lyndie Kelley

SUNY- Buffalo State College

Madz Wright

Sport: Lacrosse

Position: Midfield

Junior

Madz has shown a great display on how a student athlete should work, both in athletics and in the classroom. In the weight room she has achieved a vertical jump of 24.2 in, Front Squat of 185lbs and a Romanian Deadlift max of 315lbs. This past Fall semester she earned a GPA of a 3.8. She is the full package in weight room and a leader for her teammates. ~ Kevin Phengthavone



OLYMPIC WEIGHTLIFTING



Aurora University

Josh Kieffer

Sport: Olympic Weightlifting

Senior

Josh is reliable, dedicated, and ready for any task. His ability to stay focused and perform at the highest level is consistently well above expectations. Josh also multitasks effectively and is able to handle a high-volume workload. ~ Chad Trudo



Webber International University

Randy Chesson

Sport: Soccer

Position: Men's Soccer Goal Keeper

Junior

Randy is in position to wear one of the arm bands next season as a rising senior as he prepares to build upon a tremendous junior season. With that being said, there is a reason why he stands out between the posts and that is because he is an absolute work horse and leader on and off the field. He has worked on his craft and is constantly pushing and encouraging his teammates to perform to the best of their abilities. He possesses a blue-collar work ethic and approaches every session no matter how simple or complex as a way to improve. Which of course makes coaching him an incredible pleasure. Accolades include 2nd Team All-Conference, 141 career saves in 2 seasons, and a 0.76 save percentage. ~ Steve Russel

Haverford College

Will Corkery

Sport: Soccer

Position: Midfield

Senior

Will played a large part in transforming the Haverford College Men's Soccer program into a national title contender. In the matter of two years, Will went from starting one game as a freshmen to a first team All-American. His team also won back-to-back conference championships and four games in the NCAA tournament his last two years. A large part of Will's success stems from his dedication to training. His work ethic led him to become one of the strongest and most fit individuals on an already athletic team. Will's best asset however is his ability to make others around him want to work and that is why his team enjoyed the success that it did. ~ Cory Walts

Wilkes University

Elena Denger

Sport: Soccer

Position: Defense

Junior

Height: 5'7", Squat: 190, Bench: 120, Hang Clean: 110, Pro-Agility: 5.01sec, 20-yd Sprint: 2.95sec. Working towards Doctor of Pharmacy Degree. With demanding schedule is committed to completing every workout even when that means coming in early mornings on her own. ~ Andrew Earp



University of Nebraska Omaha

Ava Doetsch

Sport: Soccer

Position: Defender

Senior

Ava took on a significant leadership role her senior season letting her actions on and off the field set the example for her teammates to follow. Ava was pivotal in developing a culture where hard work, discipline, accountability, and teamwork was expected from everyone. Ava displayed a relentless passion in the weight room where she was always pushing herself and her teammates to their absolute best every day. This endless pursuit to be the best led Ava to personal records in the Power Clean (130lbs), Back Squat (225lbs), Bench Press (120lbs), and Vertical Jump (21 in). Ava was not only a leader in the weight room but also on the field and in the classroom. In her senior season Ava started 18 games playing the most minutes on the team and earning a spot on the All Summit League Second Team. In the classroom Ava has been named to the Summit League Academic Honor Roll every year. ~ Matthew Peyton

Webber International University

Janel Ebanks

Sport: Soccer

Position: Women's Soccer Forward/Attacking Midfield

Sophomore

Rolling with her growth from the 2015-2016 school year and momentum as a 2016 NSCA All-American Award winner, Janel is a team captain and leader both on and off the field. Along with other leaders on the team, her drive and work ethic has set the tone for the positive and energetic hard-nosed culture that has become Webber Women's Soccer. She is a vital aspect to our program, and a true Warrior. ~ Steve Rassel

University of Connecticut

Liane Keegans

Sport: Soccer

Position: Defense

Sophomore

"Keegs" is a tireless worker who gives everything she has day in and day out. While only a sophomore she has established herself both on the field and in the weight room as a standard of excellence. She not only pushes herself, but challenges and supports her teammates to do the same. It is her leadership, work ethic and character which makes her a standout and a privilege to work with. ~ Maureen Butler

University of Texas at San Antonio

Rebekah Kensing

Sport: Soccer

Position: Midfielder

Junior

Rebekah's dedication to her sport is evident by her effort and hard work she puts into her lifting and conditioning. Rebekah pushes herself to be the best at all times. Striving for better is why she is so valuable to her team. Rebekah has totaled over 2000 game minutes in the last two years. Additionally, Rebekah was on the C-USA Honor Roll and received the C-USA Academic Medal. ~ Alexi Beeson



Endicott College

Sharlotte Pernice

Sport: Soccer

Position: Attacker

Sophomore

Sharlotte possess a work ethic that is unmatched. She led the team in goals (10), shots taken (59), and points (25) this season while ranking #2 on the team in assists (5) this past season. Her motor is always running and that is evident on and off the pitch. She is determined to out work her opponents and make her teammates better in the performance facility. Her ability to move weight and condition will continue to make her a force. She was also the 2016 CCC Academic All-Conference CCC Player of the Week. ~ James Daley

Northern Arizona University

Riley Porter

Sport: Soccer

Position: Defender

Junior

Riley Porter is the definition of grit and hard work. With a breakout junior year, she led her team on the soccer field and in the weight room. Leading her team in minutes played this past in-season was the reward for all of her hard work she put into her strength and conditioning sessions last off-season. Through her dedication of getting better each day, she has transformed herself into a leader that each of her teammates continue to follow. In her final off-season this year, she was able to break the clean and squat record for her sport. Riley comes ready to tackle each session with her best effort, and is always the first to encourage or congratulate a teammate. She has earned a strong voice and leadership role through her actions in the weight room and on the soccer field. ~ Emma Ostermann

Texas Christian University

Lauren Sajewich

Sport: Soccer

Position: Defender

Senior

Lauren was a huge part of the success that TCU soccer had both on the field and in the weight room. The energy and role that she played was selfless and made everyone better around her. When I took over as S&C coach the team had very little experience with S&C, and Lauren embraced the weight room, pushing herself on every occasion. If we as a team had 11 Laurens then I am sure that we would be a national powerhouse. The best bit for me as a S&C coach was that Lauren wanted to know the why, and how of what we were doing. It was an absolute pleasure to coach Lauren over the past three years, and I know that she is going to be dearly missed on the pitch! ~ Michael Wood

Drexel University

Kylie Strong

Sport: Soccer

Position: Midfielder

Junior

Kylie has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism as well as her skills as a soccer player. Kylie's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~ Carla Waldron



SOFTBALL

California Lutheran University

Lewis Amanda

Sport: Softball

Position: Outfield

Senior

Amanda is widely considered a leader among her teammates. Notwithstanding the team's early-morning training schedule, Amanda's enthusiasm is infectious. Moreover, her work ethic is contagious. She challenges and inspires her teammates to diligently and exuberantly prepare. On the field, Amanda hit for the second highest average among her teammates. For these and several other accomplishments, she was named to the Southern California Intercollegiate Athletics Conference (SCIAC) All-Conference team. ~ Patrick Holmberg

The Ohio State University

Alex Bayne

Sport: Softball

Position: Outfield

Senior

Alex is a leader by her example in the weight room. She has tremendous work ethic and will not back down from any challenge. She takes on anything that is put in front of her and brings dedication and passion to the weight room. She is a focused individual who finds ways to get better each and every day. She is hungry to learn and does what is necessary to succeed. It has truly been an honor to coach Alex and she deserves all the rewards and accolades that she receives. ~ Andy Britton

Saint Anselm College

Amanda Bickford

Sport: Softball

Position: Outfield

Junior

Amanda Bickford's preparation and work ethic are on constant display. As a two-sport athlete (volleyball and softball), she does everything in her power to be a high performer in both of her sports. She is incredibly coachable and has taken detailed interest to maximize her performance in the classroom and on the playing fields. She is an outstanding teammate who also looks to aid the development of others so as to achieve all team goals. ~ Corey Barboza

Wilkes University

Lacey Bixler

Sport: Softball

Position: Left Fielder

Senior

Lacey besides a team leader for the softball team is a management major with a minor accounting. She has been a fitness center employee for her 4 years on campus. Lacey has been a pleasure to have as a student-athlete as well as employee. She committed and dedicated her time in the weight room to getting better as a student-athlete. Lacey has been the definition of what it means to be a Wilkes University Colonel. Her efforts have gotten her a 140 bench, 225 squat, and a 115 hang clean. ~ Keith Klahold



SOFTBALL

Avila University **Samantha Dexter**

Sport: Softball
Position: Outfielder
Senior

Sam is one of my most dedicated athletes. She has helped turn around a low performing team from her freshman year to a school record setting program for softball. Over her four years she has grown from a physically gifted athlete into a true leader on her team who wants to see them succeed. She also is able to balance the academic demands of nursing internships while still exceptionally performing in the weight room and on the softball field. It has been a pleasure to work with her and witness her growth and development. ~ Brian Ciolek

University of Missouri **Natalie Fleming**

Sport: Softball
Position: Second Base
Senior

Natalie has chosen to lead with her work ethic from the day she stepped on campus. She is consistent and never wavers in her hardnosed approach. Her every day choices have become a lifestyle. When she suffered a knee injury this fall, she didn't panic. She kept working as hard as possible in the weight room and in rehab. She willed herself back on the field by spring practice. If she hadn't had the utmost respect of her teammates before, she showed her grit during this process and why she should be an NSCA All-American. ~ Rusty Burney

University of Delaware **Leanna Gearhart**

Sport: Softball
Position: Infielder
Junior

Leanna is a true All-American in every sense of the word if you look at her production both on and off the field. Within the Strength & Conditioning Program testing and evaluation measures - she scores tops in all speed, agility, and power categories across the board for all female student athletes. Leanna has the ability to push herself to high levels even if she is 10-15 yards ahead of the pack in any conditioning drill. She leads by example and takes her team to a new standard of where a Blue Hen should strive to be. ~ Ted Perlak

University of Tennessee at Martin **Carly Gonzales**

Sport: Softball
Position: Center Field
Senior

It is an honor to nominate Carly Gonzales for the 2017 NSCA All-American Strength and Conditioning Athlete Award. Since arriving four years ago, Carly has set the standard for her teammates through her work ethic, dependability, and passion to be successful. These traits have driven her personal and athletic development. In the weight room, Carly set personal bests this spring with a 140lb hang clean max and a 230lb squat max. On the field and in the classroom at UTM, Carly has earned numerous accolades as the starting center fielder. These awards include OVC Freshman of the Year, OVC All-Newcomer, two-time All-OVC Second Team, and two-time OVC Commissioner's Honor Roll. Carly's favorite quote by Ralph Waldo Emerson, "What lies behind us and what lies before us are tiny matters compared to what lies within us," proves very fitting. Carly's toughness and desire to succeed will continue to elevate and positively influence those around her. ~ Chris Gillies

Humboldt State University **Darian Harris**

Sport: Softball
Position: Catcher
Senior

Darian Harris was the pinnacle of consistency during her storied softball career. Her impact was immediate on a team loaded with talent and expectations as Darian proved to be an instrumental role player during her freshman season. Through tremendous work ethic and great resolve, Darian ended up a two-time All-Conference performer with a career batting average of .304 and a .989 fielding percentage over 230 games played. Darian's consistent work in the weight room paved the way for her on the field success and included a personal best 230 pound back squat and 165 pound clean! ~ Drew Petersen



SOFTBALL

Troy University

Becca Hartley

Sport: Softball

Position: Short Stop

Senior

Becca has repeatedly shown that she is willing to put in extra work to become a better athlete both on the field and in the weight room. During the school year she consistently comes in the weight room on her own time in order to complete extra lifts, core work, or conditioning, as well as staying in Troy for both summer sessions in order to do her off season lifting program. The extra work has paid off for Becca as she posted a 1RM squat of 315lbs, as well as a 1RM Bench Press of 180lbs. In the classroom Becca is an accounting major with a 3.8 GPA. ~ Richard Shaughnessy

Webber International University

Brandi Hazen

Sport: Softball

Position: Third Base

Senior

Brandi is the definition of toughness and can't help but give 110% in every aspect of her training in the weight room. She is a team captain and has showed her dedication and work ethic by overcoming adversity during an injury. She's a workhorse and holds a high standard during training that challenges and inspires her teammates. ~ Steve Rassel

University of Kentucky

Brooklin Hinz

Sport: Softball

Position: Outfield

Junior

Bench Press: 170 (106% of her body weight) Back Squat: 295 (184% of her body weight) Power Clean: 190 (119% of her body weight). She is the strongest, pound for pound, in every category on the softball team. Double Major: Accounting and Finance GPA: 3.5 She has played in majority of every game as a freshman in the SEC. She started majority of every game last season. And she continues to start majority every game this year. She was the first freshman ever to stay and train over the summer with our strength and conditioning staff off. She is the most dedicated student-athlete I have ever had in strength and conditioning. ~ Ryan DeVriendt

Webber International University

Alyssa Householder

Sport: Softball

Position: Second Base

Senior

Alyssa is one of the most dedicated athletes I've ever seen, working just as hard in the summer when no one is watching as she does in team lifts during the fall. You never have to question her intentions and she is positive day in and day out. She displays this character through being a team captain and nominated for the NSCA All-American Award multiple years in a row. ~ Steve Rassel

Transylvania University

Renae Morton

Sport: Softball

Position: P/INF/OF

Junior

Height: 5'8" Counter Movement Jump: 18" Hang Power Clean 1RM: 140lbs Back Squat 1RM: 210lbs Bench Press 1RM: 120lbs Renae is a transfer who has only been with our program for a semester so far, but she has proven that she can stand toe to toe with any of our returners. Renae's dedication to perfecting her skills and abilities is unstoppable. At her previous college, Renae was 2nd Team All-Conference, NFCA 1st Team All-Region Pitcher, and an NJCAA Pinnacle Academic All-American. Renae is selfless teammate and a committed student-athlete, who is great to coach. She is very deserving of this award. ~ Mike Caro



SOFTBALL

University of Nebraska Omaha

Lizzie Noble

Sport: Softball

Position: Outfielder

Senior

Vertical Jump: 23.3; Pro-Agility: 4.46; 20-Yard: 2.99; Back Squat: 195; Bench Press: 100; Power Clean: 142. Lizzie is a leader of great character and is a great teammate. Throughout her career she has demonstrated a great commitment to her team and to helping her teammates improve. She is a great leader by example and holds her teammates to a high standard. Lizzie has been selected to the Summit League Academic Honor Roll, a Summit League Distinguished Scholar, the Summit League Player of the Week, All-Summit League First Team, and an NFCA All-American Scholar Athlete. Lizzie's level of commitment to her team over her career has helped her team reach new heights and has risen the expectations of her teammates. ~ Nathan Williams

Jacksonville State University

Cadi Oliver

Sport: Softball

Position: Infielder

Senior

Cadi is a great leader and motivator for her team. A vocal leader who sets a tremendous example for others to emulate. Cadi has been a four year starter for a very demanding softball program. She has spent the last three summer leading a group of her teammates through their summer workouts. She is a great student in the classroom exemplified by her outstanding work ethic. ~ B. Scott Austin

Northwood University

Riley Ostapowicz

Sport: Softball

Position: Catcher/Third Base

Senior

Riley's dedication to the weight room and becoming a stronger more conditioned athlete has really helped her become the player she is today. She is a great example to her teammates and other athletes of what hard work and dedication can do for you in the athletic arena. ~ Scott Fisher

Swarthmore College

Sara Planthaber

Sport: Softball

Position: Outfielder

Senior

Front Squat 200, Bench Press 150, and Hang Clean 140. I can say it is truly an honor to nominate Sara for this award. She is a coach's dream student-athlete. She shows up to workouts early, has a relentless work ethic in the weight room, and excels academically. As one of only two seniors, Sara has led by providing an outstanding example for her teammates to follow. ~ Chris McPherson

Drexel University

Baeley Reed

Sport: Softball

Position: 2nd

Senior

Baeley has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism as well as her skills as a softball player. Baeley's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~ Carla Waldron



SOFTBALL

William Woods University

Brailee Schulte

Sport: Softball

Position: Utility

Senior

Brailee is a 5th year senior that was unfortunate enough to be injured early in the fall of her freshman year at William Woods. She had worked very hard to rehab and recover to be a vital part of our team. She played in 49 games and started 46 in 2016; this is a remarkable feat considering her injuries. She has used the weight room to comeback stronger and more durable. Her body fat has dropped 5%, while her 20-yard dash time has been cut 0.3 of a second. She had added over 2" to her vertical jump, gone from not being able to perform a single pull-up to a personal best of 12 and tying the school record on the conditioning test. She has squatted 305lbs, done a Hang Clean of 140lbs and Bench Pressed 125lbs. Brailee's work ethic and personality has put her in a position of respect and leadership not only on the softball team but within the William Woods University athletics department and WWU community. Her leadership and work ethic will be missed. - Robert Jones

Winston-Salem State University

Destiny Snipes

Sport: Softball

Position: Utility

Sophomore

Destiny is a sophomore on the WSSU Softball team. Currently she squats 365 and Cleans 205. As a freshman last year she had three doubles, four triples, and four home runs in 138 at-bats. She also added 10 stolen bases. She was named to the Conference Commissioner's Association (CCA) All-Region team and was also named to the Central Intercollegiate Athletic Association (CIAA) All-Rookie team. - Marc Heinecke

Washburn University

Megan Stegman

Sport: Softball

Position: Outfield

Senior

Megan has worked extremely hard during the off-season to develop herself into a powerful softball player. Her hard work paid off as her testing numbers were the best on the team with a 265lb squat, 160lb power clean, and 145lb bench press. Megan has also turned into a great leader on and off the field displaying a 4.0 GPA and being an all-conference player. There is no doubt Megan will be successful at whatever she chooses to accomplish in life. - Trent Smith

University of North Dakota

Kaylin Vandomlin

Sport: Softball

Position: Pitcher

Junior

As an All-Conference softball player, Kaylin is extremely dedicated and is always the first person in the room and the last one out. She persevered through a tumultuous hip injury to become a dominant force on the field and in the weight room. She is also the team captain. - Nolan Larson





SWIMMING

University of Georgia

Emily Cameron

Sport: Swimming

Position: Free/Breast/IM

Senior

Emily is most often the first swimmer in the weight room every morning at 7:00 a.m. following swim practice. Whether it is spending extra time performing core work or running before or after a training session, she is dedicated to improving and will do whatever it takes to accomplish this. As a testament to her hard work, this past season she accomplished four personal bests in the following events: 100 breaststroke, 200 breaststroke, 200 individual medley, and 400 individual medley. She has posted the third-fastest time in school history for the 200 individual medley, the fourth-fastest time in the 400 individual medley, and was a part of the school record 200 freestyle relay. Outside of the pool she is a part of the SEC Good Works Team, the Student-Athlete Leadership Academy, and is Vice President for the Student-Athlete Advisory Committee. ~ David LaPlaca

Northern Arizona University

Veronica Houck

Sport: Swimming

Position: Sprinter

Senior

Roni Houck is one of the hardest working, positive, and consistent athlete's we have here at Northern Arizona University. She has faced many trials athletically, academically, and personally, without wavering in her character. Roni leads her team by example and she consistently motivates her teammates with positive encouragement. She always finishes in the front of the pack and finds the energy to go back and help the back of the pack finish strong. She didn't miss a day, was never late, and was always happy to be lifting. Roni's attitude is contagious and she brings everyone around her up. ~ Cody Hodgeson

University of Georgia

Basil Orr

Sport: Swimming

Position: Breast/IM

Junior

Basil brings an attitude to the weight room that is contagious. He comes in every morning at 7:00 a.m. following swim practice with a positive attitude ready to make the most of his training and help his teammates improve along with him. During this past season in the pool Basil achieved a B cut in the 400 individual medley and 200 breast, both of which were personal bests for him. Achieving these marks this past year is a testament to all of his hard work. Outside of the pool he has been selected to be on the SEC Good Works Team, the SEC Academic Honor Roll, the Student-Athlete Leadership Academy, and the Student-Athlete Advisory Committee. ~ David LaPlaca



SWIMMING

University of Missouri

Fabian Schwingenschlogl

Sport: Swimming

Position: Breaststroke

Senior

He is the 2016 NCAA champion in the 100 breast, the first Tiger to win an NCAA title in program history, and earned three first-team and three honorable mention All-America honors at the 2016 NCAA Championships. In addition to his title in the 100 breast, he also finished third in the 200 breast at NAAs to own the two highest finishes by a Mizzou male swimmer in program history. ~ Omar Ahmad

University of Nebraska Omaha

Morgan Stepp

Sport: Swimming

Position: Fly / IM

Senior

Vertical Jump: 22.5, Front Squat: 175, Bench Press: 130, Power Clean: 140. Morgan is a great leader and an even better teammate. Her selfless attitude has helped her team improve greatly over the course of her career. Morgan's commitment and work ethic have earned her many honors. She was the Summit League Champion in the 200 fly, a five-time All-Summit selection, Summit League Academic Honor Roll, and Summit League Distinguished Scholar. Morgan has accumulated many honors over her career, and these honors reflect her character and her great work ethic to improve. ~ Trevor Chadwick

Drexel University

Sean Swartz

Sport: Swimming

Position: Fly/Free

Senior

Sean has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Sean's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man. ~ Anthony McCloskey

Trinity College

Brenna Weber

Sport: Swimming

Position: Mid Distance Swimmer

Senior

Brenna is one of the most dedicated and strongest female athletes at Trinity College. She is constantly trying to move more weight and be the best she can be. One of my favorite things about her is that if she doesn't finish a workout before a class then she comes back after to finish. ~ William DeLongis





TENNIS

University of Nebraska Omaha

Colin Buckley

Sport: Tennis

Senior

Height: 5'9" Weight: 180 Vertical Jump: 26 in.

Front Squat: 270 Clean: 210 Bench: 240.

Throughout his career at UNO, Colin has showed a great passion and desire to better himself both inside and outside the realm of athletics. Within the strength and conditioning setting, he has developed into a team leader both vocally and through his extraordinary work ethic. This has led to success both in the weight room and on the tennis court. Colin was the number one player for both the singles and doubles category during his sophomore and junior years. During his career, Colin received the Summit League Player of the Week honor one time. Not only has Colin had several athletic successes, but he has also had academic honors including being on the Dean's List numerous times and being placed on the Summit League Academic Honor Roll in both 2014 and 2015. Colin's unmatched work ethic and leadership will undoubtedly lead to a successful future. - Nicholas Lee

Clemson University

Daniela Ruiz

Sport: Tennis

Junior

Dani has been the definition of a leader on and off the court. She has done an outstanding job in the weight room not only with pushing her own personal growth but also the limits of her own teammates. She has battled through injuries and struggles on the court and has worked hard to improve her strength, power, and speed to become one of the best in the program. She will continually seek out new opportunities to better herself and will not settle until she gets there. She is strongest on the team with a 315lb trap bar deadlift and a 225lb back squat. Dani has great drive and determination to be the best and will do anything to help her team achieve great success. ~ Justin Houng



TRACK & FIELD



Clemson University

Iana Amsterdam

Sport: Track & Field

Position: Triple Jumper

Senior

Iana Amsterdam has consistently dedicated herself to her physical preparation since arriving at Clemson as a freshman three years ago. She attacks every workout, warmup and conditioning session with the same intensity and focus that she has on the track on meet day. Iana is without a doubt one of the most powerful athletes on the team, demonstrated by her 180 pound power clean and 250 pound back squat. Iana's weight room prowess has translated to the track where she is a 3-time ACC champion in the triple jump. Most importantly, Iana has set a tremendous example for all of our incoming freshmen as to what level of focus and commitment is needed to be a successful track and field athlete in the ACC conference. ~ Rick Franzblau

Northern Arizona University

Brooke Andersen

Sport: Track & Field

Position: Thrower

Junior

Brooke Andersen is a redshirt junior, she competes in the discus and hammer. She shows up every day ready to work, eager to learn, and receptive to coaching. She is very encouraging of the other athletes in her group, and provides a positive energy in the room. In 2016, she competed at Olympic Trials in the hammer throw where she placed 13th. Most recently she had broken her old-Big Sky record this season with a 71-0.25 (21.66m) throw. With the success she has had in her career, it puts her in a position to be a great role model for the younger team members which she has done a great job of helping them get adjusted to life as a college student athlete both inside and outside of the sport. ~ Sam Lackey

Merrimack College

Sarah Barnett

Sport: Track & Field

Position: Multiple Events

Senior

Sarah has transformed her athletic career through her efforts in strength and conditioning. With the intense demands of competing in the Heptathlon and Pentathlon, training has become essential for championship level performances. Her leadership in the weight room and on the track is of tremendous value to her team as well. An All-Region competitor, Sarah is a wonderful example of how a concentrated focus on your physical development can and will aid in your development and ultimately, success! ~ Michael Kamal

Kennesaw State University

Morgan Campbell

Sport: Track & Field

Position: Long Jump/Triple Jump

Senior

Morgan Campbell is the person you love to see at 6:00am every day. She is extremely dependable and understands the value of strength training to her health and sport. Morgan trusts the process and is not afraid to put in the work that is necessary on and off the track to propel her to the success she has experienced. She lets her work speak for itself and leads her team through her unbridled spirit and discipline. Clean Max: 185lb Front Squat Max: 205lb (3RM) Bench Max: 175lb Vertical: 26.5" Broad Jump: 2.49m 20m: 2.36 ~ Jeremy Gough



TRACK & FIELD

South Dakota State University

Carly Carper

Sport: Track & Field

Position: Sprinter

Senior

Carly finished her SDSU Track & Field career this spring as one of the most decorated athletes in program history. Her success, in large part, is due to the hard work and dedication she has put into the weight room. In 4.5 years she has added approximately 100lbs to her Back Squat, 60lbs to her Power Clean, and an astounding 6 inches to her vertical jump! These impressive improvements in strength and power along with her hard work on the track allowed her to become a three-time conference champion and two-time NCAA West Regional qualifier in two different sprinting events. In addition to her success on the track, Carly is also a standout in the classroom having been named to her conference List of Academic Excellence and conference Honor Roll three times each. I have no doubt that Carly's athletic and academic successes has set her up for many more successes and achievements beyond SDSU. ~ Nathan Moe

Webber International University

Taylor Christian

Sport: Track & Field

Position: Women's Track & Field Sprinter

Sophomore

Taylor Christian is an absolute beast in the weight room; she does fitness competitions on her own time and has a huge engine because of it. On top of that she's constantly pushing herself to the edge on every workout, and pushing those around her. She is very internally motivated and has a constant drive to do whatever it takes to get better. She would often come to track off-season workouts after going to varsity soccer practice, or would finish her lifts after playing in soccer games for our soccer team.

Back Squat: 260, Front Squat: 190, Clean: 175, Vertical: 25, Broad: 91, 60m: 8.08s, 200m: 27.15 ~ Steve Rassel

Saint Louis University

Kyle Clinkingbeard

Sport: Track & Field

Position: 400m Sprinter

Senior

Kyle exemplifies hard work and dedication. His work ethic on the track and in the weight room is unparalleled. He was a part of the 4x400 that posted a school-record time in 2016. He also helped the men's team place 4th with their best finish ever at the A10 Indoor Championship this year. He is preparing to lead the men's team in outdoor competition this season. Kyle's determination has not only allowed him to be a standout in the weight room but also in the classroom. He is a member of Atlantic 10 Honor Roll. Kyle has been an asset to our sports performance department and our athletic department these past four years. ~ Alison Muenz-Winkler

Colgate University

Regine Cooper

Sport: Track & Field

Position: Thrower

Sophomore

Regine Cooper, affectionately known as Re by all, is the loudest, hardest working female in the weight room and on campus. Not only does she want you to know it, she wants to show you and leave no doubt that she is right. Re is always striving to be better and to leave Colgate University as simply the best there was. The craziest thing is that she is only a sophomore and has two more years of showing everyone and everything up. ~ Liaaron White



TRACK & FIELD

Humboldt State University

Alyssabeth Dejez

Sport: Track & Field

Position: Sprinter/Hurdler

Senior

Liz may be one of the most humble and coachable athletes I have ever had the pleasure of working with. She has done everything that has been asked of her since day one with a great attitude and full effort. Her freshman year she set a program squat record and has proceeded to break her own record each year since! Additionally she hold the school records for the 400m hurdles and 400m dash, as well as 2nd all-time in the 200m, 3rd in 4x100m relay and 8th in heptathlon. Her hard work and dedication led to CCAA conference championships and TFCCA All West-Region in the 400m hurdles and 400m sprint in 2015 and 2016. In the 2016 she earned all-American honors in the 400 hurdles. In addition to Liz's athletic accomplishments, she is also a great psychology student earning All-Academic Honors in 2015 and 2016. ~ Benjamin Servais

Merrimack College

Phil Harris

Sport: Track & Field

Position: Distance

Junior

Phil's dedication to his physical preparation has had a direction correlation to his health and performance in training and competition. A leader on the course and in the weight room, Phil continually pushes himself to set the standard for the program and his teammates. His commitment to training has delivered multiple all-conference honors in his career. ~ Michael Kamal

Webber International University

Chris Hudson

Sport: Track & Field

Position: Men's Track & Field Jumper

Senior

Chris Hudson is a work horse in the weight room, not many athletes can match his work ethic or consistency. Chris is an excellent leader by action, will always come to extra or optional workouts, and brings up those around him to his level. He is also very internally motivated, follows directions to the T (detail oriented), has a high training age, and has a high weight room IQ. He represents part of our national qualifying jumping crew.

Back Squat: 395, Front Squat: 280, Clean: 225, BN: - 265, Vertical: 35.5, Broad: 121, Triple Jump: 14.33m - Steve Rassel

South Dakota State University

Zach Koosman

Sport: Track & Field

Position: High Jump

Senior

Zach has had an outstanding career as a high jumper at SDSU. Currently, he is ranked 25th in the nation in the high jump with a mark of 7' 0.25" and has been named to five All-Conference teams during his career. Over the years, Zach has worked incredibly hard on the track and in weight room in order to become the elite athlete he is today. He is a model of the work ethic and persistence necessary to succeed in collegiate track and field. ~ Adam Parsons



TRACK & FIELD

Clemson University

Cordell Lamb

Sport: Track & Field

Position: Long Sprints

Senior

Cordell Lamb has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman two years ago. He attacks every workout, warmup and conditioning session with the same intensity and focus that he has on the track on meet day. Cordell is without a doubt one of the most powerful athletes on the team, demonstrated by his 270 pound power clean and 405 pound back squat. Cordell's weight room prowess has translated to the track where he was all ACC in three different events in the 2017 indoor season: 200 meters, 400 meters, and 4x400. Most importantly, Cordell has set a tremendous example for all of our incoming freshmen as to what level of focus and commitment is needed to be a successful track and field athlete in the ACC conference. - Rick Franzblau

Lamar University

Marissa LeJune

Sport: Track & Field

Position: Javelin

Senior

Marissa was a 4-year softball player and now competes as a Javelin thrower for Track and Field. During her time at Lamar, Marissa was the type of athlete who will go above and beyond what needed to be done to make sure she was put in the best possible situation. From being a natural leader, showing a very young Track and Field group how to train like a high-level athlete, to staying after to get extra work, Marissa was a true all American in the weight room. She does her job 100% everyday she's in the weight room. - Daniel Darcy

Salisbury University

Meghan McGowan

Sport: Track & Field

Position: High Jump

Senior

Meghan has worked tirelessly throughout her career and has dedicated herself to complete physical and mental development within our Sports Performance program at Salisbury University. She has embraced a role of leadership for her teammates and is a tremendous example for those before her on a daily basis. Her dedication and passion to strength and conditioning have helped ascend her to a current #2 NCAA national ranking in the women's high jump in a season in which she has set many lifetime-best performances. Meghan embodies every quality a coach could ask for in a prospective student-athlete and is overwhelmingly deserving of this recognition. - Matthew Nein

Colgate University

Daniel Mosko

Sport: Track & Field

Position: Thrower

Senior

Daniel Mosko joined the Colgate men's and women's track and field team after suffering an injury in his original sport, football. While track was not his original sport, you would not be able to tell the difference just watching. Mosko has embraced all things thrower. From getting up and killing morning lifts, to coming in and doing extra mobility and technique work. He has also not let his smaller stature, just 190lb, slow or hamper him either. If you walked in the varsity weight room and asked who was lifting the most, you would have to look no further than Daniel Mosko's rack. Daniel Mosko's hard work and dedication is an inspiration to his teammates and the Colgate athletics department as a whole. - Liaaron White



TRACK & FIELD

Kennesaw State University

Joshua Mulder

Sport: Track & Field

Position: Combined Events

Senior

Josh Mulder could barely walk in a straight line much less lift a weight or perform on the track when I first met him. After a multitude of mobility, activation, and strengthening, Josh has become one of the best athletes I have had the privilege of coaching. The advances Mulder has made on the track are largely attributed to his laser focus, hard work, and dedication to the development of his body. The drive to better himself in all aspects of life is unlike anyone I have ever coached. Mulder has been a blessing to me, his team and all of Kennesaw State University Athletics. Clean Max: 275lb Front Squat Max: 265lb (3RM) Bench Max: 245lb Vertical: 26.5" Broad Jump: 2.49m 20m: 2.36 100m: 11.26 ~ Jeremy Gough

Lamar University

JaLana Owens

Sport: Track & Field

Position: Sprinter

Senior

JaLana Owens 5'6 Clean-155 Squat-280 Bench-130 It's very obvious that Jalana loves the weight room. From the second she has been training Jalana has sacrificed everything with no excuses. Even on days where she was unsure if she was capable of doing something, she still pushed through and preserved. She has had perfect attendance including lifts that were voluntary. Her commitment has led to her having the strongest squat out of all the female Sprinters and Hurdlers. Jalana is the type of athlete always looking for extra work which gives her a burning desired to be the best. ~ Scott Dalconzo

Troy University

Mariah Pennington

Sport: Track & Field

Position: Hammer Thrower

Senior

Mariah came in as a javelin thrower and made the transition to the hammer over the last year and a half. At 165lbs Mariah put up the following numbers: Power Clean of 210lbs, vertical jump 25.5", bench press 165lbs, back squat of 300lbs, power snatch 145lbs, and front squat 220lbs. She also did 20 pull-ups and 12 dips. Mariah is a very dedicated athlete that epitomizes what you want a thrower to be: she is fit, strong, fast and powerful. Her work ethic is unmatched and her career goal of being a strength coach fits her perfect! She will be graduating this May with an overall GPA of 3.2 in Hospitality Management. ~ Richard Shaughnessy

West Texas A&M University

Jasmine Pitts

Sport: Track & Field

Position: Sprinter

Senior

Jasmine is a person who is one of those kids that is a joy to have in the weight room. There are days she's tired and not feeling it but will still put a smile on her face and push through. That work ethic she has is something that is infectious with the rest of the team. This kid had no idea how strong she was and now she is at the point where she is squatting two and a half times her bodyweight. All the hard work she has put into the weight room has paid off for her on the track. Last year she ran four of the ten fastest 60 meter dash times in school history, was a part of the 4x100 team who not only broke the school record but also finished 3rd at Nationals while also running personal best times in both the 100 & 200 meter races. I have no doubt this year will be another great one for her and it is my pleasure to nominate her as an NSCA All-American. ~ Matt Segura



TRACK & FIELD

Lamar University

Jimmy Struble

Sport: Track & Field

Position: Sprints

Junior

Clean: 320 Squat: 455 Bench: 250 Jimmy is a silent leader in the weight room. You won't hear him yelling, screaming or grunting during his training but he has the best work ethic on the team. Jimmy leads by example with his work and has become the strongest athlete in the weight room for Track and Field. The attention to detail and focus displayed during his training is second to none. He continues to lead this team as one of the few male upper classmen. - Lee Pace

University of Nebraska Omaha

Alyssa Thavenet

Sport: Track & Field

Position: Sprints

Senior

Alyssa exemplifies what it means to be an NSCA All-American. She has dedicated herself to the weight room and becoming a better athlete during her career at the University of Nebraska Omaha, all while excelling as a student, member of the community, and teammate. Alyssa has posted personal bests in the Power Clean (125lbs), Back Squat (180lbs), Bench Press (95lbs), and Vertical Jump (21in). She has continually pushed herself and her teammates to excel in the weight room which has led to continual improvement on the track. Along with Alyssa's track & field accomplishments, she has proven to be dedicated to the classroom and community service as she has been honored several semesters academically and contributed to several community works projects. Alyssa is a perfect candidate for this award and is bound to excel in all of her future endeavors. - Logan Ogden

South Dakota School of Mines and Technology

Tasha Timm

Sport: Track & Field

Position: Weight/Hammer Throw

Senior

Height: 5'9" Power Clean: 145lbs Squat: 200lbs Bench Press: 135lbs Tasha has had an exceptional Track and Field career here at South Dakota School of Mines and Technology. She is currently the record holder for the Hammer Throw at SD Mines. Timm has worked persistently in the weight room and during practice to transform herself into an elite athlete. She has emerged as a leader among her peers due to her passion for Track and Field as well as for life. In addition to her accomplishments in the realm of Track and Field, Tasha has an outstanding academic track record as evidenced by her being named to the Rocky Mountain Athletic Conference Honor Roll. Tasha Timm's desire to be great, her infectious personality, and strong work ethic will result in remarkable success this Track and Field season and well into her future. - Alex Jardine

South Dakota State University

Sylvia Zanini

Sport: Track & Field

Position: Throws

Senior

Sylvia has had an outstanding career as a thrower at SDSU. Recently, she placed 4th in the Weight Throw and 8th in the Shot Put at her most recent conference championship. This is particularly impressive since Sylvia is much smaller than most of her competitors and she overcomes this through the strength and power she has developed in the weight room. Additionally, she has become the national record holder in the Weight Throw for her home country of Italy. This was all made possible because of Sylvia's tireless work ethic and her outstanding attention to detail. Sylvia is like a sponge when it comes to her training. She will take in everything you say and attempt to apply it immediately into what she is doing. Sylvia may be one of the most coachable athletes I have ever worked with and that, along with her contribution to our Track & Field program's success, is why she is truly an All-American. - Adam Parsons



Webber International University

Carlee Baxter

Sport: Volleyball

Position: Women's Indoor Volleyball Setter

Freshman

Carlee Baxter showed incredible poise well beyond her years while running the offense for us as a setter last fall. It truly amazes me what she got accomplished and the respect she earned while just being a freshman. She is the ultimate teammate, always going above and beyond what is expected. As a freshman Carlee achieved First Team All-Conference, Freshman of the Year, and Setter of the Year for the Sun Conference, in addition to making the AVCA NAIA All-Region roster. Carlee also received the Jessica Constanzo Warrior Award which is given in honor of Jessica and it is awarded to the member of the team who demonstrates the character and heart that it takes to be "A Warrior." For this I am most proud of her; she shows maturity and character of a seasoned veteran and will only get better. ~ Steve Rassel

University of Nebraska Omaha

Elise Brown

Sport: Volleyball

Position: Outside Hitter

Senior

Vertical Jump: 24.4, Pro-Agility: 4.75, 10-Yard: 1.80, Bench Press: 120, Back Squat: 225, Power Clean: 130. Elise is a natural leader and a great role model to all those around her. Over the course of her entire career, Elise demonstrated a great work ethic and a high level of commitment to helping her teammates improve. Elise was selected to the Summit League Academic Honor Roll, the Summit League Commissioner's List of Academic Excellence and the Summit League Distinguished Scholars List. Elise has a positive influence on her teammates and has always committed to doing the right thing. Elise's improvement over her career is credit to her tireless work ethic and commitment to her team. ~ Mike Shukis

Webber International University

Michelle Calderon

Sport: Volleyball

Position: Women's Indoor Volleyball Libero

Junior

Michelle has been a great team leader, being the positive voice on the court, and leading by example off the court. She has garnered numerous athletic awards including First Team All-Conference, AVCA All Region, and All American Honorable Mention, as well as Sun Conference and Regional Libero of the Year. She holds a high standard for herself off the court as well by maintaining a 3.9 GPA in Accounting at a very respectable business school. I'm proud of the way Michelle pushes herself and others around her improve themselves in everything they do. She captained the team to an undefeated conference slate while making the national tournament. I truly believe the team wouldn't have had the success it did without her leading it. ~ Steve Rassel

University of Missouri

Mel Crow

Sport: Volleyball

Position: Outside Hitter

Junior

Mel led the Tigers to a sweet 16 appearance and an SEC Championship this year on her way to her first All-American honor. Mel also excels in the classroom as she is a double major in biology and psychology. She is the leader in the weight room and on the court. She would serve as a great recipient of this award and what it stands for. ~ Michael Larson

University of North Dakota

Faith Dooley

Sport: Volleyball

Position: Middle Hitter

Senior

Faith is an All-Big Sky conference player whose year-round training dedication has made her one of the strongest most powerful female athletes on our campus. Faith is an All-Big Sky Academic honoree. Faith also has a unique desire to understand her training and how that transfers to the court. This quality will be an excellent asset as she pursues a career in strength and conditioning. ~ Nathan Baukol



Huntingdon College

Audrianna Hargitt

Sport: Volleyball

Position: MH

Senior

Audrianna demonstrates the attitude and effort we desire for our athletes to possess. She is devoted to strength and conditioning, and sets a solid example to every other athlete in our volleyball program. ~ Charlie Goodyear

University of Delaware

Autumn Jenkins

Sport: Volleyball

Position: Outside Hitter

Senior

Autumn has grown leaps and bounds in her 4 years at UD with in the Strength & Conditioning Program. Autumn is a very explosive athlete who has improved her overall athleticism through hard work and attitude. Autumn will have a bright future after college both playing in coaching, and the passion and energy she showed day in and day out will help in her career after graduation. ~ Ted Perlak

Penn State University

Simone Lee

Sport: Volleyball

Position: Outside

Senior

Simone Lee is the most subtly-fierce competitor I've had in recent years. Her attitude and competitiveness are unshakable, and whether it's on the court or in the weight room, she works extremely hard to improve herself in any way she can. Watching her compete in-season is so exciting because you can see all of her hard work come to fruition. I have really enjoyed working with her and it's my pleasure to nominate her for this award. ~ Cameron Davidson

Lewis & Clark College

Alexe Navarro

Sport: Volleyball

Position: Defensive Specialist

Senior

Alexe Navarro has been an essential piece for the Lewis & Clark Women's Volleyball Team. A four-year athlete, Alexe has demonstrated that it takes hard work and dedication to compete at the collegiate level. Recently, Alexe finished her playing career as L&C's career digs leader. She ranked in the NWC's top five in digs per set and in the top-25 nationally for the same category throughout her playing career. In the weight room, Alexe's unmatched work ethic, discipline, and attitude epitomizes what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Alexe is determined to make herself and those around her better every day, and in every way. It has been a privilege to work with such an outstanding young woman. ~ Angela Dendas-Pleasant

Endicott College

Tori McIntyre

Sport: Volleyball

Position: Outside Hitter

Senior

Tori took on a leadership role with a newly incorporated strength and conditioning program. As a senior leader, Tori made drastic improvements in her explosiveness and overall health while being a positive influence for her team and the student-athletes across campus. She finished her career with over 1,300 kills in 142 matches. AVCA All-New England (2016) AVCA DIII All-America Honorable Mention (2015) AVCA All-New England (2015) CCC Player of the Year (2015) All-CCC First Team (2015) 6-time CCC Volleyball Player of the Week 2-time CCC Rookie of the Week All-CCC First Team (2014) All-CCC Honorable Mention (2013). ~ James Daley



Sacred Heart University

Lila Palmer

Sport: Volleyball

Position: Outside Hitter

Junior

Lila is a model student-athlete and her work ethic and character are second to none. She has continued to improve each year and leads our composite testing results. ~ Chris Fee

Juniata College

Kelly Reynolds

Sport: Volleyball

Position: Setter

Senior

Academics: Class of 2017 BS: Managerial Economics w/ secondary in Spanish Cumulative GPA: 3.5/4.0 Major GPA: 3.7/4.0 Tau Pi Phi National Business Honorary Society, Spring 2016- Present Dean's List, Juniata College, Spring 2015, Fall 2016 Lifts: Power Clean Max: 115 Back Squat Max: 315 Bench Press Max: Vertical Jump: 22in Athletics: Juniata College Women's Volleyball • 4-year starter AVCA All-American Team • Team Captain • First Team, 2015, 2016 • Honorable Mention, 2013, 2014 AVCA All Region Team • First Team, 2013, 2014, 2015, 2016 • Freshman of the Year, 2013 Landmark Conference • Player of the Year 2015, 2016 • Academic Honor Roll, 2015, 2016 • First Team, 2013, 2014, 2015, 2016 ECAC Volleyball All Star Team • First Team, 2013, 2014, 2015 • South Region Rookie of the Year, 2013 AVCA Coaches for Coaches Scholarship, December 2016 Kelly was a member of four NCAA Regional Semifinalist and four Landmark Conference Championship teams. For the past four years Kelly'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. Kelly 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

Salisbury University

Shannon Russel

Sport: Volleyball

Position: Outside Hitter / Defensive Specialist

Senior

Shannon Russell, a defensive specialist and outside hitter, finishes off her volleyball career at Salisbury University with a great year in the weight room. Her leadership and work ethic was seen in training just as it was on the court. She was a constant voice in the room: pushing her teammates to the next level and directing them at times. Despite her career as a Salisbury Seagull student athlete ending, Russell has taken up Olympic weightlifting, a sport that requires absolute dedication. She has already used that platform as means to lead her teammates in their off-season. Her physical presence is not needed in the weight room to feel the impact she has had on her teammates who have had the honor of playing alongside of her. Shannon Russell is an exemplary leader on and off the court, and embodies the Salisbury G.U.L.L.s core values: Great attitude, United enthusiasm, Lavish energy, and Lasting effort. ~ Matthew Nein

Colgate University

Lauren Sanderson

Sport: Volleyball

Position: Setter

Junior

It is my honor to nominate junior setter Lauren Sanderson a 2017 NSCA All-American award winner. Lauren has always demonstrated a tremendous competitive spirit on the court, and that same energy transfers for her to the weight room as well. Lauren has always displayed a great understanding of how her work in the weight room translates to her on-court performance, and that understanding with her unwavering work ethic has enabled her to become one of the strongest, most powerful student-athletes on her squad. Lauren's positive and contagious demeanor enables her to attack each day in order for her to always leave the weight room a little better than she was when she came in. ~ Paul Helsel



Webber International University

Alex Spadaro

Sport: Volleyball

Position: Women's Beach Volleyball

Senior

Alex shows up on a daily basis with intentions to improve and help lead others to follow her example. She excels in the weight room, on the court, and in the classroom. Alex finished her undergrad with a 3.7 GPA and a 4.0 in MBA, as well as being on Webber's number one seeded team with a winning season in 2016. She is an active participant on campus and in the community, ranging from working with 4H groups, volunteer coaching, leading aspects of FCA, and other various volunteer activities. - Steve Rassel

New Mexico Military Institute

Maluhia "Mia" Taula

Sport: Volleyball

Position: Libero/ Defensive Specialist

Sophomore

Mia was part of a regional championship and a national qualifier. She is an outstanding competitor on the court and in the weight room. She set numerous records as a freshman in the weight room and is still rising. She competes every day and leads all by example in the gym. She has worked hard the last two years and deserves this award. - Tyrell Curtis

California Lutheran University

Nicki Tetherow

Sport: Volleyball

Position: Libero

Senior

Nicki is one of the most committed, unselfish, enthusiastic, gritty athletes whom I've had the privilege to coach. Over her four years - three of which she was named team captain - the Women's Volleyball program has experienced unparalleled success, including four consecutive Conference Championships, two NCAA National Championship game appearances, and one National Championship. For her efforts, Nicki was twice named to the All-Conference team, as well as the NCAA All-Tournament and AVCA All-West Region teams. Nicki finished her career as the University's all-time leader in digs. - Patrick Holmberg

McKendree University

Akela Williams

Sport: Volleyball

Position: OH

Junior

Arela has shown exceptional drive from the first day on campus. She has a tremendous ability in demonstrating energy in each and every training session. It has been a pleasure coaching an athlete with so much drive and enthusiasm. - Jordan Fark



WRESTLING

University of Michigan

Aaron Calderon

Sport: Wrestling

Position: 165lb weight class

Senior

Aaron Calderon has continually progressed and demonstrated his leadership and commitment to the strength and conditioning program along with the wrestling program as a whole. His dedication, positive attitude, attention to detail and relentless effort to his physical preparation have been instrumental to his returning to play after several injuries, along with the numerous personal records he established along the way. Aaron progressed continuously in all areas of strength and conditioning, to include setting several personal records. His personal bests include a 31" vertical, 365lb squat, 365lb deadlift, 305lb bench press, 265lb power clean, and 5:28 mile. Aaron's leadership by example has been paramount in inspiring his teammates to achieve personal bests within the strength and conditioning program and reach new levels of physical preparedness. Aaron has repeatedly earned the respect of the coaching staff and his fellow teammates due to his willingness to rise to any challenge and fulfill any role in order to make Michigan Wrestling successful, to include having wrestled in 5 different weight classes. Such dedication is also evidenced by his academics as a Biopsychology, Cognition and Neuroscience major. ~ Michael Favre

University of Missouri

Matt Lemanowicz

Sport: Wrestling

Position: 184 weight class

Senior

Matt is the type of young man you want in your program. He does things right in the class room, in his sport, and in his social life. He has already graduated and is pursuing his masters. His goal is to become a strength and conditioning coach and he has already passed his CSCS examination. He is a TA on campus for the exercise physiology department. He has accomplished all of these accolades while being 1 of the 10 starters on a consistent top 10 wrestling program. He is the ideal student-athlete and will be a great coach and leader. ~ Michael Larson

Huntingdon College

Jesse Rowlen

Sport: Wrestling

Position: Heavyweight

Junior

Jesse demonstrates the attitude and effort we desire for our athletes to possess. He is devoted to strength and conditioning, and sets a solid example to every other athlete in our wrestling program. ~ Charlie Goodyear

