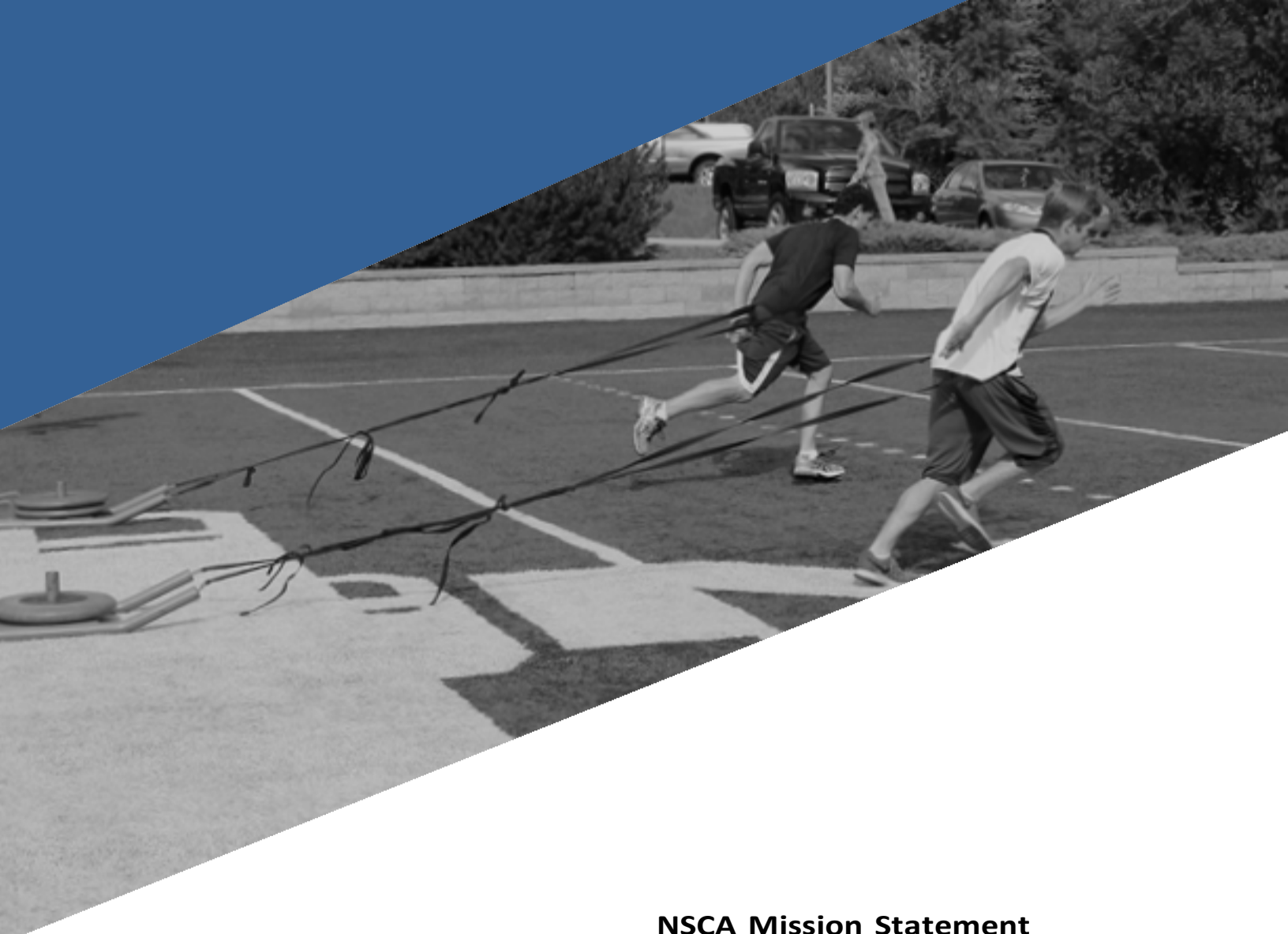




2018 NSCA
ALL-AMERICAN
STRENGTH AND
CONDITIONING
ATHLETES OF
THE YEAR



2018 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.

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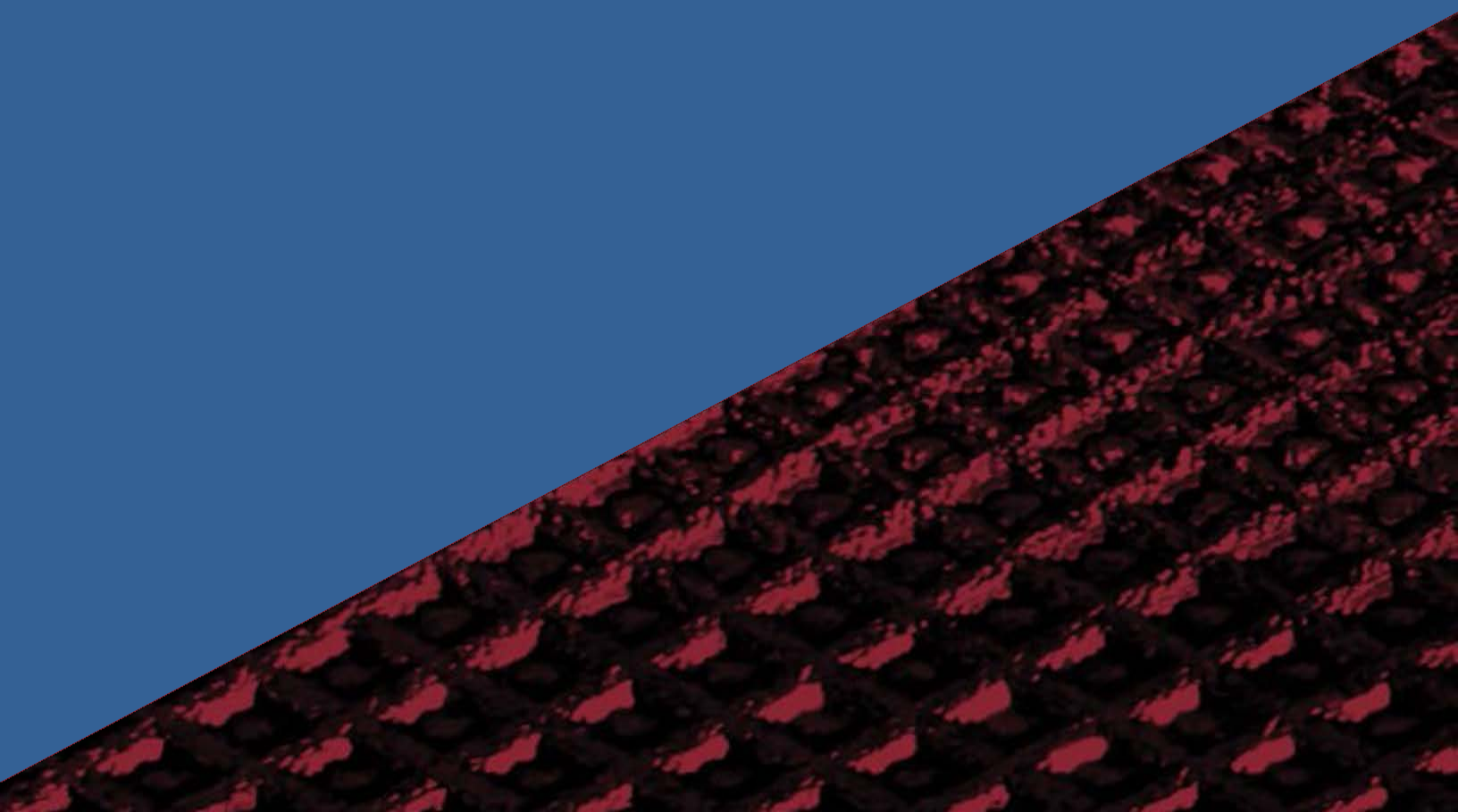
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**HIGH SCHOOL ALL-AMERICAN
ATHLETES OF THE YEAR**





Atlantic County Institute of Technology

Philip Santa Maria

Position: First Base/Pitcher

Senior

Phil is a 3 year Varsity Letter winner and looks to conclude his final season by achieving his fourth. He has a tremendous work ethic and leads his team by example. Phil is a regular fixture in the weight room and is a role model for his team mates. Phil's best lifts are: BP-215lbs, DL- 450lbs, Squat-300lbs, Hang Clean 215lbs. Academically, Phil applies his work ethic in the classroom as well and is an A/B student. He plans to pursue his athletic endeavors at a 2 or 4 year college after graduating in the spring. ~Rob Wagner

Canutillo High School

Alexander Maximus Briggs

Position: Shortstop, Pitcher, Catcher

Senior

Alexander is a 2018 Under Armour Preseason All-American in baseball and played in the UA Tournament in Mesa, Arizona in January 2018. He squats 385 lbs., benches 275 lbs., deadlifts 401 lbs., power cleans 225 lbs and runs a 6.85, 60-yard dash and does a 4.31 pro-agility. He is 6' tall and weighs 175 lbs.

He trains hard, is focused, disciplined and understands the connection between strength & conditioning and sports performance. He will continue to excel in sports in college and be an asset to Cal Lutheran in baseball. He has a bright future ahead of him. ~Douglas Briggs

Charlotte Country Day School

John Hosmer

Position: Catcher

Senior

John has a bulldog mentality that is evident by his teammates and his coaches. He is a relentless worker that really understands his leadership role as a teammate. John put an extreme amount of effort into his weight training and it has paid off for him on the field and in his overall confidence as a young man. Through his 3 years on varsity football and 4 years on varsity baseball he has grown tremendously as a young man and an athlete. I know his leadership qualities and work ethic will carry over to the next level where he pours all his efforts into the game of baseball. John will play baseball next year at Davidson College. ~Drew Witman



Hamilton Heights High School

Isaac Peterson

Position: Pitcher

Senior

Isaac Peterson is a timeless young man of character. Playing varsity football for three years and baseball for four years, it is difficult to find a moment when Ike missed even one workout. So dedicated to improving himself and being a role model of consistency for others, he will choose to come to school a hour and one half early to get his weight lifting completed year round. Some mornings are tough for all athletes to find the motivation to push themselves, but Ike will manage his farm duties, head into the weight room, excel in the classroom and then head to his current sport, followed by multiple other activities to improve the lives of others in our community.

Two years ago, Ike had been participating in baseball about 8 months out of the year and developed an arm issue. To salvage his pitching career and to be able to also help the team as a utility player when not on the mound, he quickly learned multiple activities to improve scapular positioning and torso control. Quickly mastering these advanced techniques, he would often help others learn and challenge themselves to improve strength and function because 'the team will benefit if we are all stronger.' This master of periodization has also been able to balance high school sports and travel baseball, while find appropriate loads depending on the overlap of activities. As the Spring 2018 begins, Ike has positioned himself through his work ethic in the weight room, on the field, and in life, to elevate the level of play for all those sharing his moment. ~Jan Clifton-Gaw

Kenowa Hills High School

Ben Gloe

Position: First Baseman

Senior

Ben is a longtime member of our PEAK Performance class beginning in his Middle School years. He has been shown faithful approach to his training for the last 5 years. He is also active as a volunteer coach with Special Olympics Basketball and will play baseball at Aquinas College in Grand Rapids, Michigan. ~Todd Johnston

Mountain View High School

Chase Chaney

Position: Short Stop/3rd Base

Senior

Chase has been a starting varsity baseball player since his sophomore year, competing in the largest classification in GA and arguably one of the most competitive regions in the state. Chase is a leader both on the field and off and is a tremendous asset to our school and athletic program. He has been an all-region player twice as well as all-county. He is an honor grad and a leading member of our school community. His tremendous work ethic in our strength and conditioning program since the beginning of his freshman year has made him truly one of the best athletes I have ever had the privilege to work with. He currently back squats 385, deadlifts 450, power cleans 285, and bench presses 245...all at a bodyweight between 182-187. Chase has never stopped working to be the best version of himself on and off the field, and that is one of the main reasons why he will have the opportunity to play baseball at the collegiate level next year. ~Bradley Palmer

North Royalton High School

Brandon Bielak

Position: Infield

Junior

Brandon is a hard worker, in the classroom, on the field of play, and in the gym. He never misses a workout, and strives to improve himself, every day. His positive attitude and work ethic serve as a great example for others. ~Brian Lebo



St. Mary's High School

Aidan Crowe

Position: First Base

Senior

Aidan's presence in the weight room never went unnoticed. Yet, he wasn't loud, boisterous, or made a scene when he trained. Through quiet consistency, Aidan transformed himself into one of the strongest and most powerful student-athletes in the school by his senior year. During training, you would catch other student-athletes pause in admiration of Aidan's unrelenting effort to improve every afternoon. Although he worked multiple part-time jobs, maintained a high GPA with his rigorous academic schedule of primarily Honors & College Credit classes, he never let any of that be an excuse for being inconsistent with his training. The Strength & Conditioning records that Aidan holds act as simply tangible evidence for the intangible qualities of integrity, humility, honor, and valor that he possesses. Aidan will certainly be missed by all at St. Mary's. I'm proud to nominate Aidan Crowe for NSCA All-American. ~Ty Van Valkenburg

The Weber School

Jason Seagraves

Position: Pitcher and First Base

Freshman

Jason is a high school baseball freshman with a great deal of potential. This is Jason's first year participating in a strength and conditioning program in conjunction with baseball and it has only propelled his athletic career. Jason comes to training with a smile and excitement. He works extremely hard and his pride can be seen all over his face when he completes his workout.

Jason is a hard worker on and off the field. He is always in a positive mood and inspires his classmates. He is a natural born leader who also works hard and strives for perfection through consistency. He is truly dedicated to strength and conditioning and has earned the nomination for All-American Athlete. ~Jessica LaGala

TopSpeed Strength & Conditioning

Carter Putz

Position: Infield

Senior

Carter, a back-to-back Gatorade Player of the Year award winner in 2017 and 2018, has signed to play baseball for Notre Dame.

In three years as Bishop Miege's starting quarterback, Putz led the Stags to a 37-2 record and 3 straight state championships. He completed his senior campaign atop the lists for most touchdown passes (124) and most passing yards (9,295) in a career and most touchdown passes (50, in 2016) in a single season.

In addition to Gatorade honors, Putz was the Eastern Kansas League offensive player of the year, a first-team All-State selection, the Frank Fontana Award winner and an All-Simone team pick.

On the baseball field he is a 3-time Perfect Game Pre-season All-American, a member of the Kansas City Royals Scout Team, and potential MLB draft selection in the 2018 MLB Draft ~Joseph Potts

Viking Performance Training - University High

Ross Mulhall

Position: First Base

Senior

Ross is the classic exemplary, blue collar athlete - a quiet work ethic which lets action speak louder than words, embracing challenges the harder they are, and trusting in the process that hard work will lead him to success.

Seeing Ross's work ethic lead to constant improvement and international opportunities has been an honor, knowing that he as much more within him still. Looking forward to a few more months of training before he moves on to college ball! ~Jerry Handley



AHSTW

R.J. Harris

Position: SF

Senior

2017 2nd Team All-State
4x WIC All-Conference
2x All-Western Iowa Team
4 year starter
1,349 Career Points
157 Career Three-pointers
Career FT% 75.7% (256 /338)
Career 3pt % 36% (157/436)
Career FG% 43.4% (468/1078)
500 Career Rebounds
offensive (193) defensive (307)
235 Career Assists
170 Career Steals
2x All-State Speech
2017 All-State Football, Academic All-State
2x All-State Speech
1st Team All-Conference in 3 sports, FB, BB and BsB
~Grant Harris

Asheville Christian Academy

Max Spurling

Position: Guard

Senior

Max carries a 4.8 weighted GPA and is a member of National Honors Society. Max is the vice president of the Habitat for Humanity club and a small group leader for the high school. Max was selected as the Ingles Grocery Athlete of the week this year and a 2 year selection for All-Conference. Max has been a spoken leader on the basketball team as well as a leader in the classroom. Max plans on attending Wake Forest University in the fall. ~Nick Ficker

Asheville Christian Academy

Braylen Whiteside

Position: Guard

Senior

Braylen carries a 4.29 GPA and has been a leader in the classroom as well as the court. She is a member of Mu Alpha Theta and was an all conference selection this year. Braylen has scored over 1,000 pts in her high school career. Braylen has embraced the process with strength & conditioning and it has shown in her play on the court. ~Nick Ficker

Cate School

Marko Pliso

Position: Guard

Junior

It's not easy to adjust to a new program as a Senior. But Marko did when not a lot of his classmates did. New standards and procedures can feel arbitrary at his age but he resisted the temptation to let momentary frustration keep him from year's worth of gains. I was especially impressed with the way he made sure he put in the extra work to prevent an old ankle injury from coming back in-season. Those types of exercises are often the most boring but also the most valuable as they enable the work from the primary movements to be expressed in games.
~Erik Hansen

Cate School

Sarah Polowczak

Position: Guard

Junior

Sarah's focus and intensity in the weight room is nearly unrivaled. Regardless of what her game schedule is like, she finds the time. Whether she considers herself "good" at a lift or not, she puts in the effort - probably more so if she thinks she needs to improve. She demonstrates to our female student body that they do not have to be afraid of being strong and she motivates the male student body of what is possible if they're willing to put in the work. Her efforts have contributed to a stronger community and, I think, will continue to do so even after she graduates. ~Erik Hansen



Coach Rozy Performance

Matt Mors

Position: Forward/Center

Freshman

Awards/honors/recognitions:

2017 All ESD Conference Team as an 8th Grader.
2017 South Dakota Class AA All-State Team as an 8th Grader. First ever 8th Grade Boy to be selected to the SD Class AA All-State team. 2017 Yankton High School Basketball Team MVP as an 8th Grader. Division 1 Basketball Scholarship Offer from Creighton as a Freshman.

Career highlights/records:

Two time Elks Hoopshoot National Finalist. Two time Minnesota Vikings Punt, Pass & Kick Regional Champion. Two time Minnesota Twins Pitch, Hit & Run Regional Champion. 2016 Yankton Middle School 7th Grade High Jump Record Holder (5'6"). 2017 Yankton Middle School 8th Grade High Jump Record Holder (5'11"). Played Legion Baseball as an 8th Grader. Tied Yankton High School's Single Game Scoring Record as an 8th Grader (41 Points). Broke Yankton High School's Single Game Scoring Record as a Freshman (42 Points). Set Yankton High School's Career 3 Pointers Made Record as a Freshman (110 & counting). Scored his 1000th Career Point as a Freshman. 3rd All-Time leading scorer in Yankton High School History as a Freshman (1000 & Counting)

In each of his three years in Middle School, Matthew won the most prestigious and distinguished award given out to any student for academic excellence, positive leadership, integrity, honor and being a person of great character.

As a middle school student council member, he was heavily involved with many service projects including serving meals, spending time interacting with the elderly, collecting school supplies and coats for needy children and helping with multiple food drives.

In his three years as a Varsity Basketball Player so far (7th, 8th & 9th Grade) he has been a volunteer coach for our Young Bucks Basketball program for Elementary Aged Students.

At church, he helped prepare and serve breakfast for members of the church.

He is a straight A Student. ~Mark Roozen

Dobyns-Bennett High School

Britney Griffith

Position: Guard

Senior

Height: 5'7"

Squat: 185 lbs.

Clean: 100 lbs.

GPA: 3.80

Weight: 116 lbs.

Bench: 75 lbs.

Strength Index: 3.10

Britney sets the tone for the Basketball team with her toughness and intensity on the court, weight room, and classroom. Coming off an ACL injury prior to her junior. season, she dedicated herself to improving daily and has become an incredible leader for our program. Her leadership has been contagious and she has elevated everyone around her. On the Track, she was a member of the State 7th place 4x800 relay as a freshman and a member of the 8th place State 4x400 relay as a junior. She earned all-conference sprinter honors as a junior. It has truly been an honor to coach Britney. ~Tilden Fleming

Hamilton Heights High School

Lexi Branham

Position: Point guard

Senior

Tenacity like a Dauchsaund- caring and protective of her teammates, fierce competitor that never quits before anyone else, includes everyone while staying hyper-focused on the task at hand, undersized powerhouse who performs as if she is the largest person in the room. Lexi Branham makes everyone-her teammates, the entire athletic program, all of the coaching staff, the fans- better because of her 'never quit trying to get the most out of yourself attitude.' We all witnessed her systematic rebuild of her own strength, conditioning, and agility- twice-following two major surgeries. Through her own sheer will power, she raised the bar for all the HHHS athletes to step up every day and perform in and out of the weight room and classroom. Lexi proved her leadership not only as the student body president, but through elevating the expectations for every athlete involved in our school. Applying the body weight to max lift totals formula, she is by far the strongest athlete in at least a decade at HHHS, male or female. ~Jan Clifton-Gaw



Mullen High School

Ellie Bixenman

Position: Guard/Forward

Sophomore

Ellie is only a sophomore at Mullen, and competes with the Girls Basketball teams. She is the strongest female athlete at Mullen, with a front squat of 135 pounds at 5 repetitions. She continues to improve and has attended 98% of both off-season and in-season strength and conditioning workouts.

~Grant Stewart

Notre Dame Academy

Elizabeth Opichka

Position: Forward

Senior

Lizzie is a leader in every sense of the word. She is a leader in the weight room as she always gives great effort and pushes her teammates to do the same. She is a leader on the court as she has been a varsity captain for two years. She is a leader in the classroom as she is earning a 3.97 GPA while taking accelerated courses. She is a leader in the community as she has given many services hours to it. Simply put, Lizzie makes everyone around her better. Her dedication to the weight room and her daily effort has allowed her to earn all-conference honors as a sophomore and junior and is well on her way to more post season awards this year. It is no coincidence that each of her three years on varsity; our team has gone deep in the postseason tournament. Choosing to nominate Lizzie to be an NSCA All-American was an easy decision.

~Anthony Giovanetti, CSCS

Oak Hill Academy

Keldon Johnson

Position: Guard

Senior

Keldon currently leads the undefeated and current #2 basketball team in the country Oak Hill Academy in scoring. He is averaging 21.4 ppg, 6.8 rebounds and 3.9 assists for the Warriors who are currently 36-0.

He was recently honored as a McDonald's All-American and will play in the annual game March 28th.

On top of those accomplishments, he is one of our hardest workers and strongest athlete. He recorded Oak Hill's top Lane Agility time of 2.90 seconds at the annual Oak Hill NBA Combine test. He also recorded scores of: 39.5" max vertical jump and a 3.25 3/4 court sprint.

That coupled with him being a great leader, great person and great athlete makes him the ideal student athlete. Our younger athletes see how hard Keldon works and that helps them 'buy in' to our strength and conditioning program. ~Micah Kurtz

Payson High School

Raegan Ashby

Position: Center

Junior

Raegan is a 3 year Letter winner in both volleyball and in Basketball. She is a leader both on the court and in the weight room. Her commitment to the weight room is what has set her apart from her competition. She constantly has a great attitude and works extremely hard to be dominant in 2 sports. As a Junior she is a 3 year varsity letter-winner and was selected 1st team all region as well as Offensive Player of the Year. She was also all region in volleyball her Sophomore and Junior year while maintaining a 3.83 GPA. ~Bryan Burke



Reedsburg Area High School

Tyson Tully

Position: Guard

Senior

Tyson is a 3 year Varsity starter and Senior Captain of the Reedsburg Boys Basketball team. He excels on the court, averaging 21.9 PPG, 6.5 RPG, and 3.2 APG. He is also on pace to eclipse the 1,000 point scoring mark before the end of this season. Tyson is also an excellent student, maintaining a 3.4 GPA. For the last 3 years as his strength and conditioning coach, I have no doubt that his commitment to improving himself in the offseason has helped lead to his success on the basketball floor. As a Junior, he was voted Second Team All Conference, as well as Team MVP. It has been a privilege working with Tyson during his high school career, and I am honored to nominate him for this award. ~Jason Noble

Solon High School

Katherine Ditto

Position: Guard

Senior

Ditto is always looking to get some extra work! She puts her head down and goes to work every day and does it with a smile on her face. She is a good athlete, but an even better person. It has been my pleasure to work with Ditto over the past couple of years and she will be missed around our community. ~Aaron Short

St. Mary's High School

Yahuza Rasas

Position: Center

Senior

I have never seen Yahuza skip a rep in a workout. Yahuza's indestructible desire to improve as a student-athlete on the court, in the weight room, in the classroom, and in the community is what has fueled his tremendous amount of success in each of these realms. Through his determination, Yahuza found himself on the Iron Dragon wall back-to-back school years as a junior and senior student-athlete, a feat which was previously achieved by only one other Dragon athlete. Yahuza took complete ownership over his training and development. This was on full display when he would make sure to do post-activation potentiation training before all home basketball games his senior year. He was a true competitor, playing three varsity sports: Football, Basketball, and Volleyball, and earning All-Conference and All-State honors. When it came to self-improvement, Yahuza left no stone unturned. Underlying this insatiable work-ethic is a young man who possesses humility and character. It is this combination of qualities that made Yahuza a role-model for student-athletes at St. Mary's and an NSCA All-American. ~Ty Van Valkenburg



FIGURE SKATING

Sport Heaven

Mira Tasich

Position: Figure Skating

Sophomore

Mira has put in countless hours at the gym. This consistency has made the the athlete she is today. She has great running stamina, improved her speed and strength, has great core stability, and is flexible enough. Great job and keep up the good work!
~Ken Kashubara



AC Flora High School

Alif Kiiza

Position: Offensive Line

Senior

After transferring to AC Flora his sophomore year, Alif has been one of our hardest workers on the field and in the weight room. He has an internal motivation that has allowed him to become one of our football teams strongest athletes. He is a natural leader and his work ethic has allowed him the opportunity to continue playing football in college. -Micah Kurtz

Athens Academy

Jackson Reynolds

Position: FB, DT

Senior

Among the many impressive qualities that he possesses, Jackson is one of the best servant leaders that I have had the privilege to coach. His presence inspires positive change, and he is one of the most gracious young men that I know. As a student athlete, he excels in the weight room, on the football field, the baseball diamond and in the classroom. During his senior year, Jackson's toughness, dedication, diligence and athletic ability helped him lead our football team to Athens Academy's best football season in school history. Jackson always seeks to improve himself as an athlete and as a person. By always going above and beyond what is asked of him, his pursuit to maximize his potential sets a standard for a Spartan student athlete. He is proof that consistent, smart, hard work over time pays a great return. -Bryan Pulliam

Batavia High School

Jared Martin

Position: Wide Receiver/Defensive Back

Senior

Jared Martin is one of the best student-athlete leaders in our school. He is trustworthy, and he has high values. I highly respect him as a student-athlete. Other athletes look up to him.

I had Jared Martin as a student first semester 2017 in my Accelerated PE class, which is our strength, conditioning, and nutrition program for our athletes. Jared was enrolled in the class because he is a member of our football team. Our football team won the Class 7A state championship this season with Jared out on the field. Jared is not one of our biggest players in terms of size. He is also not a scholarship-level football player. But, the work Jared has put in the weight room in the past year has allowed him to become a much bigger player and better athlete than he had been, and it allowed him to pass others up and become a key piece of our championship football team. In class, it did not bother Jared to work hard when others wanted to use the time for socializing or not pushing themselves to the limit. He was there to train and work on excelling in his sports. Jared not only worked hard, but also pushed others in his group to stay focused and avoid socializing.

Once football season was over and Jared was no longer in my class, he continued to stay dedicated to his strength training for baseball and came in on his own after school to workout. He is a key player on our varsity baseball team, as he will finish his baseball career as a 3-year varsity starter.

Jared also supports our student-athletes in other sports. He will even drive to away games/competitions in order to support his fellow peers. He has great sportsmanship and he is always well-behaved.

I have been teaching and coaching at Batavia High School for thirty-two years. I have been very fortunate to teach and coach some outstanding student-athletes. Jared is one of the top student-athletes I have ever worked with, as he leads by example, and I would compare his character and leadership not only with the top student-athletes in our school, but also with those in the state of Illinois. -Lori Trippi-Payne



Bishop O'Dowd High School

Jevon Holland

Position: Defensive Back / Wide Receiver

Senior

squat: 365x1 clean: 245x1
deadlift: 425x1 bench: 225x5

- 1st team all-league Defensive Back
- 1st Team all- Metro Defensive Back
- 1st team all-Bay Area Defensive Back
- 1st team all-state(medium schools) Defensive Back
- Defensive player of the year(WAC)
- NCS CO-Defensive Player of the year
- ~Jay Beito

Calvert High School

Leon Campbell

Position: Running Back and Linebacker

Junior

Leon is a special young man to our program and more importantly to me. Leon has overcome so much and has used his previous circumstances to catapult himself into excellence. He has come from humble beginnings where he has lived in two homes that have been destroyed by house fires, only to be evicted from others. He has been awakened in the middle of the night to the sound of flashbangs and doors being kicked in because area SWAT teams were called to perform drug raids on his home. Leon, being the youngest of four children and watching a drug ridden lifestyle could have doomed him to destitute and failure. This would be very understandable, but not for this young man. He is so much bigger than that and he realizes his purpose, even at the young age of seventeen.

As Leon's coach through football and our strength and conditioning program, I have watched him thrive and grow beyond possible life limitations. And as his newly appointed guardian for the past eight months, I have witnessed so much more. We hold our players in our program to a very high standard. This includes evaluating their efforts in academics, community citizenship, and athletics. Prior to this summer when Leon came to live with us, he would show up to school and work extremely hard. As a result, he maintained a 3.30 GPA through his sophomore year, volunteered countless hours and played football and basketball for the school. During that time, he earned many team awards, such as being named most improved as well as team mate of the year. He made the honor roll and had perfect attendance. He is an outstanding young man and a remarkable role model.

When learning about Leon's history and seeing what he has become despite of it, people are inspired. The

opportunity for him to move into a more stable situation only brought Leon's remarkable potential to the surface. He has shared his vision of going to college and becoming a teacher then moving into administration. His dream is to be an administrator in an underserved school community. Everything he does directs him towards his goals. The past two quarters of school he has earned a 3.72 GPA while playing varsity football and working hard in the off-season training program. He takes rigorous AP courses and is also taking Teacher Academy classes which requires him to create and present lessons to students. He is a leader of the Future Educators of America program, our MAC scholars (Minority Achievement Committee) program and a member of our Student Equity Club, Leadership Council, and Fellowship of Christian Athletes. Leon takes mentoring at our summer football camps to another level. He embraces the opportunity to grow the character of young men through the game of football. His performances in such events has earned him opportunities to be a counselor at several other sport camps. Like many of our young men, Leon has volunteered with Farming 4 Hunger, but his time with the inmates has become that much more favorable as it helps him hold on to hope that people who fall into addiction and drugs can, in fact, find their way to a better life. Leon's smile brings joy to the Veterans at the VA home and his new-found faith and regular attendance to church has allowed him the opportunity to not only enjoy worship but also a chance to help in children's church and serve the homeless on safe nights. The time he spends serving others is beyond measure, and he will increase his commitments by becoming a member of the National Honor Society this spring.

Going into the next football season Leon was not only voted on by his peers to be one of our team captains, but he received the greatest number of votes. Along with eight other teammates he has drafted a team of players that he is responsible for and will mentor them into excellence. As part of Leon's mentoring responsibilities, each player has shared his gradebook login information, which allows him to regularly check their grades. He runs a study hall for them and has created monthly calendars for them to follow. He comes to every volunteering event and each work out and takes attendance. Even though Leon is only a junior, he has found a way to reach all levels of human beings. What's more impressive is that once he reaches them, he helps them become a much better version of themselves. ~Richard W Sneade



Cate School

Luke Beckmen

Position: Back

Junior

Luke's progress in the weight room can be attributed to his consistency. He's a great example of how no program, no matter how special or cutting edge, is useless unless one puts in consistent effort. That's exactly what Luke has done, his efforts have been inspiring to his classmates and the fruits of his labor are obvious. -Erik Hansen

Charlotte Christian School

Justus Woods

Position: Running Back

Senior

Justus was a one man reeking crew as a Senior at Charlotte Christian. With over 1200 rushing yards and 20 rushing touchdowns he anchored the state champion Knights offense. He added to that over 300 receiving yards and another 4 receiving touchdowns. Injuries had slowed him down in the past, but Justus showed maturity and understanding of how to take care of his body to reduce his risk of injury again. He is an excellent student, heading to Stamford in the fall on a full ride.

-Matthew Korman

Charlotte Country Day School

Broadus Roberson

Position: WR/DB

Senior

Broadus is one of the overall best athletes here at Country Day yet he is just as humble and passionate for his school and teammates. Broadus is a phenomenal young man on and off the field with his leadership and strong work ethic. He uses his quite personality to show his teammates how to be a self-motivator. In a high school setting it is hard to find young men with as much self motivation and determination as him. This goes a long way as a leader and will pay off for the himself at the next level as well as those who have benefited from him as an upper class-man. Coaches and teachers here at Country Day look forward to watching this wonderful young man flourish at the next level where he will concentrate his efforts on the game of baseball at University of North Carolina at Wilmington.

-Drew Witman

Clearwater Academy International

Lucas Buenzos

Position: WR/RB

Junior

Lucas possesses outstanding drive on the field and in the weight room; a great teammate and coachable young man, Lucas has a competitive edge during games and power factor competitions. His positive attitude creates excellent leadership skills especially in the weight room and while completing academic achievements of scholastic aptitude and community service. -George Wade

Collinsville High School

Adam Carney

Position: NG / G

Junior

Most importantly, Adam is a athlete of great character! He is a great kid who has dedicated himself to the Strength and Conditioning program. As a Junior he played in all Varsity football games as a staple of the defense. In the off-season he still trains, and throws shot-put for the track team. I believe his success in both arenas is directly related to his efforts in training and his great character. He attacks every single day with a purpose, and eagerness to get better. Adam truly is an All-American! -Adam Hass

Copperas Cove High School

Juan Jimenez

Position: Defensive Line

Senior

Juan competed as a two-sport athlete at the 6A level, competing in football and track & field. At 6'2" 270 lbs. Juan displayed outstanding work ethic in the weight room, on the practice field and in the classroom. Juan's dedication to training and attention to detail helped him to excel on the field of play. He tied and then surpassed our school record Power Clean that held for eighteen years. Juan finished with a Power Clean best of 320 which ranks him second on our all-time record board. He had the following bests: Bench Press-290, Squat-475, Vertical Jump-27", 40 yard dash- 4.91. -Reb Brock



Cummings High School

Devon Whitehead

Position: DL/RB

Senior

Devon excels both in the weight room and on the field. He has bench pressed 345 pounds, squatted 535, hang cleaned 335 and broad jumped over 9 feet. On the field, Devon has been named to the Mid State 2A All Conference team since his sophomore year and was named to the Times News All Region team his junior and senior year. -Brian Bosman

Daniel Boone High School

Mason Mounger

Position: Running Back

Senior

194 Carries 701 Yards
6 Touch Downs 3.61 YPC

2x Body Weight Squat

Squat - 390 Bench Press - 225
Deadlift - 475 40 Yard Dash - 4.75
Vertical Jump - 29.9

GPA 4.0333

2nd Team All Conference
-Charles Conner

Dassel-Cokato High School

Caden Webb

Position: Linebacker

Senior

Caden has demonstrated incredible work ethic and a consistent drive for improvement in the weight room. His dedication has paid off tremendously and benefited him as a three sport athlete.

In football Caden was a 2-time letter winner, Captain, All-Conference Honorable Mention, and one of only 16 athletes to receive the Class AAAA Academic All-State Award.

In the Strength and Conditioning Program, Caden has been a 3 year letter winner and holds numerous school lifting records. His perseverance and commitment to hard work will take him far in life.

-Amanda Berg

Dobyns-Bennett High School

Dawson Pierson

Position: Offensive Line / Defensive End

Senior

Height: 6'3" Weight: 253 lbs.
Squat: 445 lbs. Bench: 265 lbs.
Clean: 295 lbs. Strength Index: 3.97
GPA: 3.787

Dawson is undoubtedly one of the hardest workers to ever step foot into Dobyns-Bennett. He is tenacious in his efforts to improve daily and push those around him to improve. During his sophomore season, he broke his ankle. Instead of pouting, he used that as a stepping stone to become an even better athlete and teammate. Dawson was a member of the 2017 Big East Championship team and was voted Team MVP. He received All-Conference Offensive Lineman and All-Conference Defensive Lineman honors and was voted the Big East Lineman of the Year. Dawson was also a member of the All-State football team and represented the East in the TACA East-West All-Star game. Dawson is a member of the National Honor Society and Beta Club. Dawson will continue his playing career at East Tennessee State University in the fall. I cannot wait to see the great things this young man will accomplish in his life. I am grateful to have coached him. -Tilden Fleming

Dutchtown High School

Brandon Davies

Position: Tight End

Senior

Brandon is an extremely hard worker in the classroom and on the field. His dedication to the weight room and ability to embrace a new coaching staff leading into his senior year allowed him to experience huge gains in the weight room which led to tremendous on field performance. He is a humble young man, but he possesses a great amount of talent. He is versatile on the field where he excels as a tight end, h back, and slot receiver. He gave defenses match-up problems with his size, physicality, and athleticism. His talent and hard work earned him a 1st team all-district honor in one of the toughest 5A districts in Louisiana. Brandon is also a leader in the classroom. He has maintained a 3.88 GPA and scored a 25 on his ACT. It was truly an honor to coach Brandon and an honor for him to be considered an All American. -Keragan McCready



East Syracuse Minoa High School

Elijah (EJ) Buck

Position: Lineman

Junior

EJ Buck is a leader in our school both on and off the field. Academically, EJ's GPA is in the 90's in AP and Honors Level courses. As a member of the Varsity Football team EJ has been a 2-time All League selection, an All-CNY Selection, and a 5th team All-State Selection. EJ finished in 2nd place in the Section III Indoor Track championships in both the shotput and the 25# weight throw. EJ is a dedicated weight lifter, with personal bests of; 280 bench, 500 squat and 575 Deadlift. EJ competes in Powerlifting competitions for ESM. He is also a member of the Varsity Baseball Team. In addition to his athletic accomplishments, EJ participates in ESM's Unified Sports Bowling team. This combines both typical and special needs students on a varsity-level sport. EJ is also a member of the school's marching band, which won a state title in his freshman year.

~Mark Powell

Elbert County Comprehensive High School

Daniel Lavender

Position: TE/DE

Junior

Daniel is one of the hardest working Student-Athletes I have ever coached. He has A++ character and has earned All State honors in both football and baseball. He has a 3.6 GPA; 1000 SAT; Squat (365 4RM), Clean (305 1RM), and Bench (210 4RM). The sky is the limit for this young man.

~J David Robertson

Farmington High School

Zac Conrad

Position: QB/DB

Senior

Zac has been an outstanding athlete on both sides of the ball for our football team. He has been a leader on and off the field. His work ethic in the weight room is something to be admired. He has always committed himself to becoming a better student-athlete. ~Jay Mendoza

Fox Valley Lutheran High School

Zayne Rodencal

Position: Running Back

Senior

Zayne is senior at Fox Valley Lutheran High School in Appleton, Wisconsin. Zayne is an exceptional athlete with outstanding work ethic and dedication to the weight room. In 10 games last season he rushed for 2180 yards on 246 carries and 30 touchdowns. This earned him several post season honors including 1st team all-conference running back, conference offensive player of the year, unanimous 1st team all region, honorable mention all state, and was selected to play in the WFCA North-South All-Star Game. ~John OConnor

Frederick Douglass High School

Jonathan Lott

Position: Defensive Back

Junior

A team first guy who is both accountable and loyal. Always brings a great attitude and gives his best effort daily. A leader by example in the classroom, weight room and of the field. His character and hard work not only earned him a starting spot on our defense but he also beat out a returning starter a DI offer and helped our program to a 10-3 record. ~Ed Towle



FOOTBALL

Greenwich High School

Tysen Comizio

Position: Running Back

Junior

Tysen Comizio is the hardest working football player on the team. It's no secret as to why he was the most successful football player on the field for us in 2017. Because of his success in the weight room, he has taken a leadership role as well. He continues to impress our coaching staff every single day with his relentless pursuit of perfection for his team. (John Marinelli, Head Football coach)

Tysen embraces the culture of the weight room and the Olympic lifts. During my 40 year tenure, I have seen this boy develop into the most fundamentally sound lifter and athlete I have ever coached. His skill level and strength will only improve as he approaches his senior year.

Tysen is a great role model. His passion for lifting has led him to become a team captain, an All State running back, on the USA Today team and a recipient of the prestigious Walter Camp foundation award in 2017. Tysen attributes his success on the field as a direct result of his effort in the Weight room.

His position coach, describes him in this way, "Tysen is the most focused, determined and detailed oriented player I have ever coached, whether in the weight room, football field or classroom, he always strives for perfection". (Wayne Gioffre, back coach)

Tysen Comizio is a wonderful addition to the Cardinal Strength program and an inspiration to us all.

5'11" 188 lbs. Age 16

Testing
Clean 275 lbs. Front Squat 300 lbs.
Bench Press 255 lbs. Dips 48
Pull ups 39 40 yard dash 4.5

Stats:
23 TD's
1660 all-purpose yards
6.5 yards per carry
~Patrick Mediate

Harker Heights High School

Jack Middleton

Position: Tight End

Junior

Jack has been the definition of "consistency" throughout his high school career. He started as a 150 pound freshman and worked himself into a 225 pound junior. He has been leading the way for his teammates making it a point to get in extra work before and after school, and making a commitment to showing up over the summer and during breaks. A great example of how doing the little things all the time adds up to big things later on. ~Wayne Skelton

Joplin High School

Ethan Vang

Position: Defensive Line

Senior

Ethan is a two year starter on the defensive line capturing first team all-district honors in 2017. Ethan accomplishments include a third place finish in the Missouri High School State Powerlifting Meet. Ethan's personal bests include: a 385 lb bench press, 525 lb squat and 315 lb power clean. Ethan has a contagious positive attitude and has been instrumental in the success of Joplin High School's football and powerlifting programs.

~Michael Lawrence

Kenowa Hills High School

Dylan Mackey

Position: Defensive Back

Senior

5'11, 156
Power Clean 1Rm - 185
Back Squat 1RM - 365
Vertical Leap - 34.8
Broad Jump - 9'7"
Bench Press 1RM - 205

Football, Basketball, Baseball
~Todd Johnston



La Sierra High School

Diego Padilla

Position: LB/RB

Senior

Leading in the weight room as a lifter and holding our other players accountable. New all of the lifts and was able to help implement the program our younger players. Diego exemplified everything you want as a student-athlete on and off field. He has worked his way up from a JV back up as a sophomore to a captain SR varsity linebacker while leading the team in tackles. ~Pui Lok Choi

Lincoln High School

Mason Sullivan

Position: Center

Senior

Mason has taken Weight Training every year in high school and has been in Advance Weight Training Class since he was a sophomore. He has played Football all 4 years, Baseball for 2 years and has been on the Powerlifting Team for 2 years. Mason is also a member of Athlete 2 Athlete where he has been selected to be a Mentor for younger athletes and help guide them through their high school careers. He has a 3.0 GPA and has committed to Northwest Missouri State to play football for his collegiate career. ~Stewart Venable

Mater Dei High School

Tommy Brown

Position: Offensive Tackle

Senior

Tommy Brown is a self starter by every definition. Tommy was a three year varsity starter on the offensive line. During his tenure he helped guide his team to a Trinity League Championship, a CIF Southern Section Championship, A California State Title, and National Championship.

Dedicated in the classroom and a proven leader, Tommy utilized strength and conditioning to help master his craft. Due to his dedication and relentless work ethic, Tommy was able to will himself into becoming one of the top high school football prospects in the country.

That is why it is a great honor that I am able to nominate Tommy Brown for the NSCA All-American Award. ~Greg Vandermade

Mountain View High School

Riley Sinema

Position: Wide Receiver and Defensive Back

Senior

Riley is a three sport scholar-athlete. He maintains a 3.98 GPA. He is a leader in each of his sports of football, wrestling, and baseball. Riley takes his diet and strength & conditioning very seriously. This last year he spent many hours outside of practice running extra sprints and doing extra lifts. I know his hard work paid off because he was one of only two athletes on our football team to run a sub 5 FAT 40 yard dash. He was also one of the strongest members of our team for all positions. He is an example of hard work, dedication, and integrity. I know he will be successful in whatever he does.

~Jordan Blanchard

Mullen High School

Dominic Dipozzol

Position: Quarterback

Junior

Dominic has been a 2 year letterwinner for Mullen High School football class 5A. He as overcome an ACL injury his sophomore season to become the starter this past season leading Mullen to a 5A playoff birth in a highly competitive football state. He has completed a 95% attendance effort for both off-season and in-season football strength and conditioning. ~Grant Stewart

New Richmond High School

Blake Kretovics

Position: TE

Senior

3-Time All-Conference, 2-Time All-Region football athlete; multi-sport athlete participating in hockey and baseball, and has been an All-Conference player in both. 3.75 GPA student-athlete. Division II baseball commit. Unwavering commitment to Tiger Strength and Conditioning over his high school career. Blake's commitment to improving himself as an athlete through strength & conditioning have allowed him to compete at a very high level.

~Keith Badger



Notre Dame Academy

Jack Allen

Position: DB

Senior

Jack has been a leader for our football team as he sets the example for his teammates on the football field, in the weight room, and in the classroom and has a reputation for always doing things the correct way. Whether it is game day, practice, or early morning workouts, Jack brings tremendous effort to all that he does. In the weight room he competes with his teammates making everyone better. His hard work and dedication has led to great success for himself and his teammates. Jack's three seasons as a member of our varsity football team includes a sectional runner up, state runner up and a state championship finish. Jack has earned many post season awards to compliment the team accomplishments that he has greatly contributed to. It is an honor to nominate Jack Allen to be an NSCA All-American. ~Anthony Giovanetti

Notre Dame Prep

Joe DePillo

Position: Lineman

Senior

A multi-sport athlete (football, basketball, baseball), Joe consistently trains to improve his abilities for his sports all-year round. His work ethic is second to none. He is the example student-athlete that uses strength & conditioning to better himself on the playing field. His most recent numbers are a power clean of 245lbs, a front squat of 300lbs, and vertical jump for 24.5 inches. ~JAKE SIEBERT

Payson High School

Jason "Sammy" Bland

Position: Middle Linebacker

Senior

Sammy has dedicated himself to be the very best football player he can be. He is a true example of what total buy-in looks like. Sammy has established himself for years as the hardest worker in the room and it elevated his teammates effort as well. This year Sammy's hard work paid off by being named 1st team all region at linebacker. He also has a 3.22 GPA and is a state qualifier and in wrestling as well. ~Bryan Burke

Pennsbury High School

William "Billy" Turk

Position: TE/H

Senior

Billy Turk has dedicated the last 4yrs of his life making himself the best high school student-athlete(football player)that he can be. He has a 3.5 GPA and a 1310 SAT. In 4yrs, he has put on 50lbs of quality mass and significantly improved his strength, power, and speed making him a force on the edge. In addition, he is a leader, team player, and always presents himself with character. ~John Kalinowski

Pope John XXIII High School

Ryan Greenhagen

Position: Linebacker

Senior

Ryan was a senior leader on the Pope John Lion football team in 2017. He demonstrated a passion for strength and conditioning by his hard work in the weight room and during team conditioning. He also is enrolled in exercise science class and has demonstrated a proclivity for the subject. Ryan received several college football offers for next year and has committed to play at Fordham University. Ryan was a 1200 pound club member for his squat, deadlift, and bench press. ~Joe Lopez

Robert E. Lee High School

Devon Nguyen

Position: Defensive Line

Senior

Devon has been a true pleasure to coach. He has dedicated himself to the weight room for the last 3 years putting in more training time than any other athlete I've had. His passion and perseverance has led him to become one of the strongest athletes at Lee. His consistency, work ethic, and humility, has elevated him as a leader to all other students and athletes. Even with all his time training he still manages to hold a 3.78 GPA while taking all advanced classes. ~John Girton



Snohomish High School

Ben Kloes

Position: Outside Linebacker

Senior

Ben has been an outstanding example of a student athlete all four years at SHS. On the field as well his time on the mat he showed consistent improvement year over year, all while maintaining quality work in the class room. Academically, Ben has an accumulative GPA of 3.3.

My interactions with Ben came in the weight room, on the field, and at practices during the season. Ben earned himself first team all-conference honors through consistent hard work on the field as well as in every off season preparation period. He has earned at least as high of praise from his wrestling coaches where he has earned multiple trips to state and leads as team captain. The kid has character which makes him easily coachable. I wouldn't have traded him in the weight room or on the field for any other. ~Tom Bomar

Solon High School

Nate Leskovec

Position: Defensive End

Junior

Nate is someone whom is an extremely determined individual that will stop once they set out to accomplish a goal. He has been a captain and leads by example with a commitment to the weight room that goes unmatched. Last season, he received 1st Team All Ohio awards from his accomplishments on the field. In addition to that, he has steadily put on 20+ pounds since the season's end. It has been a pleasure going on this journey with Nate. ~Aaron Short

Solon High School

Ryan McCurry

Position: Defensive Back

Senior

Ryan is a young man with a desire to get better. He has a competitive edge inside of him that keeps him going. He has been committed to the weight room throughout his high school years and has shown a continuous growth and ability to adapt over time. Ryan is committed to play baseball at Indiana University. He is an accomplished person in the classroom, on his field of play, and amongst his classmates. ~Aaron Short

South Johnston High School

Cale Matthews

Position: Wide Receiver

Senior

A 3-sport athlete, Cale came into his senior football season following a fracture in his ankle in the early summer. Cale showed dedication in his efforts in the weight room by continuing to improve himself for the season by completing adapted workouts in the weight room as he recovered. This work ethic allowed Cale to lead his peers and help provide positive leadership in the weight room. In spite of the injury, Cale was able to improve his squat and bench maxes in preparation for his senior year. He finished the season with over 20 catches and averaged over 14 yards per reception. Cale continues to work hard in the weight room as he prepares himself to play football on the college level. ~Matthew Bishop

St. Mary's High School

Zach Morelli

Position: Offensive Lineman

Senior

Zach truly enjoyed training. I know he will continue to train and be a lifetime member of the physical culture. He thoroughly enjoyed the process of getting better, of pushing past his limits and turning himself into the type of athlete he needed to become. Through dedication to nutrition, training, and recovery, Zach transformed himself into a two-year All-Conference Lineman. He currently holds several all-school Strength & Conditioning records and exhausted himself to reach the Iron Dragon Board his senior year. Through resilient consistency and passion Zach has earned the honor to be called a NSCA All-American. ~Ty Van Valkenburg



Strong Rock Christian School

Trey Donaldson

Position: WR / DB

Junior

Trey Donaldson's commitment to strength & conditioning has had a significant impact not only on himself but also on multiple athletics programs here at Strong Rock Christian School in his 3 years as a varsity athlete. He is a 3-sport athlete that competes in football, basketball, and soccer along with maintaining over a 4.0 grade point average. His physical development helped him earn 2nd Team All-Region Safety while helping lead our football program to the playoffs for the first time in school history, while being named a Team Captain. Trey's effort in the weight room has lead him to being ranked in the Top 4 in our testing categories in 7 out of 8 areas, while also most recently earning Elite Patriot which is the highest honor an athlete can earn within our strength & conditioning program. Trey is truly deserving of the NSCA Strength & Conditioning All-American Athlete award.

-Tobias Jacobi

The Peddie School

Tyler Tedeschi

Position: Lineback

Senior

Tyler is the definition of a gym rat. He has earned some eye popping weight room numbers for a 205 lbs, High School Linebacker. Squat: 545 lbs, Deadlift: 565 lbs, Clean: 345 lbs, Bench: 290 lbs, and Front squat: 465 lbs. On the football field he was a 2018 ALL Conference player and Defensive Player of the Year runner up. Tyler will play Football at William and Mary next fall. -Michael Volkmar

TopSpeed Strength & Conditioning

Billy Maples

Position: Quarterback

Senior

Billy Maples, Park Hill High School;
During the 2017 football season Billy set the Missouri state record for touchdown passes in a game (9) and the National High School Football record for touchdown passes in a half (8). He would go on to be named 1st Team All-State and win MVP of the Blue-Grey All-American Bowl at Dallas Cowboys Stadium. For his career;

*3-year starter in the largest classification of Missouri HS sports

*Career adjusted completion percentage above 73%

85 touchdowns to only 18 interceptions, and nearly 8000 yards passing

*2017 1st Team All-State (Missouri)

Missouri record holder for TD passes in a game (9)

*National High School Football record holder for TD passes in a half (8)

*Offensive MVP 2018 Blue-Grey All-American Bowl

*Measurables include; Ht- 6'3", Wt-215, forty - 5.07, vertical-31 inches, broad jump-101 inches

*3.75 GPA

-Joseph Potts

University Christian

Clayton Boyd

Position: Q.B.

Senior

3.4 GPA

3 year starter at QB. Lead team to 3 state championships in FL. Won 10, 11 grade year. Runner up 12 year

Jr year in state championship, he hyper ext elbow in 2nd quarter, which resulted in broken bone and torn ligament. Never came out of the game!

Surgery in Jan 2017, rehab and worked to be ready for spring ball.

By far, best leader I have ever been around, been coaching 32 years. Compare to Tim Tebow! (also from Jacksonville)

Loved by all in school and his church! Kind of young man you would want your daughter to marry!

Hardest worker in the weight room!

-Beno Chappell



Utica Eisenhower High School

Henry Janeway, Jr.

Position: DE/LB

Senior

All-County Team Defense
 Detroit News 1st Team All-East DL
 Detroit News 2nd Team All-State DL
 Detroit Free Press 1st Team All East DL
 Detroit Free Press 1st All-State DL
 AP 1st Team All-State Defense
 MHSFCA 1st Team All-State Defense
 Detroit News Final Blue Chip List Top 50
 Blue Grey All-American Bowl participant
 Captain of Utica Eisenhower Football, 2 straight undefeated seasons, 2 MAC Red Titles, 25-2 in two Varsity seasons. 2x District Champion, 1x Regional Champion.
 3.6 grade point average
 Committed to West Point

Henry committed to his off-season training program and goals like few I have seen at his level. He gained 38lbs in the off-season(from 187lbs- to 225lbs), while staying under 14% body fat. He also maintained his speed and quickness to become a division one prospect at DE/LB. He is a high character student athlete, as seen by his offer and acceptance to West Point. His commitment to nutrition and training, and helping his teammates do the same, makes him an ideal candidate for this award. ~Aaron Lundgaard

Warren Central High School

Joshua Brandon

Position: Fullback/Defensive Tackle

Senior

Joshua is a true student-athlete. He excels in the classroom with over a 3.8 GPA. On the field and in the weightroom, he helped our team reach the 2nd round of the playoffs. He is a quiet leader who lets his actions speak for him. He PR lifts are a 605 squat, a 300 bench, and a 285 powerclean. He also powerlifts in the 220lbs class with a 600 deadlift in competition. Pound for pound, Joshua is one of the strongest lifters I have ever coached in my 20 years. ~Isaac McMullin

Whitewater High School

Grayson Bullard

Position: Offensive Line

Sophomore

Grayson as a sophomore started at center at the varsity level in Class 5A in Georgia. In the weight room Grayson:

Benches - 305 Squats - 465 Power Cleans - 245
 He is 6'1" and 255 lbs. He also plays varsity Lacrosse at Whitewater High School. He is a leader both on the field and in the classroom.
 ~Evan Bryant

Whitewater High School

Miles Montgomery

Position: Running Back and Defensive Back

Sophomore

Miles started at running back and defensive back at the varsity level at Whitewater High School in Fayetteville, GA. In the weight room Miles:

Benches - 255 Squats - 430 Power Cleans - 245
 He is a leader both on and off the field and works to be the best he can be daily. He is an excellent student academically. ~Evan Bryant

Whitewater High School

Phillip Stout

Position: Defensive and Offensive Line

Junior

Phillip started at nose at the varsity level at Whitewater High School in Fayetteville, GA. In the weight room Phillip:

Benches - 260 Squats - 500 Power Cleans - 250
 He is a leader both on and off the field. He is very involved in many other school sponsored activities such as Drama and The Fellowship of Christian Athletes. ~Evan Bryant

Whitewater High School

Jackson Van Meter

Position: Wide Receiver and Defensive Back

Junior

Jackson started games at wide receiver at the varsity level at Whitewater High School in Fayetteville, GA. In the weight room Jackson:

Benches - 260 Squats - 420 Power Cleans - 250
 Jackson is 5'11" and 167lbs. He is an all A student in the classroom and a leader of the school's Fellowship of Christian Athletes. ~Evan Bryant



Wills Point

Jacob Moore

Position: H-Back, Linebacker & Defensive Lineman

Senior

Jacob Moore Spent his time on offense paving the way for not one but two 1,000 yard Running Backs playing H-Back where he was a First Team All-District Football Player. Had receptions 19 for 284 yards and scored five touchdowns and had one of the longest receptions in the state of Texas this year with a 98 yard touchdown pass. He averages almost 3 rebounds a game while scoring averaging 5 points per game in basketball. He also Squats 465LBS Power Cleans 300LBS Bench Presses 335 LBS after Labeum Surgery his sophomore year. ~Robert Gail

Winston Church Hill High School

Nick Falsone

Position: Punter / Kicker

Junior

Dear Award Selection Committee,
I am writing this letter to nominate Nick Falsone for the NSCA – All American High School Athlete award. Nick is a Junior at Winston Church Hill High School in San Antonio Texas where he is a punter / kicker for the football team. I have known Nick since he was 5-years old and I am impressed with his football accomplishments; more importantly I am proud of his character and the young man he has become.

As a junior, Nick averaged 44.2 yards per punt; his longest punt was 67 yards. He also made 14 of 15 field goals and PATs attempted and kicked off 10 times. In 2017, he was elected first team all-state, all-area, and all-district in the Texas 6A division. These accomplishments are not an accident, but the result of his relentless preparation. Nick enjoys practice and loves the weightroom spending time every day working on his athletic and sporting ability. He has been this way since he was a kid, emulating his Dad. As a young boy Nick would go the track and run with

his Dad who is a strength coach in the NBA, grew up in the weightroom, and has grown to admire the field of strength conditioning.

Nick will graduate in 2019 and plans to attend college and broadly study the field of sports medicine. Although he has not decided which sub-discipline he will pursue as a career, I am confident he will choose strength and conditioning and his passion will be an asset to our field! In fact, I would be honored if he chose our university though he will likely attend Texas State University or the University of Texas San Antonio on a football scholarship.

Nick is a young man with great integrity, work ethic, honesty, and works hard to be successful in school. In my opinion, I believe he is an ideal and well deserving candidate for the NSCA All American award. If selected, he will represent the NSCA with character, humility, and would be grateful recipient of this prestigious award. Therefore, I write this letter highly recommending Nick Falsone for the NSCA All American – High School athlete of the year award.

Sincerely, Bill ~William E. Amonette, PhD, CSCS

Nick Falsone is an outstanding young man who displays tremendous dedication in all that he does. His work ethic on the practice field and in the weight room led to him being named 1st Team All-State Punter (6A-TEXAS), 1st Team All-District Punter (26-6A), and 1st Team All-Area Punter (6A) this past football season (2017), as a junior. His commitment to his personal strength & conditioning is impressive, but even more so, is his self-less attitude and his ability to be coachable. I am most proud of his ability to lead others by being a supportive and caring team mate. He is my son, my friend and a tremendous example for me to follow. His humble nature combined with a relentless work ethic is inspiring to many. ~Anthony Falsone



Hebron Academy

Eliza Beaudin

Position: Forward

Senior

Eliza finished her hockey career with over 100 goals. This is the second milestone she reached this school year after scoring goal number 50 in soccer in the fall. Her name appears at the top of nearly every Lumberjack's Top 10 All-Time Strength and Conditioning Performance Lists. She has proven to be a valuable role model as women's strength training and conditioning moves from its infancy to one of greater importance and acceptance at Hebron. ~Jim St. Pierre

Hebron Academy

Jack Morton

Position: Forward

Senior

Jack is one of the most athletic high school athletes I have had the opportunity to coach. His passion for hockey and commitment to strength and conditioning in preparation for the sport is impressive. Jack was also a starting outside back for a Hebron soccer team that has won two consecutive New England Championships. His name appears at the top of nearly every Lumberjack's Top 10 All-Time Strength and Conditioning Performance Lists. He is also a member of Cum Laude, voted in during his junior year and has taken one of the most challenging academic tracks for each of his four years at Hebron. ~Jim St. Pierre

St. George's School

Matt Toner

Position: Forward

Senior

Since arriving at SG as a freshman, Matt has been a determined and focused individual. Since his freshman yr, he competed as an impact 2-sport varsity athlete in hockey and lacrosse. Then decided for his senior year, to try FB for the first time and became a starting outside linebacker. Matt strives for a high level of academics and has a quiet, laser-focused drive to improve his overall athleticism on a daily basis.

Bench: 225 Squat: 275 Deadlift: 365

~Jeff Nadeau



Bryn Mawr School

Sarah Cahn

Position: Goalie

Senior

This athlete is always up for the challenge. She continues to grow and improve as an athlete, constantly asking what she can do to be better. She is also a goalie for field hockey as well as lacrosse. She is going to play lacrosse at Haverford College. As a goalie she constantly deals with injuries from being hit, colliding with players, and other aspects of her position. Sarah is constantly trying to stay on the field so we coordinate things to improve her equipment, adjust her workouts or put in the extra time to enhance her skills.

Sarah is also a great student. She puts extra effort in everything she does, on and off the field. So proud to call her a Bryn Mawr athlete. -Maggi Souris

George School

Emily Matson

Position: Mid/Defense

Sophomore

Emily is a mega-competitor that takes every opportunity to maximize her athletic potential. She has significantly increased her power, speed, and strength and it showed, as she scored 74 goals for the George School Varsity lacrosse team as a freshman. -John Kalinowski

Georgetown Preparatory School

Finn Muldoon

Position: Midfield

Junior

In my career I have never had a bigger jump from year to year. Finn truly personified the All-American Athlete for our school. I can't wait to have another year to see him flourish on and off the field.

-Eamon O'Liddy

Princeton High School

Alex Park

Position: Attack

Junior

Alex is one of the hardest workers and most consistent athletes in the weight room. His drive to improve as an athlete through strength and conditioning is unparalleled. Likewise, Alex is always working on his lacrosse specific skills throughout the year with his high school and club teams. Alex's commitment to improve and excel both in sport and character is an inspiration to all who know Alex.

-John Torrey

Saucon Valley High School

Kimmy Polefka

Position: Defense

Junior

Kimmy has been a stand out two sport athlete at Saucon Valley High School. She has been a 2 year starter on the soccer team and will be a 3 year starter on the girls lacrosse team. She was an integral member on the lacrosse team that won the schools first district championship and qualified for the state playoffs. In the last year, Kimmy has missed only one day of weight room workouts. -Will Geosits



LACROSSE



St. George's School

Sebastian Boivin

Position: Goalie

Senior

Sebastian is one of the hardest working student-athletes in the school. Since arriving at SG, he has been a 2-sport varsity athlete and improved his training on all levels. He has committed to Wooster College for lacrosse as a goalie.

Bench: 210

Squat: 225

Clean: 115

Deadlift: 235

~Jeff Nadeau

St. George's School

Abigail Turner

Position: Defense

Senior

Abigail has been an impact 3-sport varsity athlete at St. George's, 3 out of the 4 years she has attended SG (Field Hockey, Ice Hockey & Lacrosse) She has a dedication to becoming a better student, athlete, and teammate on a daily basis and is not afraid to work harder to get the competitive edge on her opponents. Her coaches are constantly impressed on how she also looks to be a better leader for not only her peers but the younger students on and off the field.

Bench 1RM: 93lbs

Squat 1RM: 145lbs

~Jeff Nadeau



Home Schooled

Jeffrey Stout

Position: Judo

Senior

Jeffrey has had a very successful year competing in the Olympic sport of judo. During the summer of 2018, Jeff won 3 gold medals at the INTERNATIONAL JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS in Spokane WA, the UNITED STATES JUDO ASSOCIATION & FEDERATION NATIONAL CHAMPIONSHIPS in West Palm Beach, FL, and The US OPEN in Ft. Lauderdale, FL. In addition to his judo-specific training, Jeff works hard on his strength and conditioning. At 200lbs Jeff's 1RM PR for Clean (300lbs), Squat (370lbs), deadlift (435lbs) and Bench Press (315lbs) make him one of the strongest Judo athletes in the USA for his age and weight division. As one of his coaches, I believe his strength training has helped him to succeed in Judo. ~David Fukuda



OLYMPIC WEIGHTLIFTING



Appleton North High School

Jaden Burgess-Eisch

Position: Heavyweight

Senior

2-time US champion
1-time world champion
1-time state champ
2-time 2nd place state

Holds 21 state records in multiple weight classes

Too many too list. He is a kid with super high character and has overcome many personal hurdles to be as successful as he is.

All these accomplishments and he didn't even start competing until October of 2015.
~James Benzschawel

Brainerd High School

Ellen Hickman

Position: 58kg lifter

Senior

She has won our high school Liftathon both her sophomore and junior year, she is defending her title her senior. She holds the school MPPO record at 4.44 which is the max. of the bench, clean and squat and dividing her body wt. into that total. She has qualified for the USA weightlifting state championship all three of her high school year, rate number one both her sophomore and junior years. A straight 4.0 student that has been accepted at the University of Wisconsin next year. ~Chet Stevenson

Fletcher High School

Kiley Cosentino

Position: N/A

Sophomore

Kiley is an amazing athlete with unparalleled work ethic. She is both an Olympic Weightlifter and soccer player.

At the high school level she has won her district as a 50kg weightlifter and as a USAW registered youth athlete she has placed nationally four times and qualified for junior nationals three years in a row.

As a soccer player she plays center mid for both a travel club team and her high school.

Most importantly, Kiley has straight A's and is a leader on and of the platform and playing field.

~Greg Cosentino



RUGBY

St. Joe's Prep

Drew Oleyar

Position: Hooker

Senior

Drew started with me because he couldn't maintain his weight. We focused on his diet for a period of time and then added resistance training. In 2 yrs, he has gone from struggling to maintain 150lbs to now being a lean 200lbs. Drew is the kind of kid that you have to kick out of the weight room now. He loves to be challenged and loves to conquer, even more!

~John Kalinowski



SNOWBOARD CROSS

Carrabassett Valley Academy (CVA)

Emma Downing

Position: Snowboarder Cross

Junior

Emma Downing is a 16 year old racing in the women's open division on the North American Snowboarder Cross Cup; she could still be racing in age group based events. She recently placed 6'th at a Nor-Am and was the 2'nd American women to finish. Emma is also a straight A student and takes all honors classes; she maintains her grades even with a rigorous travel schedule. As a sophomore, she received the top scholar award. Last summer, Emma earned \$6000 by waitressing and saved every penny to help cover her travel costs. Emma supports her community in her role as a peer mentor and is a member of the National Honor Society. Emma's commitment to her dryland training is well beyond her years. There is no "off season" for this girl. She works as hard in the summer as she does in the winter! She can clean 135 x 3 and squat 210 x 5, both with impeccable form. Emma started focusing on improving her speed and footwork last summer, which will continue to be a focus next summer. Not only has Emma's commitment to her dryland training helped her to be successful on the hill, it has also helped her to withstand some serious crashes without sustaining injury. I cannot think of a more deserving recipient of this award.

~Shelby Downing



Asheville Christian Academy

Ezekiel Helmling

Position: Midfield

Senior

Ezekiel has been a varsity player for the past 5 years. He is a member of both state champion teams his sophomore & junior year. He is a member of Region 3 in his club level team and has been selected as All Conference his senior year. Ezekiel carries a 3.30 GPA and spends time mentoring younger players in the school. ~Nick Ficker

Athens Academy

Emily LaBoon

Position: Mid Fielder

Senior

Through diligence, resolve and determination, Emily stands as a model student for the Athens Academy Strength and Conditioning program. Her consistent hard work over the course of her high school career continually moves her toward maximizing her athletic potential. It is always a pleasure to coach athletes with great work ethic and positive attitudes; it is inspiring to coach athletes with both. Emily is this type of person excelling in the weight room, the class room and on the soccer field. She understands that the price of success is high and is not intimidated by the process of becoming the best version of herself. I am blessed to work with her and am excited she has the opportunity to extend her soccer career at Presbyterian College. ~Bryan Pulliam

Harker Heights High School

Dulaney Stender

Position: Defensive Center Mid

Senior

Dulaney has been a 4 year starter for the girls soccer team at Harker Heights. Her leadership and work ethic has been amazing. She has a great work ethic that causes her teammates around her to work harder. Many times it feels like having an extra coach in the room with her around. Great athlete, great worker. ~Wayne Skelton

Lakewood High School

Aimee Efaw

Position: Outside Defense

Junior

Aimee (Kat) Efaw consistently displays courage and dedication. There is never a time Kat says she can't do it. Always rising to the challenge she gives 100% even when she is unsure. Kat's dedication to improving her strength and conditioning is how she leads by example. Kat is open to coaching and learning the best form before she moves forward. Kat is an exemplary athlete. ~Dana Holliday

Notre Dame Prep

Brian Blakeslee

Position: Defense

Senior

A soccer and baseball student-athlete, Brian is a competitive team-leader who loves the challenges of strength & conditioning. After a lower-leg injury his junior soccer season, Brian dedicated himself to the weight room in order to be successful on the playing field. His work ethic paid off as he help his team win their second district championship in a row his senior soccer season. His best power clean is 225lbs, best front squat is 265lbs, best bench press is 195lbs, best vertical jump is 23 inches, and before soccer season he was in the top 5 of all athletes on our record board in all 6 tests. Brian is very deserving of this award. ~Jake Siebert

Robbinsville High School

Jamie Skarupsky

Position: Goalie

Senior

Jamie has dedicated her last 2yrs maximizing her athletic potential. She has significantly improved her strength, power, and reaction time. Her talent and hard work will be an asset to her at Old Dominion University next year. ~John Kalinowski



Robert E. Lee

Erin Harding

Position: Midfield

Junior

Erin has dedicated herself to the weight room last year and has found her work ethic quickly paid off. She has become one of the best female athletes at the school. Only in her junior year she is a 3 year varsity starter and team captain. Erin's ability to push herself to always get better is all paying off in the weight room as well as she is on the verge of breaking many of the girls strength records. Additionally Erin has become a true leader on and off the field always motivating others around her to achieve their best. -John Girton

Solon High School

Cate Mandry

Position: RB

Senior

Cate is a two sport captain in soccer and lacrosse receiving All District Recognition. She is a very determined individual who thrives in any situation. Cate has dedicated herself to the weight room. She is very coachable and has excelled in everything we've worked. She is also a great person and was awarded the All Greater Cleveland All Academic Award for her work in the classroom. Cate has been a pleasure to coach. -Aaron Short

St. Mary's High School

Adam Rakowiecki

Position: Midfielder

Senior

Many do what is asked of them in training. "Rak" did what was asked and more, on a consistent basis. This is what set him apart. His dedication and cerebral approach to athletics, academics, and student-life helped him garner the respect of his teachers, coaches, and peers, as he was named Student-Government President and a Team Captain. Yet, Rak wasn't a flamboyant leader, he let his example do the talking. In training he always maintained a high sense of urgency and focus. Rak was coachable and relentless in finding ways to improve. On the occasion when he had to miss a training session, he was always proactive in finding a time to make it up. Whether it was at 7 am in the morning before school, or after school before a soccer game, Rak found a way to continuously develop himself. While he has achieved much success, he has never thought of himself too big to do the small things that need to be done. Through this humility and his example of consistent effort Rak has left St. Mary's better than he found it, and has earned the honor of being named a NSCA All-American.

-Ty Van Valkenburg



Yankton HS

Jack Wolfgram

Position: Wing

Senior

Jack used his hard work, dedication in the weight room to excel on the soccer field and on the hardwood in Basketball... Improving his bench over 150 lbs in 2 years and his squat over 275 lbs while dropping his 40 by 3 tenths of a second and increasing his VJ by 6 inches.

Basketball

1. Team Captain Senior Year
2. 3 year Varsity starter
3. will play in the 31st Annual 3-Class Shoot Out All-Star Basketball Game March 24

Soccer

1. All State Honorable Mention Junior Year
2. 2nd team All-State Senior Year
3. Team Captain Junior and Senior Year
4. Invited to and played in the SD All-Star Soccer Game
5. 1st team All-Conference-ESD Senior Year

National Honor Society Member

4.25 GPA

Recipient of the Mike Miller Classic Scholarship

~Mark Roosen



Charlotte Christian School

Hannah Faulkenberry

Position: Short-Stop

Senior

Faulkenberry upped her game as a junior for the Charlotte Christian Knights. She had a batting average of .535 with a .585 On Base Percentage along with 29 RBIs, and she had a slugging percentage of .662. At third base and shortstop, she had a .988 fielding percentage. She had 13 doubles, 4 homeruns, and only 3 strikeouts in her 71 At Bats. She once again earned First-Team All-Conference honors while being named Charlotte Christian MVP.

~Matthew Korman

Daniel Boone High School

Megan Ackerman

Position: Pitcher / Outfield

Junior

GPA 4.0

Power Clean - 135 lb

Squat - 215 lb

Bench Press 110 lb

Deadlift - 235 lb

BA - .394

H - 43

HR - 3

RBI - 34

ERA - .630

Pitching Record 6-0

2017 Big 7 Conference honorable mention

All-Tournament 2017 Tiny Day Classic & 2017 East Tennessee Classic

~Charles Conner

Joplin High School

Jozee Bartlett

Position: Outfield

Senior

Jozee Bartlett helped lead a team that appeared in the Final Four state tournament as a catcher and outfielder. Jozee's highlights include being nominated as a Honorable Mention All-Conference outfielder and a second place finish at the state powerlifting meet. Jozee has personal track bests of a 31'9" shot put as well as a 108'9" discus throw. Jozee has bench pressed 105 lbs, squatted 225 lbs and power clean 155 lbs. ~Michael Lawrence

Northwest High School

Morgan Urbanski

Position: In-field

Senior

Morgan has demonstrated an incredible work ethic and is highly driven to succeed the last four years in are strength and conditioning program. Morgan is highly respected because of her work ethic and level of commitment to her team. But, most of all Morgan is a NSCA All- American person. Morgan is a 4.0 student athlete and top 15% of her class and has over 80 community service hours.

Morgan has received numerous honers in softball- all-state, all- conference , all- district..

She started as a freshman in a class b school.

Morgan has also been out for track for 4 years.

Morgan was part of the 4x1 state champion team.

Her maxes in the weight room are 165 bench, 255 squat, and 170 power can. Great kid and is vary deserving of this GREAT award. Please keep this award going. Its awesome to recognize kids. WE

frame a copy and hang them in the wt room. THANK YOU ~Troy McNeil

Prospect High School

Alyssa Cacini

Position: Shortstop

Senior

Alyssa knows hard work, she has been a starter on her High School varsity team for 4 years tiring the RBI record as a sophomore with 47. She is a Dayton commit as an infielder and has been named all conference 3 years, Mid Suburban League all area team in 2015 and mention in 2016. Alyssa battled injury in her Junior year, not only has she come back from injury but has excelled in a great off season earning a scholarship to the University of Dayton. She is an athlete that understands hard work, dedication to her sport and the work ethic in the weight room without losing focus in her academics. It is an honor to train her. ~Brad Leshinske



Reach Your Potential Training / Saint John Vianney

Rachelle (Shelli) Rivard

Position: Third Base

Senior

Rachelle (Shelli) has been training with us at Reach Your Potential Training (RYPT) for almost 5 years now. Since Shelli started training with us in middle school she has been our most dedicated and hard working athletes. Her non stop dedication to getting better in the weight room not only helped her become one of our fastest and strongest athletes but lead her to a an assistant coaching position with us at RYPT. She has now been coaching with us for over a year and has been featured in two education DVDs. She more then deserves this award!

~Jacob Ruch & Bobby Smith

Sacred Heart Academy

Marissa Braitto

Position: Shortstop

Senior

Marissa's Weightroom/Strength and Conditioning PR's include:

Vertical Jump: 27"	Broad Jump: 93"
10YD: 1.57	20YD(home to first): 2.63
40YD: 5.2	Squat 1RM: 250x1 (BW: 130)
Hang Clean: 120x3 (BW: 130)	
Deadlift: 275x1 (BW: 130)	
T-Test: 9.3	

Softball Accomplishments:

- 2017 CHSAA POY, All-State, All-League, All-LI
- 2016 All-State, All-League
- 2015 All State, All-League
- 2015-2017 Named top 100 players on LI

Junior year hit .661 with 41 hits, 34 runs scored and 26 stolen bases.

"In my 7+ years in strength and conditioning, I have never seen a more dedicated, coachable, and hard working person as Marissa Braitto. She is the complete package. Whatever this young lady does in life she is going to be successful. Her effort in the weight room, on the field, and in the classroom are second to none. It has truly been my biggest honor to work with Marissa, and I will be forever grateful for the opportunity."

December 2017 Under Armor named her as a HS Softball Pre Season All-American -Phillip Giackette



Seneca High School

Lyda Robinson

Position: Shortstop

Senior

Lyda is an exceptional person. She is a leader on her athletic teams (basketball/softball), in the weight room, and in our school as a whole. She is the President of the Senior class, and the #1 fan at most athletic events. Lyda sets the tone for student school spirit at SHS. Recently, she passed the 1,000 career point mark in basketball, and is signed to play softball at St. Xavier University next year. Lyda not only works her tail off in the weight room, but she brings everyone's energy/effort up with her. She encourages, motivates, and even coaches others in her strength training class, and is my student aide for a period, which basically entails her learning about being a PE teacher/strength coach and helping coach her fellow athletes. Lyda has done all this while also dealing with her brother dying a couple years ago at a young age, and her mother battling cancer (which has recently gone into remission). You would never know her struggles, as she has the most positive attitude around. As I said, Lyda Robinson is not only an accomplished athlete, but an exceptional person. -Daniel Baker

Strong Rock Christian School

Danielle Goodine

Position: Outfield

Junior

Danielle Goodine is a tremendous athlete and young lady who helps multiple athletic programs here at Strong Rock be successful. Her commitment to training has helped her become a significant contributor to not only our softball team, but our basketball and track & field teams as well. She has a servant's heart, while doing all these sports she also finds time to go on mission trips helping those less fortunate.

With her constant aim for excellence she has helped out softball program make the state playoffs on multiple occasions, while also assisting our basketball team to winning records. Danielle has an amazing work ethic not only in the weight room but also in the class room where she maintains over a 4.0 grade point average. Because of her commitment to athletics and academics she is truly the definition of student athlete and is very deserving of the NSCA Strength & Conditioning All-American Award.

-Tobias Jacobi

The Peddie School

Sydney Hixenbaugh

Position: First Base / Pitcher

Senior

Sydney is one of the school's most prolific squatters, male or female. She is on the record board for ALL TIME SQUAT for the Sophomore Class (245 lbs 1RM) and the Junior Class (255 lbs 1RM). While the Senior year SQUAT is still technically open, she has eclipsed that record as well with multiple efforts of 260 lbs x 2 reps 240 lbs x 6 reps. Her Squat strength has certainly played a big part in her success on the Softball field as it is reflected in her power stats. She is the record holder for Home Runs, RBI, and Grand Slams. She accomplished all this while earning a 3.65 GPA. Sydney will play Softball at the University of Drexel next fall. -Michael Volkmar

ThunderRidge High School

Bridgette Strobl

Position: Catcher

Junior

Bridgette is one of the hardest workers we have ever had come through our weight room. She is very self-motivated and always driven to succeed in everything she does. Bridgette sets very high expectations and goals for herself, especially in the weight room. She is a natural leader, not only with her teammates, but every athlete in our building. Bridgette sets the standard for hard work when she is in the weight room. She has an uncanny ability to improve the work of those around her just because of how she works. Bridgette sets goals that at times seem unattainable, but she always finds a way to reach them. Then, instead of celebrating and enjoying her accomplishment, she sets an even higher goal for herself because she always wants more. -Mark Carnes



Asheville Christian Academy

Erin Butler

Position: breaststroke

Senior

Erin carries a 3.9 GPA and has been a member of the Strength & Conditioning program for the past 3 years. She has been a leader on our swim team and swims at the club level as well. Erin will be attending Findlay University to swim and received the TBL Christian Scholarship. She will pursue her dream of becoming a nurse in college. She currently hold many school record swims. Erin volunteers with the Special Olympics swim team and is a student mentor at her church. ~Nick Ficker

Cedarburg High School

Erika Remington

Position: Sprint Free; Fly

Junior

Erika is a highly motivated individual who inspires others to emulate her drive and passion both in and out of the water. In the pool, Erika has earned both All-State and All-American honors in her freshman, sophomore, and junior years so far. Her ceaseless determination for success shows in the weight room as well. She is respectfully curious how exercises will make her faster - a trait that helps her develop and maintain an elite level of strength. Her inquisitive personality also carries into the classroom where she holds a 4.3 GPA and is recognized as a three-time Scholar Athlete for Cedarburg High School. I am honored to nominate Erika Remington as an excellent candidate for All-American Strength and Conditioning Athlete of the Year. ~Joe Janzen

Mary's Fitness

Rachel Pietch

Position: Swimmer

Senior

4.0 GPA

AP Scholar with Distinction

National Honors Society

Student Senate

Student to Student

All State Swimming last 3 years

Western Senior Zone Championships &

Northwest Age Group Sectionals Qualifier

Top 5 Swimmer Wyoming last 4 years

2017 Short Course Champion in 400IM

Swim Scholarship to University of Wyoming, 2018

Volunteer at City of Cheyenne pools to teach swimming.

Volunteer at Mary's Fitness in Youth Strength & Conditioning Summer Clinic ~Mary Bushkuhl



Mater Dei High School

Grace Thawley

Position: 2-Meter

Senior

Grace Thawley is everything that a student-athlete should strive to be. A dedicated student in the classroom, who's athletic achievements are matched, if not out shined, by her academic success.

Grace has been one of the top high school Water Polo players in the country for the past four years simply because she has a mindset to excel at every single thing she does. Grace brought a tenacity to every strength and conditioning session that is seldom seen in high school athletes.

A relentless competitor in the pool, and an outstanding scholar in the classroom, Grace is the type of individual all student-athletes should try to emulate.

It is my distinct honor to be able to nominate Grace Thawley as a NSCA All-American.

-Greg Vandermade

Tennessee Aquatics Club

Caleb Harrington

Position: Sprinter

Senior

Caleb is accomplished in his sport, and the classroom, primarily due to his strong work ethic and his dedication to self improvement. He is a team leader in all of our S&C testing categories and is a fine example of a servant-leader for our team. He has won the Tennessee State Championship in the 100 Free, 100 Fly(x3), and 50 Free(x2). He has been named to the Speedo and the NSCA All-American Teams several times, in addition to being named an Academic All-American. Caleb has committed to swim at the University of Georgia. -Britton Leitch



Cate School

Brad Gordon

Position: Singles

Junior

When Brad first entered the weight room, he came in to do his physical therapy exercises from the Athletic Training Room. He had difficulty doing basic, entry level exercises. I didn't expect him to come back the following week. He did – again, and again. When he came back from summer, he invested a lot of time in the weight room. For several years now he has been one of the most consistent presences in the weight room and one of the strongest individuals in the school. And he has earned every bit of it. ~Erik Hansen

Charlotte Country Day School

Kendall Addison

Position: Number 1

Senior

Kendall dedication over the years has been impressive. She has conducted her strength and conditioning training before school at 6:30 a.m. due to the fact that she plays tennis daily after school. As an essential contributor to a tennis team that has won 3 state championships in her 4 years on the varsity team she has been an example of what hard work, dedication, and consistence can accomplish. Kendall is currently undecided in her choice of schools but plans to play varsity tennis on the collegiate level next year. ~Darnell Clark

Laurel Springs School / United States Tennis Association

Player Development

Elysia Bolton

Position: Singles

Senior

Elysia had an a terrific 2017, she worked very hard earning her way to compete in two junior grand slam tournaments & accepted an offer to compete for UCLA's women's tennis team. Elysia always works hard & pushes herself to get better each day. This year however, after being on the road for several weeks & experiencing some adversity she came back & said she has new appreciation for the value of fitness. Her favorite quote is from Bo Benett, "A dream becomes a goal when action is taken toward its achievement." ~Mark Lerman



TRACK & FIELD



AC Flora High School

Jerry Delgado

Position: Discus, Long Jump

Senior

As a student athlete at AC Flora, Jerry has been a standout in Track and Field and for the Falcon Strength Weight Lifting team. She is currently the defending state champion in the South Carolina Female High School Speed & Strength Meet. She is one of our hardest workers and strongest athletes. She is currently the school record holder in the clean at 180 lbs. That coupled with her being a great leader, great person and great athlete for multiple sports makes my job easy. My younger athletes see how hard Jerry works and that helps them 'buy in' to our strength and conditioning program from an early age. Jerry is a natural leader and the younger students look up to her.

Jerry is an extremely well rounded student and AC Flora will be proud to have her as an alumni. In addition to her athletic success she is also a member of the Spanish club, Peer Forward, Young Black and Educated, Fellowship of Christian Athletes, ACF Dance Club and the National Honor Society.

~Micah Kurtz



Amity High School

Amy Kraemer

Position: Hurdles, triple jump

Senior

It is my absolute privilege to highlight the accomplishments of Amy Kraemer. In my 6 years at Amity High School, I have never had a student as dedicated to the weight room. I have been fortunate to have Amy as a student in my weight training and physical education classes as well as watch her excel in the varsity cross country, dance, and track teams. Amy has demonstrated the characteristics of a true leader academically and athletically.

Amy Kraemer is one of the most self-motivated and self-driven students I have encountered in my career. Ranked as the number one student in her class, Amy has maintained a distinguished 4.19 weighted GPA, while also committing excellence in school leadership and volunteering. Entering her senior year, Amy had completed over 110 hours of volunteer work receiving the Bronze Presidential Volunteer Service Award. Each year Amy has been confidently elected by her peers and staff as Class Secretary, as well as simultaneously serving as ASB Activities Coordinator. Amy is often observed volunteering in the community setting up flags for holidays with the National Honor Society, enthusiastically teaching elementary students at dance camp, and assisting teachers in a local elementary school on Fridays since Amity School District is a 4 day school week.

In the classroom she completes work in an organized and detail-oriented manner, and turns in assignments and projects with exemplary quality demonstrating evidence of college level intellectual ability. Amy has earned Outstanding Student awards in seven different academic areas including: Spanish, English, history, mathematics, weight training, and sciences. Teachers thoroughly enjoy

Amy's proactive and motivated approach to learning, integrity, willingness, and dedication to not just learning the material, but applying it to her life. Furthermore, Amy has taken her passion and dedication for fitness and weightlifting into her studies in Independent Science Research Project class. Amy organized and conducted a research project and managed a group of weight training students through a created workout testing how cool-down methods affect muscle soreness. Amy presented her findings at local science expos and received the Naval Science Award at Central Western Oregon Science Expo, 3rd place in the Medicine and Health Science Category, and honorable mention for the Tom Owen Award for Merit in Statistics at Intel Northwest Science Expo.

As an athlete, Amy has committed herself to reaching her full potential. She goes above and beyond normal practices by researching and maintaining a year round weight training program to achieve her peak physical condition. Furthermore, she has logged many additional hours perfecting her skills on the track by competing competitively in the Summer Track Club since 2011. To say she is a dedicated athlete is an understatement. Amy won the OSAA State Championship in 100 meter hurdles and triple jump as a sophomore. As a senior Amy is captain of her Track and Field, Cross Country, and Dance Teams. She has received the West Valley League Scholar Athlete Award as well as qualified for the OSAA State Championships for each of those sports separately.

Amy is not only a merit student-athlete, but also a well rounded young woman. She is reliable with responsibilities, mature, and has admirable character. She is respected by her peers and teammates as a confident and enthusiastic leader. If there is anyone deserving of recognition of hard work and dedication, it is Amy Kraemer.

-Lauren Sawyer



Castle Rock High School

Nathan Myklebust

Position: Sprints

Senior

Nathan is a great example of where hard work can take you. His dedication in the weight room has dramatically improved his speed on the track and elevated the work ethic of his teammates through this example. ~Travis Patrick

Cate School

Drew Anastasio

Position: Throwing

Junior

Drew's progress in the weight room can be attributed to his quiet consistency. He's a great example of how no program, no matter how special or cutting edge, is useless unless one puts in consistent effort. That's exactly what Drew has done. His efforts have been inspiring to his classmates and the fruits of his labor are obvious. What has especially been encouraging from Luke has been his willingness to work on movements he's struggled with for months at a time and then, to finally get it. Most high school aged athletes aren't willing to work for that long on the more "boring" technique aspects of lifting but Drew is. ~Erik Hansen

Cate School

Rivers Sheehan

Position: Sprints and Jumps

Junior

Programs need athletes that can find a way to have fun without distracting from hard work. It facilitates longevity in the program when kids know they will be able to work hard and have fun at the same time. Rivers fulfills that role for us at Cate. She strikes the right balance between focused work and fun. She helps keep the right perspective in the weight room without compromising work ethic in the slightest. Most importantly, Rivers sends the clear message to our student body that girls belong in the weight room as much as the guys. Her leadership for those identifying as females will outlast her four years.

~Erik Hansen

Copperas Cove High School

Joshua Pettit

Position: Sprints, Relays

Senior

Josh was a three sport athlete at the 6A level, playing football, Baseball and Track & Field. Josh finished his junior year as our top point earner for our strength and conditioning testing standards earning 17 of a possible 20 points. At 5'6" 155 lbs. his personal bests were as follows: Bench Press-265, Squat-420, Power Clean-255, Vertical Jump-33" and 40 Yard Dash-4.65 ~Reb Brock

Cummings High School

Kelsia Moore

Position: Jumps and Hurdles

Senior

Kelsia is a true pleasure to coach. She has squatted double body weight, cleaned and benched her body weight. She is a state champion long jumper and has been an integral part in multiple team state championships. ~Brian Bosman

Fairfield Warde

Manar Enany

Position: Shot Put, Long Jump, Triple Jump

Senior

indoor track junior year:

- placed 6th in fciac for shotput
- qualified and competed in states for shot put

outdoor track junior year:

- qualified and competed in fciacs and states in shotput
- pr'd in shotput at 34 feet and change, becoming 3rd best female thrower in the school's history
- qualified and competed in fciac for javelin
- qualified and competed in fciac for triple jump

indoor track senior year:

- placed second in eastern divisionals for shotput
 - qualified and competed in eastern divisionals for long jump
 - qualified and competed in fciacs and states for shot put
 - placed 6th at fciacs in shotput
- ~Ally Lates



Fox Valley Lutheran High School

Louisa Marxen

Position: Sprints & Jumps

Senior

Louisa is a senior at Fox Valley Lutheran High School in Appleton, Wisconsin. She has been a fixture in the weight room and on the track since her freshman year. Louisa will finish her career as one of the most accomplished track athletes in school history with at least 3 school records, several conference championships, and having qualified for multiple events in the WIAA State Track Meet.

~John OConnor

Gayville-Volin High School

Tavin McKee

Position: Sprinter - Running Back/DB in Football

Senior

Tavin has used his work in the weight room to become an outstanding athlete in Track & Field and on the football field.

This past fall for testing, here are some of Tavin's PR:

Pro Agility - 4.12 10 yd - 1.44
40 yd - 4.53 VJ - 32

As a Junior in track, Tavin was 4th in State B 100 m and 6th in the 200 m. He anchored the state qualifying 4x100 team. His best times were 11.22 and 22.96. He was conference champion in the 100 and 200. He was also Region 3B Champion in the 100 and 200. He dropped his times from his Soph. year from 11.73 and 23.98 - and looks to better his marks and standing this year in T&F

Football Stats: - as a 2 way player.

2017 8 Games Played

104 Rushes 476 Yards 7 TD's

10 Receptions 156 Yards 1 TD

252 Kickoff Return Yards

43 Solo Tackles 13 Assisted Tackles

1 QB Sack

5.5 Tackles for Loss

1 Interception--41 Yard Return

1 Fumble Forced

Career 18 Games Played

200 Rushes 1,014 Yards

13 Receptions 174 Yards

18 Career Touchdowns

87 Unassisted Tackles 27 Assisted Tackles

~Mark Roozen

Goshen High School

Austin O'Malley

Position: Pole Vault

Senior

Austin has been one of the most dedicated users of the weight room that I have worked with. As a member of the Track, Football and Swim team, Austin carries a full schedule of events. Even with his busy schedule, Austin has always made time to get to the weight room, in season, out of season, during the summer, before school or before practice. Austin has real clean technique and a great model for others. Austin is all business in the weight room but is always ready to help when needed. He's a leader in the weight room, on the field and in and out of school. He also serves the community as a Volunteer Fireman. Austin's drive and focus will serve him well in the future. ~Robert McIntee

Iowa City High School

Cole Milder

Position: Long Jump

Senior

"Cole exemplifies a work ethic and an understanding of the importance of a strength and conditioning program at the high school level for the past four years; an elite competitor in the weight-room, on the field, and in the classroom Cole brings intensity to every lift and has some of the highest numbers on the bench press, back squat, and hang power clean on the team. More than that, however, he pushes and coaches not only his teammates but the younger athletes to achieve their goals in the weight-room; a true All-American Strength and Conditioning Athlete." ~Jason Dwight

Kenowa Hills High School

Katie Westfall

Position: Distance

Senior

It is my honor to nominate Katie Westfall for All-America status in Strength and Conditioning. Her dedication to increasing her strength and her leadership in the weight room and on her Cross Country and Track & Field teams has been exemplary. Katie is one of the hardest-working athletes that I have had the pleasure of working with. ~Todd Johnston



LaCrosse High School

Kacee Klozenbucher

Position: Jumps, Sprints

Senior

Kacee is an example of using hard work to achieve your dreams. At 5'4" and 120 lbs, what Kacee lacks in stature she more than makes up for in work ethic and drive to succeed. That mentality helped her realize her dream of being a college athlete, signing with Washburn University for track. Kacee is a multisport athlete who had a significant impact on all of the teams she has been a part of. A tireless worker, she can often be found training to get better. This dedication has led to numerous school and personal records including High Jump (5' 4"), Bench Press (145 lbs), Squat (245 lbs) and Vertical Jump (27.5"). Kacee is also a 4.0 student and National Honor Society member. It's been an honor to coach such a wonderful athlete and person. ~Shawn Landers

Lincoln High School

Zion Perry

Position: Sprinter

Senior

Zion has been in Advance Weight Training Class for all 4 years that he has been at LHS and has attended Summer S&C as well. Zion is a T&F Sprinter and a Wide Receiver on the Football Team. As a member of our Athlete 2 Athlete Club, he is a Student/Athlete Mentor for the young up and coming students at LHS. In 2017 has was a State Champion Sprinter in the 4x100 and this year he will be playing in the Nebraska Shrine Bowl. Zion has committed to the University Of Central Missouri. Zion is quoted as saying "You have to stay ready so you don't have to get ready". ~Stewart Venable

Northwest High School

Karsen Sears

Position: Sprinter

Senior

Karsen has demonstrated an incredible work ethic and drive to succeed the last four years in are program. Her teammates respect her work ethic and level of commitment. But most of all Karsen is a NSCA All-American person. This award is a testament to Karsen's hard work and dedication to reaching er utmost potential as a athlete. Karsen has school records in the 100, 200 and LJ.. Qualified for the state meet in 3 events the last three years. Last year she won the class B (which) 2nd biggest school classification in Nebraska in the LJ and also medaled in the 4x1, 100, & 200.

Karsen is a workout beast. Bench is 185, Squat-255 and 175.. Karsen is very deserving of an award like the NSCA All-American Award.

~Troy McNeil- MS, USAW, CSPC

Payson High School

Meredith Kiekintveld

Position: Hurdles

Junior

Meredith is quite possibly the hardest working athlete that I have ever been around. Her motivation and her work ethic is contagious to others around her. Her work in the weight room is evident when you step in our weight room and see her name on the top of all our leader boards. As a junior she has already placed mad a name for herself in the state ranking by placing 4th as a freshman and 2nd as a sophomore in the 100 hurdles. She also is a 2 year varsity starter in basketball and holds a 3.79 GPA. ~Bryan Burke



Princeton High School

Will Hare

Position: Distance

Senior

Will is a leader in the weight room and in his sport. Will is well respected by his teammates, coaches, and competitors for his work ethic and his fierce competitiveness. Will's hard work, determination, and talent have led him to several achievements and accolades in his senior year including, CVC Division Champion, Mercer County Champion, Central Jersey Group IV Sectional Champion, Group IV State Champion, First Team All-County, First Team All-State, and First Team All Region. ~John Torrey

Princeton High School

Varun Narayan

Position: Long Jump

Senior

Varun is a captain of the track and field team. He is a leader, both, in the weight room and on the track. He leads by example and is always pushing himself and his teammates to improve and excel. Varun is the 2018 Mercer County Indoors Champion in the long jump and a Meet of Champions Qualifier in the long jump. ~John Torrey

Princeton High School

Jackie Patterson

Position: 400m Individual and Relay

Senior

Jackie is a fierce competitor and a leader, both, in the weight room and on the track, She is a two-year team captain who was the 2016 Mercer County 400 meter outdoor champion and a member of four Mercer County championship 4x400 meter relay teams. Jackie will attend Columbia University next year where she will be a member of the track and field team. ~John Torrey

Providence Day School

Olivia Hee

Position: 100m,200m,Long Jump

Junior

Olivia has done a remarkable job of growing into a leader. She has demonstrated her leadership ability in her work ethic on the track and in helping the younger athletes with their training. Her lifts are technically sound and she practices safety in the weight room by picking up after herself and encouraging others to clean up after themselves. She has grown her knowledge of the strength and conditioning program and understands how it can improve her performance on the track.

~Thomas Caruso

Providence Day School

Adam Roupas

Position: 200m,400m,400m Hurdles

Junior

Adam is a perfect example of hard work paying off. He is the first one on the track and the last one off the track. He is also the last one out of the weight room. Adam is a born leader, in not only his work ethic but also with him taking the younger athletes under his wings, giving them words of encouragement and pushing his teammates to do their best. Adam has grown to understand the positive effect the strength and conditioning program has on his performance on the track.

~Thomas Caruso



The Peddie School

Emily Hattman

Position: Long Distance Runner

Senior

Emily's positive effect on the weight room cannot be quantified. She is a peer leader for the girls in the weight room. She organized our first "6AM LIFT" for girls. She led the charge to creating a positive weight room culture for the girl's team and entire Cross Country program. In the weight room she thrived while training for her Army ROTC test with a mile in 6:14, 100 sit ups and 40 push-ups in 2 minutes. She also has the athleticism to perform the Barbell Hang Clean by her sophomore year. As a Varsity runner all four years, Emily won Conference and State titles in 2014 and 2015. She was Named First Team ALL STATE in 2014 and Second Team ALL STATE in 2015. Emily was a First Team ALL CONFERENCE athlete in 2017. Finally, Emily accomplished all this while earning a 3.5 GPA. ~Michael Volkmar

The Weber School

Seth Shapiro

Position: Shot Put and Discus Throw

Freshman

There is something very unique and quite impressive about the high school freshman, Seth Shapiro. From the first day that he stepped into the weight room, there has been a level of drive that stands apart from the rest. He is always the first one there to the weight room, and the last one there at the end helping to clean up. Seth is always focused when he arrives and he continually strives to learn more and push himself harder. The amount of growth he has had this year is contributed directly to the amount of effort he exudes daily.

However, what is most impressive about Seth though isn't his accomplishments on the field, the classroom, or on a weight bench. It is his heart. If Seth is in the middle of conditioning and he notices a classmate struggling, without hesitation, he will immediately stop to help. If he is given a new skill challenge, Seth will focus his mind and body and not quit until he has mastered it. At the same time, he positively influences his peers to also challenge themselves. Without knowing it, Seth motivates others to push themselves. That is something that can not be taught. Seth's dedication to weightlifting and his commitment to his team really sets him apart from most athlete's his age. The epitome of an All-American Athlete. ~Jessica LaGala



ThunderRidge High School

Teagan Zwaanstra

Position: Sprints & Jumps

Freshman

Teagan started with us the summer prior to starting her freshman year, and from day one we all knew she was going to be special! She came in and worked extremely hard to develop what is now the best form and technique in our building. As a first semester freshman, Teagan broke six of the 9 records we had on our board and was extremely close to the others. She also earned the highest award we give to our lifters, our "Grizzly" award. This award is very difficult to earn as it involves eight different tests covering all aspects of our program. Teagan is only the 8th athlete to earn this award in our 22 year history. All of the other recipients earned it their senior year...Teagan accomplished it as a first semester freshman! As happy as she was to earn this, she immediately looked forward and set higher goals for herself. Never satisfied and always looking to improve...this one is special! ~Mark Carnes

TMAD

Zskaira Williams

Position: 100M, High Jump, 4x1, Long Jump

Senior

Zskaira is an amazing human being! She has had a wonderful high school Track and Field career. Zskaira has jumped over 17 feet in the long jump. 5-4 in the high jump. 12.39FAT in the 100M. She was also on the 4x1 that set the school record with a 47.23FAT. She is a fierce and focused athlete! As great as she is on the Track, she is also a awesome human being. She and her family have had life changing impact on a cousin that they adopted into their family. Zskaira made sure she fit in at her new high school and just really took her under her wing. Zskaira is a great representative of the NSCA's high standards, high expectations and commitment to excellence.

~Troy McHugh

Vermillion High School

Maddie Lavin

Position: Distance Runner

Senior

During HS has been in Student Council, SADD (Students against Destructive Decisions), RAKE (Random Acts of Kindness Enthusiasts), Natural Helpers, FCA. She was selected as one of 3 local spokespersons for Champions on Track. They were chosen as role models to speak to elementary schools in Vermillion about the pillars of success. She is a member of National Honor society and serves as Vice President. She attended Girls State and was elected into the Senate. She is a member of UCC church. She has volunteered at the local welcome table, backpack program, and giving tree program in Vermillion.

Maddie has been a captain of the cross-country team since 8th grade and captain of girls track since her freshman year.

Athletic accomplishments include:

Winning state Cross country in 2013 as an 8th grader. She has been runner up in 2012, 2015, and 2016 with a 3rd place finish in 2017. She severely sprained her ankle the night before regions in 2014 and finished 21st at state the following week.

She has been runner up at State track for the 1600 and on the podium each year for at least one race. In 2016 she won the 1600, 3200, and anchored the medley to a 2nd place finish and 1600 relay to a 5th place finish (while running the 1600 relay with one shoe).

She has over 50 State swimming titles as she has swam competitively for VAST swim club and SD swimming at zones and All Stars. She has qualified for sections in several events since she was 14.

Maddie is a 6 time varsity letter winner in 3 sports- Cross Country, Track and Field, and Swimming. She lettered one year in Gymnastics.

This past year she was awarded the South Dakota female Hiesman award and Sioux City Journal female athlete of the year in 2016.

She maintains an unweighted 3.98 GPA with her lone B being in a college class. She will graduate with approximately 25 college credits this May and plans to attend USD for a biology degree with hopes to attend dental school after that. She will run and swim for USD as well. ~Mark Roozen



TRACK & FIELD

Viking Performance Training - Clay Battelle

Kaitlyn Tennant

Position: Thrower

Senior

In the year since training Kaitlyn, she has been the model trainee - accountable, committed, and always wanting more from herself in training while maintaining 100% trustful in the process.

Kaitlyn wanted to supplement her throwing performance with more strength and explosiveness. Within a few months of more focused strength training than she had done before, this transitioned into competitive strongman and powerlifting - including pulling her principal's truck for homecoming, a video seen over 100,000 times!

Kaitlyn has become an inspiration to everyone she meets, especially younger girls. It has been an honor and privilege to coach Kaitlyn. ~Jerry Handley



Asheville Christian Academy

Emma Newton

Position: Outside Hitter

Senior

Emma carries a 4.6 GPA and has been a member of the National Honors Society since her sophomore year. Emma has been a member of the Strength & Conditioning program for 3 years and is a leader in the classroom as well as athletics. She is a 3 sport athlete with volleyball, basketball, and soccer. Emma has received All-Conference awards in volleyball junior & senior years. All-Conference basketball sophomore, junior, and senior years. State runner up volleyball and soccer junior year. Volleyball State Champion senior year. ~Nick Ficker

Daniel Boone High School

Whitney Sams

Position: Libero

Senior

GPA - 4.0

Squat - 270 lb (2 times body weight)

Bench Press - 140 lb

Deadlift - 250 lb

Vertical - 20.2"

2017 Stats:

Aces: 10

Kills: 8

Defensive Digs: 325

HS Career Stats:

Earned 1000 career digs

Awards, Honors, and Leadership Activities:

- Defensive Player of the Year
 - 1st Team all conference
 - Beta Club
 - HOSA Member 4 years
 - FCA Member 4 years
 - HOSA Officer 2018
 - HOSA Regional Competition 5th Place
 - 4 Year Varsity Volleyball Player
 - Academic All Conference 2015, 2016, 2017, 2018
 - Volleyball Captain Freshman and Senior Year
- ~Charles Conner

Dassel-Cokato High School

Rachel Haataja

Position: Defensive Specialist

Senior

Rachel is an all around hard worker, great student, diligent athlete and a phenomenal person. In Volleyball she was a 2-time Defensive Player of the Year, Team Captain, All-Section Team and Academic All-State Team.

In the weight room Rachel has lead by strong example to her teammates and those around her both in and out of season. She is an excellent candidate for the All-America Athlete Award.

~Amanda Berg

Lincoln High School

Hannah Burianek

Position: Setter

Senior

Hannah has been in a Weight Training Class all 4 years in high school, to include Summer S&C. Hannah said "Weight training has helped me a lot because it has encouraged me to work harder and become stronger and if there was one class that I could take for the rest of my life then it would be Weight Training!" She went on to say "I strive everyday to prove to Coach Venable that I'm a hard worker in the weightroom and it has made me a better Volleyball Player on the court."

~Stewart Venable

Payson High School

Savanna White

Position: Outside Hitter

Junior

Savanna, like many female athletes, has had to battle back from a torn ACL. After missing most of the year in volleyball she was able to return for the final 3 regular season games and played in the state tournament. Her hard work and resiliency during her rehab process not only made her return to the court possible, but made her able to play up to her ability when she returned. In only 10 months out of her surgery she has already improved in her Squat and tied her PR in Power Clean. Savanna was named 1st team all state as a sophomore and was also a state placer in the high jump as well. Savanna has done all of this while maintaining a 3.64 GPA.

~Bryan Burke



Bishop Gorman High School

Joey Mazzara

Position: 170 lb

Senior

Joey has exemplified the term "champion" during his preparation of his final high school season in every facet. Joey immersed himself into the demands to become a champion by dedicating the Spring, Summer and Fall in preparation for Pre-Season Nationals. In doing so, Joey solidified himself as one of the top wrestlers in the nation. The grueling hours of strength, conditioning, technical, and tactical skills development helped Joey earn a scholarship to the University of North Carolina for wrestling. Joey's toughness and discipline, on and off the mat, is highly sought after within student-athletes. Despite the hours of training and competitions across the nation, Joey has been able to maintain above a 3.5 GPA. His dedication to the "champion mentality" in the toughest sport in the world has earned him the right to become the All-American Athlete of 2018. -Ridge Kiley

Charlotte Christian School

Christian Furnari

Position: 182 Lb Weight-Class

Senior

Christian Furnari has been a dominant force for the Charlotte Knights. he has not skipped a beat this season after having UCL Reconstructive surgery at the end of his Junior year. He placed second in the state tournament for his weight-class in 2017 and at 24-6 this year Furnari is primed for another run towards a state title. -Matthew Korman

Kenowa Hills High School

Avrey Smith

Position: Team Captain

Senior

Avrey Smith is one of the most dedicated and hardest-working athletes that I have worked with in 20-plus years in Strength and Conditioning. A role model in the weight room, the wrestling room, the classroom and in everyday life. I am proud to nominate him for NSCA Strength and Conditioning All-America status. -Todd Johnston

Solon High School

Da'Veon Parker

Position: 220 lb Weight Class

Senior

Da'Veon has always been committed to the weight room. He is not the tallest guy in stature, so he makes up for it by assuring he is one of the strongest out on the field or the mat. He is a two-sport athlete who anchored the defensive line and competes at the 220 lb weight class for wrestling. He just captured the Sectional championship heading into the District tournament. He is one of the strongest pound for pound lifters to come out of Solon High School.

-Aaron Short



South Johnston High School

Joshua Schindler

Position: 160lb Wt. Class

Junior

Joshua had to overcome and rehabilitate from pre-season meniscus surgery in order to prepare himself for wrestling this past year. In spite of that, Joshua managed to win multiple matches in conference and he was able to take 2nd place in the conference tournament. In the past calendar year, Joshua has increased his clean from the floor by 20lbs, his squat by 50lbs, and his bench press by 20lbs in terms of a 1-repetition maximum. Joshua leads in the weight room by pushing himself and his teammates to become better at every opportunity. Joshua also leads in the classroom as a student-athlete as he currently holds a 4.2 G.P.A. Joshua is a 3-sport athlete, competing in baseball and football as well. -Matthew Bishop

The Peddie School

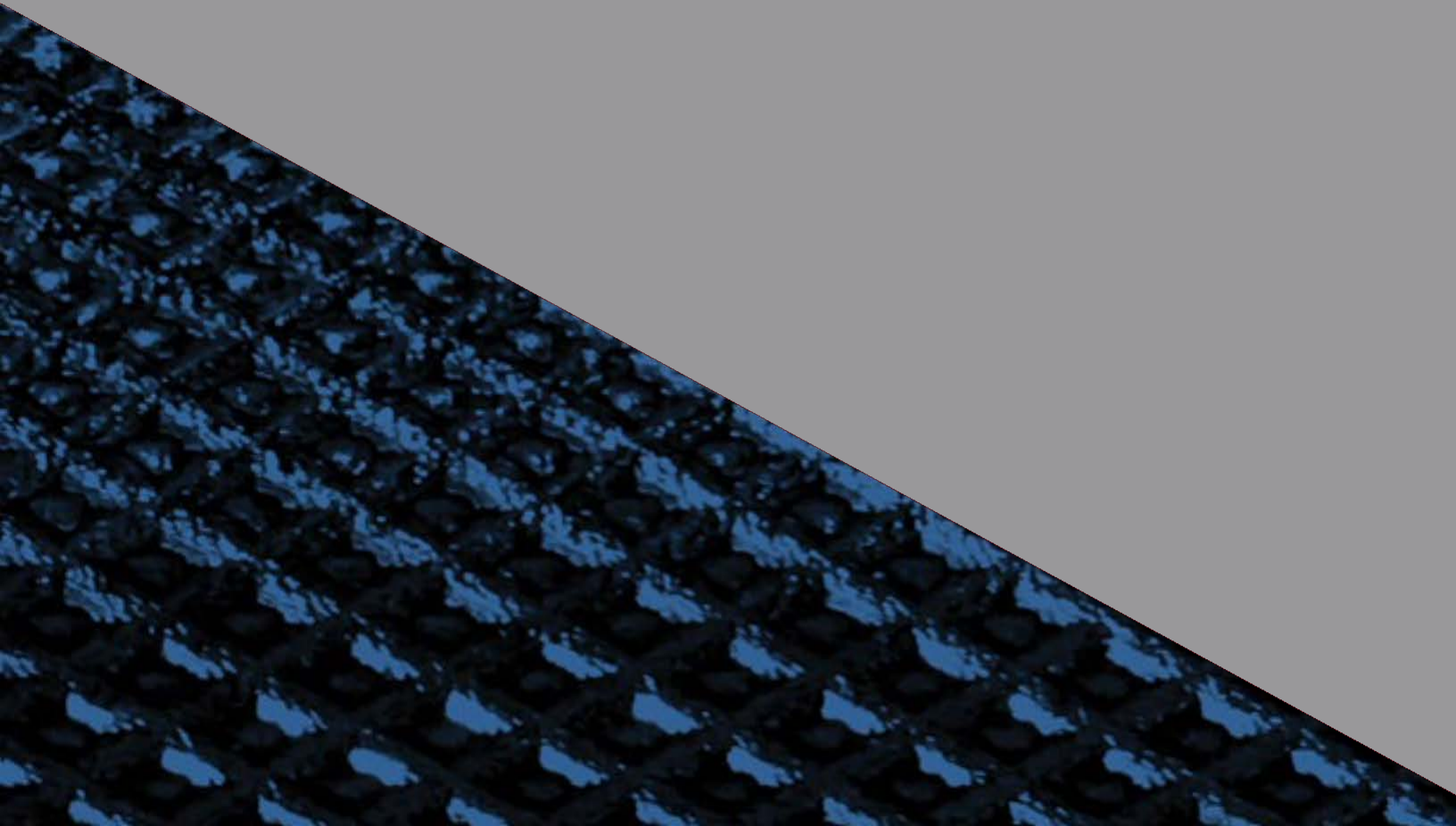
Colin King

Position: 132

Senior

This is a career achievement award for Colin. As a freshman, his weight was barely over 100 lbs with zero weight room experience. Fast forward four years and countless training sessions on weekends, holidays and plenty of days when everyone else was sleeping in. Colin has earned a 250 lbs squat, 280 lbs deadlift, and 175 lbs bench, at a bodyweight of 132 pounds. His dedication in the weight room has allowed him to become a competitive two sport (XC and Wrestling) varsity athlete. This offseason he is chasing a 315 lbs deadlift. Maybe most importantly, Colin has created a lifelong love of the Iron. Also, he has been a peer leader within the Asian community in promoting weight lifting. Finally, Colin accomplished all this while earning a 4.1 GPA. -Michael Volkmar

**COLLEGE ALL-AMERICAN
ATHLETES OF THE YEAR**





Angelo State University

Elias Aguirre

Position: Outfielder

Senior

Elias has been a leader not just in the weight room, but on the field as our starting center fielder. He embodies what it means to be a Ram baseball player as he strives to not only become better as a player but to make every one of his teammates better. His work ethic in the weight room is what sets him apart from other athletes; and not only is Elias a great athlete, but he is a better person outside of baseball. ~Joe Powell

Arcadia University

Drew Coisson

Position: Outfield

Senior

In 2017 he started in 44 of his 45 games played in center field. Batting .298 with 39 hits, five doubles, two triples, 29 runs scored and 20 RBI. Coisson led the team with 23 stolen bases in 25 attempts, which placed him sixth on the all-time single-season list. He was a vital piece of the teams first MAC Commonwealth Championship. Coisson has been an integral part our strength and conditioning program, reaching iron knight 2x, while looking to achieve this level again in his senior year. Some of his accomplishments in the weight room include: 32 inch vertical jump, Pro Agility: 4.11, 10yd Dash: 1.37, Bench Press: 245x8, and back squat: 365x5. Through his hard work, dedication, leadership, and continuous effort, he has helped continue to raise the bar for all of the athletes in our program. Not only did Coisson manage to find the time to excel in the weight room, he excelled in the classroom as well as on the field. A Biology Pre Physical Therapy major, he has a cumulative 3.15 GPA. ~Todd Barnes

Clemson University

Ryley Gilliam

Position: Pitcher

Junior

Ryley Gilliam 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 mound closing out games for the Tigers. Ryley is without a doubt one of the strongest athletes on the team, demonstrated by his 530 lb trap bar deadlift and 450 pound back squat. His 35 inch vertical is also among the best marks on the team. Ryley's weightroom prowess has translated to the mound where he represented team USA this past summer. Gilliam has also been instrumental in getting his teammates to buy into prioritizing their nutrition and sleep. Despite his small frame, Ryley has become a dominant power pitcher, largely due to his dedication to strength and conditioning. ~Rick Franzblau

College of Southern Idaho

Bailey Daguio

Position: Pitcher

Sophomore

"In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort." Jesse Owens

That is Bailey, and it is an honor to work with such a passionate athlete, a selfless leader, and a great human. ~Holly Hansing

Dallas Baptist University

Evan Sandmann

Position: Outfield

Senior

Evan is a prime example of what happens when a never quit attitude and work ethic aligns with opportunity. His desire to continually develop himself not only as an athlete, but also as a man of God has greatly impacted his athletic performance and also his ability to lead and impact others. To lead others well, you must first lead yourself well, and Evan has done just that. ~Adam Ross



Eastern Michigan University

Zach Owings

Position: 1st/3rd

Sophomore

Zach Owings has been in our program for two years now. He played significant time as a true freshman for EMU's baseball team. Batting .273 while playing 1st base. This year he will be playing 1st and 3rd base full-time. In the weight room Zach has excelled squatting close to 400 power cleaning 280 and benching 275 with a 60 time of 6.71 and pro agility 4.2sec this fall. Zach always goes above and beyond in and out of the weight room with extra lifts, and using multiple recovery modalities to make sure his body is primed for competition. Out of the weight room Zach boast's a 3.93gpa while majoring in Business. He is planning a strength and conditioning internship this summer and would like to start a MS in exercise science after finishing his undergrad. Zach also participates in community service with the Emu baseball team reading to elementary students with our reading program, as well as participating in a food drive for the local homeless shelters. Zach has a bright future and I look forward to watching him grow as a person, athlete and strength coach.
~Aaron Short

Eastern University

Timothy Gorton

Position: Catcher

Senior

Tim Gorton is an exceptional student-athlete and person. Tim is a senior exercise science student at Eastern and has made our strength program a top priority of his in the time that I've known him. Because of his efforts in the weight room Tim has earned:

MAC Freedom Player of the Year (2017), All Mid-Atlantic 2nd team (D3baseball) All Mid-Atlantic 3rd team (ABCA).

This year Tim has been named an Honorable Mention Preseason All American. Over the fall Tim battled through a wrist injury while still improving his Deadlift by 40lbs and his Back Squat by 25lbs.
~Ryan Saltzman

Emerson College

Daniel Gaynor

Position: Outfield

Junior

Daniel is one of the most hard working athletes in the weight room. He is always positive and always asking for feedback on his patterns to ensure he gets the most out of every session. He also wants to know the "why" behind the programming and how it relates back to his sport. Daniel always asks how heavy he can go vs. how heavy he has to go which shows his mentality. He hits extra credit movements like sled drags following every workout and truly epitomizes heart in the weight room. ~Jennifer Boyden

Endicott College

Michael DeDonato

Position: 2B

Senior

Mike has prioritized strength, conditioning and a healthy lifestyle since he stepped foot on campus. He leads by example with a tireless work ethic and a desire to improve each day. Through his commitment to strength and conditioning, Mike has improved as a player each year in the program and has been named to the all-conference team his last two seasons. Mike was also named as a player to watch (nationally), in the annual preseason edition of the Collegiate Baseball Newspaper. He will finish his career as one of the most productive offensive players in school history.

In addition to his athletic achievements, Mike, an accounting and finance double major currently holds a 3.81 GPA and has already accepted a position with PricewaterhouseCoopers (PWC) following graduation.

A true leader in the weight room, on the field and in the classroom, Mike has prioritized strength, conditioning and a healthy lifestyle and earns our highest recommendation for the one of the NSCA All-American Strength and Conditioning Athlete of the Year awards. ~James Daley



Florida Atlantic University

Weston Clemente

Position: Pitcher

Senior

Weston not only serves as a leader on the field and in the clubhouse, but in the weightroom as well. As one of the veteran pitchers on the staff, Weston's meticulous approach towards his training and soft tissue work sets the standard for the direction in which we want FAU Baseball's strength and conditioning program moving forward. For a pitcher of his height and stature, his movement, strength and technical proficiency is unparalleled. It is for these reasons that I nominate Weston as an NSCA Strength and Conditioning All American. ~Jonathan Larson

Georgia Gwinnett College

Brandon Frazier

Position: Infield

Junior

Brandon's work ethic, attention to detail, and overall enthusiasm towards sports performance is unmatched by anyone at our institution. I firmly believe that he would win this award no matter what team/sport you placed him on regardless of level/division in the nation. ~Joseph Mosher

Haverford College

Spencer Sohmer

Position: Third Base

Senior

Spencer has transformed his body, and in turn, his performance, during his four years at Haverford. As a freshmen, Spencer entered college with a less than optimal body composition and a vertical jump of 23.5 inches. Following his first year he made a decision that changed his career. He lost 30 pounds and began to take his diet and training seriously. Since that time, he increased his vertical jump to 31.7 inches, thanks in part to an impressive 545 pound deadlift at a lean 185 pounds. While doing so, he has earned the respect of teammates, coaches, and opponents alike. The senior all-conference captain is a big reason why our Baseball team has been so successful in the weight room and on the field.

~Cory Walts

Huntingdon College

Dakota Beane

Position: IF

Senior

Dakota is very deserving of this recognition. His effort, leadership, and toughness have allowed him to impact our baseball program in a significant way. I am thankful for his contributions to our culture. ~Charles Goodyear

Kalamazoo College

Stefan Leclerc

Position: Infielder

Junior

Stefan is on the Academic Honor Roll for his first 2 years at Kalamazoo College. He joined the Hornets Baseball team with aspirations of being a starting pitcher. In his freshman year he suffered a torn rotator cuff. He finished the season with the tear and was unable to pitch. The following year he decided half way through that he would get rotator cuff surgery. Stefan never missed a day of rehab or any of the strength program and has perfect attendance for 2 years training and rehab in south florida in the offseason. His teammates comment he is always the first to arrive to do his unique tissue prep and movement prep and is always doing extra work. The other athletes notice how unusual his prep is but see the changes he is making. This summer he interned at Dr James Andrews orthopedic center in Alabama watching surgeries and doing hundreds of consultations alongside some of the surgeons. His experience as a patient and athlete has led him to want to study orthopedic medicine and sports medicine and strength and conditioning. When he isn't training he is volunteering to work at the training facility cleaning to make sure it is spotless. He competes with the professionals we train in the offseason and is the model strength athlete. He motivates others with his work ethic and competitive level. He fully immerses himself in education in kinesiology, nutrition, recovery and biomechanics. Just this week the head coach declared him the top batter in the lineup. If you need to award an athlete that shows perseverance, dedication, consistency and above all integrity, he is worthy of the All American Athlete Award. ~John Sinclair



Lewis & Clark College

Sean Shepherd

Position: OF

Senior

Sean Shepherd epitomized the importance and benefits of strength and conditioning from his freshman year to his senior year. His commitment to the Lewis & Clark Strength and Conditioning Program has led Sean to become an All-Northwest Conference player, and the team leader in batting average the past three years. Sean's leadership in the weight room and on the field with his teammates never went unnoticed. It has been a privilege to work with such an outstanding young man.

~Angela Dendas-Pleasant

Lipscomb University

Lee Solomon

Position: 2nd Base/Outfield

Senior

Lee has been the epitome of what it means to be a Lipscomb University baseball player. He gets after it not only in the weight room and on the baseball field, but also in the class room. Lee has always been an example of strength in the weight room. This past year he front squatted 510 Lbs for 3 reps, he had a 230 KG Deadlift for 3 reps, and a 137kg hang clean for 3 reps. He continues to lead our team by how hard he works and by the drive that he brings on a day to day basis. ~Clint Woods

Menlo College

Alexander Thompson

Position: 1B / OF

Sophomore

Alex came to us as a true freshman, within a week he was one of our most committed athletes in the weight room, Nutrition and recovery wise he did everything we asked. He bought in to the speed and agility drills right away which highlighted his natural athleticism. He quickly started to make progress in the weight room, even tho it did not translate into playing time his Freshmen Year. He Stayed over the summer and got stronger and faster. He is now the starting 1st Baseman and or Left Fielder and one of the faster guys on the team. He Trusted the Process and its paying dividends.

Very proud of this young man and the hard work he has put into making himself better.

Stats:

Deadlift FR- 345

Sophomore SO - 425

Front Squat FR - 250

Front Squat SO- 315

Vertical FR - 26.2

Vertical SO- 32.4

Bodyweight FR - 178

Bodyweight SO - 198

Body Fat - 16%

Body Fat- 12%

~Victor Brankovich



Merrimack College

Ricky Smith

Position: Catcher

Senior

"Ricky is fully committed to all aspects of developing himself as a student - athlete. His desire, discipline, and hard work has garnered achievements and recognitions such as a 500lb deadlift, being named captain of the Merrimack College baseball team, and also early acceptance into graduate school. He has set a standard of excellence for his teammates and classmates and is truly a testament to what is possible when you blend commitment with a desire to achieve your goals." ~Michael Kamal

North Carolina A&T State University

Jonah Owenby

Position: Pitcher

Senior

His work ethic and dedication to the weight room has allowed him to maximize his potential on the mound and to change his life. He came in at 18.7% body fat August 2017 and has gotten down to 9.6% body fat by February 2018. He has shown extreme discipline and hard work to make himself a better pitcher, but also a better person. ~Cameron Avery

Old Dominion University

Culver Lamb

Position: Outfield/infield/pitcher

Senior

Culver has been a huge contributor to our baseball program at ODU. He came in as a pitcher and bounced back and forth from pitcher to infielder. Culver was a maintain in the starting lineup his junior year batting .293, 5HR, 32 RBI. Also posted a 1.50 ERA and a 3-0 record on the mound. Culver is also a model athlete in the weight room. He's always on time and takes pride in motivating others and being attention to detail oriented in his work.

~Curtis Whaley

Sacred Heart University

Anthony Capozziello

Position: OF

Senior

WT: 187

Back Squat: 430

Vert: 31.5"

~Chris Fee

HT: 5'9"

Deadlift: 455

Broad Jump: 117.5"

Salisbury University

Jack Decker

Position: Catcher

Junior

Jack is one of the best teammates I've ever seen. No matter the situation, or circumstances, he is always leading our guys. His leadership skills make him a guy that the team can rely on, and look up to. His work ethic is something that should be bottled up and given to every athlete on the planet.

~Thomas LaBriola

Santa Clara University

Travis Howard

Position: RHP

Sophomore

Travis exemplifies the qualities that coaches seek after. He is focused, driven, relentless in his pursuit to improve himself. He quietly leads by example. Nothing is too much to ask of Travis. Whether it is a demanding conditioning session, an intense weight room session, arm care, or mobility work Travis is focused and attacks each session in a disciplined matter. ~Zac Harris

Stony Brook University

Cole Creighton

Position: Pitcher

Senior

Cole has been a workhorse since he stepped on campus. As a senior, he has taken his athleticism to another level, finally reaching a career goal of a 505lb squat at a bodyweight of 195lbs. He is constantly looking for new ways to challenge himself, coming in for extra lifts and asking for more training sessions. His consistent work ethic is evident every time he steps into the weight room, which has helped him become a leader for our program on and off the field. ~Patrick Cummings



Texas Christian University

Michael Landestoy

Position: 1st Base

Senior

Michael is the definition of leading by example in the weight room. He arrived at TCU at 161 lbs. from the Dominican Republic. After 4.5 years of development he has gained over 50 lbs. of weight and currently weighs 212 lbs. Michael went from a boy who could barely control his own bodyweight to a man who has trap bar deadlifted over 550 lbs.

During his time at TCU he has not only developed in the weight room but on the baseball field as well.

Michael has been an integral part of our program after redshirting his Freshman year. His on field play is a direct result of his absolute dedication and continual progress in the weight room.

Michael is not only one of the best teammates but also one of the most genuine people you'll ever find. He excels in the classroom, the baseball field, and the community and will continue to lead the future generations. ~Zach Dechant

Texas Lutheran University

Riley Schaefer

Position: Outfield

Senior

Great leader, student and athlete. Work ethic is off the charts. Serves on the President's Black and Gold Council for TLU. SAAC Representative for TLU Baseball for 4 years. Has maintained a 4.0 GPA as an Accounting major for 7 semesters earning him 3rd Team CoSIDA Academic All-American honors in 2017.

Other notables:

4 year letterman (after 2018 season), 2 year All-SCAC as an outfielder (1st Team- 2017, HM-2016). 3rd Team CoSIDA Academic All-American (4.0 GPA, Accounting), All-SCAC Academic team 2015-2017.

Leader in the TLU Baseball S&C Program:

Testing results (Fall 2017):

5'10 190 lbs.

60 time: 6.59/6.47

Hex bar deadlift: 455

Vertical 34.5 1RM

Bench: 305

5-10-5 agility: 4.3

Pullups: 41 (no kipping)

Grip strength dynamometer: 113.4 total

~Greg Burnett

Towson University

Alex Cuas

Position: Pitcher

Senior

Alex has done a tremendous job this year with his training. He has battled many injuries during his college career but his work ethic and dedication has never faltered. Alex was one of the top overall athletes in strength, speed, power, and conditioning on the team. He boasted a 33' kneeling med ball throw, 30' triple broad jump, and 400 pound squat. There is no doubt that his hard work in training is what helped his performance on the field. ~Justin Houg

University of Arkansas

Isaiah Campbell

Position: Pitcher

Junior

Campbell is coming back from bone spur surgery last fall. His freshman year he threw 55 innings in the SEC and had a ERA of 2.34. In the weight room he has great work ethic, squatted 430, bench 225 and clean 242 at 225 pounds 6'4. He has lost 24 pounds and improved his body fat and is projected to be a 1st rounder in the draft. He is a leader in the weight room and on the field. He will be an All-American on the field and is very deserving in the world of Strength and Conditioning! ~Blaine Kinsley

University of Bridgeport

Daren Grabowski

Position: Outfield

Senior

Daren has been relentlessly committed to strength training, putting in numerous extra hours outside of team training. He returned to play quickly after hamate surgery due to his dedication and work ethic. He back squatted 405 for a school record and ran a 6.9 60 yd dash. ~Tristan McLaren



University of Connecticut

CJ Dandeneau

Position: Pitcher

Junior

CJ has continued to raise the performance bar for our baseball program. Due to his constant dedication and work ethic, he has developed into one of the strongest pound-for-pound athletes we have. He makes his teammates better and pushes his own personal limits every day. He holds his teammates accountable and is a great example of how consistency, effort, and a great attitude can have a huge impact on performance.

~Joel DeMarco

University of Delaware

Kevin Mohollen

Position: Center Field

Junior

Kevin is constant worker - who leads vocally and by example. Kevin has transformed himself into one of the best athletes on the team not only by his god given gifts, but by his true Grit. Not only does Kevin have fantastic numbers in both running and lifting evaluations - he also is off the charts with attention to detail, effort, energy, and leadership. ~Ted Perlak

University of Michigan

Miles Lewis

Position: Outfield

Junior

Miles is in his second year with our baseball program at Michigan. He was voted the 2016 Western Athletic Conference Freshman of the year while attending The University of North Dakota. The program was discontinued at North Dakota and Miles transferred to Michigan. He made an immediate impact both on and off the field during his first year at Michigan. He came to us with outstanding training habits that can be credited to the staff he worked with at North Dakota. He has a lunch pail mentality and is a student athlete that can be counted on to lead by example. He has set a number of all-time records in the weight room and has become an invaluable leader in the club house as well. When we need a big play on the field or inspiration during tough training sessions you can always count on Miles. It is with great pleasure that I nominate Miles Lewis for the NSCA All-American Strength & Conditioning Athlete of the Year Award for 2018. ~Jason Cole

University of San Diego

Travis Kuhn

Position: RHP

Sophomore

University of San Diego - Baseball

Travis Kuhn

Height: 6'

Weight: 192

Power Clean: 301

Back Squat: 502

1-Arm Bench Press: 145

TBDL: 580

Vertical Jump: 32"

Travis Kuhn embodies what it is to be a Torero on and off the baseball field. His work ethic and commitment to improvement combined with his unparalleled energy makes him a perfect fit to lead not just our pitching staff, but our entire team. Travis is not the most vocal leader, but he leads by example and lets his actions and strength numbers speak for themselves. He has only scratched the surface of his limitless ceiling as he continues to build confidence through his outstanding dedication to his own development. After being named one of the top professional prospects from West Coast Summer League in 2017, Travis is projected to be the "go-to guy" out of our bullpen and no doubt will have an impact on the overall success of the Toreros season. It is with great pleasure that I nominate Travis Kuhn for the 2018 NSCA All-American Athlete of the Year. ~Matt Couch

University of Wisconsin - Whitewater

Austin Jones

Position: Pitcher/Outfielder

Senior

After a breakout year on the mound as a Freshman, Austin had to battle back from a devastating injury his Sophomore season. His tremendous work ethic and dedication to strength and conditioning allowed him to earn a starting spot in the outfield the following year. He is on the radar of many MLB scouts and is looking to have a terrific Senior season as a starting pitcher. Austin's best attribute is his leadership ability and inspiration. I look to Austin for feedback and know that I will always get an open, honest answer. I am proud to nominate Austin for this award. ~Lee Munger



Villanova University

Jeffery Manto

Position: Thrid Base

Freshman

Jeffery has dedicated the last 4yrs to maximizing his potential on the diamond and in the classroom. He takes every opportunity to prepare himself physically at the Kalinowski Performance Academy, as well as mentally through the Mindful Athlete Training program. Jeff has significantly improved his athleticism, but even more importantly, he demonstrates integrity, character, and leads by example. ~John Kalinowski

Webster University

Christian Dahncke

Position: Catcher

Senior

Christian has shown tremendous improvement in strength over the past three years as a part of the Webster University Baseball program. His preference to quote his favorite movies, along with his ability to move heavy weight with power and consistency is impressive to say the least. His 515 lb. deadlift and 405 lb. squat remain at the top of the charts at Webster University but his personality and willingness to serve as a selfless leader, with the mission to further develop a program built on integrity, will be remembered most. Christian exemplifies the true definition of a Webster University Student-Athlete. ~Matt Saitz

West Texas A&M University

Noah Draper

Position: Pitcher

Senior

Noah shows up each day ready to work. He is a great leader both in the weight room and on the diamond. Noah leads by example putting in his best effort and holds his teammates accountable to do the same. He has a passion to be the best baseball player he can be leading him to put in the time off the field to improve. Noah wrapped up the fall with a 385lb squat and 28.5" vertical jump.

~Sarah Ramey

Wilkes University

Zach Metz

Position: Pitcher

Junior

Always willing to go the extra mile. He is an athlete that is an unquestionably hard worker.

~Jeffrey Gear

Winthrop University

Thad Harris

Position: Pitcher

Junior

Thad is pursuing a Bachelor of Science degree in Exercise Science. While progressing through the this major, he has gained the knowledge, skills, and strategies centered around athletic performance. This knowledge has led to a better understanding of the Periodization of training and how daily programs align to increase performance over the course of a Micro/Meso/Macro cycle. This is evident in his ability to auto-regulate daily training to achieve the programs desired results. This fully execute his position as a pitcher on the baseball team

~Benjamin Abbott



Abilene Christian University

Breanna Wright

Position: Point Guard

Sophomore

Breanna is a leader on and off the court. After earning the starting PG spot her freshman year, she has yet to relinquish the position. The dedication she has for her craft goes behind the court. She understands the importance of sports performance training and through her effort and actions she has conveyed that to her teammates. This preseason Brea crushed the previous team PR with 265 back squat. She has been a pleasure to coach and a great addition to the Wildcats family! ~Bret Miguez

Black Hills State University

Fraser Malcolm

Position: Forward

Junior

Fraser, has developed into one of the top players in the conference due to his hard work on the court and in the weight room. He has had his best year so far earning All-Conference honors. Fraser is the leader of team and makes sure everyone is working to their potential at all times. ~Aaron Siekmann

Brigham Young University

Dalton Nixon

Position: Forward

Sophomore

Every player and coach in our program has a respect for Dalton's approach to the daily grind of Div. I basketball. His efforts in transforming his body have paid dividends on the court. From his freshman to sophomore seasons he has nearly doubled his averages in minutes played, rebounds, assists, steals, scoring, and 3-point shooting percentage. During the 2017-2018 season, Dalton was BYU Basketball's most productive bench player. ~Erick Schork

Central Maine Community College

Holly Decourcey

Position: Guard

Senior

Holly was a member of the 2017 USCAA Division II Women's National Tournament Championship Team. She is one of the captains on this year's Lady Mustangs, who have earned the number one seed in the 2018 USCAA Division II Women's National Tournament. Her unwavering dedication to our strength and conditioning program is demonstrated by her dominance of our Mustangs Top 10 Performance Lists. She thoroughly enjoys and is committed to the process of improving performance through strength and conditioning. She is an outstanding student as evidenced by her 3.6 GPA, being named to the YSCC Academic All-Conference Team, and being honored as an USCAA Academic All-American. Holly is a general studies major. ~Jim St. Pierre

Claremont McKenna College, Claremont-Mudd-Scripps Athletics

Maxwell Kirsch

Position: Forward

Sophomore

Max is a sophomore at Claremont McKenna College. He is pursuing degrees in Chemistry and Economics. Recently, he was accepted in to the Robert Day Scholar Program at CMC. Last season, Max was named to the SCIAC All-Academic Team and is currently on track to achieve the award this year.

Despite a rigorous academic environment and participation on the basketball team, Max volunteers as a youth basketball coach. In addition, Max serves as a Dorm President, First-Year Guide, and member of the Student Athlete Advisory Committee.

Max is the ideal student-athlete and candidate for this award. In addition to his service around the college and community, he dedicates many hours to the weight room and improving his talents on the court. His effort, enthusiasm, and focus are felt by everyone in the weight room. He encourages his teammates to improve and celebrates their accomplishments. ~Andrew Jones



Clemson University

Gabe DeVoe

Position: Guard

Senior

Gabe DeVoe personifies a growth mindset by forging the right attitude, energy and effort – the cultural base within our weight room. In just two short seasons, DeVoe has gone from a young man with a less than favorable opinion of the weight room, to a mature leader who embraces the weight room as an extension of the practice court. This change in commitment resulted in physical enhancements and performance increases. PHYSICAL: 213-lbs at 9.4% body fat (BF) to 207-lbs at 7.1% BF; front squat of 185 to 308-lbs; vertical jump of 32 to 38.5"; bench press of 210 to 265-lbs. PRODUCTION: 2016-2017 season DeVoe averaged 24 minutes per contest; 7.1 points per game, to go along with 2.8 rebounds; and shot 32% behind the arc. In 2017-2018, DeVoe is shattering last season's stats averaging 33 min per contest, 13 points per game; 4.6 rebounds per game; and shooting 45% behind the arc. Off the court, DeVoe leads his team academically earning All-ACC Academic Team selection for the third straight season. ~Michael Bewley

Clemson University

Danielle Edwards

Position: Guard

Junior

Danielle Edwards has been an excellent example of consistent dedication to improving her performance on and off the court. Her physical development is a result of her commitment to the weight room. PHYSICAL: 125-lbs at 19.52% body fat to 129-lbs at 13.8% body fat; bench press of 110-lbs to 129-lbs; back squat of 195-lbs to 242-lbs; vertical jump of 23.8" to 26.2". Her junior campaign has been highlighted by a career high 33 points leading the team to a 67-66 victory over Nebraska in the ACC/Big 10 Challenge. Off the court, Danielle was named to the All-ACC Academic Team for the second consecutive year. ~Kaitlyn Cunningham

College of Southern Idaho

Jane Nelson

Position: Guard

Sophomore

Jane has showed much determination coming back from a serious knee injury last year. She is always the first to get to the weight room and the last to leave. She is doing extra workouts constantly. Jane is a great example to those around her. ~Travis Bunker

East Central University

Aaliyah Blakely

Position: Forward

Senior

"Aaliyah is a three time Strength and Conditioning All-American Award winner for great reason. With an outstanding work ethic and positive attitude all year round during mandatory and voluntary workouts; Aaliyah has posted some impressive feats in strength and conditioning and applied them to the court." ~Scott O'Dell

Eastern Michigan University

Danielle Minott

Position: Guard

Junior

Danielle sat out as a redshirt transfer for over a year waiting for the opportunity to shine in her new role at Eastern Michigan University. During her redshirt year, Danielle took full advantage of the opportunity to develop both on and off the court to become a better athlete and player. Danielle has transformed her body and improved her Back Squat from 250 lbs to 340 lbs during that time. She has been a leader both on the court and in the weight room, and is a prime example of how hard work in physical preparation will reward you with improved performance on the court. ~Sean Conaty



Eastern Michigan University

James Thompson IV

Position: Center

Junior

James started the 2017 off-season by being challenged to gain size and strength to move from the Power Forward position to the Center position and anchor our zone. He responded to this challenge and took full advantage of the opportunity by completely transforming his diet, training habits and body. During that time he bulked up from 215 lbs to 240 lbs, increased his squat by 30 lbs, improved his standing vertical jump from 32" to 33.5", and improved his conditioning level by doubling his score on the Yo-Yo Intermittent Recovery Level 2 Test. On the court, James solidified his place in EMU Basketball history this year, recording 1,000 career points and 1,000 career rebounds. In addition he was named MAC West player of the week on two separate occasions. -Sean Conaty

Emerson College

Jacob Ries

**Position: Guard
Freshman**

Jacob is the workhorse of the men's basketball team. He worked his way into the starting line up with his work ethic, dedication to getting stronger in the weight room and basketball IQ. His consistency in the weight room has paid off on the court as he's tasked with defending the other team's best perimeter player. -Ronald Smithers

Eureka College

Hayley Reneau

**Position: Guard
Senior**

Her tremendous work ethic all year round shows in her game and when she trains. From her Junior to Senior season, her points per game increased from 13.8 to 23.8 which is 3rd in D3 women's basketball. She also received 1st team all conference honors, and selected to the all SLIAC tournament team. Her success on the court is all due to her work ethic in the off-season. She improved her back squat by 60 lbs and her 1 RM is over 200 lbs along with increasing her vertical jump over 4 inches in that span as well. -Matthew Friend

Georgia College

Isaac Thomas

**Position: Power Forward
Junior**

Isaac has done everything for us including the things that show up in the stat book like points, rebounds and blocks. What makes him special is the things he has done for us that don't show up for us in the stat book. How hard he works every day, how selfless he is, and the leadership he brings on and off the court. He leads by example in the weight room and during all conditioning sessions. He has a cumulative GPA of 3.53 as an accounting major. Isaac has been a member of the Peachbelt All Academic Team, PBC Freshman of the Year, Top 10 in Rebounds in our program history. He is the epitome of what defines the "Student Athlete". -Mike Martino

Huntingdon College

Juliette Harp

**Position: Forward
Senior**

Juliette is very deserving of this award. Her continual improvement throughout her career impacted not only her, but her teammates and program as well. -Charles Goodyear

Juniata College

Marcus Lee

**Position: Forward
Senior**

Major: Engineering
6"6"
Weight 212lbs.
Forward
Squat 400
Bench 300
Clean 235
20 Shuttle 4.0
40 yd Sprint 4.5
Vert. Jump 38"

Marcus is Juniata Basketball team's leader on and off the field. His work ethic has translated into conference recognition as one of the most physical defense players along with productive offensive scoring threats. His roll as team captain and his example of work ethic and attention to detail in the strength and conditioning program has gone far in assuring success not only for Marcus, but also for our Men's Basketball Program. -Douglas Smith



Juniata College

Brianna Wasser

Position: Guard

Senior

Bri's work ethic and dedication has been a major factor in her reaching her athletic goals and her the respect of her teammates and coaches along with setting a standard of intensity and work principles for her fellow team members in the Sports of Women's Basketball and Golf.

Bri 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

Lewis & Clark College

Miyah Leith

Position: G

Senior

From freshman year to senior, Miyah demonstrated great work ethic, discipline, and attitude, all of which epitomize what the Lewis & Clark Strength and Conditioning Program is all about. Her hard work and dedication to becoming a better athlete has earned her All-Northwest Conference First Team accolades. Miyah finished her final regular season ranked first in the NWC in field-goals made, second in total points, free-throw attempts and field-goal attempts and third in free-throws made, and finished the regular season ranked fourth in the NWC in scoring per game, steals and steals per game. Miyah's leadership in the weight room and on the court with her teammates never went unnoticed, resulting in holding a captain's position for multiple seasons. It has been a privilege to work with such an outstanding young woman.

~Angela Dendas-Pleasant

Lewis & Clark College

Lauren Wood

Position: Forward

Senior

Lauren has played an integral part in the turn around of the Lewis & Clark Women's basketball program. Three seasons ago, the team posted a record of 3-22 and finished last in the conference standings. The past two seasons they have made the conference playoffs. During her senior campaign, Lauren averaged a double-double (10.5 pts/game, 10 rebounds/game) and was named All-NWC Honorable mention.

A side from being a force on the court, Lauren has also actively given back to her community by volunteering with Specialty Athletic Training, a Portland based company provides personal training services exclusively for individuals with special needs. ~Ryan Lockard

Lewis University

Jessica Kelliher

Position: Forward

Junior

Jess is an outstanding student athlete who is so modest. She has won Great Lakes Valley Conference Player of the Week 4 times this year and also NATIONAL player of the week twice this month!!!! Could not be prouder of such a great person! :) ~Becky Eggers

Menlo College

Mikey Eggleton

Position: Guard

Senior

Mikey's accomplishments do not show on the stat sheet. Mikey is an excellent example of what a student-athlete should be. Tough, selfless, and disciplined reflect his finest attributes. Mikey went from playing a significant amount of minutes his first 2 years, to not playing very much. But his attitude did not change. He took younger teammates under his wing and guided them through. Whenever he got in, he gave his all for the time that he was needed. His teammates respect him so much as a leader and worker. Mikey spent countless hours in the weight room and the gym, working to be the best that he can be every day. Mikey's work will not be on paper, but remembered by teammates and coaches.

~Karl Reyes



Occidental College

Triana Anderson

Position: Guard

Senior

Triana is an exceptional leader for our women's basketball program and athletic department, and is pound for pound one of the strongest female athletes at our school. She was tabbed as 2nd team all conference last year, and is on her way to a 1st team all conference award this year. Triana is dedicated and motivated to work hard in the weight room all year long, despite competing at a division where off season workouts are optional. She has dramatically increased her strength, conditioning, and overall athleticism since she first set foot on campus. Triana is the ultimate example of hard work paying off, as her performance on the basketball court has improved every year. She has already put up multiple 20pt games this year, with a recent 30pt outing in our last conference game. Triana is the ultimate competitor and strength coach's dream. She is dominating on the court and in the classroom as she is a few months away from graduating with honors with a degree in Physics. Triana is the epitome of an all-American athlete and deserves this recognition for all her years of hard work and leadership. ~Amanda Mills

Radford University

Randy Phillips

Position: Center

Senior

Randy brings an incredible work ethic and amazing spirit to every workout. He is very driven, and most certainly raises the work ethic of the team mates around him. He knows how to set goals, then does everything in his power to achieve them. He has made a lasting impact on our program. He has a bench press of 365. He had wrist issues and could not back squat nor front squat, so we did Zercher squats with him, his max was 425. ~Scott Bennett

Sacred Heart University

Katherine Haines

Position: Forward

Senior

Clean – 185	Squat – 225
Bench – 155	Vert 27
6'2	185lbs
~Chris Fee	

Sacred Heart University

Mario Matasovic

Position: Forward

Senior

Clean – 275	Squat – 365
Bench – 300	Vert - 37.5
6'8	220lbs
~Chris Fee	

Santa Clara University

Morgan McGwire

Position: Center

Senior

During her four years at Santa Clara, Morgan has set the school record for most games played, a testament to her attention to detail in training. She has scored over 1,000 points in her career, ranks 2nd in school history in blocks and 3rd in rebounds. This season, she is the team's leading rebounding at 9.4/game, ranking her 2nd in the WCC and she leads the team in double-doubles. ~Jeremy Golden

South Dakota State University

Reed Tellinghuisen

Position: Guard

Senior

Reed has helped maximize his ability on the court by maximizing his time in Strength & Conditioning. Since being on campus Reed has gained 45 lbs and completely transformed his body. From his freshman year he has added 30kg to his clean, 75 lbs to his bench and 70 lbs to his squat. He earned Iron Jack status this past offseason for attaining the necessary requirement for his Vertical Jump, Squat, Clean and Bench Numbers. ~Eric Adolph



Springfield College

Molly Altholz

Position: Forward

Junior

Molly Altholz is that player that works tirelessly to get better, brings the energy to every team session both on the court and in the weight room, and is a natural leader for the entire team. You can count on Molly to always work hard, and to push her teammates to do the same. Molly is well-rounded on campus as she strives for academic success, puts in work everyday on the court or in the weight room, and is involved in numerous other on-campus activities.

This season, Molly has done extra pool sessions to get back from a foot injury that in prior years was a season-ending injury. During practice she carried a bike and bands up everyday to make sure she was working to get back to being able to practice with the team as soon as possible. Molly is that player that will ask what she can do to work harder and get better everyday. She put in the work daily to get back onto the court, and this season she was able to return to play.

In every strength and conditioning session she is the loudest one in the room and her energy is contagious. On the court she leads the team with her energy. Around campus she is always excited to see everyone and greets everyone with a big wave and excitement.

Molly Altholz is an athlete that continually strives for success in all aspects of her life. As a Physical Therapy major she has an understanding of the importance of the Strength and Conditioning field and uses that to her advantage to get better athletically everyday. She is that person that will get up early for a pool session before class, followed by classes, practice, lift, and rehabilitation in the athletic training room. After a full day you can still find her in the Student Union studying and preparing for success for the next day.

Molly understands how much work she needs to put in to be successful and she is willing to surpass that everyday. Her energy, leadership, and work ethic in the weight room, on the court, and in the classroom are all valuable components contributing to the team's overall success this year. ~Simone Morin

Stony Brook University

Jakub Petras

Position: Center

Senior

Jakub Petras made one of the biggest transformations that I've seen in my career working with collegiate athletes. His year-round effort and intensity in the weight room was recognized by his teammates and he served as another set of eyes for me and role model for his younger teammates in the gym. In a year he dropped 30lbs, significantly improving his conditioning and at 6'10 has an impressive 365lb back squat and 270lb bench press. ~George Greene

Trinity College

Emily Llerena

Position: Center

Senior

Emily has had incredible results in the weight room that has translated to her overall athleticism. She squats 215, benches 115, has a broad jump of 89" and has added 3 inches to her vertical jump. She trains year round and is constantly coming in for extra workouts. ~William DeLongis

Troy University

Jaroslav Moravek

Position: Post

Senior

Jaro overcame multiple injuries and still found a way to stay positive. He is a very hard worker, always on time, never complains, always follows instructions and helps his teammates when ever he can. Jaro is also very strong academically, receiving his undergraduate degree in Global business with a GPA of 3.62. Graduating with honors (Magna Cum Laude) He is presently finishing his MBA in International Business with a GPA of 3.66.

~Richard Shaughnessy



University at Buffalo

Davonta Jordan

Position: Point Guard

Sophomore

Great attitude, blue collar work ethic, and willingness to push himself and teammates to give their best effort every day. This is what comes to mind when describing Davonta and what makes him worthy of this award and an asset to our program.

~Michael Snowden

University at Buffalo

Stephanie Reid

Position: Point Guard

Senior

Stephanie is one of the hardest working student-athletes I've ever been around. She committed to the process of getting better during the off season and the results have paid off with her performance on the basketball court. She's reached multiple personal and team milestones this year while establishing herself as a leader within the program and is very deserving of this award.

~Michael Snowden

University of Delaware

Nicole Enabosi

Position: Forward

Junior

Nicole is a very special student athlete, she is extremely skilled both technically and tactically in the sport of Basketball. However, her performance in the S&C program has forced her teammates to rise to her level of hard work. Nicole takes the lead in conditioning sessions and has made an area she struggled in become an area she excels in. Through her hard work and dedication, she has become a tough, durable, well conditioned great player. She is a true example to others of how working on your all around game can get you to the next level.

~Ted Perlak

University of Kansas

Devonte Graham

Position: Guard

Senior

Devonte' Graham, a senior point guard for The University of Kansas Basketball Team, has received a multitude of awards throughout his career: All-Big 12 [2016 Honorable Mention, 2017 Second Team], Big 12 Championship Most Outstanding Player [2016], Big 12 Championship All-Tournament Team [2016], CBE Hall of Fame Classic All-Tournament Team [2016], Big 12 All-Defensive Team [2016], Big 12 Player of the Week [2/15/2016], Jerry West Shooting Guard of the Year Award Watch List [2016-17], 1,000+ career points. This success began with his dedication in the weightroom. A three-year starter, Devonte' is a perfect model for consistency both on and off the court. He is a hard-working, friendly person who constantly gives great effort. As high character man, there is never any question as to who you will get when it's time to go to work. Devonte' always brings a positive attitude and does everything you ask of him to his fullest capability. He is always striving to get better and not only pushes himself but his teammates as well. He is everything you want from your senior leader. Devonte's ability to play up to 40 minutes a game speaks volumes about the quality of work he has put in and how he handles himself day in and day out. Averaging over 37 minutes per game this season and leading the Big 12 Conference in games played over the past three years is a perfect example of this. Although not a highly recruited player out of high school (originally committed to play at Appalachian State), he has worked extremely hard to become the player he is today and is now widely regarded as one of the nation's top players. Most recently, he was named to the Naismith Player of the Year Trophy Final 20 list for the 2018 season. ~Andrea Hudy



University of Michigan

Jillian Dunston

Position: Forward

Senior

Senior leader Jillian Dunston is an all around high level athlete. Dunston came into this season as her teams strongest, fastest, and most conditioned player. She had an incredible off-season which led to her setting personal records and team records in the squat, bench press, power clean, 3/4 court sprint, lane agility, and celtic fitness tests. She is the pulse of her team and a tremendous leader on and off the court. Jillian was also just named to the Big Ten All-Defensive team for the 2017-2018 season.
~Jamie Preiss

University of Missouri

Jordan Frericks

Position: Forward

Senior

Jordan has utilized performance enhancement through strength training and conditioning for over 10 years and has taken her game to ever higher levels each year. Last year, she fought through a season ending injury sustained on the court and utilized her attention to detail and work ethic in the weight room to bounce back. She is stronger and more explosive than ever.
~Jacob Linn

University of Nebraska Omaha

Alex Allbery

Position: Guard

Senior

Alex has displayed great passion for strength and conditioning during his basketball career at UNO. He has constantly been a tremendous leader and motivator in the weight room and on the basketball court, which has led to great successes in both categories.

Alex's attitude towards strength and conditioning has motivated him to be prepared physically and mentally each and every season. Continually pushing himself, as well as his teammates, has allowed him to peak not only his strength numbers but also display an impressive fitness level. Alex holds personal records in Power Clean (215 lbs), Back Squat (375 lbs), Bench Press (225 lbs), and Vertical Jump (27.5 in).

Alex embodies the "Lead by example" expression. His character and work ethic has led to his valuable contributions in the weight room, on the basketball court, in the community, and in the classroom making him a perfect candidate for this award.
~Logan Ogden



University of New England

Gavin Dibble

Position: Shooting Guard

Senior

Gavin Dibble is a dedicated, hardworking individual that puts 100% into everything he does. I have great respect for his work ethic and commitment to excellence. Gavin took ownership in the Nor'easter Strength and Conditioning program and has established a criterion as a leader and ambassador for injury prevention and performance enhancement. Gavin is an exceptional student in UNE's Applied Exercise Science program and recently earned his NSCA-CPT certification. He serves as a Student Fitness Specialist and volunteers his time to assist me with other teams in the weight room. Gavin helped lead his team to four consecutive Commonwealth Coast Conference tournament appearances and amassed 864 points in his career. His weight room statistics are exemplary as well; 3RM Back Squat 375lb and 1RM Bench Press 255lb. ~Lyndie Kelley

University of New England

Samantha MacDonald

Position: Point Guard / Shooting Guard

Senior

Sam has been an incredible leader both in the weight room and on the court over the past four years. She consistently sets the standard of work for not only her teammates, but other student-athletes at UNE. Her enthusiastic approach to the weight room is second to none. Sam exemplifies what we refer to as Nor'easter G.R.I.T – Greatness, Resilience, Integrity and Tenacity in everything she does. She is an outstanding student in UNE's Elementary Education program and mentors young children and athletes whenever she gets the chance. Sam has been part of an unprecedented run of success as a four-year contributing member of UNE's regionally and nationally respected women's basketball program. Over her four years, her teams won four Commonwealth Coast Conference Championships in a row, resulting in several regional and national rankings and four trips to the NCAA National Tournament. Her teams' record over four years was 95 wins and only 22 losses. Sam is pound for pound, one of the strongest female athletes at UNE. Her 1RM Bench Press was 140lb, her Broad Jump is 7'6" and her Vertical Jump was 24".

~Lyndie Kelley

University of Wisconsin-Parkside

Hayley Maystead

Position: Forward

Senior

Hayley is a fearless competitor in the weight room and on the basketball court. She has done everything asked of her, without hesitation. Her attitude and work ethic in the weight room are contagious, as she brings all-out effort and a positive attitude to every workout. Her training has helped her stay injury free this season, while playing the most minutes of her career. ~Jon Verdegan

Wayne State College

Kendall Jacks

Position: Guard

Junior

Kendall was all conference last season and has really improved in the weightroom this season. Through out the inseason he is cleaning 225 consistently and squatting over 335 multiple weeks. Kendall has gained 10lbs this year and will continue to gain both size and strength. ~Grant Darnell

Wayne State College

Andrea Larson

Position: Forward

Junior

Andrea always comes to the weightroom ready to work. She hand cleans 155lbs and squats 225lbs. She provides energy constantly and generally stays and does extra through out the year. ~Grant Darnell

Webster University

Michael Dunn

Position: Guard/Forward

Senior

Mike is an athlete of high character, consistency, and dedication to his team and his training. Mike is an exciting player to watch and expresses a high level of athleticism and power both on and off the court. His contagious positivity, drive, and focused effort serve as a model for success in educating and developing our younger athletes. Mike exemplifies the true definition of a Webster University Student-Athlete. ~Matt Saitz



West Texas A&M University

Madison Parker

Position: Forward

Senior

Madison's work ethic is second to none. She puts in the time on the court, in the weight room and in the class room to be the best she can be. Each season Madison reaches new heights and leads her team both by example and positive vocal encouragement. She wrapped up her final pre-season by hitting new PR's on several lifts (130lb Incline, 175lb Hang Clean, 240lb Front Squat, 160lb Bench) and is leading the Lady Buff Basketball team to another 20+ win season. ~Matt Segura

West Texas A&M University

Ryan Quaid

Position: Guard

Junior

Ryan is an exceptional leader to his teammates not only on the court but off the court as well. He has grown tremendously from a freshman because of his hard work and dedication not only at practice but also in the weight room as well. He used that determination following the summer plan and came back the strongest and most explosive he has been during his time here. This year he is averaging a double-double, has been named LSC Defensive player of the week a league-best four times, and was named United States Basketball Writers Association national player of the week earlier this season. He is very deserving of this award and it is my pleasure to nominate him. ~Matt Segura

Western State Colorado University

Carra Jackson-Brown

Position: Guard

Senior

Team Captain, 4-Year Letterman, Officer in Black Student Alliance, Homecoming Royalty, Double Major in Biology and Exercise and Sport Science...I forgot to mention she does all of this while Cleaning 154 lbs, Squatting 250 lbs, Benching 125 lbs, and Sumo Dead-lifting 302 lbs at a body weight of 155 lbs. Carra has been hands down one of my favorite athletes I've had the pleasure of coaching. Her commitment and dedication is second-to-none and it is reflected on and off the court. I'm going to miss her in the weight room next year. ~Brandon Stephens

Wilkes University

Mason Gross

Position: Forward

Senior

One area that Mason truly committed himself to was his strength training and conditioning in the off-season. Mason has made a great impact on his team this year as a leader and player. Mason because of his work ethic and determination in the weight room has gone from playing in 31 games his first 2 seasons to 49 his last 2 seasons. Mason is a biology major and a tremendous student-athlete. ~Keith Klahold

Winston-Salem State University

Tiana Edwards

Position: Guard

Senior

Tiana is one of the better workers we have at Winston-Salem State University. Some of her personal best numbers are a 7 foot broad jump, a 315 pound squat a 120 pound bench and a 165 pound clean. On the court she became the all time WSSU leader in 3 point made. She is also an Exercise Science Major with above a 3.5 GPA. ~Marc Heinecke

Winthrop University

Anders Broman

Position: Shooting Guard

Senior

"Anders is one of the hardest working, most committed, and passionate athletes that I have ever had the privilege to work with. His commitment in the weight room has helped elevate his performance since arriving at Winthrop. He will go on to do great things in his life and wish him nothing but the very best." ~Andrew Parker



BEACH VOLLEYBALL



University of South Carolina

Carly Schnieder

Sophomore

Won the AAU National Championship with Gamecock teammate Katie Smith in the summer of 2016 Also won the USA Beach Volleyball National Championship with Smith in the summer of '16. Deans List: Fall 2016, Spring 2017, Fall 2017 Athletics Director Honor Roll: Fall 2016, Spring 2017, Fall 2017 Active community service contributor with the following organizations: Pawmetto Lifeline Salvation Army Baton Rouge Flood Relief City Roots Tunnel to Towers 5K Transitions Ronald McDonald House American Red Cross Carolina Canned food drive Meals on Wheels Oak Pointe Elementary School Hand Middle School Hang Cleans 1.3 x BW Back Squats 1.875 x BW Sumo Deadlifts 2.28 x BW Nominated by teammates as "S&C Captain" ~Steven Scruggs



CHEERLEADING

Drexel University

Lawrence Lindawan

Position: Head Cheer Captain

Senior

Lawrence has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Lawrence'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 McClocksey

South Dakota State University

Brianna Vig

Position: Cheerleading

Junior

Brianna Vig has a tireless work ethic, she is extreme tough, is very intelligent and has high character. She has pushed her body to the physical limits. Over her 3 years of being on campus her personal best Power Clean is 165lbs. and Bench Press is 127lbs. while her Squat of 241lbs. She has been a captain on the All-Girl Cheerleading team the past 2 years. She is majoring in Sports & Recreation Management. This current semester she is also interning with our marketing department. In addition to her involvement with South Dakota State University cheerleading, she also is employed with National Cheerleaders Association as a head instructor. Her hard work, determination and resiliency will benefit her in success of her future endeavors.

~Andre McIntvre



Centre College
Sarah Hayhurst

Position: Diver
Senior

Sarah is an athlete that does not come around very often. She has been an exemplary model of what it is like to be a student-athlete at Centre College. Her dedication to every detail allows her to succeed in her two sports and in the classroom. Over the course of her collegiate career, she has earned several accolades, including being a two-sport All-American in Diving and Pole Vaulting. Her focus and determination to do her best in the weight room has allowed her to maximize her athletic potential and achieve her goals while at Centre College.

~Jeremy Carlson

Virginia Tech Athletics
Ben Schiesl

Position: Diving
Junior

Through hard work and dedication Ben has become one of the leaders in strength and conditioning here at Virginia Tech. He has earned our prestigious Elite Athlete Award multiple times throughout his time here and is steadily trying to better himself in here as well as on the pool deck. He has consistently qualified for NCAA since he was a freshman here at Tech and is a big part of the success of our men's diving program. His dedication to his training and hard work carry over into the classroom where he is majoring in Business and has continued to be on the ACC Academic Honor Roll, as well as making the All-ACC Academic Team in the 2016-2017 School year. Ben is truly a "Coaches Athlete" as he is a fast learner and always tries to push himself to be better.

~Megan Evans



FIGURE SKATING

Cuyahoga Community College

Katie McBeath

Position: Figure Skater

Senior

Katie has the best work ethic of anyone I've ever trained. She is a 4 time National competitor for Ladies' US Figure Skating, is part of team USA and even with all her ice and off-ice time she manages to go to college and work at the local ice rink. She is dedicated to her academic and athletic accomplishments. ~Jennifer Brand



Adams State University

Chad Hovasse

Position: Wide Receiver

Junior

Chad Hovasse is an example of someone who does everything right on and off the field. He is a perfect applicant for this award in relation to every aspect of what it stands for.

Accomplishments:

1. Harlon Hill Nominee
 2. 1st Team All-RMAC
 3. 1st Team Colorado - NFCAA
 4. RMAC Academic Player of The Year
 5. Adams State All-Time Receptions Record Holder
 6. Adams State All-Time Yards Record holder
 7. Adams State Single Game Receptions Record Holder (x2)
 8. Top 10 in all national receiving categories
 9. 300lb bench
 10. 520lb squat
 11. 600lb deadlift
 12. 125kg clean
- (All at a 205lb body weight)
~Brady Conner

Angelo State University

Connor Flanigan

Position: Kicker

Sophomore

Connor's work ethic in the weight room and on his craft is second to none. In the weight room, he motivates and keeps up weight wise with the wide receivers and defensive linemen that he lifts with. During team runs, Connor is always pushing himself to outrun skill players, and setting the bar high for the other kickers. He is a perfect example of a leader as he is always in the weight room and on the field in his free time working on his craft along with his mobility by getting extra stretching in. ~Joe Powell

Avila University

Wyatt Beebe

Position: Linebacker

Senior

Wyatt was apart of my first training groups when I became employed at Avila. He was already one of the stronger football players and had done a lot of self experimenting in regards to his own training regiment. What Wyatt was able to do was grow from his initial experiences. He opened up his mind to new concepts in training that conflicted with his previous way of thinking. He was always open to discussing training philosophies and wanted to gain a greater understanding even though it wasn't his field of study. He also developed from a shy quiet introvert to a dominant leader on the team that everyone respected based upon his performance on the field, efforts in the weight room, and smart decision making skills outside of football. His impact on the team and in the weight room will be greatly missed.
~Brian Ciolek

Azusa Pacific University

Adrian Shocks

Position: Linebacker

Junior

Adrian is a strength and conditioning freakshow, all-conference football player, academic scholar, and model citizen. Pound-for-pound his S&C numbers are the best I have ever trained!
His broad jump of 142" (11' 10") in summer of 2017 crushed the school record by 11 inches.
Vert of 41.75" is also a school record.
At 6'1", 210 pounds he can squat 500 X 3, clean 365 X 3. L-Drill of 7.1. 5-10-5 of 4.2
Awarded All-Conference as a Linebacker, 3rd in the conference and 1st on the team in tackles.
Commuted 118 miles each day (nearly 60 one way) through Los Angeles traffic, and never was late or missed a workout!
Married his longtime girlfriend and mother of his 2-year-old daughter the weekend before reporting to 2017 training camp.
Was taking 24 units in the Fall 2017 semester and maintained a 3.0 GPA in Business Management!
~Gabriel Higerd



Black Hills State University

Phydell Paris

Position: Running Back

Senior

Phydell is a leader in the weight room and on the field. His hard work and dedication to the weight room has helped him set several records on the football field. He was one of the most durable and reliable players on the team.

~Aaron Siekmann

Claremont-Mudd-Scripps

Mackenzie Cooney

Position: Defensive Back

Junior

He overcame a broken right and right ankle in game 4 of his freshman year and a broken wrist in his sophomore year, to accomplish many things in the weight room, on the field and in the classroom. Mackenzie is an unquestioned leader on our roster. He has organized and motivates his teammates in our conditioning and lifting sessions.

Athletic

5'10 170

2 year starter

Team captain

22 tackles 2 pass breakups

Weight room

5'10 170

Bench 285 Squat 420

Clean 305 Vertical 40

40 4.5

Academic/other Economics and Finance Major with 3.2 G.P.A

Nixon Peabody - Private Wealth Group, Legal Intern

• Assist with \$10 million trust litigation and related case strategy

Claremont Accounting Association (CAA), Vice President of Social Events, Actively promote CAA through employer information sessions and social events.

Volunteer coach at local Autism center helping children with athletic activities

~Christopher Vicory

Clemson University

Clelin Ferrell

Position: Defensive End

Senior

Clelin has established himself as one of Clemson's hardest working in history. A self motivated athlete who's leadership characteristics sets the tone for his team daily. Clelin's efforts has led his Tigers to national championships and conference championships. His individual honors include defensive rookie-of-the-year, defensive MVP in the fiesta bowl, and first team All-American in 2017. 6'4.5", 262lbs., bench 365, sqt 440, pc 315

~Larry Greenlee

Clemson University

Mitch Hyatt

Position: OT

Senior

6'5.25

315

Bench 425

225 RM 24

Squat 505

Power Clean 335

Vertical 30"

Broad Jump 8'11

40yd 5.18 / 10yd 1.71

Pro Agility 4.56

L Drill 7.51

60yd shuttle 12.30

~Paul Hogan



Clemson University

Christian Wilkins

Position: Defensive Line

Junior

Christian Wilkins, a 6'4 305 lb. defensive lineman, is the bonafide leader of the Clemson Football team. On the field, Christian has helped lead our team to back-to-back-to-back ACC Championships, 3 straight College Football Playoff appearances, two National Championship game appearances, and the 2016 CFP National Championship. Christian is a two-time 1st team All-American, a two-time All-ACC performer, the Bill Willis National Defensive Lineman of the Year, and a finalist or semi-finalist for various other prestigious national awards. In the weight room, Christian has overcome multiple wrist injuries to bench press nearly 400 lbs., squat 535 lbs. with tremendous explosive power, and power clean 320 lbs. In addition, Christian runs the 40-yard dash under 4.9 seconds, and the pro agility (5-10-5) in 4.37, top-3 all-time for linemen at Clemson; both of which are outstanding marks for his size. He puts in the work both on and off the field. Christian captained the winning group of our team accountability challenge, was elected team captain (with the opportunity to be the only two-time captain at Clemson under Coach Swinney), and is a 3-time Academic All-ACC performer, with an opportunity this year to be only the second Clemson player ever to earn Academic All-ACC 4 times. Personal excellence matters to this young man. He has taken charge since the day he arrived on campus with a professional demeanor, a respectful attitude, a focused mindset for greatness, and a no-nonsense leadership approach. Christian Wilkins has earned NSCA Strength & Conditioning All-American honors in my opinion.

~Adam Smotherman

East Central University

Tre Harvey

Position: Tight End

Junior

"Tre's hard work and day to day intensity show in his numbers. He has been a leader from day one in the strength and conditioning program."

~Scott O'Dell

Eureka College

Ryan Barth

Position: Offensive Line

Junior

One of the best leaders of student-athletes on campus both on the field and in the class room. Over coming a shoulder surgery, his Back Squat increased to 550 lbs, Hang Clean 275 lbs, and Bench Press increased to 350 lbs. This past season, he was also a 1st team all UMAC conference selection, UMAC Lineman of the Year, and D3 Football 2nd team All-Region. ~Matthew Friend

Fort Hays State University

Luke Wright

Position: Defensive End

Senior

Luke Wright is a man with tremendous character and work ethic. During his career at Fort Hays State University, he has been an integral part of the most successful four years in FHSU football history. Luke committed and dedicated himself to be the best he could be and supplied leadership that demanded the same of his teammates. His growth in the weight room was surpassed only by his growth as a man and his ability to play football at the highest level. This reward became evident with an 11-0 MIAA conference championship, the first ever in FHSU football history! His willingness to sacrifice for his team and coaches, represents Luke's drive for success. ~Doug Boucher

George Fox Football

Nathan Corliss

Position: Center

Junior

Nathan is a Junior and was 1st team All-Conference Center. He Squatted 535, Power Cleaned 275, and completed 28 reps at 225 pounds on the Bench Press. Nathan is also an Engineering major and maintains a 2.9 GPA.

~Ken Ingram



Hope College

Justin Fairfield

Position: Guard (Offensive Line)

Senior

Justin arrived at Hope College in 2014 as an undersized Offensive Lineman who potentially may never see the field. Through his determination and relentless work ethic...Justin transformed himself physically and mentally into a 2x NCAA D3 All American Offensive Lineman. He improved his bench maxes by nearly 150lbs in 4 years and improved his squat max by nearly 200lbs in the course of his college career. Justin is not only an unbelievable athlete physically but he is one of the most well-rounded individuals I've had the privilege to have in my weightroom at Hope College. Justin Fairfield would be more than deserving to receive recognition as an All-American Strength & Conditioning Athlete.

~Dan Margritz

Humboldt State University

Alex Cappa

Position: Left Tackle

Senior

Alex Cappa is one of the most impressive young men to come through this program. Since coming to HSU, Alex 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. Alex came to HSU in the fall of 2013 as an undeveloped 6'7 240lbs left tackle who played baseball for his high school baseball team. Since then he has been a leader and anchor on the left side of one of the best offensive lines in all of college football for the last 4 years. He now leaves HSU at 305lbs as one of the most accomplished players in our programs history earning 4x GNAC offensive lineman of the year, a Reece's Senior Bowl Invitation, and an NFL Combine invitation. His dedication to the training process is only outdone by his character and giving nature. During his senior season he regularly attended the redshirt programs workouts and helped us as a coaching staff train freshman who are starting their college football journey in the same place he was. He deserves all the success that comes his way and it is with great enthusiasm that I submit this nomination for Alex. ~Benjamin Servais

Humboldt State University

Carb Hanson

Position: Offensive Line

Senior

Carb was a four year starter on one of the best offensive lines in school history; he paved the way for Humboldt State's all-time leading rusher, and protected the all-time leading passer and receiver. Carb's work in the weight room provided the foundation for his on the field success as he developed from a 210 pound high school wrestler and sprinter, into a menacing 295 pound all-conference guard. Some of his impressive strength and conditioning measurables included a: 485 pound bench, 525 pound squat, 350 pound clean, 31 inch vertical, 2.9 20 yd. sprint and 33 reps at 225. A Kinesiology Graduate, with a great passion for, and knowledge of, exercise science and strength and conditioning, Carb has a very bright future ahead of him. ~Andrew Petersen

Humboldt State University

Jared Layel

Position: Center

Senior

Jared Layel was one of the hardest working athletes we had the pleasure of working with. He showed up to lifts before any of his teammates and was ready to work every day. He held himself accountable and was a guy you knew was going to work hard and motivate others. He was a leader in the weight room holding the clean record for his weight class at HSU. Two devastating knee injuries couldn't keep him out of the weight room trying to get as ready as possible for the season while recovering from surgery. He was a leader on the field as well. He started at center for HSU on one of the best offensive lines in our program's history which was a testament to his hard work and dedication in the weight room and on the field. ~Anthony Ratto



Huntingdon College

Anthony Wood

Position: Defensive Back

Senior

Anthony has overcome much adversity in route to receiving this award. He has displayed a level of mental and physical toughness that is rare. Anthony deserves this recognition not only for his achievements, but for the countless hours he volunteered toward the improvement of his fellow student-athletes. ~Charles Goodyear

Juniata College

Colton Craig

Position: Offensive Line

Senior

Colton is a great athlete to have in the weight room because he always pushes himself and leads his teammates to do the same. Even in the most adverse situations, Colton maintains his demeanor and positive attitude. He has the discipline, dedication, and attitude that makes him a great student-athlete and teammate. This season Colton was named to the Centennial All Conference First Team. ~Sarah Simeone

Lamar University

Blake McKenzie

Position: Quarterback

Senior

Blake McKenzie is an exceptional leader who has overcome adversity only to come back stronger. McKenzie was assigned several different training partners over his career and he took each one under his wing creating a mutual respect with each teammate. Blake suffered and overcame 2 ACL injuries in back-to-back seasons. He attacked his second rehabilitation leading to career bests in clean, squat and bench in addition to earning the starting role of Quarterback to conclude his playing career. His perseverance and positive outlook on life will lead to success in his future endeavors.

~Lane Trudo

Lamar University

Manasseh Miles

Position: DE

Senior

Manasseh Miles brings a contagious enthusiasm and competitive drive to the weight room and field daily. Miles integrity and accountability developed a respect from his teammates knowing that they could rely on him. Manasseh suffered an ACL injury in his junior season, which is where his competitive drive took over as he returned stronger than he was pre-injury. He posted his career best clean, squat, bench and vertical jump leading into his senior season. Manasseh is incredibly humble. You wouldn't know unless you talked to him that he is involved in several community service projects. I believe he will continue to succeed in anything he sets his sights on while making others around him better.

~Daniel Darcy

Lewis & Clark College

Remington Campbell

Position: Linebacker

Senior

Remington was a four year starter at linebacker for Lewis & Clark College and has been a leader in all aspects of the word. His work ethic in the weight room translated onto the field and culminated to him earning All-NWC Honorable Mention Team his senior year. Remington did not miss a game in his career, which attests to his commitment to his year round strength and conditioning program. He lead the team in tackles his Junior and Senior year.

~Andrew Traver



Pace University

Jah'Sheem Martin

Position: Defensive Line

Senior

Jah'Sheem Martin has continually developed himself through a truly dedicated, aggressive and intentional approach to the strength and conditioning program. He holds max numbers of 600 lbs in the Box Squat and 385 lbs in the Bench Press while attaining a body weight of 297 lbs and bringing his body fat composition down to 12.4%. On the field, he is a three-year starter at defensive tackle, accumulating 140 tackles, 23 tackles for loss, 5.5 sacks, two forced fumbles, two fumble recoveries, two blocked kicks and one interception. His dedication to his technique in the lifts and approach to training has helped to influence a culture of value in the strength and conditioning program at Pace University.

~Troy Thompson

Peru State College

Andrew Shackelford

Position: Defensive End

Senior

Andrew Shackelford is currently a senior at Peru State College majoring in Kinesiology. This past season he started at defensive end at 5' 11" and weighing 225 pounds. Pre-season testing recorded a 470-pound squat, a 340-pound bench press, a 31-inch vertical jump and a 4.37 second Pro Agility time. Academically, Andrew is on the Dean's list and maintains a 3.5 grade point average. Andrew currently interns with the strength & conditioning staff at Peru State College and desires to enter the field of strength & conditioning. ~Kyle Ryan

Sacred Heart University

Sean Merrill

Position: OL

Senior

WT: 295

HT 6'5''

Clean 290

Squat 500

Bench 375

Vertical 22.7

~Chris Fee

South Dakota State University

Caleb Lang

Position: Offensive Line

Senior

Caleb Lang has worked his tail off and has done whatever he was asked to do to help the team and improve. He stepped on campus as a 230lb defensive lineman and left as a 297lb offensive lineman. He pushed himself in every workout to get bigger and stronger. He always had a smile on his face and looked to help others as he pushed himself. He Power Cleaned 303lbs, Squatted 497lbs, and Bench Pressed 397lbs. He is a great example of hard work, determination, positive attitude and a team first mentality. These qualities will serve him well in his future endeavors. ~Andre McIntyre

South Dakota State University

Mason Leiseth

Position: Defensive End

Senior

Mason Leiseth has an unbelievable work ethic and toughness that allowed him to pursue his dream and overcome many difficulties. He entered college with a shoulder that needed to be repaired. After having hernia and shoulder surgery in his first year his second year ended early with an extreme knee injury. Mason's tireless work ethic and ability to push through very tough situations was an inspiration to me as a coach. He came back to Power Clean 275lbs less than a year after the knee injury. Mason fought to improve every day and eventually Power Cleaned 320lbs, Squatted 442lbs and Bench Pressed 370lbs. After finishing his eligibility in football, he is competing this spring as a thrower on our track and field team. Mason's ability to overcome adversity with a positive attitude and his work ethic will lead him to success in whatever path he chooses in the future. ~Adam Parsons



South Dakota State University

Jacob Ohnesorge

Position: Center

Senior

Jacob Ohnesorge has a tireless work ethic, extreme toughness, is very intelligent and has high character. He stepped on campus at SDSU five years ago and began a relentless pursuit of greatness. He pushed his body to the physical limits. His personal best Power Clean is 320lbs. and Bench Press is 387lbs. while his Squat of 601lbs is a school record. "Ohne" started every game of his 4-year career at center. He was team captain for three years and a two time All-American. He lead his team to four straight playoff appearances and the national semifinals his senior year. He did all this while majoring in mechanical engineering. His hard work, determination and toughness will allow him to be successful in his future endeavors. ~Nathan Moe

Southeastern University

Collin Thomas

Position: CB

Senior

Collin was a senior and captain at Southeastern University. He has been part of the football team since its inaugural season in 2014, and has started in every game in his career. Collin also maintained a 4.0 GPA throughout his career, and was a team leader in the weight room and in MAT Drills during the off-season months.

A true athlete deserving of this nomination.

~Anthony Mack

Southwest Minnesota State University

Alex Ney

Position: Linebacker

Junior

"I preach that effort is a choice and Alex has made a choice to provide enough effort to motivate the team, the coaches, and influence change in wherever he goes." ~Jason Zerbach

Springfield College

Christopher Hayden

Position: Offensive Line

Senior

While Christopher was an integral part of this year's success on the football field, he also served as a great example off the field in the weight room. The strength staff knew going into this season that Christopher was one of the captains that we could rely on to help set the tempo and atmosphere in the weight room. What we didn't know going into the 2017 season was that Chris was battling with knee problems that had recently been diagnosed that summer. Chris had a condition where a substantial portion of his patella tendon was damaged. This limited what he was able to do during lifts because of the increased volume on the field. However, when it came to lifts throughout the season there was never a time that Chris would shy away from lifts. If anything we had to hold him back. Even when we squatted he would not step aside. He would (with the help of his teammates) make sure that he did not go lower than parallel. Aside from overcoming this setback, Chris was a critical leader in the weight room where many members looked to him for leadership. If we had guys on the team that were not on board, us as a strength staff could talk to Chris and explain why we are doing things the way we are. Those problem athletes would then step in line after Chris was able to explain things to them. He was an integral member to have on the team and allowed us to have a culture of hard work and accountability that we currently have in the weight room. ~Cameron Ringstead



Stony Brook University

Noah McGinty

Position: Linebacker

Senior

It is my pleasure to nominate Noah McGinty, a senior captain of Stony Brook football. Throughout his career he has been the standard for his team in terms of effort, attention to detail, and consistency in the weight room. He is not only the vocal leader you look for in a program but strives to lead by example. Managing his was through a major shoulder injury Noah fought to start in every one of our 13 games this season. Ending the year 2nd on the team and 15th in the CAA with 95 tackles he refuses to take a play off on the field or in the weight room. Boasting a 3.7 GPA to add to his accolades, Noah's determination and resilience leaves no doubt that his success in college will translate to his future endeavors. ~Gonkeylah Yerry

The College of William and Mary

Connor Hilland

Position: Offensive Guard

Senior

Connor Hilland is one of the truly outstanding offensive linemen to play at the College of William and Mary in my tenure. He possesses a superior work ethic and self discipline in his preparation. Because of this he was able to overcome injuries to be a 4 year starter(39 starts)during his career. He was voted a team captain in 2017 and selected All-CAA 1st Team and Va. SID All-State 1st Team. In addition, to being selected to the East-West Shrine Game and Tropical Bowl. It has been a real pleasure coaching this young man the last 4 1/2 years.

~John Sauer, CSCS

Director Speed-Strength Training and Conditioning

The University of Maine

Jamil Demby

Position: Offensive Line

Senior

Jamil was a leader in the weight room and on the field. He lead by example as well as vocally. He worked daily to perfect his technique on the hang clean and back squat, which at 6'3" was very hard for him initially. Jamil demonstrated perseverance by squatting to depth with great body awareness. Jamil tested at 315lbs on his hang clean test, and 545lbs on his squat test. ~Jonathan Lynch

Towson University

Shane Simpson

Position: Running Back

Junior

Currently Redshirt Junior

2017 PRESEASON ALL-CAA KICK RETURNER

2016 STATS THIRD-TEAM ALL-AMERICAN KICK RETURNER

2016 HERO SPORTS FIRST-TEAM FRESHMAN ALL-AMERICAN

2016 ECAC OFFENSIVE ROOKIE OF THE YEAR

2016 CAA OFFENSIVE ROOKIE OF THE YEAR

2016 FIRST-TEAM ALL-CAA KICK RETURNER

Shane demonstrates great effort, attitude and enthusiasm towards his physical preparation daily.

~Joseph Alexander

Trinity College

Brandon Blaise

Position: Defensive End

Senior

Brandon is our strongest athlete at Trinity College with a front squat of 475, 435 bench press, 595 back squat, 600 deadlift and a 315 push jerk. He also is always coming in for extra work and leading the younger guys on his team.

~William DeLongis



FOOTBALL



University of Kansas

Joe Dineen

Position: Linebacker

Senior

He never stopped doing the right things even when faced against adversity! ~Ervin Young

University of Nevada Las Vegas

Joe Lang

Position: long snapper

Senior

I am nominating my son Joe for this award because he embodies what a true student athlete should represent. Joe started at Washington State in 2014 and started the last three games of his freshman year. A coaching change occurred and he then transferred to UNLV. While in college Joe excelled in training under 3 different strength coaches at 2 separate universities. He never dropped below a 3 pt GPA as a finance major. He not only excelled in his training he also worked in event management, as well as doing two internships with northwest mutual and also worked in the finance department at UNLV. His first two semesters at UNIV he worked in their writing lab. Joe will graduate in 4 years and has been the starter at UNLV for the past two years. Through injuries and other set backs he has not missed training and always been a great teammate. I have been at Washington State for almost 20 years and have been a strength coach for over 25 years. I understand nominating my son for this award not coaching him day to day in college is odd. I have worked with Joe since he was 15 years old and I know his work ethic. I understand the riggers of being a student athlete myself. Joe is a great candidate to represent this award. Thank you, David Lang

University of San Diego

Connor Spencer

Position: Defensive Tackle

Junior

Height: 6'3"	Weight: 279
Power Clean: 330	Back Squat: 588
Bench Press: 382	225 reps: 28
Vertical Jump: 29"	Broad Jump: 8'3.5"

Connor is one of the hardest working student-athletes at USD. His leadership both in the weight room and on the field drives him to be the best he can be while pushing others around him to also excel. His commitment to excellence during his training has helped him to excel both on the playing field and in the classroom, receiving honors on the PFL All-Academic and CoSIDA Academic All-District teams, along with All-PFL Honorable Mention accolades. ~Mark Lamoreaux

University of Sioux Falls

Logan Dykstra

Position: Linebacker

Junior

Logan truly exemplifies what you want in a leader. He is a man of high character and is somebody that anybody on the team can look up to. Being both a vocal and a lead-by-example leader, he is able to reach all athletes. He also excels in the weight room putting up great numbers and encouraging others at the same time. This reflects on the field as being a high performing player and somebody who is always a factor in the game. ~Gunnar Mach



FOOTBALL

University of Sioux Falls

Jesse Springer

Position: Offensive Line

Senior

Jesse was a 3 year starter on the offensive line for a very successful football program. He was one of the hardest workers that has ever come through our program, and his hard worked paid off by his performance on the field and post season honors. Jesse was one of the strongest people I have every met and along with that was a great leader for our team both on and off the field. ~Zach Mathers

University of Wisconsin-River Falls

Michael Diggins

Position: Running Back

Senior

Mike has been one of the best female athletes to work with at UW-River Falls. His dedication to the weightroom has brought him success in her athletic career and will in her young professional career in teaching and coaching. Between his responsibilities in the classroom, football, work, and socially he has made a dedicated effort to improve his physical attributes. This is the example that all coaches are looking for to show other athletes how to live up to the expectations of college sports. ~Carmen Pata

Wayne State College

John Bland

Position: Defensive End

Senior

John came to college at 220lbs and over his 4 years grew into a 270lb defensive end. He was a 2 year starter and leader in the weight room. He power cleaned 365lbs, squatted 575lbs and bench pressed 375lbs.

John will graduate from WSC this year and has improved academically over his time at WSC. He was a constant leader in the weight room and all other athletes looked up to him. His first 2 years at WSC he did not have a strength coach so he was a leader far beyond what most coaches expect.

~K Grant Darnell

Western State Colorado University

Jake Brown

Position: DB

Junior

Jake brings the focus and effort we desire every training session. He has maintained a blue collar work ethic throughout his career here at Western. Jake's persistence has helped him go from only playing major roles on Special Teams to starting 6 games on defense in 2017. In those 6 games he recorded 21 tackles, 1 TFL, 1 INT, and 1 Fumble Recovery. It's been a real treat watching Jake evolve as a player and a leader. It'll be exciting to see what level he can take it to as he enters his Senior season. ~Brandon Stephens



Clemson University

Marisa Messina

Position: Golfer

Senior

Marisa Messina is a senior that has shown tremendous work ethic, drive, and determination throughout her entire time at Clemson. She has passion about her development and incredible attention to detail that have served her well in her training. She is a tireless worker that always seeks out what more she can do to continue to improve, from extra sessions to improve strength and power, to mobility work, and learning more about sleep habits, nutrition, and even periodization, to better understand her own training. Her effort has shown in the weight room, winning the team's Grit Day competition back to back years, on the course, playing a key role in the team making the NCAA tournament last year and, most recently, the team's victory at The Dickson, in Houston, Texas, and in the class room, receiving the Weaver-James-Corrigan Scholarship. ~Thomas Evans

Clemson University

Doc Redman

Position: Golfer

Sophomore

Doc Redman has been hard working and determined in his approach to preparation since he arrived at Clemson. He attacks each session with intent and purpose, and takes the initiative to seek out what he can do to continue to improve, whether it's extra training sessions, mobility work, or better understanding of the resources available. His dedication has led to serious improvements in the weight room, and has without a doubt played a big role in the success he has had on the course, including his victory at the US Amateur this past summer and, most recently, his role in the team's second straight victory at The Puerto Rico Classic. He brings the same attitude to all facets of his preparation, including sleep, recovery, and nutrition. ~Thomas Evans

Duke University

Lisa Maguire

Position: Women's Golf

Senior

Seeing Lisa develop over the last four years has been a true pleasure. As a freshman I could see the drive and determination Lisa had to become a great athlete. Very few golfers push themselves to the limits that Lisa does with her training and I'm honored I have been able to witness her development, in the weight room, and on the golf course.

~Alexander Merrill

Menlo College

Colin Casey

Position: Men's

Sophomore

Colin is continually looking to improve in the weight room. His desire to become more knowledgeable and technical in his training is inspiring and shows in his strength gains and improvements on the golf course. ~Travis Patrick

Menlo College

Te Shu Kung

Position: Men's

Freshman

Sam has made tremendous improvement to his strength and mobility in his freshman year. He pays close attention to all instruction and is determined to perform all reps at a high level. ~Travis Patrick

Merrimack College

Alessandra Ricigliano

Position: Golf

Senior

"Alessandra has single handedly led the Merrimack College Golf program to uncharted heights and will forever go down in the annals as one of the most successful student - athletes to don the navy and gold. Excelling as a criminology major, her on the field accomplishments include All - Conference honors during all 4 years, an individual conference championship, to go along with 3 team conference titles. Her willingness to push herself physically and lead her team has, without a doubt, contributed to her competitive success." ~Michael Kamal



Texas Christian University

Tiffany Breitenwischer

Position: Golfer

Senior

Tiffany has gone above and beyond to utilize the weight room and S&C to increase her golfing capacity. ~Michael Wood

Texas Christian University

Emmy Martin

Position: Golfer

Senior

Emmy has gone above and beyond to increase the capacity of her golf game by working tirelessly in the weight room. ~Michael Wood

University of Sioux Falls

Emma Sweeney

Position: Golfer

Senior

Emma embodies what it truly means to be a dedicated student-athlete. Between juggling student teaching hours, a personal life, and golf practice, she still finds time to come in and work hard in the weight room. Always comes in with a great attitude, amazing work effort, and a smile on her face. Emma has truly made my experience as a strength coach better simply by being who she is in the weight room. ~Gunnar Mach

University of Texas at San Antonio (UTSA)

Nikki Long

Position: Team Member

Senior

Nikki is a dedicated hard working athlete who has seen success in the weight room in addition to on and off the course. Nikki has multiple Athlete of the Week and top five finishes. She was Women's Golf Coaches Assoc. All-American Scholar and C-USA Academic Medal recipient. Nikki is an officer in FCA and leads informative presentations to other athletes. She has been accepted to several universities to continue her education pursuing a law degree. ~Derrick Jenkins

University of Texas at San Antonio (UTSA)

Sean Meehan

Position: Team Member

Junior

Sean has made significant improvements in the weight room. Sean has been dedicated and consistent on getting his lifting in while dealing with the rigors of a full class load, golf and working through some injuries. Sean was able to correct some posture issues via his lifting, stretching and corrective exercises in addition to the increase muscle and strength he developed this year. ~Derrick Jenkins

University of Wisconsin - Whitewater

Ashley Hofmeister

Position: Number 1 or 2

Sophomore

Although only a Sophomore, Ashley has already received numerous accolades for her achievements on the course and in the classroom including leading her team to a WIAC Championship this past fall and earning WGCA Scholar All American Honors. Her hard work and dedication to strength and conditioning has allowed her to drop her scoring average from 82.4 as a freshman to 78.3 so far this year. Ashley is a tireless worker, rarely misses a workout and is a tremendous leader by example. She is everything I look for in a student-athlete and I am proud to nominate her for this award. ~Lee Munger

West Texas A&M University

Mattye Mason

Position: Senior

Senior

During her time at WT, Mattye has demonstrated a humble, yet relentless work ethic that has effectively elevated the standard for the rest of the Women's Golf program. Her dedication to the strength and conditioning program coupled with her unwavering drive to succeed on the golf course greatly contributed to a team performance that earned a fourth place finish at the 2016-2017 National Championship. Her passion for training has been passed on to her teammates a through her positive attitude, words of encouragement, and infectious personality. Mattye is truly the embodiment of what this award represents. ~Nicholas Kuhlman



Avila University

J'mia Cheadle

Position: Dance

Junior

J'mia is an amazing athlete that has chosen to use her talents to perform for our competitive dance team. She is physically gifted with strength but can move her body artistically and gracefully. She is also a determined competitor and every physical challenge I have given her she has handled with ease. This recognition is also to symbolize the athletic capability and training requirement of our dance team that are not always widely recognized for its contributions to sports competitions. The entire dance team trains as hard as my football team and is just as committed to their goals. This award goes not only to J'mia, a specific example of excellence, but also to the entire team's efforts. -Brian Ciolek

Springfield College

Nicholas Cramer

Position: All-Around, Pommel Horse, and Rings

Sophomore

Nick Cramer is a sophomore Nutritional Sciences major at Springfield College in Springfield, MA. He is also a contributing member of the NCAA Men's Gymnastics team for the Springfield College Pride. During an intrasquad meet in October of 2017, Nick suffered 3rd degree sprained ankles while landing a difficult dismount during his floor routine. Through his commitment to Strength & Conditioning and the rehabilitation process, Nick successfully made the starting lineup for their opening meet against Army in West Point in early January of 2018. As a freshman, Nick qualified for NCAA Nationals and earned consensus All-American honors during as a gymnast. He has attributed his growth and success as a collegiate gymnast to excellent Strength & Conditioning and Athletic Training programs at Springfield College. DISCLOSURE: I am nominating Nick because of his story and his testimonial for the importance of Strength & Conditioning, but I am also his father, Joel Cramer, and I am a member of the NSCA Board of Directors until July of 2018. -Joel Cramer

University of Alaska Anchorage

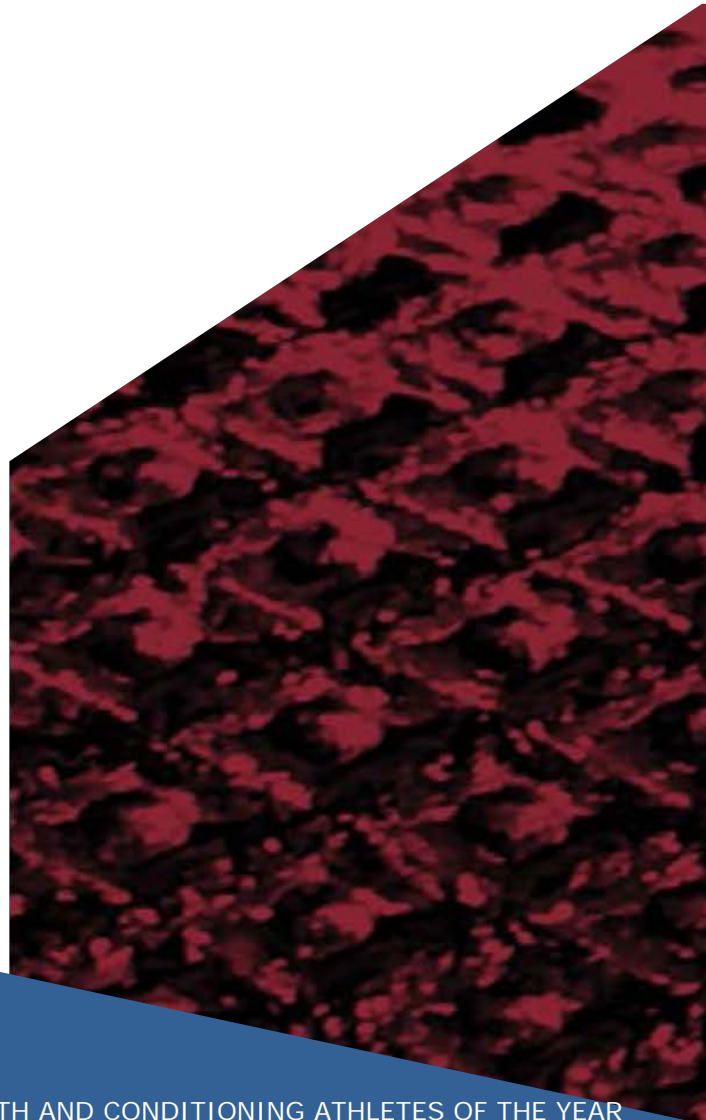
Morgan Ross

Position: All Around

Senior

Morgan is one of the most dedicated and hard working athletes I have had the pleasure of training. When she first came to our university her freshman year I could tell she had the heart of a champion. While Morgan was unable to finish her senior year due to a torn ACL, following the completion of her rehab from a ruptured achilles her junior year, I have yet to experience an athlete with more mature resolve and dedicated work ethic. It has truly been a delight to work with Morgan and watch her grow, not only as an athlete, but as a wonderful young woman. I am excited to see her develop into an amazing contributor to our society. I have not doubt she will succeed in everything she does with a smile on her face and a fire in her heart.

-Adam Friese





Buffalo State College

Vadim Vasjonkin

Position: Forward

Freshman

Vasjonkin has met the elite standards in our program relating to vertical jump, front squat, long jump, hang clean, trap bar deadlift, pull ups and bench press. His beginnings as a Bengal has been nothing but discipline and hard work in the weight room and in the classroom. Most importantly his commitment to the program has separated him from the other candidates in our program. ~Kevin Phengthavone

Central Maine Community College

Jordy Knoren

Position: Forward

Senior

Jordy is an outstanding role model for his teammates and peer student-athletes at Central Maine Community College. As a two-sport athlete in soccer and ice hockey, he served as team captain during the 2017-2018 season for the Mustangs Ice Hockey Team. His commitment to our strength and conditioning program led to observable improvements in performance. Additionally, the athletic training staff applauded his determination as he successfully returned to competition following a significant leg injury. Jordy will graduate from the Physical Fitness Specialist Program. ~Jim St. Pierre

Endicott College

Josh Bowes

Position: Forward

Junior

In the 2017-2018 season Josh Bowes had his best year of his career dressing in all games for the Endicott College Gulls. Josh recorded over a point per game and is on pace to eclipse the career 100 point mark next season. Josh was a staple of the Endicott Power play and Penalty kill. He was also a leader in the weight room balancing his hockey schedule, a rigorous academic schedule and still never missing a team lift. Josh' hard work and dedication have lead to his success as a student athlete which is why he is deserving of being an NSCA All-American

~Jonathan Williams

Endicott College

Caroline Hughes

Position: Forward

Junior

Caroline had her most productive year as an Endicott Gulls hockey player from a points standpoint. She also continues to be a leader in the weight room by significantly improving her 300 meter shuttle time and breaking the female school record in the vertical jump. In the summer she spent some time training at the same facility with some of the women's hockey players from Gold Medal Winning US Women's National Team. Caroline's hard work and dedication to strength and conditioning has lead to success on the ice with her and her teammates. ~Jonathan Williams

Ferris State University

Tyler Andrew

Position: Forward

Senior

Tyler has been a hard working athlete throughout his career here at Ferris State. Tyler pushes his fellow athletes, on and off the ice. He is a leader in our off-ice strength training and conditioning. His efforts culminated in the fall of 2017 when he won our team's pre-season training competition.

~David Cencer

Hobart & William Smith College

Kiley Fewster

Position: Forward

Senior

Kiley is extremely task orientated as she trains and competes every day at a high level, always striving to be her best. Her leadership abilities are displayed by example on a daily basis with her elite level of commitment and focus along with an impeccable work ethic. Kiley understands when a teammate needs to be held accountable while at the same time putting her arm around them displaying compassion and a caring attitude. Lifting Profile: Front Squat: 200, Bench: 120, Hang Clean: 135.

~Zachary Woodard



Hobart & William Smith College

Ben Greiner

Position: Forward

Senior

Ben transferred to Hobart College from Bowling Green. From the moment he arrived on campus it was clear he was a tremendously hard worker. Voted captain his senior year, he has held both himself and his teammates to the highest standard of work ethic. His unrelenting pursuit to get better has led him directly into a leadership role both in the weight room and on the ice. He may not be the strongest on the team... but is tough as nails and his presence makes the team better. Lift Profile: Front Squat: 330, Bench: 225, Hang Clean: 205.

~Zachary Woodard

Penn State University

Erik Autio

Position: Defenseman

Senior

Erik Autio is one of our assistant captains and a starting D-man on our men's hockey team. I love working with Autio because he has the intangibles that strength coaches love; work ethic, punctuality, focus, detail oriented, consistent positive attitude, etc. Not only is he a good hockey player and athlete, he's also a "weight room guy," and has aptly earned his nickname, "Horse." He has done an outstanding job with in every facet, classroom included, and it's an honor to nominate Autio for this award. ~Cameron Davidson

Sacred Heart University

Mike Crocock

Position: Defense

Junior

Bench – 255 Front Squat – 295 Vert 32.8

~Chris Fee

Sacred Heart University

Brittany Smith

Position: F

Senior

Bench – 115 Front Squat – 175 Vert 20.7

~Chris Fee

Trinity College

Anthony Sabitsky

Position: Forward

Senior

Anthony is the captain of the Trinity College men's ice hockey team. His all time best lifts are a 335 pound front squat, 275 pound bench press, and a 555 pound trap bar deadlift. Anthony has been committed to the weightroom all year and consistently brings a positive attitude and energy, and a strong work ethic to every training session.

~Gregory Cox

U of Vermont

Kourtney Menches

Position: Forward

Senior

Kourtney is Senior Exercise & Movement Science major for the women's ice hockey team at the University of Vermont. She is an excellent student and a tremendous leader on and off the ice. She is one of the strongest female athletes that I have trained during my time at UVM. She holds team records in the Front Squat (270) and Bench Press (190) and Chin Ups (19). She also ranks high in team conditioning tests. Kourtney is planning on pursuing a career in strength and conditioning after graduation.

~Justin Smith

University of Alaska Anchorage

Olivier Mantha

Position: Goalie

Senior

Olivier is one of those athletes every coach dreams of having on their team. Not only does he offer astounding talent and work ethic, but he is also one of the most friendly and personable young men one could ever encounter. Olivier will do everything from leading his team to victory to giving an underclassman the shirt off his back. Not only does Olivier hold numerous records for our university as a hockey goalie, he is also an athlete who brings a smile to our face when he enters the weight room. Olivier is truly an amazing young man and I have no doubt he will be successful in his career as a professional hockey player and in his role as a young man contributing to our society. ~Adam Friese



University of Connecticut

Rebecca Lindblad

Position: Forward

Junior

Becca has a tire-less work ethic. She is the definition of determination. She has risen in our team rankings from #18 to #3 overall in the last two years and has set the program record in our conditioning test in the process. In a highly demanding environment she pushes her limitations every day, and her teammates take notice. She embodies work ethic and grit in the weight room and is one of the toughest competitors that I have ever coached. ~Joel DeMarco

University of Connecticut

Derek Pratt

Position: Defensemen

Senior

It is an honor to nominate Derek Pratt for the NSCA All-American. Derek embodies all of the qualities we look for in our student-athletes and has grown both as a person and an athlete over his four years with us. He comes to work everyday. He epitomizes the term "fail forward". He finds a way to continually improve in all areas and brings an intensity to every session that is infectious. Along with his physical development he has more importantly developed a confidence that has transformed him into an impactful leader. He is a two-time Iron Husky and has truly played a major role in developing our hockey program since joining the Hockey East. It has been a privilege to work with Derek. ~Maureen Butler

University of Wisconsin-River Falls

Carol Moran

Position: Forward

Senior

Carol has been one of the best female athletes to work with at UW-River Falls. Her dedication to the weightroom has brought her success in her athletic career and will in her young professional career. She has been a part of the very best women's hockey teams in school history and has constantly pushed herself and her teammates to improve every year. I am confident that she will take what she has learned in the classroom and on the ice to succeed once she graduates. ~Carmen Pata



Claremont McKenna College

Corie Hack

Position: Midfield

Junior

Corie is a junior at Claremont McKenna College. She is pursuing a degree in Science Management with a Biotechnology focus. During her first two years at CMC, Corie made the Athletic Director's Honor Roll, twice, and the Conference All-Academic team.

Despite a rigorous academic environment and participation on the lacrosse team, Corie serves as a founding member of the college's first, first-generation student organization, and a First-Year Guide for incoming students.

Corie's dedication to the strength and conditioning program reflects her success on the field. During her freshman year, she was awarded the Conference Newcomer of the Year and CMS Freshman Athlete of the Year. She has also earned All-Conference 1st team and All-Region 2nd team. Corie's focused, but lighthearted attitude in the weight room creates a positive setting for the team to train.

~Andrew Jones

Colgate University

Colin Orr

Position: Faceoff Specialist

Senior

Colin Orr is the kid every strength coach hopes to get. You spend more time trying to run him out of your weight-room or convincing him that he has done enough work than you do trying to get him to work. If I am an hour early to set up to lift, Colin is an hour and 1 minute early. Colin is the guy that every one of his teammates measure themselves against.

~Liaaron White

Colgate University

Natalie Washuta

Position: Midfielder

Senior

No one understand the work that must be done and the standard that must be set than Natalie Washuta.

~Liaaron White

College of the Holy Cross

Julia Gasbarre

Position: Defender

Freshman

Julia is the epitome of a student-athlete. She is a hard worker, in the classroom, on the field of play, and in the gym. Julia never misses a workout and is committed to self-improvement. Her work ethic and positive attitude serve as a great example for others.

~Brian Lebo

Emerson College

Joe Meyers

Position: Attack

Freshman

Joe is a tireless worker. He takes great pride in improving in the weight room as he knows it will pay off on the field. From September to January his bench press went up 40lbs and his Front Squat went up 50lbs. His work ethic, positive attitude and commitment to his academics (3.6 GPA) and Lacrosse make him a true all-american.

~Ron Smithers

Emerson College

Dan Okin

Position: Singles/Doubles Player

Junior

Dan is one of the most dedicated athletes on-campus. He strives to improve in the weight room in order to enhance his performance on the court. His consistency and work ethic are impressive and it will certainly show during matches this season.

~Ronald Smithers



Marist College

Nick Nye

Position: Long-Stick Midfield

Senior

Nick has an unparalleled work ethic that has taken him to tremendous accomplishments as a member of the Men's Lacrosse Team at Marist College. Nick is a 2 time Captain and leads by example, always giving his all no matter what the situation. His drive is infectious and has had a direct impact on the rest of the team. His on-field accomplishments include picking up 38 ground balls in each of the last 2 seasons and forcing 18 combined turnovers. In the classroom Nick has over a 3.00 GPA, and also dedicates countless hours to volunteering at the local children's home in Poughkeepsie as well as many other community service volunteering experiences. It has been my pleasure to coach Nick for the past 3 years and he will be just as successful in life as he has been at Marist.

-Aaron Suma, MA, CSCS, RSCC, USAW
Head Strength and Conditioning Coach

Millersville University

Sara Burney

Position: Mid/Attack

Sophomore

Sara is a very self-motivated, dedicated competitor that does everything that she can to ensure her success on the lacrosse field. Sara continues to significantly increase her strength, power, and speed to give her and her team an edge on the competition. She loves to be challenged and leads by example. -John Kalinowski

Pace University

Angela Kelly

Position: Midfield

Senior

Angela Kelly has truly embraced the strength and conditioning program and has seen tremendous growth in a short amount of time. Her approach to training has allowed her max numbers to increase from 175 lbs to 225 lbs in the Box Squat and 95 lbs to 125 lbs in the Bench Press. She has boasted strong on-field numbers in her career with 55 goals, 15 assists, 60 ground balls and 25 caused turnovers. Her work ethic on and off the field has made this young woman a four-time captain of a start-up program that gained a national ranking in less than three seasons of existence. -Troy Thompson

Pace University

Mike Pappalardo

Position: Midfield

Senior

Mike Pappalardo has been a truly driven and competitive athlete at Pace University. He is constantly looking to improve himself and his teammates. He has achieved max numbers of 370 lbs in the Box Squat and 320 lbs in the Bench Press, as well as boasting a 32" vertical jump and 9' 1.5" broad jump. He is a highly competitive athlete, who always wins when put into a competitive atmosphere and tirelessly works at his craft. His dedication has led him to be named captain for his senior season and become one of the best two-way midfielders in the competitive Northeast-10 Conference. He holds career on-field numbers of 12 goals, 42 caused turnovers and 62 ground balls and he has helped a program develop into the 4th ranked team in the country. -Troy Thompson

Sacred Heart University

Dominique Anselmin

Position: Defense

Senior

Clean 125 Squat 180 Bench 100
WT 120 HT 5'8''

-Chris Fee

Sacred Heart University

Landon Kramer

Position: Midfield

Junior

Clean 270 Squat 395 Bench 335
VJ 29.9 WT 210 HT 6'4''

-Chris Fee

Saint Anselm College

Anthony Busconi

Position: Attack

Junior

Anthony provides nothing short of maximal effort in all his training endeavors. He has proven himself a self-motivated student athlete and a positive influence on his teammates. His training results reflect his efforts as he has increased his 1RM in front squat from 275 to 340 pounds and clean from 230 to 275 pounds over the past 15 months. In addition to these improvements he has also added 5 inches to his vertical. -Corey Barboza



Salisbury University

Nick Yancey

Position: Defense

Senior

Nick has been one the hardest working and most dedicated athletes at Salisbury. His passion for the weight room, conditioning, and playing the game of lacrosse is amazingly high. Nick not only brings a passionate mindset but also a fabulous personality. His teams really rally around him which has enabled him to be named as a team captain for 2018. It is a true honor to coach such a great person and passionate athlete. ~Matt Nein

Springfield College

Jake Reynolds

Position: Goalie

Senior

Jake Reynolds is a senior captain on the men's lacrosse team, leading from between the pipes as their all-American standout goalie. Jake is extremely motivated, driven, respectful, and always hungry for more. His desire to progress as an individual, pushes everyone around him, contributing to the betterment of the entire team. Jake is a captain and a leader both on, and off the field. In the weight room, his voice is always the one that can be heard over the crowd, focusing the guys in or encouraging those around him. He is one of the greatest sources of energy in the weight room, and his desire to see everyone improve is a massive motivator for anyone lifting with him. Jake constantly pushes and encourages his teammates; whether during a lift, conditioning session or speed work, and always keeps the development of the team and his teammates at the front of his mind. Great leaders don't just lead with their words, they also lead with their actions, and Jake does exactly that. He holds himself to a high standard, making sure he always gives 110% and inspires and motivates his teammates to do the same. His drive and enthusiasm always shows through during testing and conditioning sessions. When he hits a new PR, individuals in the next building can hear his celebratory yells. When Jake was injured this past fall, he was constantly asking for more exercises or extra conditioning he could do, just to make sure he never fell behind his teammates. Jake also understands that the success of the team resides in the development of everyone on it. He gets more

excited when someone else sets a new PR than when he does himself. His focus on the team is most evident in his philosophy that everyone finishes, and no one gets left behind. Even if that means he runs extra laps during conditioning so a teammate doesn't have to finish alone, or regularly attending his teammate's early morning rehab sessions to support those guys who may be going through tough times. Anyone who has ever spent time at just one practice or one lift, where Jake is present, can see that his desire to see his teammates get better always comes first. Jake demonstrates the strong morals and high values that any team would want their leader to display. He holds the team accountable, and isn't afraid to let guys know when they could be giving more. When a mistake is made, he's always there to lead push-ups during team punishments, whether it was his fault or not. During lifts he's always there to cheer on a teammate, whether it's a senior struggling on their last pull-up or a freshman grinding for a new squat PR. Jake is also one of the nicest people you will meet. He is the first person to say hello when you see him around campus, and always wants to know how you're doing. That's just the kind of person Jake is, he cares about you over himself and finds happiness in other's success. Over the last four years Jake has developed into an amazing lacrosse player, phenomenal leader, but most of all the kind of person, that anyone would be proud to call their captain, teammate, classmate or friend. It has been a pleasure being Jake's strength and conditioning coach. I cannot think of any other athlete that deserves this award more than he does.

~Robin Amylon

Stony Brook University

Sam DiSalvo

Position: Midfield

Senior

Sam has been one of the most motivated athletes I've ever worked with. Her tireless commitment to bettering her athleticism and lacrosse skills has helped her become a consistent leader on the field and in the weight room. She is an incredible example for the underclassman to follow, and has been a big reason why this team continues to break through to the next level. ~Patrick Cummings



Towson University

Tianna Wallpher

Position: Defense

Senior

Tianna has been a great leader both in the weight room and on the field. It is awesome to see her attack every training session with the highest level of intensity and dedication. She is the most well rounded on the team in terms of strength, speed, and fitness. She not only pushed herself but also pushed her teammates to be great as well.

~Justin Houng

University of Detroit Mercy

Brittany Fenney

Position: Defense/Midfield

Senior

Brittany has been a pleasure to work with during my time here at Detroit Mercy. She has continued to make strides not only in the weight room but on the field as well. She's put in the work necessary to earn a starting role in each of the last 2 seasons, making a huge impact on the team. She is dedicated and enthusiastic about training, not only during strength training, but during our speed and conditioning sessions as well. She doesn't know how NOT to work hard. Continually asking for extra work or extra reps has propelled her into the position she is in currently, and is still not satisfied. She is able to motivate and hold her teammates accountable because of that drive to improve. Her drive doesn't stop on the field. She is currently enrolled in the Nursing program which she holds a 3.76 GPA and battling a hectic class and clinical schedule, continues to make progress. She was the recipient of the Larry Bleach Strength and Conditioning Award last season, as well as IWLCA Academic Honor Roll following the 2017 season and Detroit Mercy Athletic Director Honor Roll in each year she was eligible. It is with great pleasure that I nominate Brittany for the NSCA All-American Strength and Conditioning Athlete of the Year Award. ~Trevor Klump

University of Detroit Mercy

Emma Mucci

Position: Defense

Senior

Emma has been a pleasure to work with simply because she is eager to learn and never settles for good enough. She takes that approach with her teammates as well, pushing them to bring their best out. This has led her to being named co-captain for the last 2 years, as well as a host of athletic achievements. She was named Second Team All ASUN Conference in 2017, voted Preseason All-SoCon this year, is second all-time at Detroit Mercy in draw controls with 65, and holds the single-game school record for draw controls with 10. Additionally, she was named to the IWLCA Academic Honor Roll as well as holding a 3.53 GPA, majoring in English. It is with great pleasure that I nominate Emma for the NSCA All-American Strength and Conditioning Athletes of the Year Award. ~Allen Son

University of New England

Jolena Lampron

Position: Mid-field

Senior

Jolena is a fierce competitor. She brings a passion that is hard to replicate to the weight room on a daily basis and has done so for four years. She constantly challenges me to challenge her! Jo always has a question regarding "why are we doing this?", "why that drill?" or "how does this help us?" and I appreciate her zeal for learning the nuts and bolts of strength and conditioning. She has made me a better Strength & Conditioning Coach. Jo has had a stellar career on the lacrosse field and has earned All-Conference honors each year in her career as a Nor'easter and was a First-Team selection last season. She was honored with All-New England regional accolades last season, during which she led her squad in both ground balls and caused turnovers. Jo is tenacious. She is dedicated and her effort is indicative of her heart in the weight room. Her teams have reached the Commonwealth Coast Conference Semifinals the last two seasons and the Quarterfinals during her first season. She has her team poised to push for a conference championship this season. In the classroom, Jo studies Political Science and is as much an academic force as she is an athletic one. She has always walked the walk in the weight room and has been a two-year captain for her team. ~Lyndie Kelley



Virginia Military Institute

Wesley Sanders

Position: Attacker

Senior

Wes is a very focused and highly competitive student-athlete. He is a tireless worker in the weight room and on the field while earning a spot on the Dean's List and Honor Roll at VMI in Mechanical Engineering. Wes is a team leader and an All-Southern Conference performer. After suffering a season ending knee injury in 2017, he has trained 4-5 days a week while recovering from his "set-back" and played in the team's first game this spring. He sets the standard with his grit, intensity and leadership which pushes those around him reach higher levels of performance. ~David Lawson

Wilkes University

Kylie Bedwell

Position: Defender

Senior

Great Team Leader, always pushes her teammates to be better, work harder, and be a team player. ~Jeffrey Gear



OLYMPIC WEIGHTLIFTING



Aurora University

Zach Burdick

Senior

Zach is reliable, dedicated and ready for any task. His ability to stay focused and perform at the highest level is consistently well above expectations and it is because of his excellence in this area that Zach multitasks effectively and is able to handle a high-volume workload. He is a hardworking, top-performing strength and conditioning professional. ~Chad Trudo



ROWING

University of Connecticut

Micaela Nowacki

Position: Bow

Junior

Micaela Nowacki has done nothing but impress since she has joined our program. Most recently, breaking into the programs all time top 5 with her 2k time in addition to posting very impressive maxes. She is constantly challenging both herself and her teammates everyday and puts forth the extra effort by coming in to work on her individual needs, but always with a few teammates in tow. Her desire to improve her maxes has set a standard that her teammates have bought into and are trying to aspire to. Of a roster of approximately 55 she truly stands out. -Maureen Butler



Colorado State University

Joe Russert-Cuddy

Position: Flanker

Freshman

3x High school U18 national team member

Freshman of the year in D1A college Rugby

~Jackie Black

Grand Canyon University

Kyle Hammontree

Position: Loosehead Prop

Senior

"Kyle Hammontree came to GCU as decorated football athlete and has become one of the mainstays of GCU Rugby's starting lineup this year due to hard work and dedication"-GCU, even after breaking his collarbone/ partially torn AC joint in the fall. Each semester as a 4.0 GPA Student-Athlete, with a full time job, he is a key leader in S&C and the rugby pitch and does not believe in any excuses. Kyle is the Epitome of what this program is about...

~Javier Hernandez II



SKIING

University of Alaska Anchorage

Charley Field

Position: Alpine

Senior

Charley, or Chuck, has tremendous drive. When an athlete faces injury, they usually do one of two things: They shut down, or they do everything in their power to reach their goals. Facing a partially torn ACL, she did not miss a workout in order to keep doing what she loved. I am proud of her leadership and and positive attitude, which will take her far.

~Ryan Walsh

University of Alaska Anchorage

Conor McDonald

Position: Alpine

Senior

Conor I noticed right away. He went all in: as you skiers would say, he sends it. He made tremendous strides during his time here at UAA and I am very proud of his hard work. Most of the time I was simply holding him back from going heavier. I look forward to telling soon upcoming skiers of the strength standards that Bucky has set: carving a path for others to follow.

~Ryan Walsh



Augustana University

Taylor Machacek

Position: Goalkeeper

Senior

Taylor's work ethic and leadership has allowed her to be successful, in the class room, in the weight room, and on the soccer field. Taylor holds multiple Augustana weight room records and has been named to multiple Academic All-NSIC, and All-NSIC teams. Taylor holds numerous Augustana soccer records including wins and shutouts. ~Andrew Stocks

Black Hills State University

Jamy Shassetz

Position: Defense, Mid Field

Sophomore

Jamy, pushes herself and her teammates to become better in the weight room and on the field. Our program is in it's second year and Jamy plays a huge role in developing the culture and setting the standard for years to come. ~Aaron Siekmann

Buffalo State College

Paige Bly

Position: Defense

Junior

Paige has shown great dedication to strength and conditioning to to the staff and most importantly her teammates. She is the Captain of the Women's Soccer team and has used Strength and Conditioning as a platform to strengthen her leadership role. With her work ethic and ability to remain humble, she represents our ideal athlete to have in the weight room. ~Kevin Phengthavone

East Central University

Kendall Cook

Position: Middle

Junior

"Kendall has put up some impressive strength and conditioning numbers through her daily work ethic. She has consistently worked hard and been an example of hard work for others to follow."

~Scott O'Dell

Emerson College

Parker Hughes

Position: Back/Midfield

Sophomore

Parker is the hardest working and most consistent in the weight room for the Men's Soccer Team. He understands the importance of getting stronger and improving his mobility to increase performance on the pitch. He hasn't missed a workout this academic year and has proven to be a team leader on and off the field. ~Ronald Smithers

Ferris State University

Carley Dubbert

Position: Defender

Junior

Carley is an exceptional athlete, both on and off the soccer field. Carley led the team in both goals (9) and points (21). But it is her attitude and leadership that makes the biggest difference. Carley constantly pushes her teammates in a positive way. Her hard work during strength training, along with her exceptional attitude make her a true leader in the weight room.

~David Cencer

Florida State University

Olivia Bergau

Position: Defender/Midfielder

Junior

On the comeback trail after a torn ACL, Olivia entered into FSU as a freshman playing in 11 games, from there she went on to start her sophomore year. As a junior she averaged 53 minutes of play, had 2 game tying goals and 1 go ahead go to lead the seminole defense. Olivia came back from a torn ACL to live her dream as an ACC soccer player who starts at one of the best Universities. Her dedication to her rehab, to herself and to her sport speaks volumes of who she is a person. She is a great soccer player but even better person. ~Brad Leshinske



Fort Hays State University

Jasmine Beaulieu

Position: Midfielder

Senior

Jasmine Beaulieu is a young lady with outstanding heart and determination. Jasmine was a four year starter for the Fort Hays State University women's soccer team. Jasmine was one of the first players to commit to a year round training system which included extensive weight room work. She sacrificed her time in the summers and dedicated her work to be the best she could be for her team and coaches. She worked intensely at everything she was asked to do and accepted every challenge that was given to her. Her hard work paid off with being a four year starter, a career record of 49-24-10 and a trip to the regional tournament. Jasmine was a physical player and played nearly every minute of her senior year. Jasmine's attitude to work hard and play harder was not only inspiring but her willingness to come out of her comfort zone as a person and player was truly amazing. ~Doug Boucher

Georgia Gwinnett College

Bristol Countess

Position: Midfield

Senior

Bristol has been a constant in the weigh room. She is a vocal and emotional leader for her team. She understands the how and why of training and does her best to motivate her teammates to do the same. She is a technician in the room and continually works to improve herself at everything she does.

~Joseph Mosher

Georgia Gwinnett College

Riley Wildeman

Position: Goalkeeper

Sophomore

Riley is the epitome of not allowing anyone to out work him. He takes every rep, set, exercise and training session as a time to improve his craft. He pushes himself to be better everyday and in turn pushes his team to be better as well. He leads his team by example and its effect has not gone unnoticed by his teammates and coaching staff.

~Joseph Mosher

Humboldt State University

Jacquelyn Dompier

Position: Forward

Junior

Jacqui has been a common face in the weight room since her freshman year at Humboldt State University. Before her freshman season began, she sought out the guidance of our head strength and conditioning coach because She wanted to be as ready as possible for her first college season. The hard work started that day, and it hasn't stopped since. Jacqui has consistently been the strongest or one of the strongest players on her team in every lift. She front squats and back squats the most on her team and has one of the strongest cleans as well. Whatever it may be, Jacqui puts hard work into and gets down to business. She is a leader in the weight room and on the field and is a great example for any athlete looking to make themselves better. ~Anthony Ratto

Humboldt State University

Jensen Smith

Position: Defender

Junior

Jensen Smith may be one of the most humble and coachable athletes I have ever had the pleasure of working with. We usually try to only nominate seniors but Jensen because of Jensen has been so impressive that we decided to nominate her as junior for this award. Jensen came to HSU as a non-scholarship preferred walk-on. Before starting any formal training program she actually came and sought myself and the S&C staff out! She did not redshirt as a freshman but still took it upon herself to get-up early and come to the morning redshirt S&C program. Her effort, enthusiasm and dedication to the training process has resulted in one of the most dramatic transformations I have ever seen. She is now the best defender on the team, a captain, and has earned a scholarship. Jensen represents everything our program stands for and is a great role model for the younger athletes entering our program. I cannot think of anyone more deserving of this award and it is with great enthusiasm that I submit this nomination. ~Benjamin Servais



Juniata College

Kerry Leonard

Position: Goal Keeper

Senior

Kerry is an extremely determined and dedicated athlete which shows in the weight room, as well as, in her athletic and academic achievements.

From her first season, she made her mark. In her first season, she led the Landmark in saves, had five shutouts, which tied for second in conference, and had a 21-save performance in season finale at Catholic. She was two-time Landmark Defensive athlete of the week and ended the season as the first goalkeeper in Juniata history to be named to Landmark Conference Second Team.

What makes Kerry a special athlete to work with is that even though she came in with a strong start as a freshman, she was always hungry to better herself. Her coachability and ability to be perceptive to feedback, combined with her inquisitive spirit made her a great athlete to have in the weight room. I could always count on Kerry to be detail oriented and complete the task at hand to the level it was expected and to demand the same out of her teammates. Her willingness to push through the mentally and physically uncomfortable is what makes Kerry a great athlete and will undoubtedly help her be very successful in her endeavours after Juniata. ~Sarah Simeone

Lipscomb University

Jade Abarca

Position: Mid-fielder

Senior

Jade was a starter all 4 years at Lipscomb. She really had to battle through some injuries that cost her some games during her Sophomore and Junior Seasons. She bought in and worked hard in the weight room and conditioning throughout the spring and stayed over the summer, going into her senior season, to continue her development. She had an injury free season and played her best soccer of her career landing on first team all Atlantic Sun Conference as a mid fielder. Her dedication to the strength and conditioning program not only helped her, but the team this season. ~Sean Johnson

Lyndon State College

Liam Kelleher

Position: Midfield

Senior

Liam is the type of young man that coaches wish they could clone so that they always have at least one on every team every year. Liam exudes a quiet confidence and leadership, where his actions on and off the field influence his teammates and when he speaks the people around him pay close attention. The leadership that Liam shows day in and day out has driven him and the rest of the Men's soccer team to be one of the most consistent and hardest working teams at Lyndon State College. The young men on the Soccer team with Liam at the helm have all made significant improvements in their training since they began in the fall of 2015. In particular Liam has improved his squat by 55lbs. and his bench by 20lbs. Because of Liam's actions the Men's Soccer team has a solid foundation on which they can build on going into the future.

~Zane Pfefferle

Menlo College

Maya Mogensen

Position: Forward

Senior

Maya has been a great representative of our Sports Performance Program here at Menlo College over here 4 years. She played here as a goalkeeper for 3 years, she approached our staff at the end of her Junior year and wanted to make the transition to forward. Maya committed herself to in the spring summer and fall to additional conditioning, changed her lifting style and made great changes to her nutrition to change the composition of her body. She Started 14 of 18 games as a senior and was a critical part of our success in 2017.

Stats:

Front Squat - 205 lbs

Hexbar Deadlift - 315lbs

Hang Clean - 175lbs

~Victor Brankovich



Pace University

Drew Ribadeneyra

Position: Defense

Senior

2016 NE-10 Defensive Player of the Year, 2016 & 2017 NE10 1st Team All-Conference, 2016 NSCAA Scholar All-American Second Team, 2017 United Soccer Coaches Scholar All-America Third Team, 2016 NE10 Sport Excellence Award winner. 2nd Most games started in program history. Box Squat Max of 315lb (230% of Body Mass), 150lb Bench Press, 14 pullups, 6:11 Mile time -Philip Ryder

Saint Louis University

Alli Klug

Position: Defender

Sophomore

To become the second student-athlete in Saint Louis University women's soccer history to earn an All-America nod from the nation's coaches is an honor within itself. To accomplish this as a sophomore and be named first team All-Conference and Defensive Player of the Year is even more impressive. Alli Klug exemplifies what it truly means to be a student-athlete. She is a leader for her team on and off the field. The same goes for the weight room. If Alli isn't completing an exercise, she is motivating her teammates to get better also. Alli comes in each and every day, even if it is over winter or summer break, ready to attack each session with her hard work and discipline. Alli's leadership role as a sophomore will mold her into an even better upperclassman to her teammates in the years to come. -Alison Muenz-Winkler

Stony Brook University

Jordyn Klapper

Position: Forward

Junior

Jordyn is a 20 year old D1 college soccer athlete attending Stonybrook University and is an integral part of the success that the team has seen this past year as 2018 America East Champions. Her ability to consistently put in the hard work in the weight room during the off-season allows her to play through the vigorous match schedule throughout the season. Jordyn has a tremendous work ethic and goes above and beyond to be the best at her sport. She has overcome some adversity throughout her life including losing her dad to cancer at age 11. She exemplifies the quote "Hard work beats talent when talent works hard." She is 5'1", weighs a little over 100 pounds and uses every bit of it on the field. It is her leadership, work ethic and character that makes her a standout! I have had the pleasure of being her Strength and Conditioning coach since her Junior year of high school. -Barbara Brenseke

University of Detroit Mercy

Adam Clauss

Position: Central Midfielder

Senior

Adam's tenacity for training allowed him to step into a natural leadership role on and off the pitch including being named co-captain during his junior and senior years. He is one of the hardest working athletes I've worked with at Detroit Mercy, leading to having started 69 of the 74 games during his career and tallying 7 goals and 5 assists for 19 points. His hard work didn't stop on the pitch, being named to the Horizon League All-Academic Team for 2016 & 2017, Horizon League Fall and Spring Academic Honor Roll all 4 years, and the Detroit Mercy Athletic Director Honor Roll each semester eligible. He currently holds a 3.83 GPA, majoring in Business. It is with great pleasure that I nominate Adam for the NSCA All-American Strength and Conditioning Athletes of the Year Award. -Ian Samuelson



University of Detroit Mercy

Matt DeVries

Position: Central Midfielder

Senior

Matt is one of the most consistent athletes I've had the pleasure of working with during my time at Detroit Mercy. He recognizes the importance that strength training can have on his performance on the pitch. Dedicated to staying strong, his he was able to fight through some nagging injuries to play at a high level throughout his senior season. Being dedicated didn't stop at strength and conditioning or soccer, but has shown through academically as well. He earned the 2016 & 2017 Horizon League All-Academic Team, Horizon League Fall and Spring Academic Honor Roll for all semesters he was eligible, as well as the Detroit Mercy Athletic Director Honor Roll. He holds a 3.92 GPA while being enrolled in the 5-year MBA program here at Detroit Mercy. It is with great pleasure that I nominate Matt for the NSCA All-American Strength and Conditioning Athletes of the Year Award. -Trevor Klump

University of Michigan

Robbie Mertz

Position: Midfielder

Junior

Robbie is currently a junior Midfielder for the University of Michigan men's soccer team and a co-captain of the 2017 Big Ten Championship team. Robbie has demonstrated a commitment to excellence in strength and conditioning, and his overall preparation is evident in the volume of work he is able to sustain during the season. In the 2017 season he was the only player to start all 20 contests and logged the highest number of minutes in the process. Throughout his career at Michigan, Robbie has grown as a leader on and off the field, and earned the respect of his teammates and coaches along the way, myself included. Beyond his success on the pitch and in his physical preparation, Robbie has twice been named an Academic All-Big Ten Honoree and is working towards completing his Business Administration degree in the Ross School of Business. Additionally, he traveled to Vietnam in the spring of 2017 through a cultural immersion program with other student-athletes thanks to the the Michigan Leadership Development team. Robbie's work ethic and commitment to excellence help separate him from others, but his drive to elevate his teammates demonstrates a selfless, team first approach. It is with great pleasure that I nominate him for this award. I anticipate continued success as Robbie prepares for his senior year. I look forward to helping him continue to grow and work towards his goals as a student-athlete and beyond.

-Lew Porchiazio III



University of Nebraska-Omaha

Lydia Holtmann

Position: Midfielder

Senior

Lydia Holtmann showed a dedication to strength and conditioning throughout her four-year career. As one of our two senior captains, she played an integral role as a leader on our team. She didn't only lead with voice but led by example, this was often apparent in the weight room. Despite being one of our most talented players she continued to try to find ways to get better through training. She reached a new back squat max the summer before senior year and stuck around to train while most others went home. Lydia also consistently asked for ways to get better whether it be through nutrition or extra exercises for mobility and recovery. Lydia was an exemplary maverick for four years and is definitely an NSCA All-American. ~Zach Holka

University of Nebraska-Omaha

Natalie Johnson

Position: Forward

Senior

Natalie Johnson was an outstanding senior for the UNO women's soccer team. She led our team in goals last season and was a leader for the team. There is no doubt this could be attributed to her dedication to strength and conditioning. Over her four-year career she showed improvement across the board in strength, fitness, speed, etc. During the summer when most of the team would leave to go home, she would stay in town and would always ask to come train. Natalie also always brought a positive attitude and energy to the team every day. She stayed committed to the team and training even though she was not starting at the beginning of the year. There is no doubt she is an NSCA All American. ~Nathan Williams

University of South Carolina

Peyton Ericson

Position: Defensive Midfielder

Junior

High School: Named the 6A Freshman of the Year and to the 6A all-state team. Two-year team captain.

College: As a freshman gained placement on the Conference USA All-Freshman Team, Earned spots on the Conference USA Commissioner's and Southeastern Conference First-Year Academic Honor Rolls.

As a sophomore earned Third Team All-Conference USA honors, named to the C-USA and SEC Academic Honor Rolls for the second consecutive season.

Team nominated Captain as a junior and Has been on the AD honor roll, C-USA honor roll, and SEC honor every semester since his freshman year. Also been a member of SAAC since a freshman. The Gamecock Leadership Academy identified Peyton as an "Emerging Leader" his sophomore year and as a "Veteran Leader" so far as a junior. ~Steven Scruggs

University of Tennessee at Martin

Katelyn Colvin

Position: MF/F

Junior

We are excited to nominate Katelyn as the first women's soccer NSCA All-American at UTM. Katelyn prides herself on developing her athleticism and fitness. As a result, she ranked near the top of the nation in assists for the 2017 year. In addition, she has started 53 out of 57 games thus far at UTM. Early in Katelyn's career, she provided the energy both on the field and in weight room. As she has developed, Katelyn has now taken a mentoring and leadership role while helping regain the high level of expectation. ~Chris Gillies



University of Texas at San Antonio

Kaja Skare

Position: Defender

Senior

Kaja has consistently been a great leader for her team. She has always put in extra work in order to improve on and off the field. She has an incredible work ethic that led by example for her teammates. ~Lexi Beeson

University of Wisconsin Whitewater

Toney Anderson

Position: Goalkeeper

Sophomore

Toney is a leader in the weight room and on the field despite being only being a Sophomore. In the weight room, Toney understands the importance of power, speed, strength, nutrition and recovery. Every single lifting sessions he gives 100%, and vocally demands it from his teammates. Since coming to whitewater Toney has made significant gains in overall fat free mass, and in all exercises. He is willing to come in extra for recovery and nutrition help and understands the process in the weight room. On the field, Toney worked hard and earned several starts this year over a returning started. In the next 2 years, Toney's potential on and off the field is exponentially high. ~Cory Chapp

University of Wisconsin Whitewater

Mackenzie Serbousek

Position: Midfielder

Junior

Mackenzie comes in everyday ready to work hard and encourage her teammates to do the same. Over the last year, she has become the leader of the team and has done a fantastic job. She understands the importance of the weight room and what can be achieve and does a great job showing that to the younger athletes. She is willing to do extra work on her own time, to improve on her weakness. On the field, she has the potential to have a great season as one of the senior leaders and starting midfielder. ~Cory Chapp

Virginia Military Institute

Sam Franklin

Position: Midfielder

Sophomore

Sam has an excellent work ethic and effort to improve each day. Sam challenges and pushes herself to improve while providing support and motivation to her teammates. Her daily effort, focus and intensity is a great example for those around her. She sets a great example in her approach to the strength training program. ~David Lawson

Wayne State College

Natalie Rech

Position: Midfield

Junior

Natalie is a constant leader in everything she does Rech is involved in SAAC and carries a high GPA. In the weightroom she squats 275 and benches 145. She is also a multi year starter on the soccer team. ~Grant Darnell

West Texas A&M University

Troy Reeves

Position: Defender

Senior

As the leader of the WT Men's Soccer team, Troy possesses a litany of admirable qualities which has made him an invaluable asset to both his team and the university. Troy has not only demonstrated significant improvements and impressive accomplishments and in areas of physical strength, but his strength of character is what truly separates him as both an athlete and a man. Troy has earned the respect of his teammates and coaches by embodying a leadership style that simultaneously exudes both confidence and humility. It is such a hard balance to achieve – being firm without being overbearing; being humble without being flimsy – but Troy inhabits this tension quite comfortably. As the cornerstone of a stifling defensive attack, Troy displays a tireless work ethic both on the pitch and in the weight room. His dedication to the tedious nature of physical training coupled with his contagious passion for the sport of soccer has resulted in an athlete who has matured and evolved into a true master of his craft. ~Nicholas Kuhlman



William Woods University

Anthony Moscatello

Position: Forward

Senior

Anthony is a perfect example of how hard work and dedication will pay off for a student-athlete. Each year he worked hard to follow the program and improve himself. Anthony gained strength, size, and speed to aid his game. By doing so he earned respect from both his teammates and coaches. He was the leader of our soccer team in the weight room and on the field.

His hard work eventual lead to earning NAIA Honorable Mention All-American this past season.

His Soccer Coach Nathan Mason said these things about Anthony. "No one will outwork him in the attack or defensively. He has continued to surprise me every season. He is a player with nothing but a winning attitude. Without him our season doesn't go the way it did."

As a strength and conditioning coach, you love to help a person like this develop, and achieve great things. -Robert Jones

Winthrop University

Courtney McLeod

Position: Defense

Senior

"Courtney's hard work and dedication to improving herself physically and athletically in the weight room helped her become a phenomonal women's soccer athlete. Her commitment to be great helped her become a great leader, a phenomonal teammate, and the total package student athlete. I wish her nothing but the best in her future endeavors." ~Andrew Parker



Baker University
Stephanie Cardona
Position: Utility
College Senior

Stephanie exemplifies hard work and dedication. Her work ethic on the softball field, in the classroom, and in the weight room is unparalleled. Through her years at Baker University Stephanie has gone through two surgeries on her right and left knee, but these seat backs haven't stopped her from being one of the best leaders in the weight room, classroom and on the field. In the weight room, Stephanie has been able to get her 20 yard sprint time down to a 2.93. In the classroom, she holds a 3.76 GPA. She is a two-time NFCA All-America Scholar athlete 2015-2017. A Daktronics-NAIA Scholar athlete 2017, and a KAHPERD Baker University, Student Major of the Year winner. On the field, Stephanie success continues. She is a 2-time 2nd Team All-Conference member 2015 and 2016 and 1st Team All-Conference member 2017. Stephanie is most deserving to be called an NSCA 2018- All American. It was an honor to coach Stephanie, and she will be greatly missed.
-Matthew Jackson

Baker University
Alexis Korte
Position: Pitcher
College Senior

Alexis is an All-American in my book. Alexis has been a great team leader, being the positive voice on the field, and leading by example off the field. Alexis holds a high standard for herself off the field as she holds a 3.97 GPA. in Psychology with a minor in Conflict Management. Alexis has numerous academic awards including An NFCA All-America Scholar-Athlete Award 2016-2017. New Comer in Prose Award winner from the Baker University English Department 2016. In the Weight room, Alexis has been able to drop her 20-yard Sprint time from a 3.00 to a 2.75 and continues to grow in the weight room. It has been an absolute privilege to work with such an amazing young lady. Alexis will be greatly missed.
-Matthew Jackson

Baker University
Riley Swickard
Position: Outfield
College Sophomore

Riley is a true All-American in every sense of the word. A leader among her teammates. Riley has succeeded on and off the field. In the weight room, Riley has been able to knock off 0.34 of her 20-yard sprint time and continues to make gains in the weight room. In the classroom, Riley is A 2016-2017 NFCA All-America Scholar-Athlete, Dean's List Fall 2016, Spring 2017, Fall 2017. With a GPA of 3.87. Riley has set the bar for her teammates and continues to move it. There is no doubt Riley will be successful at whatever she chooses to accomplish in life. Therefore, it is a honor to nominate Riley as an NSCA 2018 All-American. -Matthew Jackson

Black Hills State University
Katelyn Odle
Position: Second Base
College Junior

KO, has the work ethic and motivation in the weight room that is contagious and makes everyone around her better. She is coming off her best year earning All-Conference accolades. The work and time KO has put in the weight room will set her up for another big year.
-Aaron Siekmann

East Central University
Claresha Clemons
Position: Utility
College Senior

"Resha has made great strides in her time here. She cam here with amazing strength and allowed herself to be taught new techniques coming out with the highest female squat number I have ever coached"
-Scott O'Dell



Emerson College

Caroline Fortuna

Position: Second Base

College Junior

Caroline has had perfect attendance for all pre-season workouts and has embraced the strength and conditioning program's new philosophy. This, combined with her constant positive attitude, has made her a leader to the rest of her team. Caroline has made strides in pull-ups, power lifts and Olympic variations. She routinely self-advocates for increased resistance and difficulty and even additional repetitions to better learn and understand a movement.

~Jennifer Boyden

Eureka College

Kali George

Position: Pitcher

College Senior

She is one of the most well rounded student-athletes at Eureka College. Her dedication and commitment is unparalleled. In 2017, she was selected as a 1st team all-conference member and represented team USA in a tournament this past summer. In the fall of 2017, she was one of two student-athletes that broke the all-time women's back squat record with a 1 RM of 300 lbs. ~Matthew Friend

Florida Atlantic University

Madie Palmer

Position: Center Fielder

College Junior

Madie's commitment to excellence and continuous improvement in the weight room and on the field of play serve as a catalyst to the forward progress of this Softball program. Regardless of fatigue, stress or emotion, her approach towards bettering herself and her teammates on the floor is what makes her so valuable to our strength and conditioning program. Her attitude and technical proficiency with the Olympic Weightlifting Variations as well as the other training modalities we utilize are what make her so deserving of this recognition.

~Jonathan Larson

Georgia Gwinnett College

Elyssa Melton

Position: Infield

College Junior

Elyssa has taken to the weight room with a fury and ferocity like no other female at our institution. Her drive to succeed in the weight room has led to a very noticeable changes in not only her play on the field but also in her leadership off the field. Her dedication has helped her to grow both physically and emotionally and allowed her to develop as a leader on her team. ~Joseph Mosher

Lyndon State College

Hannah Choiniere

Position: Outfield

College Senior

Hannah exemplifies what it means to be a collegiate student athlete. She is a solid student studying Exercise Science and has contributed positively to the softball team since she arrived on campus in the fall of 2015. Since her arrival, Hannah has been the most consistent athlete on any team when it comes to strength & conditioning. Over the past three years, Hannah has not missed a single training session that was scheduled and this dedication has resulted in her making tremendous strides in the weight-room. Her squat has improved by 110lbs. and her bench has gone up by 35lbs. Most importantly, Hannah has set a standard of enthusiasm and dedication to which she holds the rest of her teammates to. This has led to the other women on the softball team also making great strides in their training year after year. ~Zane Pfefferle

North Carolina A&T State University

Nathaly Pacheco

Position: Catcher

College Senior

She is the type of athlete you want to have on every team. She leaves everything she has on the field and in the weight room. No matter the circumstances she will always give you 100%. Also, everything she does is with extreme intensity and purpose. This is what makes her great and separates her from others in her sport and life.

~Cameron Avery



Radford University

Marissa Gagliano

Position: Shortstop

College Senior

Mo has shown exemplary leadership on and off the softball field. She suffered a shoulder labrum tear and went through surgery last year. In the time since her injury, she has come back better than ever. Her work ethic and determination are contagious. She is a driving force in the success of the program.

Back squat: 240 (187% BW)

Bench: 155 (121% BW)

~Scott Bennett

Saint Anselm College

Shannon Colson

Position: Second Base

College Sophomore

Shannon is an example of someone who thrives in a competitive environment. Her innate and consistent ability to challenge herself elevates the performance of her teammates. She is pound for pound the strongest athlete on the Saint Anselm College campus. However, her most impressive feat is the degree in which she has improved over the last 18 months of training; most notably in the front squat where she increased her 1RM from 115 to 205 pounds (157% of body weight). She is highly coachable and constantly seeking out guidance to improve to become the best athlete possible. ~Corey Barboza

Salisbury University

Kristen Yanarella

Position: First Base

College Senior

Kristen has displayed great leadership on the field and in the weightroom. As a senior she provides a strong example of a program built upon a foundation of work ethic, sacrifice, dependability, and pure love of the game. Her dedication to her own training and team training has solidified her nomination as a NSCA All-American. ~Dustin Dailey

South Dakota State University

Danielle Steffo

Position: Catcher

College Senior

Danielle is an extraordinary leader and worker in the weight room and on the field. Our department has relative and absolute strength standards for athletes to meet. Only about 10% of athletes meet these requirements. Dani has met and surpassed these standards. Not only does she carry a blue-collar work ethic, but she makes it contagious. She encourages her teammates and player-coaches technique without hesitation. ~Samantha Modrick

Stony Brook University

Katelyn Corr

Position: Out Field

College Junior

Katelyn Corr continually demonstrates that a great work ethic in the weight room and on the field will always lead to success. Corr comes into the weight room on a consistent bases with energy, enthusiasm and a willingness to work hard. Her work ethic allows her to elevate the efforts and abilities of the athletes around her. Corr's performance in all categories of the weight room including strength, speed, agility and conditioning have had a clear impact on her ability to perform on the field and help contribute to a successful season this year for the Seawolves. ~William Murtagh

University of Bridgeport

Yalitza Rodriguez

Position: Catcher

College Senior

Yaya has been an exceptional leader by example, and her on field performance underscores what a dedicated athlete can achieve through strength training. She holds numerous women's UB weight room records, including a recent 315 back squat for a 1RM. ~Tristan McLaren



SOFTBALL



University of Detroit Mercy

Savvy Ferstle

Position: 3rd Baseman

Senior

Throughout her career at the University of Detroit Mercy, Savvy Ferstle has been a true standout on the softball team. As a four-year starter, Savvy has accomplished many team and league honors including a 2014 freshman All-Conference selection, a 2017 All Horizon League Tournament selection, and is currently 4th in school history in home runs. Savvy has also impressed in the weight room, refusing to settle and continuing to push her boundaries as an athlete. Lastly, Savvy has conducted herself in an exemplary manner throughout her career, blossomed into an accomplished leader, and earned the respect of her coaches and teammates alike by serving as the lone captain for the past two seasons. Meanwhile, she has maintained a 3.86 GPA majoring in both Psychology and Business Administration. It is for these reasons and many others that I proudly nominate Savvy Ferstle for the NSCA All American Award for 2018. ~Ian Samuelson

University of Michigan

Katie Alexander

Position: Catcher

Junior

Katie is currently a junior catcher for the University of Michigan softball team and a member of the 2016 Big Ten Championship team. Katie's commitment to strength and conditioning over her career has helped her to achieve notable improvements on the field. In addition to significant gains in muscle mass, she has added 50lbs to her 1RM clean, 55lbs to her 1RM back squat, and 20lb to her 1RM bench press while decreasing her 20yd sprint by .28 seconds from her freshman to junior year. Katie's consistent and relentless pursuit of improvement goes far beyond strength and conditioning. She has grown tremendously as an on-field contributor throughout her career, from coming to Michigan as a walk-on freshman to earning the starting catching position her sophomore and junior years. She maintains a high standard of quality and excellence and continues to empower those around her. Outside of the competition field she has demonstrated a significant interest in the field of strength and conditioning, having successfully completed an internship with our department in the summer of 2017. I am fortunate to be able to work with Katie as a student-athlete and mentor her as an aspiring strength and conditioning coach. It is with great pleasure that I nominate her for this award. I anticipate an even greater commitment to growth and development as she completes her junior season and begins preparation for her senior year. I look forward to helping her reach her goals as a student-athlete and as a strength and conditioning professional. ~Lew Porchiazzo III



SOFTBALL

University of Tennessee at Martin

Savannah Dodson

Position: INF

Senior

We are pleased to put forth Savannah's name as a NSCA All-American. Since arriving on campus, Savannah has consistently shown her willingness to put in extra work to develop her softball skillset and overall athleticism. In the weight room Savannah has posted personal bests this year with a 135lb. hang clean and a 250lb. squat. To date, Savannah has started 147 games and counting. This includes all 59 as a junior last year while batting .322 and ranking fifth in the OVC with 27 stolen bases. In addition, to being a staple in the lineup, Savannah holds a 3.63 GPA in Health and Human Performance.

~Chris Gillies

Wayne State College

Riley Vanderveen

Position: Pitcher

Junior

Riley is always ready to improve and get stronger. She is a leader in and out of the weightroom. Riley has a 135lb clean, 225lb squat, 305lb deadlift and 135lb bench press while pitching for WSC Softball.

~K Grant Darnell

Webster University

Chelsea Thornley

Position: Pitcher

Senior

Chelsea has been a joy to coach during her time at Webster University. She is a leader by example, always pushing the pace and intensity for each and every physical preparation session to not only benefit her but the softball program as well. Her presence, punctuality, and attentiveness define her as an optimal student-athlete and a hard worker. Her quest to increase power and durability is ever present in her training tactics as she continues to improve as a competitor. Chelsea exemplifies the true definition of a Webster University Student-Athlete. ~Matt Saitz

Winthrop University

Shayna Covington

Position: Outfield

Senior

Shayna is pursuing a Bachelor of Science degree in Exercise Science. She completed a internship with the Sports Performance Department at Winthrop University during the summer of 2017. Her area of focus was in the University's Varsity athletic weight-room. During her time as an intern, Shayne developed her knowledge of strength and conditioning and transferred it into leadership skills both in the weight room and on the softball field. This growth has allowed her to become a role model for Softball team training, lead to rapid development in the weight-room for both the new athlete and veteran athletes. ~Benjamin Abbott



Arcadia University

Rose Georgias

Position: BACKSTROKE/INDIVIDUAL MEDLEY

Senior

Rose has achieved success in and out of the pool. A 2x MAC Honor Roll selection, Part of two Lenox Pool records, the 400 Medley Relay, and the 200 Back pool record. Rose continues to be a true example of effort, attitude, and consistency. No matter the time or the day Rose consistently brought great effort to all of her workouts. Working out during the early mornings either before or after grueling swim practices. Rose consistently elevated her level of performance in the weight room with great effort and energy. Some of her accomplishments include: Achieving Iron Knight status twice (this year she reached it during the swimming season) Vertical Jump: 22.5, BB Back Squat: 185x3, and Deadlift: 225x3. Rose continues to be an amazing example of great effort, attitude, and consistency. ~Todd Barnes

Buffalo State College

Timothy Petranchuk

Position: Distance

Senior

Timothy has worked extremely hard in the weight room to help achieve his goals in the pool. He has become one of the strongest swimmers in the weight room as well as becoming one of our key distance swimmers this year. he has excelled in the weight room and demonstrated the work ethic that is needed to be successful both in the pool and in life. ~Nathan Young

Drexel University

Ted Dickerson

Position: Free

Senior

Ted, has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Ted'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

Drexel University

Charlotte Myers

Position: Fly/Back

Junior

Charlotte has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Charlotte'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. ~Michael Rankin

New England College

Blake Boulia

Position: Varies

Freshman

"Greatness follows belief and repetition." From shoulder injury in her junior year of high school this athlete could not lift her arm over her head, after training hard and remaining focused she was back for her senior year in high school. Going from third lane swimmers to first, qualifying for states, and getting offered a spot on the New England college swim team. After states she set a goal to squat 200lbs, and did so a few months later! ~Kyle Briere

Nova Southeastern University

Jordan Shows

Position: Sprint Free

Senior

Jordan Shows is an athlete that is dedicated to the process. Jordan knows that the long hours in the pool, the weight room and the dryland conditioning facility are the keys to perfecting her craft. When she walks in the weight room, from warm-up to cool down, she puts her head down and works hard. Her senior-season results reflect that work ethic. In the 2018 SSC Championships, Jordan placed 4th in the 50m Freestyle, 4th in the 100m Freestyle and 6th in the 200m Freestyle, logging the 3 best NCAA Cut times of her college career. During her senior season, she shaved nearly 3 seconds off of her best 200m Freestyle time. Additionally, she was a member of the 200m, 400m, and 800m Freestyle relay team that set new conference records to help propel NSU Swimming to consecutive SSC championships. ~Steven Orris



South Dakota State University

Christopher Rumrill

Position: 50, 100 Free, 100 Relay, 400 Relay

Senior

Chris, captain of the swim team, isn't the most vocal leader, but does lead by example. He is constantly looking for ways to improve anything to everything. He asks for extra mobility work to improve his squat depth. He has met the requirements of our Iron Jacks. A status that only about 10% of our athletes are able to achieve. Chris continues lifting through any time off their coach gives them or scheduled school breaks. ~Samantha Modrick

Trinity College

Jesse Pope

Position: Sprinter

Senior

Jesse does everything from leading to lifting the right way. She always gives her all and will be greatly missed. ~William DeLongis

University of Nebraska Omaha

Kaitlin Harthoorn

Position: Fly/IM

Senior

Kaitlin has been a great role model and positive influence throughout her career on the UNO swimming team. She has consistently improved throughout her entire career and that is a testament to her work ethic. She was named to the Summit League Academic Honor Roll, the Distinguished Scholars List, and the Commissioner's List of Academic Excellence. ~Ryan McNerlin

University of New England

Kayla Burgess

Position: Fly and IM

Senior

Kayla has been an outstanding performer both in the pool and in the weight room throughout her time as a Nor'easter. Kayla has demonstrated an incredible aptitude for leadership and single-handedly turned around her team's culture in terms of the Strength and Conditioning. Prior to Kayla, the Swimming program did not utilize the weight room in their athletic preparation. She set out to change that and has completely altered her teammates' mindset about the value of the weight room...they are now one of the most Strength & Conditioning dedicated teams at UNE. Kayla's dedication to Strength & Conditioning has been impressive, but her ability to perform at a consistently high level in the pool is even more so. This year, Kayla placed first at the 2018 New England Intercollegiate Swimming & Diving Assn Championships in the 500 Y Free with a time of 5:21.35. She was part of record-breaking relay team and she set numerous program and pool records throughout her career. I will miss her leadership, her work ethic and her dedication. Luckily, she's inspired the underclassmen in her program to continue to the excellent work she began. She will be pursuing a career in medical biology, in which she is an exceptional student.

Here is a list of her regional accolades:

2016-17 All-New England (100-butterfly)
2016-17 All-New England (200-butterfly)
2016-17 All-New England (400-medley)
2015-16 All-New England (200-butterfly)
2015-16 All-New England (Relay 200-freestyle)
2014-15 All-New England (100-butterfly)
~Lyndie Kelley



University of Tennessee

Matthew Dunphy

Position: Breaststroke

Junior

Matthew Dunphy is truly one of the hardest workers I have ever been around in College Athletics. Having worked with 23 Division 1 Sports over the past 10 years "Dunphy" as we call him has diligently worked on his craft every single day. Whether it is working on technique in a lift, encouraging a teammate, approaching his warm-up and warm-down with same attention to detail as his biggest races of the year, or just bringing an EDGE to the Training Session. Dunphy does it with laser focus. His ability to be comfortable being uncomfortable allows for our team to build off his example. He truly embodies our program goal of KAIZEN (continuous improvement). I am truly blessed to coach Dunphy on a daily basis and am a better coach having worked with him. #TennesseeTrained ~Gregory Adamson

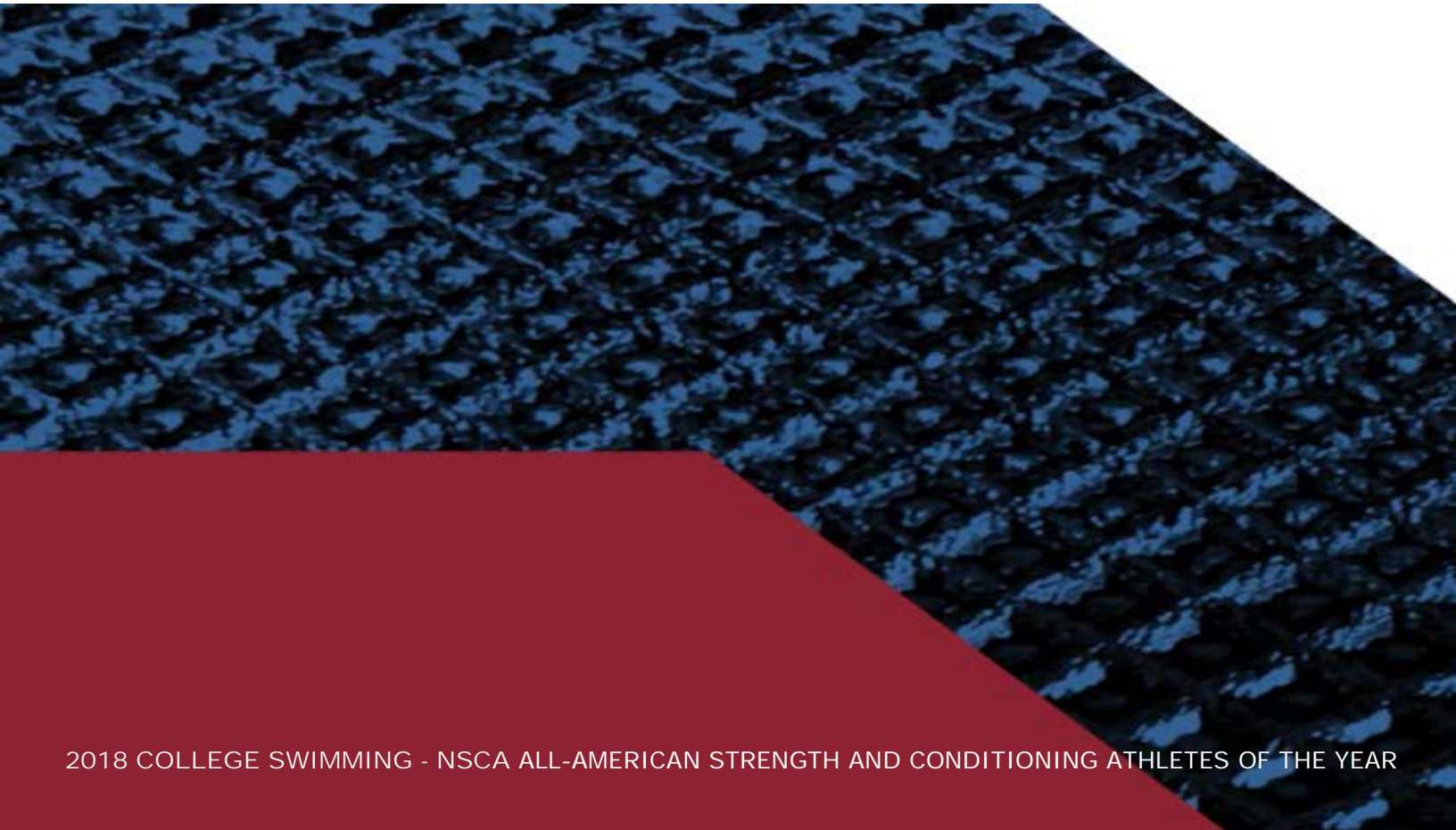
University of Tennessee

Stanzi Moseley

Position: Freestyler

Junior

Stanzi Moseley is one of the most intense athletes I have been around. Her commitment to Training year round truly sets her apart from the competition. She is a true joy to coach and be around. It has been amazing to watch her accomplish the goals she set out for herself when arriving on Rocky Top. I truly believe that Stanzi's best days are ahead in the Weight Room and Pool. When someone as dedicated/intense as she is commits to getting better every day the ceiling she can reach truly has no height to it as the sky is truly the limit. I am truly blessed to get to work with her for the next couple years. #TennesseeTrained ~Gregory Adamson





Emerson College

Mackenzie Swaney

Position: Singles/Doubles Player

Freshman

Mackenzie's consistency and dedication in the weight room shows. She knows that improving her strength, conditioning and rotational power will lead to more wins in her first collegiate season. Her positive attitude and dedication to her performance makes her a great teammate. ~Ronald Smithers

The University of Nebraska at Omaha

Razvan Grigorescu

Position: Tennis athlete

Sophomore

In the fall preseason, Razvan was ranked No. 63 for the Oracle/Intercollegiate Tennis Association. He traveled to Malibu to represent Omaha.

Razvan has never come to his training sessions with a bad attitude and is always ready to train the moment he steps into the weight room. He is continuing to grow stronger, faster, and even more successful. It's a privilege to work with him.

~Liz Pekas

University of Detroit Mercy

Nathan Ponton

Position: Singles

Senior

Nathan's work ethic is unparalleled among his teammates. He has a constant drive to win and pushes his teammates to continually improve. This drive has led him to take on more of a leadership role, especially this year with four incoming freshmen, to which our men's tennis team has greatly benefited. Nathan embodies what we want to see in our student-athletes: a hard-working, never-settling attitude that pushes those around him to improve, who's also constantly looking to improve in every facet of his game. Nathan's hard work doesn't stop on the court as he's been named to the Detroit Mercy Athletic Directors Honor Roll every semester eligible. It is with great pleasure that I nominate Nathan for the NSCA All-American Strength and Conditioning Athletes of the Year Award. ~Allen Son

University of Texas at San Antonio

Leon Hein

Position: N/A

Sophomore

I have never seen Leon give less than 100% effort every time he comes into the weight room or steps onto the court for conditioning. He does a great job of pushing himself mentally and physically as well as motivating his teammates.

~Lexi Beeson

Webster University

Monica Behrle

Position: Tennis

Senior

Monica is one of the most consistent and dedicated student athletes at Webster University. Her focused approach to training for sport, compounded with her resiliency as a competitor, make it no surprise to find her name all over the tennis record books. She exemplifies leadership intuitively, always looking for the best way to motivate her teammates, keep them on task, and push them to practice and compete at their maximum potential. Monica exemplifies the true definition of a Webster University Student-Athlete. ~Matt Saitz

Winthrop University

Megan Kauffman

Position: #2

Sophomore

Megan continually pushes herself every time she enters the weight room. She is the definition of leading by example. Her determination and passion for tennis is contagious to any teammate or coach that has had the opportunity to work with her. Megan sets goals and puts herself in the best position for success by consistently putting in work and being the best teammate possible. Megan is only a sophomore and has already been ranked 50th in the nation with her doubles partner and won a Big South Conference Championship. Megan has absolutely no ceiling in possibilities of success during her college career. ~Jena Ready



Abilene Christian University

Morgan Knight

Position: Thrower

Junior

Morgan is an exceptional leader and great person to be around. He has dedicated himself to his craft and trains year around. His motivation and drive has paid off so far this indoor season. He placed 2nd in both the shot put and weight throw at the conference meet. ~Bret Miguez

Augustana University

Josh Reider

Position: Sprints / Jumps

Senior

Through four years of hard work, Josh has made massive improvements in the weight room and on the track. A model student-athlete, Josh holds multiple Augustana weight room records and has been named to numerous Academic All-NSIC teams. ~Andrew Stocks

Clemson University

Torie Robinson

Position: Short Sprinter

Senior

After being told by medical experts that she would never be able to run again, Torie Robinson has become one of the most decorated student-athletes on the Clemson track & field team. Torie has earned seven first-place finishes throughout her career at Clemson in the 60m, 200m and as a member of the 4x100m relay unit.

In 2017, she was runnerup in the 60m at the ACC Indoor Championships and helped the Tigers claim first place in the 4x100m at the conference outdoor meet. Robinson has also represented Clemson all three years on the national stage at the NCAA Outdoor Championships.

Along with Torie's achievements on the track she has consistently dedicated herself all four years in the weight room at the highest level including completing an internship with Clemson Olympic sports strength and conditioning this summer. Being a short sprinter Torie is without a doubt one of the most powerful females we have in our weight room here at Clemson, she has demonstrated this through her 180 pound power clean and 280 pound squat. Most importantly, Torie has set a tremendous example for all of our incoming freshman as to what level of focus and commitment is needed to be a successful track and field athlete not only on the track but in the weight room. We are very lucky to have her here at Clemson University.

~Stephanie Mock



East Carolina University

Savannah Wood

Position: Pole Vaulter

Sophomore

Savannah is the definition of an all around athlete. She is a current sophomore at East Carolina University and a Pole Vaulter on the track and field team. Savannah just hit a new personal record at her last meet of 12'3". In the 2016-2017 season she took 17th at the American Athletic Conference Outdoor Championships. She is also actively involved in SAAC, which is East Carolina University's Student-Athlete Advisory Committee (SAAC) is a group of diverse student leaders that promotes a positive experience for student-athletes through effective means of communication. SAAC serves student-athlete needs and seeks opportunities that encourage excellence on the field, the classroom, in the community, and in life. Savannah is also very committed in the weight room. She is always striving to PR her old lifting records, never misses a practice, and encourages her other teammates. I am beyond impressed with her performance in the classroom, weight room and track. She is the most deserving person for this award. -Emily Sniezek

Eastern Michigan University

Jasmine Jones

Position: Sprinter (100,200,400)

Senior

I have had the pleasure of working with Jasmine for 3 years now. I have seen her maturation as an athlete and more importantly a human being. She has become a strong leader with-in her sport and has served as a team captain for two years now. Jasmine has excelled on the track the last two years winning MAC titles in the 4x100, 200m, and 400m for both indoor and outdoor and holds the school record in the 300m. She handles her athletic career like a professional and she carries that mentality to the weight room. Over the three years coaching her I have seen her #'s skyrocket. She currently squats 325#, power cleans 200#, and benches 185#. She loves to be challenged and is flexible enough to make tweaks to her training plan to help her be successful. In the classroom Jasmine currently holds a 3.0gpa while majoring in marketing. Upon graduation she plans to pursue a professional career on the track. She has been active in a number of different community service projects such as the Alzheimers and diabetes walks each year since being here at Eastern Michigan University. Jasmine has been a pleasure to work with, she has made me a better coach, and I look forward to seeing her life continue to unfold. -Aaron Short



Kennesaw State University

Daniel McKune

Position: Thrower

Senior

Daniel McKune has a relentless determination to be a great student of his sport with regards to training both inside and outside the weight room. Over the past four years, I have had the honor to watch Daniel grow into an incredible leader, teammate, and an even better person. Daniel is one student athlete that works hard in every aspect of training, day in and day out.

~Timothy Dombrowski

Kennesaw State University

Jocselyn Powell

Position: Hurdles

Senior

Jocselyn has been one of the most consistent, dedicated, and coachable student-athletes throughout her career at Kennesaw State University. Despite her quiet demeanor, Jocselyn's strength, skill, and unwavering attitude roars her character. Any that see Jocselyn on the track or in the weight room know that she is a competitor and strives for success.

Personal Bests (at 50kg body weight):

Clean = 65kg Front Squat = 100kg

60m = 7.83 100m = 12.2

400m = 56.57

2017 USTFCCA All-America Honorable Mention (400h) ~Jeremy Gough

Lipscomb University

Wayne Newman

Position: Sprints and Hurdles

Senior

Wayne has been ASUN Indoor and Outdoor Runner of the year, National Academic All- American, ASUN scholastic athlete of the year, Don Meyer Award winner, and 3 time East preliminary Qualifier. In the weight room, he is one of our strongest and most explosive athletes pound-for-pound. His work ethic and drive to be his absolute best are what have helped him achieve massive success at the highest level of NCAA Division I Track and Field.

~Steven Mason

Menlo College

Jonnythan Munkholm

Position: High Jump

Senior

Jonny leads by example in the weight room and has elevated the performance of each of his teammates through doing so. ~Travis Patrick

Nova Southeastern University

Kyle Forsythe

Position: Pole Vault

Junior

Kyle Forsythe is the guy that shows up to his weights session 15 minutes early; always first in line for warm-ups and always getting his work done with maximum effort. Kyle's leadership in the weight room is unmatched. He gives his everything into each and every rep and at the end of his set, in the midst of catching his breath, he is helping his teammates load plates, spotting or motivating them through their sets. He approaches the bar in the weight room the same way he approaches the platform on the track, with the same intensity, determination and passion for the sport. In the true embodiment of a student athlete, Forsythe boasts an impressive 3.8 GPA. ~Steven Orris

Penn State University

Steph Sievers

Position: Javelin

Junior

Steph is a phenomenal person. She excels in the classroom, in the weight room, on the field, in life, and embodies what it truly is to be a Penn Stater. She has a tireless work ethic, is a perfectionist, one of the most positive people I've ever been around, and has absolutely had a greater impact on me than I've had on her. It makes me extremely proud and happy to be able to nominate someone like Steph.

~Cameron Davidson

Sacred Heart University

Adriana Forcucci

Position: Spints / Jumps

Sophomore

Clean – 140 Squat -240 Bench – 125

~Chris Fee



Saint Louis University

Tom Malloy

Position: Thrower

Junior

When Tom came to SLU as a freshman thrower, he needed a lot of work to compete at the level of his upper classmen. Since day 1, Tom has been diligent about getting better in the weight room and in the ring. Whether it is coming in every day during the summer at 6am or coming in early to team lift to work on some rehab exercises, Tom does what is needed to become a better thrower. Throughout his career at Saint Louis University, he has become a better student-athlete by dedicating himself to the weight room while exceling as a student also. Tom continuously pushes himself and his teammates which has led to constant improvement in the ring. ~Alison Muenz-Winkler

Shawnee State University

AJ Barber

Position: 400m/Mid-Distance

Senior

2017 4x800m relay conference champion, 2nd place 800m, 3rd place 4x400m relay
2017 Indoor 600m conference champion
2018 Indoor 4x800m relay conference champion
Has worked extremely hard since starting our strength and conditioning program and setting personal records in Bench 253lbs., Squat 259lbs., and Power Clean 171lbs. AJ has been a great leader by example to his younger teammates by always being on time and working hard as well as being a positive motivator. ~Blaike Smith

South Dakota State University

Oksana Covey

Position: Mid Distance

Sophomore

Oksana is an extremely dedicated athlete with high aspirations. Her outstanding work ethic has helped lead her to setting 4 school records: 600m 1:32.53, 800m 209.31, as well as the indoor and outdoor 4x400m relay records. She is very gifted in the weight room as well. Supplemented with a lot of hard work, she has already achieved a 225lb. squat which is 2x her bodyweight. She is driven to be the best, and she's only just scratching the surface of her true potential. ~Sean O'Connor

South Dakota State University

Savannah Dolezal

Position: Sprinter (400m)

Senior

Savannah transferred to South Dakota State before her sophomore year and quickly proved to both the Track & Field and Strength & Conditioning staffs that she was committed to being the best sprinter she could be. Her incredible work ethic and passion for training hard both on the track and in the weight room has allowed her to become one of the fastest 400m runners in SDSU history. At a body weight of 128.4lbs, Savannah can Power Clean 150lbs, Squat 225lbs, Bench Press 150lbs and has a 24 inch Vertical Jump. Savannah never needs to be motivated and is a pleasure to coach. I am confident she will succeed in any endeavor she chooses after her career as a student-athlete. ~Adam Parsons

TCU

Justin Sanchez

Position: Hammer Throw

Senior

Justin Sanchez is a model Division I athlete. His dedication to strength development over the past four years has enabled him to become a Big 12 scorer in the Hammer events. His strength levels and fitness levels have continued to develop each year and have provided success to his track and field career. His passion to excel in the wt. room and in his throwing events has been remarkable. He has been driven to become a Big 12 thrower and has become successful through hard work, technical development and passion. ~John Kenneson

Towson University

Megan Kelly

Position: Sprints/Hurdles

Senior

Megan has showed extreme dedication and effort in training this past year. She has battled various injuries through her college career but remained persistent in getting better everyday. Not only does she give her all in the weight room and takes care of her body extremely well. She can power clean 185 lbs, squat 300 lbs, and deadlift well over 300 lbs. Though she excels on the track and weight room, she is always trying to improve to be the best. This trait is what sets her apart from others and attributes to her success. ~Justin Houng



Troy University

Riley Schwietz

Position: Heptathlete

Senior

Riley was elected team captain for track and field from 2016-present. She has been a current executive member of the Student Athlete Advisory Committee (SAAC) since 2016. In 2017, Riley was awarded the Trojan Inspire award, the Trojan spirit award and has been recognized for her outstanding leadership in the HSTM program. athletically, Riley has continued to earn points for her team at the Championship level. She placed top 8 in the Women's pentathlon competition in 2016 and 2017. she has also been in the top 8 sports in the Women's Heptathlon in 2015, 2016, and 2017. Riley currently holds the record at Troy in the women's pentathlon. On top of the multi-events, Riley also competes individually in the women's javelin throw where she has placed in the top 5 in 2016 and top 8 in 2017. She has been an active member in her community, specifically in youth sports. since 2009, Riley has been passionate about raising money for the Scott Sullivan fund, a scholarship fund that has awarded underprivileged youth athletes scholarships for college.

Some of her numbers: body weight 161 lbs., Back Squat 255, Bench 170, Power Clean 190, Dead lift 285, Vertical Jump 28 inches.

Riley is not only an good athlete but an exceptional student receiving her undergraduate degree in Sports Management and a minor in Leadership Development and has a GPA of 3.87. She is now working on her Masters in Global Business (MBA) and has a GPA of 3.33. ~Richard Shaughnessy

University of California, Berkeley

Kendall Mader

Position: Discus

Senior

Clean: 215

Bench: 175

Back Squat: 315

Kendall has so much power, strength and personality packed into her 5'6" 150lb frame. She has a contagious personality and brings so much positive energy to all training sessions. That energy is carried over into throwing as she finished 3rd at Pac 12's as sophomore in 2017 and is 8th all time at Cal.

Facing an injury early on in the fall, I've only seen her push harder at training, doing everything she can possible to heal while also keeping up with her training. She's always pushing her teammates to better themselves and bring them up when they are down. Kendall is always the last one to leave, doing extra work to give herself the competitive edge. As a team captain, I've seen her grow in her leadership abilities and training. Kendall's work ethic, drive, and energy is sure to make her a top contender in the Pac 12 and the NCAAs.

~Courtnee Butler, Cal Track and Field S&C



University of California, Berkeley

Peter Simon

**Position: Shot Put
Senior**

Push Jerk: 460 Bench: 440
Back Squat: 585 Clean: 390

With a work ethic and dedication to throwing and training like I've never seen, Pete has quickly become one of the most accomplished athletes at Cal. Pete won a hard fought battle to become Pac 12 Champ and was the first Cal shot putter to score at Nationals since 1981 in 2017. He is also a two time All-American. Even with all of these accomplishments Pete comes to training everyday with only one mindset, do everything he possibly can to get better. He is consistently the hardest worker in the weight room and on the track. This work ethic has influenced all of his teammates especially the younger shot putters. Pete holds his teammates to a high standard of achievement, keeping them accountable in their training while also helping to coach movements and exercises they might be struggling to perform. Pete's accomplishments and work ethic has set the tone for a standard of excellence that will carry on long after he finishes his collegiate career at Cal. -Courtnee Butler, Cal S&C

University of Nebraska Omaha

Kayla Sabotin

**Position: Distance
Senior**

Kayla has displayed great dedication to strength and conditioning during her athletic career. She has been devoted to improving herself as a cross country and track athlete, utilizing the weight room as a key to her athletic success.

Kayla has posted personal bests in the Power Clean (110 lbs), Back Squat (190lbs), Bench Press (85lbs), and Vertical Jump (19 in). 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 Kayla's XC and track accomplishments, she has proven to be dedicated to the class room and within the community. Kayla is a perfect candidate for this award and is bound to excel in all of her future endeavors. -Logan Ogden



US Air Force Academy

Britt "Chip" White

Position: Sprints/Hurdles

Senior

Chip has been a leader and a role model in the weight room and on the track. He has lead the team to numerous MWC Conference Championship titles, and represented the US Air Force Academy at the NCAA DI Outdoor T&F championships. He has the heart and mind of a champion. Chip's willingness to work his weakness, and never being satisfied with the norm is what sets him apart. His work ethic, diligence in training, attention to detail and dedication to excellence has elevated his performance in strength & conditioning, but more importantly, he has inspired everyone around him to do the same. The U.S. Air Force's greatest strength is the individuals that comprise it; Chip is the kind of man that encompasses the qualities necessary to lead and serve as an outstanding officer in our United States Air Force. -Dana Lyon

William Woods University

Madelyn Scrivner

Position: Throws

Senior

Maddie can to William Woods as an undersized thrower. She had some success in high school but really developed once was in our program. Maddie took to the program quickly and immediately showed her work-ethic. She quickly became a leader simply by her example. As she grew stronger and her quickness increased her throws became more impressive.

She now holds the school records in the indoor and outdoor shot, the weight and hammer throws. She is second all-time in the discus.

Maddie has become an NAIA All-American in the Hammer and is looking to add the same honor in the Weight.

She had to develop her strength and quickness in order to overcome being short which can be a big disadvantage in the throwing events.

Maddie has squatted (475lbs), and bench pressed (201lbs), both are the most of any female athlete at William Woods University. She had also had a Hang clean of 195lbs.

With all these accomplishments the best one is she will be graduating in four years with her degree in special education. -Robert Jones



Angelo State University

Meghan Parker

Position: Setter

Sophomore

Meghan Parker is not only a leader in the weight room, but a huge asset on the volleyball court. As a starting setter for the Angelo State University Rambelles, Meghan does not only focus on her success, but the success of her fellow teammates and coaches. Her work ethic and effort in the weight room is what has helped her to become an All-American setter as well as develop a tremendous positive leadership trait. Meghan is not only a great athlete, but a great person and has a bright future ahead of her. ~Joe Powell

Black Hills State University

Sierra Stugelmeyer

Position: Middle Hitter

Junior

Sierra has seen her level of play increase with her development in the weight room. She had her best season to date and is looking to perform even better next year. Sierra sets the tone for the team each lifting session. ~Aaron Siekmann

Buffalo State College

Bryanna Fisher

Position: Distance

Sophomore

Bryanna has worked extremely hard in the weight room to help achieve her goals on the court. Her dedication to training shows on the court since she is easily one of the most resilient and athletic volleyball players we have. This has allowed her to become a key player on our Bengals Volleyball team. Bryanna has demonstrated the work ethic that is needed to be successful both on the court and in life.

~Nathan Young

Cornell University

Jenna Phelps

Position: Middle Blocker

Sophomore

Cornell University middle blocker Jenna Phelps was named 2nd team All-Ivy League after an outstanding sophomore season, ranking #7 in the Ivy League in hitting % and #1 in the Ivy League (10th in the nation) in Aces-Per Set, in fact her 7 aces against Brown University tied for the 2nd most in a game among all D1 schools for 2017.

She also ranked #2 in the Ivy with 1.18 blocks per set, her 14 blocks against Brown were the 4th most in a game this season among all D1 schools.

The career-year also etched her name into the Cornell Volleyball record books;

- tying for the 2nd highest Aces Per Set ratio in school history
- 4th highest Attack % in school history
- 4th highest Blocks Per Set rate in school history
- 19th most Service Aces during 1 season in school history
- 25th most Blocks during 1 season in school history

~Joseph Potts

East Central University

Lily Porsa

Position: Libero

Senior

"Lily has been an amazing leader by example day in and day out during her entire time at ECU. The proof is in the results of having tied for the highest female vertical I have ever coached." ~Scott O'Dell



Eastern Kentucky University

Ciera Koons

Position: Middle Blocker

Senior

SENIOR F'17

Started 21 matches (due to injury). Had 7 kills vs Seattle Univ., & 7 blocks vs Grand Canyon. Recorded 57 kills, 38 digs, & 78 blocks. Colonel Scholar Award winner.

JUNIOR F'16

Started all 30 matches. Led team in blocks (125). Had 165 kills & met 100+ mark in all of her 3 seasons. Recorded 10 kills 3X. Logged 9 service aces. Recorded 6+ blocks 9X. Colonel Scholar Award winner.

SOPHOMORE F'15

Started in 31 matches. Had 110 kills. Tallied 76 blocks. Recorded 9 kills vs Troy. Logged 9 blocks vs North Florida. Colonel Scholar Award winner.

FRESHMAN F'14

Played in all 35 matches. Led team in blocks (100). Posted 5 blocks 5X. Earned spot on Ohio Valley Conference Commissioner's Honor Roll. Colonel Scholar Award winner. ~Jim Larkin

Endicott College

Donovan Dey

Position: Opposite Hitter

Sophomore

As a talented young student-athlete last season, Donovan has seen his game elevate to a new level, becoming one of the focal points of the Endicott offense, due in large part to his dedication with our strength and conditioning program. While just a sophomore, Donovan has developed into a leader in the performance center, pushing every teammate to demand the best from themselves, further instilling a level of accountability that will push the team and our athletic department to new heights. A strong student off the court, Dey's charisma leads his teammates to gravitate towards his, further strengthening his leadership abilities.

~James Daley

Endicott College

Mackenzie Kennedy

Position: Defensive Specialist

Sophomore

Mackenzie truly understands the value of strength and conditioning as an integral part of her athletic experience and performance. She is the team's hardest worker in and out of season and has become a tremendous leader and encourager to the rest of the team. With goals and standards for all of our testing, Mackenzie isn't content to pass the test she is always striving for the gold standard for herself. Over the past year, her maturity and thought process towards her overall development has grown. She is very cognizant of rest, nutrition, and volume as part of the entire process rather than the "more is better" attitude. ~James Daley

Eureka College

McKenna Cleer

Position: Setter

Junior

She gives 100% effort every moment she trains. Over the 2017 off-season, she was the most improved Volleyball player on campus. Her Back Squat increased over 100 lbs from January to August, and Vertical Jump increased over 6 inches. Her hard work paid off on the court as she appeared in 25 out of 26 matches in 2017. ~Matthew Friend

Glendale Community College

Kylee Smith

Position: Outside Hitter

Sophomore

Kylee is first and foremost an outstanding person and an honor student at Glendale Community College. She has worked extremely hard in the weight room, year-round, for the past 2 seasons which has elevated her play on the court. She has set personal bests in all her lifts, including Power Clean, Hang Clean, Back squat, and Front squat. She earned ACCAC 1st Team All-Conference; NJCAA All-Region 1; NJCAA 2nd Team All-American. She is also nominated for NJCAA Academic All American which will be revealed in the Spring (she will get it). She currently has an offer from Lee University in Tennessee which she will accept. ~Derek Drumtra



Haverford College

Zoe Wong

Position: Setter

Senior

Zoe is one of the most well-rounded student-athletes I've had the pleasure of working with at Haverford. As a high level Biology student, Zoe was a first-team all-conference performer the last two years and was voted to the Philadelphia area all-academic team following her senior season. Zoe's success in multiple areas is a testament to her dedication and enthusiasm for the task at hand. Regardless of how many directions she's being pulled in, Zoe has shown an insatiable zeal for training with a purpose that has overhauled her team's training culture. She is a fitness fanatic that increased her vertical jump 7 inches during her career and for a long time was in the school's all-time top 3 for pro-agility. Her performance however extends well beyond herself, as the multi-year captain is leaving behind a legacy of energy and dedication that will extend well past her graduation. ~Cory Walts

Humboldt State University

Jessica Lammers

Position: Setter / Outside Hitter

Senior

Jessica Lammer's highly successful collegiate volleyball career was built through her dedication to strength and conditioning. Jessi never missed a workout, and when the demands of the Volleyball off-season routine were not challenging enough, she trained and competed in Olympic Weightlifting! Her best marks in the weightroom included a 175 pound clean, and a 210 pound squat. In a career that included four full seasons of competition, Jessi finished with 1,342 assists, 570 digs, and started 48 matches. ~Andrew Petersen

Huntingdon College

Bria Rochelle

Position: MH

Senior

Bria is extremely deserving of this recognition. Her work capacity, mindset, and training habits set the bar high for everyone she is around. Bria has played an integral role in the advancement of our court team, and in the development of our sand team. ~Charles Goodyear

Lamar University

Amy Hollowell

Position: OH

Senior

Amy Hollowell thoroughly enjoys training and competes with herself and others daily in training. Hollowell's desire to challenge her body's limits are evident in the intensity she brings to her lifts. In between sets she is constantly heard motivating teammates to maximize each repetition. She set the school record for clean at 173 lbs in her senior season. In team competitions she refused to lose and was able to win the off-season competition through her fighter mindset. Her toughness was most evident when she didn't miss a single game in her senior season even though she was battling nagging injuries throughout. Amy's leadership skills will serve her well as she moves into her career post-athletics. ~Daniel Darcy

Pace University

Meilyne Atienza

Position: Libero

Junior

Meilyn Atienza has been a tireless worker since her first day on campus. Constantly working around a busy nursing major schedule, she has always found time to dedicate herself to strength and conditioning. She has attained max numbers of 270 lbs in the Box Squat and 120 lbs in the Bench Press and a 23" mark in the vertical jump. Her constant work ethic has radiated to her teammates, and influenced a growing program. ~Troy Thompson



St. Johns University

Julia Cast

Position: MB/OH

Senior

Julia's Weight Room S&C PRs:

Back Squat: 275x1

Front Squat: 225x1

Clean: 160x1

Overhead Press: 105x3

Vertical: 26"

Approach Vertical: 30"

Julia's VB Stats Include:

ECAC Offensive POY & 1st team (2017)

All-Big East Second Team (2015)

Ranks 9th All Time @ SJU in Kills

3rd Most Kill Attempts in a Season

8th highest kills in a year

3rd highest hitting percentage all time

2017 National Rankings

42nd in kills per set

36th in total kills

26th in total attacks

41st in attacks per set

Julia is a special talent that comes around once every so often. Her desire to get better cannot be matched. Her work ethic, determination and passion for the game of volleyball makes her an amazing young lady to work with. Relentless in the weightroom, Julia will run through a wall to do what it takes to get better. She is a well rounded student-athlete who will succeed at the professional level for volleyball and in the workplace when her athletic career is finished. It's been an absolute honor to work with her. ~Phillip Giackette

Peru State College

Kira Shapiro

Position: Right Side

Junior

A two-year starter at Peru State College where she majors in Kinesiology with a psychology minor, Kira was a 2016 & 2017 Omaha World-Herald All-NAIA Honorable Mention as well as a 2017 Daktronics-NAIA Scholar Athlete. For the 2017 competitive season, Kira was sixth in the Heart of America conference with 383 total kills, eighth with a .243 hitting percentage, and finished 12th averaging 2.7 kills per set. Additionally, Kira tied for 13th with 101 total blocks and was 19th overall averaging 0.7 blocks per set. Academically, Kira currently maintains a 3.925 grade point average and has been named to the Dean's list for three consecutive years. ~Kyle Ryan

Sacred Heart University

Lila Palmer

Position: OH

Senior

Clean – 185 Squat – 285

Bench – 135 Vert – 27.5

5'9 150lbs

~Chris Fee



Texas Christian University

Lamprini Konstantinidou

Position: Setter

Senior

Prini has gone above and beyond to increase the capacity of her volleyball game by working tirelessly in the weight room. ~Michael Wood

Troy University

Reina Terry

Position: Setter

Senior

Reina was placed in a position as being a team leader both on and off the court and in the weight room. She embodies the moniker student athlete. Her relentless pursuit of academic excellence over the past 4 years has been a shining example to her volleyball teammates and other Troy Athletes. Reina is receiving a double major, getting degrees in both political science and Psychology, with an overall GPA of 3.88. Reina has completed multiple semesters with a perfect 4.0 GPA, and even studied abroad in Cuba.

In addition to her academic accomplishments, Reina has been a 4 year starter despite a potential career ending Achilles injury. Reina's commitment and dedication in the weight room during her rehab established her as one of the hardest working and dedicated Trojan Volleyball players ever here at Troy.

In addition Reina will be attending Emory Law School after graduation here at Troy.

~Richard Shaughnessy

University of Nebraska Omaha

Gessica Gdowski

Position: Outside Hitter

Junior

Gessica is a great leader, a great teammate, and a tremendous person. She has demonstrated her commitment to the weight room and to her preparation over the past three years. She has remained consistent in her pursuit of excellence as she has dealt with multiple injuries. She has committed herself to always improving not only herself, but everyone around her. She is a natural, selfless leader that makes everyone around her better. She has remained a tremendous role model to her teammates and has been instrumental in positively changing the culture of the volleyball program. All of her achievements are a credit to her tireless work ethic and commitment to serve those around her. She volunteers in the community and is committed to making a positive impact on all those around her. She was named to the Summit League All Freshman Team, the Summit League's Academic Honor Roll and Distinguished Scholars List, and the Commissioner's List of Academic Excellence.

~Mike Shukis



University of San Diego

Kristen Gengenbacher

Position: Setter

Senior

Height: 5'7"

Power Clean: 191

Back Squat: 276

Bench Press: 149

Block Jump: 9'3 ½"

Approach Jump: 9'7 ½"

Named the WCC Player of the Year, Kristen has brought the same dedication and work ethic to the weight room. She is self-motivated, energetic and disciplined, and the ideal student-athlete to work with as a teammate. Kristen has been honored for her excellence on the court and in the classroom. Honors include being named an AVCA second team All-American, All-Pacific South Region, WCC All-Academic and CoSIDA All-Academic District VIII. -Mark Lamoreaux

University of Sioux Falls

Janelle Lam

Position: Defensive Specialist

Senior

Janelle was a great leader and a great worker for her entire career here at USF. She was one of our strongest players in the weight room, and that translated into her quickness and explosiveness on the court. She did an outstanding job with leadership with the team along with never being outworked. -Zach Mathers

Wayne State College

Maria Wortmann

Position: Middle Hitter

Junior

Maria has been a weight room beast since she arrived at WSC. Although she injured her knee this year she has been working extra hard to recover from it. She has back squatted 250lbs and hand cleaned 175lbs. Her combination of natural strength and her ambition to get better everyday has helped her so much but mentally and physically.

-K Grant Darnell

Webster University

Rachel Mencil

Position: Middle Hitter

Senior

Rachel has served as an active leader in our strength and conditioning program over the past 4 years. She is one of the hardest working and most team-oriented competitors in our athletics department. Her power and strength expressed both in the weight room and on the court is unmatched and her disciplined nature to improve sets her apart from the rest. Rachel exemplifies the true definition of a Webster University Student-Athlete. -Matt Saitz

West Texas A&M University

Crystal Thomas

Position: Middle Blocker

Senior

Crystal attacks the weight room like she attacks life, with energy and enthusiasm! She arrived from junior college with a little bit of a S&C background but jumped in and made tremendous strides. She started her final season with great testing in August. 160lb Hang Clean, 130lb Incline, 165lb Bench Press, 230lb Front Squat, 255lb Deadlift and a 27" Vertical Jump. Crystal had a great senior season leading the Lady Buffs to the regional championship!

-Sarah Ramey

Wilkes University

Madison Scarfaro

Position: Outside Hitter

Senior

Madison was a great leader for our Women's Volleyball team on and off the court. In the weight room she led by example and pushed her teammates to always do their best. She tied our female athlete hang clean record with 145 lbs. She is great example of a division III student-athlete with a double major in political science and criminology while maintaining a 3.52 gpa. -Keith Klahold



Drexel University

Garett Hammond

Position: 157 Weight Class

Senior

Garett has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Garett'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

Duke University

Jacob Kasper

Position: Heavyweight

Senior

Duke's starter at heavyweight ... NCAA All-American ... Finished sixth at the NCAA Championships ... Became Duke's third All-American in program history with a win over Nick Nevills of Penn State in the NCAA quarterfinals ... Posted a 30-6 overall record ... Five of the six losses came against top 20 opponents ... One of just 13 Blue Devils to win 30 matches in a season ... Started the season unranked before earning the No. 4 seed in the NCAA Championships ... Captured the Southern Scuffle title – the first in Duke wrestling history ... Upset No. 8 Denzel Dejournette of Appalachian State, No. 11 Austin Schafer of Oklahoma State and No. 6 Michael Kroells from Minnesota en route to the prestigious title ... Finished the season 9-8 against ranked opponents ... Went 11-2 in dual matches and 4-1 in ACC action ... Upset then No. 3 Ty Walz of Virginia Tech during his 20-match win streak ... Also won the Southeast Open and Wolfpack Open ... Took second at the ACC Championship with a loss to Walz ... Led the team with six falls and scored a team-high 50 points in his 11 dual victories ... NWCA Scholar All-America ... All-ACC Academic Team. ~Alexander Merrill

Huntingdon College

DeAndre Beck

Position: 141 weight class

Senior

Deandre is extremely deserving of this recognition. He has done an exemplary job in all facets of his training, as well as in delivering expectations of the same standard to those around him. DeAndre has played an integral role in the development of the culture within our young wrestling program. ~Charles Goodyear

Menlo College

Precious Bell

Position: 170 lbs.

Sophomore

Precious is a force to be reckoned with on the mat due to her consistent work in both the mat room and weight room. ~Travis Patrick

Menlo College

Anthony Orozco

Position: 174 Lbs.

Sophomore

Anthony is currently ranked second in the the nation at 174 lbs. As a freshman he placed 4th and received All-American honors at 165 lbs. He is a consistent workhorse in the weight room looking for new ways to push himself each lift and continue to gain strength in-season. Additionally he earned a 3.74 GPA showing his dedication to excellence in the classroom as well.

~Travis Patrick

Menlo College

Jovan Villalobos

Position: 197 lbs.

Senior

Jovan is a senior and currently ranked top 20 in the country. He is a consistent workhorse in the weight room looking for new ways to push himself each lift and continue to gain strength in-season. He earned all-conference academic honors this season as well showing his dedication to the classroom.

~Travis Patrick



Simpson College

DC Scott

Position: 197

Junior

DC Scott Wrestling: bodyweight 205lbs, Power clean max 291lbs, Bench press max 320lbs, Back squat max 455lbs, Pull-ups 18

DC is a standout student-athlete on and off the mat. He has put his efforts to work in the weight room which have translated tremendously to the mat. DC has a current season record of 25-9 while competing in the strongest D3 wrestling conference in the nation. He is highly respected by his teammates and is a leader that is an excellent example of our program philosophy. DC is currently nationally ranked in the top 20 at his weight and we believe he will have the opportunity to earn All-American honors this season. DC represents Simpson College with a great work ethic, phenomenal effort and outstanding attitude. ~Nate Hansen

South Dakota State University

Alex Macki

Position: Heavyweight

Senior

Alex has an incredible work ethic which has led him to a tremendous amount of success as an SDSU Wrestler. Being a 3 year starter, he has helped to revive a program leading to a national #12 team ranking. In the weight room, he has progressed immensely to a personal best Deadlift of 550lbs. Despite being a great Wrestler, he is an even better person who will have a great impact once he leaves SDSU. ~Sean O'Connor