

2019 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.

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NSCA Mission Statement

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

Editorial Note

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

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Catawba College

Mike Manoogian

3rd Base

Senior

Mike is one of the hardest working athletes on his team and on campus. He is constantly searching and inquiring for ways to get better and improve performance on the field and in the weight room. He is another athlete that comes to the weight room on non lifting days to work on his flexibility, mobility, and prehab, and is always seeking permission for an extra lift. He is an athlete that needs to be told to do less so he doesn't overtrain himself. He has a reputation for working hard and not being out worked. He is a stand-up guy that takes the time to talk to other athletes on campus and wish them well in their competitions. He is a great supported of all of our schools athletics. In addition, Mike aspires to be, and is working toward, joining our nations military as a Navy SEAL. ~Ben McConnell

Catawba College

Riley Myers

Pitcher

Senior

Riley is one of the hardest working athletes on his team and out of any athlete on campus. In addition to his work ethic during team lifts, Riley comes into the weight room during non-lifting days to do extra pre-hab, flexibility, and mobility work. He is constantly working on his craft to make sure he can always be at his best and be healthy. Riley not only works on preparing his own success but he encourages his teammates and holds them accountable for their efforts in order to make sure the team is ready to

compete at a high level. In addition to his weight room dedication, Riley has good grades and is pursuing graduate school. ~Ben McConnell

Dallas Baptist University

Jarod Bayless

Pitcher

Senior

In Jarod's two years at Dallas Baptist, he has shown an unwavering dedication to the process of physical preparation, understanding the all-important role that it plays on the the path to consistent execution. As a student in the Kinesiology program, Jarod's knowledge of the human body, its systems, and its processes has helped him immensely in understanding the why behind each part of the training process. His example in the weight room and on the field shows his dedication, competitiveness, attention to detail, and his work ethic. Jarod has a very bright future in the world of athletics and athletic development. ~Adam Ross

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Eastern Michigan University

Zach Owings

1st/3rd

Junior

Zach is a great candidate to be a NSCA All-American. He has excelled in the class room, weight room and field. He is a business administration major with special interests in strength and conditioning, currently holds a 3.6gpa. He is a weight room warrior and it shows on the field. Zach's weight room accomplishments are second to none. 6'3, 200#, Power Cleans 300, Front Squats 375, Bench 270, 6.5sec 60x. As a sophomore he lead the team in BA (.350), and stolen bases. He has volunteered all three years with our 2nd and 7 program here in Ypsilanti reading to children. Last summer he interned with our basketball strength coach assisting with both men's and women's basketball. Because of his blend of strength, power and speed he is getting serious attention from MLB scouts as a possible draft pick in this years draft. Once his playing days are over he plans to pursue a career in strength & conditioning. For these reasons I believe he would be a great choice for NSCA All-American. ~Aaron Short

Emerson College

Sam Knox

Pitcher

Junior

Sam has bought into the programming 100% and always asks questions to learn more about specific movements and the best way for his pitching to benefit from the workouts. Working with Sam is always a collaborative experience and he models hard work, purpose and intent to the underclassman pitchers on the staff. ~Jennifer Boyden

Fitchburg State University

Thomas Parsons

Pitcher

Senior

Tommy Parsons is the epitome of what we want our Strength and Conditioning program to represent. After battling back from Tommy John surgery in 2017, Tommy had a successful 2018 season on the mound. Going into his his 5th year season, he suffered a torn ACL in the October of 2018. Through a relentless effort in both rehab and the weight room, Tommy got himself back to throwing off of a mound in February, just 4 months after surgery. He is now primed to have a great season on the mound, which is a direct reflection of his commitment to his team, his work ethic, and his drive.

~Jim McGuire

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Haverford College

Tom Phillips

Pitcher, First Base

Senior

Tom has used strength and conditioning to elevate his game on the field and drive the continued success of the Baseball team. As a two-way player (pitcher and first baseman), Tom has had to prepare his body for a variety of requirements. By adding an impressive amount of strength (555 pound deadlift, good for second in school history) to his 214 lb frame, Tom has increased his vertical jump from 20.5 inches to over 32, while maintaining above average speed. Tom brings this focus with him to the classroom and the field, leading to two selections to the Centennial Conference Academic Honor Roll. As a senior captain, Tom also drives the ship for the Baseball team's strong culture surrounding strength and conditioning. He cares not only about making himself and his team better, but enhancing the entire athletic department, evident by his volunteer position on the Strength and Conditioning Advisory Committee for two consecutive years. Tom's intense drive and quiet thoughtfulness has made me a better coach and is something I will miss next year. ~Cory Walts

Huntingdon College

Will Cosby

Outfielder

Senior

Will has been a consistent performer, and leader, throughout his career. His dedication to training has been a great example to all of our athletes.

~Charlie Goodyear

Lindenwood University

Dominic Revetta

First Base

Junior

Great players are willing to put in the extra hours of work to improve themselves. However, great teammates and leaders go beyond that and bring other teammates with them in order to improve together. Dom has demonstrated this ability to positively influence the Lindenwood baseball team's culture and development on the field and in the weight room. In addition to his leadership skills, Dom has fully bought in to the team's strength and conditioning program after having dealt with injuries early in his college career and seeing the positive impact strength and conditioning has had on his performance on the field. As a result, I believe Dom is a great candidate for the NSCA's All-American Award. ~Michael Reese

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Nova Southeastern University

Kyle Kilbourne

RHP

Senior

Kyle Kilbourne
Sport: Baseball
Position: RHP
Redshirt Senior

Kyle Kilbourne is the epitome of a student-athlete. An extremely hard worker in the weight room and on the field, Kyle has shown improvement in every category of strength and conditioning. Over the course of his career, the baseball team has benefitted from Kyle's infectious positive attitude and his attention to detail. He consistently holds himself and his teammates accountable to the highest level of effort and commitment. As evidence of his service as a former SAAC president, Kyle is dedicated to increasing the welfare of everyone around him. Additionally, in the true essence of a well-rounded student-athlete, Kyle is carrying a 3.62 GPA in the National Security Affairs graduate program.

~Steven Orris

Pace University

Dan Wirchansky

Pitcher

Senior

Dan Wirchansky has done a tremendous job in his strength and conditioning development to help establish himself as one of the best pitchers in the country. He has a personal-best max on his Rear foot elevated Split Squat of 280lbs and Trap Bar deadlift of 405lbs. In 2018, Dan was the NCAA statistical champion for ERA with a mark of 0.71. He compiled a 63:5 K:BB ratio,

while holding opponents to a .140 batting average. He was named to the NE10 All-Conference First Team, as well as the D2CCA All-America Third Team.

~Philip Ryder

Radford University

Kyle Butler

Infield

Senior

Kyle came into our program with very high aspirations. He met every challenge in his path head on with a fierce attack and competitive spirit. He challenged himself as well as those around him while elevating the level of work around him. Kyle set goals on and off the field which fueled his passion for success. ~Scott Bennett

Rochester Institute of Technology

Kyle Terzini

3B/OF

Junior

Kyle has continues to demonstrate significant strength in the weight room and never misses an opportunity to get under a bar. His work ethic and enthusiasm has proven contagious amongst his teammates. Under his leadership, the R.I.T. Baseball team has become an exceptionally dedicated and hard working group of young men. Outside of the weight room, Kyle is a New Media Marketing major and works within the R.I.T. Athletics Equipment Room. Kyle has a broad jump of 9 feet and a vertical of 34.5 inches and Back Squats over twice his body weight with a current max of 415#.

~Ryan Kelly

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Stony Brook University

Mike Wilson

Outfield

Junior

Mike Wilson is the definition of a silent beast. He may not be the loudest or most vocal leader in the weight room but he consistently leads by example. I often find Mike staying after to get extra work in on his own. Over the off-season he was able to increase his Front Squat max 30 pounds and currently has the fastest Pro-Agility on his team with 4.09. His strength was proven in the first two series of the 2019 season as he leads the team in home runs with 3 over 6 games, all 3 coming in high pressure situations. I look forward to seeing what Mike will do over the rest of the season as well as his senior year. ~Kaitlyn Newell

Texas Lutheran University

Tyler Cauley

Outfield

Junior

Led nation in total bases...Third Team All-American as chosen by D3baseball.com and ABCA/Rawlings...First Team All-Region...First Team All-Conference...All-Tournament team at NCAA DIII World Series. One of the strongest athletes I have ever coached.

Fall testing numbers: Hex bar deadlift: 620 lb, vertical: 33.5 in, bench press: 385 lb, Pro agility :4.21, 60 yd: 6.76, Pullups: 29, Grip strength: 141.8 Kg (combined L/R)

~Greg Burnett

University of Arkansas at Little Rock

Ryan Benavidez

Outfield

Senior

Through incredible work ethic, dedication and attention to detail athlete improved all aspects of athletic performance, including strength in bench, squat, and dead lift, power in the clean high pull, times in 10 yard and 60 yard sprint, 5-10-5 pro agility shuttle, 300 yard shuttle, and height in the vertical jump. Has shown leadership and has elevated the physical performance of all those around him, while dedicating to improving his craft on the field of play, in the community and in the class room.

~John Lepo

University of Michigan

Jimmy Kerr

Infield

Senior

Jimmy Kerr is the type of student-athlete that makes your program go. He is one of the most selfless players I have ever coached. He is a third generation baseball player at the University of Michigan. His father and grandfather both played baseball at Michigan and Jimmy is the first in his family to be elected team captain by his teammates. He is the truest definition of a student-athlete. While being relentless in his baseball pursuit, he is also studying Industrial Operations Engineering. He holds himself to the highest of standards and is a role model and leader for his teammates. I am extremely proud to nominate Jimmy Kerr for NSCA All-American Strength and Conditioning Athlete of the Year.

~Jason Cole

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University of Southern Maine

Jake Dexter

Utility

Senior

Jake embraced strength training last year helping lead him to numerous post season honors including Division III All American. He made big gains during pre and in season continuing to train his Olympic and Core Strength exercises leading to effectiveness during the entire season. Jake is a leader on and off the field helping and encouraging teammates to continue to train during the season. He made improvements in mobility that allowed him to remain injury free throughout the season. ~James Giroux

US Army-Department of Human Performance/ plays baseball at Cal Lutheran University

Alexander Briggs

Shortstop

Freshman

Alexander exemplifies the qualities that strength coaches and sport coaches desire...he is a focused, driven machine in his never ending pursuit to be a better athlete, both in the weight room and on the field. He leads by example in the weight room always pushing himself to do better and looks forward to intense training sessions. It is hard to keep him out of the weight room and his disciplined, focused approach produces excellent results. He squats 405 lbs., benches 275 lbs. and deadlifts 405 lbs. His pro-agility time is 4.29 seconds and he turns a 6.8 second 60-yard dash. Alexander is 5'10" tall, weighs 187 lbs. and carries 7.3% bodyfat. He has proven himself again and again in the

Army Strong Strength & Conditioning Camps (ASSCC) every summer. ~Doug Briggs

Washington College

Luke D'Ostilio

Infielder, Second Base

Senior

Luke D'Ostilio has continued to improve from day one coming onto the Washington College campus. He has started since his freshmen year at second base. In his freshmen year his average was .258, sophomore year .290, followed by a stellar junior year batting .356 with a .431 on base percentage, and .522 slugging percentage. Luke's junior campaign earned him All-Centennial Conference first team, and All-sportsmanship team. Luke has also excelled in the weight room. He has constantly improved his numbers year after year, while being extremely technical, and demanding that of his teammates. He makes his teammates around him better and helps to instill the same lessons that garnered his improvements over 3 years. He also succeeds in the classroom holding a 3.4 overall GPA, graduating in the spring of 2019 with a B.S. in Biology. We expect great things out of him this spring, and he deserves the recognition of this award. ~Jonathan Jenkins

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Wayne State College

Brice Bisenius

Infield

Junior

Brice is clearly strong and is going above and beyond everyday. He is also hungry to learn more about strength and conditioning. His work ethic will take him a long way and clearly shows physically and on the field.

~K Grant Darnell

Wayne State College

Jake Lemar

Catcher

Junior

Jake is a relentless worker that always brings a positive attitude to the weightroom. His work has translated to on-field successes.

~Sergey Sokolov

Webster University

A.J. Smith

Outfield

Junior

A.J. has improved tremendously over the past four years as a baseball student-athlete

and competitor in the weight room. A.J is an athlete of high character, consistency, and dedication to his team and his training. Because of his efforts, A.J. set the new squat record at 415 pounds with ease. ~Matt Saitz

William Woods University

Zach Smith

1st, 3rd, Catcher

Senior

Zach 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. He has gained strength, speed, and agility to aid his game. By doing so he earned respect from both his teammates and coaches. He is a leader in the weight room and on the field. His hard work eventual lead to earning playing time at two positions that require more athleticism than the one he was recruited for. Zach came in as a first baseman with a good stick but not very mobile. He gained playing time his junior year as a catcher and then earned the starting 3rd base job his senior year.

~Bob Jones

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Albany State University

Tyrell Williams

Forward

Senior

Tyrell Williams is a phenomenal athlete. He uses his size and strength very well on the court, making the game tough on opponents. He is also a leader on and off of the court. He averages 13.8 points per game and 7.6 rebounds per game, while averaging 32.3 minutes played per game.

~Troy Williams

American International College

Aylssa Guyon

Guard

Senior

Alyssa Guyon consistently goes above and beyond when she steps in the weight room and when she is on the court. In my time here at AIC, Guyon always loved to train especially on testing days. She was continuously looking to push it to the next level with her training. Alyssa is someone who you want on your team to drive those who surround her be the best that they can. I wish her the best in her next adventure!

~Rob Bouchey

Black Hills State University

Makaleb McInnis

Guard

Senior

Makaleb is a leader on and off the court. He has a great work ethic and is constantly pushing himself and his teammates to get better. Mak has committed himself the weight room and has seen great results. He set the record for the basketball program

with a 400 lb squat. Also, his dedication to making himself better has kept him healthy throughout the season and given him the ability to play at a high level game after game. ~Aaron Siekmann

Brigham Young University

McKay Cannon

Guard

Senior

McKay's strong work ethic has proven to be a catalyst for success in many areas of the Brigham Young University's basketball program. McKay is a "lead by example" teammate and sets the tone for everyone to follow. McKay has made some of the most significant physical improvements on the team. His vertical jump increased four inches while his lateral agility improved to top of the team at 3.91 sec. Over the past year his strength numbers improved 30 pounds on the back squat to 360 pounds, 50 pounds on the Power Clean to 275 pounds, and 15 pounds on the bench press to 240 pounds. With the endorsement of his teammates and coaches, McKay went from walk-on status to earning a scholarship for his senior year. McKay's effort was evident on the court as well. He nearly doubled his steals from his first year at BYU and secured a regular spot in the starting line-up. McKay's contagious energy sets the stage for his team to have an extremely positive, hardworking atmosphere in the weight room and on the court.

~Erick Schork

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Catawba College

Jordan Barber

Guard

Senior

Jordan has proven to be a great leader and teammate for the program. He has always shown up with a positive attitude and work ethic, which has led to the success he has seen in the weight room as well as on the court. ~Wayne Adams

Central Maine Community College

Brooke Reynolds

Forward

Senior

Brooke is a senior nursing major. Her commitment to our strength and conditioning program complemented her tenacious brand of basketball. Her name appears repeatedly in our top ten strength and conditioning performance rankings. Well recognized for her basketball accomplishments, she is a 3-time USCAA DII 1st-Team All-American and was named Tournament MVP on the Mustangs run to the 2017 USCAA DII National Championship. ~Jim St. Pierre

Central Maine Community College

Freddy Webb

Guard

Senior

As a second-year player and captain, Freddy provided steady guidance and leadership on and off the court. Heading into his senior season, Freddy expressed and accomplished a goal of inspiring people around him. He is an exceptional leader by example for his teammates in our strength

and conditioning program. His name appears repeatedly in our top ten strength and conditioning performance rankings. His academic curiosity is infectious for his fellow classmates and instructors in the Physical Fitness Specialist major. Understanding and applying the science of exercise has inspired him to pursue a career in the strength and conditioning profession. ~Jim St. Pierre

Denison University

Valesha Province

Guard

Senior

As a senior, Valesha started all 27 games for the Big Red. During her senior season, she was named to the All North Coast Athletic Conference second team. A four year regular, Valesha averaged 7 points a game while shooting 81% from the free throw line. Valesha has also been a student worker in the weight room for the past three years. She also completed a summer internship at Coastal Carolina University, working as a strength and conditioning coach. Over the course of her career in the weight room she has increased her squat max from 125 to 195 lbs, her pull up total from 3 to 15, and her vertical jump nearly two inches. Valesha is a Health, Exercise, and Sport Studies major, with a minor in Biology. She is pursuing a career in the strength and conditioning field. ~Beau Scott

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Eastern Michigan University

Jalen King

F/C

Sophomore

In his second year of the program, Jalen King has continued to mature and grow into a model Strength & Conditioning athlete that embodies all facets of physical development and the team culture. Jalen embraced our training and nutrition protocols, and was eager to learn the why behind our training load and recovery analytics. In return, he was able to build his body up from 190 lbs to 215 lbs, which increased his confidence and performance on the court throughout his sophomore season. ~Sean Conaty

Emerson College

Trevor McLean

Guard

Freshman

Trevor is a hardworking and driven student athlete. He understood early on the importance of strength and conditioning as a tool to help himself and his teammates on the court. His consistency in the weight room was fantastic throughout his freshman season as he continued to improve. He established himself as a leader in the weight room making sure his teammates were putting in the time and as well during the season. Trevor is incredibly coachable and this year is but a small glimpse into what will be a fantastic college career.

~Ronald Smithers

Fort Hays State University

Tatyana Legette

Forward

Senior

Tatyana Legette was a four year player, starting every game in her last three years. She is a 3 time all conference and 4 time academic all conference honoree. Tatyana was a driving force for her team, not only on the court, but also in the weight room. She would spend her summers committed to the weight room to not only improve her strength, but to maximize her explosiveness to build on her game on the court. She has a tremendous work ethic and desire to be her best at all that she does. Tatyana is an awesome athlete, but even more a tremendous young lady.

~Doug Boucher

Huntingdon College

Scotty Chadwick

Forward

Senior

Scotty has been a tremendous leader for our basketball program. His dedication to training has left a lasting impact on our program. ~Charlie Goodyear

Huntingdon College

T.I. Duncan

Guard

Senior

T.I. has provided invaluable leadership, and a phenomenal mindset for our program. She has been extremely dedicated and reliable throughout her career.

~Charlie Goodyear

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Ithaca College

Meghan Mazzella

Guard

Senior

Meghan is a great standard for teamwork, discipline (i.e. attention to detail), perseverance and leadership. She is a committed teammate and credible leader by example of hard work. She has proven to be assiduous and persistent through the process. Named to the Liberty League All – Academic Team, Meghan is a leader in the classroom and on the court as a key contributor on three NCAA Tournament Teams. ~Victor Brown

Lindenwood University

Dominique Dobbs

Forward

Junior

When Dominique first stepped on campus as a freshman, he had very little experience in the weight room. He was long, lanky, and lacked quite a bit of body control. He was the weakest on the team and struggled with the most basic movement patterns. However, fast forward to today, and Dominique has made leaps and bounds since then. He has put on a solid 20-25 lbs, become one of the strongest athletes on the team, and, most importantly, he has become the team leader in the weight room. As a result, I would like to nominate Dominique Dobbs for the NSCA's All-American Athlete Award. ~Michael Reese

Lipscomb University

Rob Marberry

Center

Senior

Rob consistently led both by example in the weight room and vocally. He would set the tone and bring energy to our team workouts. He transformed his body over the course of his career by dropping 20 pounds and losing 5 percent body fat while increasing his numbers in the weight room and his production on the court. His pound for pound strength went from 2.82 to 4.29 (squat 205-355 lb., hang clean 100-115 kg., bench 225-305 lb.) His vertical went from 35" - 38", and his lane agility went from 12.25-11.97. Each of these numbers and his work ethic paid dividends on the court which translated to him being one of the few individuals considered for the player of the year candidate for the Atlantic Sun conference during his junior and senior years. ~John Hudy

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Rochester Institute of Technology

Jaymee Rosser

F/G

Senior

Jaymee is a hardworking and dedicated young man. A senior and 2nd year captain of the Men's Basketball team, he is an individual I could count on day in and day out. If something needs to get done, I could trust Jaymee handle the task. He is a leader by example, always the first one ready for every training session with unwavering focus and determination. Outside of the weight room, Jaymee is a New Media Design Major with a minor in Management and holds a 3.0 GPA. Jaymee has a Front Squat of 285#, Bench Press of 200# and Hang Power Clean of 230# with a 28 inch vertical jump.

~Ryan Kellt

Stony Brook University

Jerell Matthews

Guard

Senior

I am nominating Jerell Matthews for NSCA All American of the year, she has been a part of the Stony Brook Women's Basketball program for all four years of her collegiate career. She has become a dominant player on the court averaging 16 points a game and having a season total of 303 points to bring her career total to 787 points. She also boasts a career total of 100 steals and 251 total rebounds. She has managed to attain these totals while sustaining a broken hand during the middle portion of her senior season. Along with her prowess on the court, she has become just as successful in the weight room with a broad jump of 7'9" and vertical jump of 26". With all of these

accomplishments she is able to take on a leadership role on and off the court for her younger teammates. ~Joseph Quattrone

The University of Texas at San Antonio

Nick Allen

Senior

Over his entire career Nick has always given great effort each day in all aspects of his strength and conditioning training. While always been the teams best leader.

~Charles Dudley

Trinity College

Meghan Collins

Guard

Senior

Meg is a lifelong lifter who intends on becoming a college strength coach after graduation. She has interned for me and at Mike Boyle's S&C where she did a phenomenal job. ~Bill DeLongis

Trinity University

Danny Rivara

Forward

Senior

Danny has commit himself to working hard to benefit his performance on the court and in this way has been a great example for his team. His team's season has not come together the way we would have liked, but Danny has continued to work hard to overcome the challenges he has run into along the way. This kind of grit will benefit him beyond the basketball court for years to come. ~Daniel Martinez

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Troy University **Amahni Upshaw**

Forward
Senior

Amahni has overcome both shoulder surgery in high school and ankle reconstruction as a sophomore. She is a senior in Exercise Science with a GPA of 3.377. She was part of the Sunbelt Championship for both (15-16) and (16-17). She's part of Troy Athletics 3.0 club, Sunbelt Honor Roll (3.0-3.49) for (15-16) and (17-18). She also was on the Commissioners list (3.5+ GPA) for (16-17). Her lifts are Bench-140, Squat-255, Clean pull-205, vert-22.
~Richard Shaughnessy

University of Lynchburg **Molly Shephard**

Forward
Senior

Molly has been a consistent leader for the Women's Basketball Strength & Conditioning program during her four years. Her 1% Better Every Day mentality in the weightroom has helped her become a 1000 point scorer and a program recognized player within the conference. ~Ed Smith

University of Lynchburg **Austin Wrighten**

Guard/Forward
Senior

Austin (Chief) has been a self-made weight room warrior through his four years here at Lynchburg. The athletic Wrighten continued to push himself and his teammates to become 1% Better Every Day. Chief grew into a force in the ODAC and was

recognized personal while leading the Lynchburg Men's Basketball team to their highest national ranking in program history.
~Ed Smith

University of Missouri **Lauren Aldridge**

Guard
Senior

Lauren provides exemplary leadership on and off the court in all aspects of her life. Balancing Law School with all the demands that accompany performing at a high level on a Division 1 Women's Basketball team is something very few are capable of. Lauren achieves excellence in her physical performance through her attention to detail, work ethic, and focus on the complete process. One of the strongest athletes in the weight room, Lauren's achievements are a highlight of where relentless and consistent effort over time can take you. ~Jacob Linn

University of Missouri-St. Louis

Eric Dust
Forward/Center
Senior

Eric has done a great job putting forth a strong two years at the University of Missouri-St. Louis. Eric spent the previous summer staying on campus improving his overall strength. He leads by example, and has been a big reason for his team's success this year. ~Josh McMillian

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of North Carolina at Charlotte

Cooper Robb

Guard

Freshman

Cooper exemplifies an individual who works hard off the court to improve his game. He is an outstanding role model for his teammates and has quickly assumed a leadership role in his freshman year. His dedication to physical development is apparent on the court, as seen through both his mental and physical toughness. Cooper takes pride in all the intangibles that do not show up in the box score, and our team is continually inspired by his voice, work ethic, and overall character. ~Blake Bender

Washburn University

Alexis McAfee

Guard

Junior

Alexis is force to be reckoned with in the weight room. She is constantly pushing weight around and motivating her teammates to become better versions of themselves. This dedication to the weight room has helped her immensely as she is one of the top athletes on the team when it comes to Minutes Per Game, Scoring, and Assists. She has made tremendous gains between her sophomore and junior seasons and I am very excited to see the hard work she will put in leading up to her senior season. She is the epitome of what it means to be dedicated to the weight room.

~Trent Smith

Washburn University

David Salach

Forward

Senior

David has made huge improvements going from his junior year into his senior year. Not only did he add size and strength to his frame, one of the biggest things a person would notice about him is the increase in his confidence, especially on the court. The moment the previous season had ended he took the initiative in stepping up to become a leader and has helped many of the younger kids realize their potential with hard work and dedication. Every minute in the weight room and on the court has lead Dave to have a career season as he is one of the top players leading the conference in defensive statistics. David has most certainly left his mark on the Washburn Basketball program. ~Trent Smith

Wayne State College

Nosa Iyagbaye

Center

Sophomore

Nosa has transformed himself in his two years in Wayne; he has put on 35lbs of muscle! His hard work has not gone unnoticed and he will have another tough offseason coming up where we will continue to put on some more size and strength to his 6'9 frame.

~K Grant Darnell

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Wayne State College

Kendall Jacks

Guard

Senior

Kendall has put on over 20lbs of muscle and his vertical has increased over 6 inches over the last two years. A naturally gifted basketball player he also has a tremendous work ethic, which helps him excel in all that he does. ~Sergey Sokolov

Wayne State College

Andrea Larson

Forward

Senior

Andrea is a two time winner of this award. She comes to work everyday and always pushes herself to be better as well as lead her teammates. She will be missed next year. ~K Grant Darnell

Wayne State College

Erin Norling

Forward

Sophomore

Erin is a relentless worker that always brings a positive attitude to the weightroom. Her work has translated to on-court successes. ~Sergey Sokolov

Webster University

Josh Johnson

Guard

Junior

Josh may be the hardest working athlete at Webster University. His willingness to train with intricate detail both on the court and in the weight room has provided him with a strong foundation as a leader by example. Josh's efforts earned him SLIAC First Team All-Conference Honors as a guard. ~Matt Saitz

Webster University

Jaysea Morgan

Guard

Junior

Jaysea is an exemplary student-athlete, always making time for extra work. She is very attentive to the training process and works extremely hard to ensure she is prepared for, and remains strong throughout, the competitive season. Jaysea serves as a catalyst in the weight room with her aggressive approach to training, whiling serving as a great support system and leader for her team. Jaysea's hard work earned her SLIAC All-Conference honors this year. ~Matt Saitz

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Western Colorado University

Chandler Willis

Guard

Senior

Chandler is a walking definition of a lead by example player. She does everything right both on and off the court as well as in the weight room. She may not be the strongest when it comes to lifting, but her effort, will and drive will tell you otherwise. She's a true competitor and has blossomed into a fantastic leader which has helped her team reach the post-season for the first time since 2011-2012. Chandler Willis has been a blast to coach over the past few years and will be missed once her time at Western is complete. ~Brandon Stephens

Wilkes University

Connor Evans

Guard

Senior

Connor is a sport management major with a 3.25 GPA. He has shown tremendous tenacity, dedication, and love for the game. Connor is by far one of the most determined athletes I have ever met. Connor sustained an ACL tear prior to his freshmen year and then another opposite leg ACL his Junior year in college. He has pushed himself mentally and physically to comeback to lead his team as the starting point guard. Connor has amassed the following awards All MAC Freedom Honorable Mention (2016-2017), 2017 Winter Academic All MAC Team, MAC Freedom POTW. As well as the following career statistics with more games coming up, 875 points, 267 assists, 100 steals. Connor is the epitome of what it means to be Colonel student-athlete. ~Keith Klahold

STRENGTH AND CONDITIONING
ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Rochester Institute of Technology

Taylor Baird

Flyer

Senior

Taylor is in her final year with R.I.T. Cheerleading. She has dedicated herself to creating a team culture which truly values strength and conditioning. Taylor believed that strength training was necessary to endure complex and lengthy routines. She took it upon herself to hold teammates accountable for showing up to lift and buying-in to the new culture. Outside of the weight room, Taylor is an Accounting Major in the Honors Program with a 3.91 GPA. She is also the President of Alpha Sigma Alpha Sorority and works as an accounting tutor and a student manager for the NTID President's Office. ~Ryan Kelly



STRENGTH AND CONDITIONING
ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

NC State University

Madeline Kline

Junior

As a sophomore, Madeline won the Gold medal in platform diving at the ACC Championships. Madeline also qualified for competition at the NCAA Championships in the platform dive. Currently as a Junior, she has been twice named the ACC Women's Diver of the Week. She'll look to defend her title at ACC's in February and take a shot at the national title during the NCAA Championships in March. -Felipe Lopes



ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Albany State University

Miquail Harvey

Defensive Lineman

Sophomore

Miquail Harvey is a tireless worker, who never complains. He has steadily increased his strength numbers, in a short amount of time. He is productive on the football field, with 20 total tackles, 2.5 tackles for loss, 0.5 sacks, and one forced fumble. ~Troy Williams

Avila University

Lance Lewis

Safety

Senior

Lance came to Avila as a strong athlete already with good technique. He has always been coachable and has improved his physical abilities to move from a redshirt freshman to a starting safety during his senior year. The primary reason for his nomination for this recognition is his determination. I do not need to go into details but I have had many conversations regarding the obstacles Lance had in his path to pursuing his degree and collegiate athletic career. There are probably even more adversities he overcame that I am not aware of. What matters is that with all of the difficulties that many athletes would use as justification to quit, he did not. I am not sure I would have overcome many of his difficulties. His ability to navigate these obstacles and succeed is a shining example of determination and he has demonstrated his ability of strong will. He deserves this award not only for what he has accomplished but who he is and what he will be able to achieve later in life based upon what has already conquered.

~Brian Ciolek

Black Hills State University

Jarrell Ganaway

Defensive End

Junior

Jarrell came to Black Hills State as a LB and contributed early on. When he was asked to move to DE he accepted the challenge and worked to gain the size and strength that goes along with it. Jarrell's hard work and determination has put him in the position to be a even bigger threat at DE. He has the current vertical jump record and the top hang clean on the team.

~Aaron Siekmann

Buffalo State College

Justin Quinn

Defensive Line

Senior

Justin started out his career as a backup lineman and has been able to overcome injury to become a solid player for our D-Line this year. Proving that a great work ethic will pay off. ~Nathan Young

Catawba College

Kenneth Avent

Quarterback

Sophomore

Ken has been an amazing leader for our program. He is not only the strongest person on the team, but also the strongest leader. His work ethic and attitude have led to great success in the weight room, classroom, and on the field. ~Wayne Adams

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Clemson University

Austin Bryant

Defensive End

Senior

Austin Bryant, a 6'4 276 lb. defensive end, is a tremendous person, student-athlete, worker, and leader for our football team. On the field, Austin has helped lead our program to four straight ACC Championships, four straight College Football Playoff appearances, three national championship game appearances, and two national championship wins. Austin has been a 1st team All-American, two-time All-ACC performer, and was defensive MVP of the 2018 Goodyear Cotton Bowl College Football Playoff Semifinal game. Austin played the latter part of the 2018 season with a torn pectoral muscle, displaying tremendous toughness and leadership.

In the weight room, Austin overcame injuries to bench press 415 lbs., bench press 225 lbs. 27 times, squat 500 lbs., and power clean 320 lbs. In addition to his weight room and football accomplishments, Austin is a graduate of Clemson University. Austin puts in the work on and off the field. He displays personal excellence, respect, integrity, and tremendous work habits; all of which he has exhibited since arriving on campus. Austin Bryant has earned NSCA Strength & Conditioning All-American honors in my opinion. ~Joey Batson

Clemson University

Gage Cervenka

OL

Senior

Clean: 365, squat: 665, bench: 500, 225: 43
~Paul Hogan

Clemson University

Kendall Joseph

Linebacker

Senior

Kendall has lead his team to two national championships in three appearances. Kendall's drive to get better not only helped him, but was contagious to his teammates. No one is was more respected than this Student/Athlete. Some of his accomplishments include a 390lb bench and 520lb squat. On the field Kendall earned all conference honors as well as perminate team captain. ~Larry Greenlee

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Clemson University

Dexter Lawrence

Defensive Tackle

Junior

Dexter Lawrence, a 6'5 345 lb. defensive lineman, is a phenomenal student-athlete, but an even better person. On the field, Dexter has helped lead our football team to three straight ACC Championships, three straight College Football Playoff appearances, and two national championships in his three years on the squad. Dexter is a two-time 1st Team All-American, a three-time All-ACC performer, a semifinalist for the Bednarik Award, the 2016 ACC Defensive Rookie of the Year, and the 2016 National Defensive Rookie of the Year. In the weight room, Dexter overcame injuries to bench press 460 lbs., bench press 225 lbs. 40 times, squat 600 lbs., power clean 345 lbs., and run a 4.95-second 40-yard dash at nearly 350 lbs. body weight. Dexter puts in the work both on and off the field. Personal excellence is a key component of this young man's makeup. He has been a leader since the day he stepped on campus. Dexter's leadership, work habits, humble spirit, tremendous character, and on-field performance have distinguished him among his peers, and earned him the opportunity to forgo his senior year to enter the NFL Draft. Dexter Lawrence has earned NSCA Strength & Conditioning All-American honors in my opinion. ~Adam Smotherman

Colgate University

Nick Wheeler

Defensive Line

Senior

It is my honor to nominate Nick Wheeler for the NSCA All-American Award. Nick brings tremendous energy and enthusiasm to the weight room everyday. His continued desire to always better himself as a football player has earned the respect of both his teammates and coaches alike. Nick's accomplishments on the field include being honored as a 2018 AFCA First Team Selection which he is the first Defensive Lineman earning that distinction in the modern history of Colgate Football. Other awards include being named to the AP All-American Second Team and the Hero Sports Second Team All-American lists. ~Jasmine Johnson

Colgate University

Jovaun Woolford

Offensive Line

Senior

It is with great pride I nominate Jovaun Woolford for the NSCA All-American Award. Jovaun's great attitude and work ethic in the weight has led to him becoming a 2017 All-Patriot League First Team Selection (2017), as well as well-respected team leader both on the field and in the weight room. His 2018 season was cut tragically short as he sustained a serious knee injury on the first play of the first game, but it did not stop him from being a tremendous leader for his teammates during the course of the year. Jovaun is in the process of rehabbing that knee and working hard in the weight room every day to return for a season season that is extremely promising, for both him and the team as a whole. ~Paul Helsel

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Emory & Henry College

Josh Fleenor

Defensive Line

Senior

Josh Fleenor has stepped up to be a leader both on the field and in the weight room. Despite suffering an injury during the 2018 season, Josh used his position as team captain to push his teammates to improve themselves every day. In just two years at Emory & Henry Josh has been named All-Conference (2017), All-State First Team (2017), Third Team All-Region (2017), recorded 57 tackles and 2.5 sacks, with 13.5 tackles for a loss during the 2017 season. Aside from his player stats, Josh also holds two places on the Emory & Henry weight room All-Time Record Board in the bench press and back squat. In the weight room, Josh is constantly seeking ways to improve his physical abilities, including focusing on nutrition and recovery. During training sessions, his tenacity, positive attitude, and vocal presence bring inspiration and a will to improve to his teammates. Josh's major is Education with a focus in History.

~Mike Caro

Fort Hays State University

Wyatt Parker

Defensive Lineman

Senior

Wyatt Parker is the kind of athlete that every coach wants. He is hard working, technical, intelligent, focused and committed to be the best he could be. His desire to be the best was apparent throughout his career, by playing in 48 games and being the most successful games in school history. He recorded 187 total tackles, 22 for loss, 10 Sacks and 2 Interceptions. His commitment and dedication to the weight room improved his strength consistently, but also kept him on the field to make these kinds of contributions for his team. Wyatt Parker was an asset for his team, but even more he is a great young man. ~Doug Boucher

Humboldt State University

Connor Cox

Linebacker

Senior

Connor was a leader on and off the field in his four year career at HSU. As a senior Connor was one of his team's leaders in tackles and sacks. His weight room performance was just as impressive as his on-field performance. As a linebacker he was able to out-squat most of our offensive and defensive linemen. This feat is a testament the work ethic Connor exhibited on a daily basis. He lead by example and was a guy younger players could look up to. He is more than deserving of this award.

~Anthony Ratto

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Humboldt State University

Demetrick Watts

Linebacker

Sophomore

Demetrick came to HSU in 2016 as an already extremely physical and talented linebacker. Since he has arrived on campus he has completely bought in to our program and has displayed great humility, patience and dedication. Despite his talents, he was redshirted his first year and really led the charge during the redshirt developmental program and made his present felt in spring ball in 2017. As a redshirt freshman during the 2017 season, we were extremely deep at linebacker with plenty of upperclassmen but watts physicality and instincts were undeniable and his playing time increased as the went on. His commitment to his physical and technical development was so respected amongst his teammates that he was voted as a captain in spring 2018. Shortly afterwards we were hit with devastating news that our football program would be discontinued after the 2018 season. Despite many players getting their release and pursuing other opportunities, Watts decided to stay and play the final season of HSU lumberjack football. This is just one example of the loyalty and character of this exceptional young man. He went on to place 2nd in the conference in tackles and has been rewarded with a full ride to Akron University in the Fall. ~Benjamin Servais

Humboldt State University

Tariq Wright

Defensive Line

Sophomore

Tariq developed into one of the top Defensive linemen in the conference after

his true sophomore season. Although Tariq did not redshirt his freshman year, he still showed up every morning at 6am to participate in redshirt strength program. Tariq quickly became a leader in the weightroom and on the field, and won the respect of his coaches and upper class teammates. Tariq's true character was revealed during a tumultuous 2018 season when the university announced during the summer that the football program was going to be eliminated at the conclusion of the fall semester. As many of his teammates and coaches left the program, Tariq not only decided to stay, but took on a leadership role that helped to hold the struggling program together. Tariq was named the teams most valuable defensive lineman, First Team All Conference, and signed a letter of intent to finish his career at Division one bound Dixie State College. I look for Tariq Wright to be a force for the Trailblazers for the next two years. ~Andrew Petersen

Huntingdon College

Chase Young

Kicker

Senior

Chase is extremely dedicated to training, and his career performance has shown the results. As a strength intern, he has also selflessly volunteered countless hours investing in his fellow student-athletes. ~Charlie Goodyear

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Lamar University

Garrett Bowery

Offensive Line

Senior

Garrett Bowery brought a much needed fire and leadership to our Offensive Line when he transferred in 2 years ago. In Bowery's first summer he transformed his body to be leaner and more explosive. Through his consistent efforts Bowery earned the opportunity to lead his position group and become a team captain senior year. Bowery is the ultimate team player who wants to see every teammate succeed regardless of their position or role. His contagious passion and enthusiasm for the game is something that spills over into his off field life, which I believe will lead to success in his future endeavors. ~Lane Trudo

Lamar University

Dedrick Garner

Defensive End

Senior

Dedrick Garner was one of the most humble, selfless and hard-working student-athletes I have ever worked with in my 14 year career. He never took a rep off and always made those around him better through his lead by action approach. He excelled at all tasks regardless of their magnitude: from making a big time sack on 3rd down, to besting all of his lifetime maxes, to helping clean the locker room post-game. This first class approach to every aspect of his life is what makes Garner an All-American in the weight room and in life. ~Daniel Darcy

Merrimack College

Cody Demers

Wide Receiver

Senior

"Cody has maximized on his ability and transformed himself into a model student-athlete. His discipline, dedication, and commitment to himself as well as his teammates has garnered achievements and recognitions such as being named captain of the Merrimack College football team, first team all conference and all - district teams, and an invitation to The National Bowl All-Star Game as a wide receiver. All this occurring after a long, successful rehab after missing his sophomore year due to injury. He has set a standard of excellence for his teammates and classmates and is truly a testament to what is possible when passion meets purpose." ~Michael Kamal

Pace University

Jhalen Bien-Aime

Running Back

Senior

Jhalen Bien-Aime has been an integral part in the growth of a football and strength and conditioning program. He holds max numbers of 565 pounds in the Box Squat and 325 pounds in the Bench Press. Jhalen also has recorded a confirmed 4.50 40-Yard Dash and a 38.5" Vertical Jump. On the field, Jhalen is a two year captain and two time All-Conference performer. Jhalen holds the school record for career rushing yards (2,242 yards) and single-season rushing yards (1,040 yards). His dedication and intensity to the offseason program has helped to change the culture of the football and strength and conditioning programs at Pace University. ~Philip Ryder

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Pace University

Darius Jones

Wide Receiver

Junior

Darius Jones has continually improved his performance both in the offseason program and on the field. The junior wide out holds max numbers of 535 pounds in the Box Squat and 315 pounds in the Bench Press at a bodyweight of 165 pounds. He also boasts impressive numbers of a 40" Vertical Jump and a confirmed 4.39 40-Yard Dash. On the field, Darius has been one of the teams' leading receivers for the past two years. During the 2018 season, Darius ranked 2nd in the conference in both kick return and punt return average which helped him earn All-Conference recognition. Darius' work ethic and attention to detail in his technique has helped to influence the culture of strength and conditioning and the football program in a positive way. ~Troy Thompson

Peru State College

Luis Constantino

DL

Junior

Luis exemplifies hard work in all that he does as a student-athlete. As a result of his efforts, Luis has gone from weighing 214 pounds to 224.4 pounds, improved his vertical jump from 32.0 to 33.5 inches, his broad jump from 116 to 117 inches, his 10-yard dash from 1.77 to 1.67, his squat from 480 pounds to 490 pounds, and his bench press from 300 to 320 pounds. Luis further maintains a 3.51 grade point average as a double major in Kinesiology and Business Administration. In his limited spare time he further conducts group training and personal training activities in the Campus Activities Center. ~Kyle Ryan

Sacred Heart University

Kevin Duke

QB

Senior

Kevin's grit and toughness to strength and conditioning was amazing and something special. ~Chris Fee

Stony Brook University

Sam Kamara

Defensive Line

Junior

It is my pleasure to nominate Sam Kamara who was voted as a captain of Stony Brook Football. I've had the pleasure to work closely with Sam my first semester here helping him rehab from an injury and saw right away the type of person he was. He is a dedicated individual to the game of football, school, and to his community. He rarely leaves the football field and demands the most out of his peers when it comes to the weight room. Sam is a stand up individual who resembles what this reward is about. ~Vincent Cagliostro

Trinity College

Max Chipouras

RB

Senior

Chip is pound for pound the strongest athlete I have ever coached and was a monster in the weight room and on the field. ~Bill DeLongis

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of Wisconsin-River Falls

Brandon McCarthy

Running Back

Senior

~Carmen Pata

University of Wisconsin - Whitewater

Quinn Meinerz

Offensive Line

Sophomore

Quinn was a force for the Warhawks this year on the offensive line starting all 14 games and leading the team to the Division III National Semi-Finals. His hard work and dedication in the wt. room helped him earn All-WIAC 1st team recognition. He is a tremendous leader with great character and will be relied on to lead the team through the off-season into next year.

~Lee Munger

Viking Performance Training

Jack Armstrong

Defensive Back

Senior

Jack is an individual who puts in the time and finds progress completely necessary. There is no clock for this guy and he creates his own success from the work he puts in the weightroom and on the field.

~Jonathan Yohman

Wayne State College

Xavier Graham

Defensive Tackle

Senior

Xavier was a team captain in football and a leader in the weightroom. His backsquat was 650lbs and bench press was 455lbs while deadlifting over 600 and cleaning 335lbs. He has a future as a strength and conditioning coach as well. ~K Grant Darnell

Wayne State College

Tyler Thomsen

Linebacker

Junior

Great leader on and off the field. First Team All-NSIC South Division D2CCA All-Super Region 4 Second Team selection

Third Team All-American on defense

~Sergey Sokolov

Western Colorado University

Robert Garlock

Linebacker

Sophomore

Strong, quick, and attentive to detail. That's Robert Garlock in a nut shell. He is a guy you want, need and enjoy in the weight room. Robert is beyond coachable and is emerging as a young leader. Because of his coachability, dedication and commitment to his training, Robert boasts one of the teams' biggest squats at 465 lbs., cleaned 313 lbs., jumped over 37 inches, and ran his pro-agility in 4.09 seconds as only a sophomore. His team-first mentality has lead him to be an All-Conference Honorable mention. I look forward to seeing him progress as a leader in the weight room and on the field. ~Brandon Stephens



2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

NSCA
ALL-AMERICAN

STRENGTH AND CONDITIONING

A stylized, light gray icon of a barbell is centered below the arched text. It consists of a horizontal bar with two vertical weights on each end, representing a barbell.

ATHLETE OF THE YEAR
AWARD

[COLLEGE or HIGH SCHOOL] – [SPORT]

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Colgate University

Katie Anderson

Midfield

Sophomore

Despite her small stature, Ms. Anderson looms large when it comes to working hard and pushing herself to the max. She is one of the hardest working athletes on campus and strives to push herself daily.

~Liaaron White

Drexel University

Sydney Muntone

Forward

Senior

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

Endicott College

Kristen McCarthy

Forward

Junior

Kristen McCarthy has been a driving force in our athletic performance center since she transferred to Endicott College. She clearly understands the transfer of strength, power, and movement within the APC and how it directly impacts her ability on the playing surface. Her commitment to strength & conditioning and her leadership has helped

create a culture within the field hockey team that led to a conference championship and an NCAA Tournament First Round victory in 2018. McCarthy was named Commonwealth Coast Conference Offensive Player of the Year and 1st-Team All Conference, as well as to 2 different All-American teams and Division III New England East Region. McCarthy is a Dean's List member at Endicott and was named to the NFHCA National Academic Squad for 2018. She finished the season ranked #3 in the nation for points per game, #7 in the nation for goals per game, and #11 in the nation for assists per game across all divisions. Clean: 110lbs Back Squat: 205lbs Hex DL: 245lbs. ~James Daley

University of Lynchburg

Kayla Copeman

Mid-Field

Senior

Kayla has been the backbone of the Field Hockey Team's Strength & Conditioning participation during her time here at Lynchburg. She is a definition of the 1% Better Every Day mantra we strive to accomplish here at Lynchburg! In addition to her personal recognition on the field, Kayla's valued leadership helped the Lynchburg Field Hockey team return to the top of the ODAC Conference Championship and earn the automatic NCAA tournament bid. ~Ed Smith

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Huntingdon College

Katelyn Gilmore

Senior

Katelyn has used training to elevate her game consistently throughout her career. She has developed a great mindset, and has been a solid leader. ~Charlie Goodyear

Huntingdon College

Stephen Shephard

Senior

Stephen has been very dedicated to not only his training, but also to maintaining the culture of training in our Golf program. He has been a solid leader throughout his career. ~Charlie Goodyear

Lindenwood University

Brad Currier

Senior

Brad provides excellent leadership within the weight room. He constantly has a positive attitude that encourages the team to keep pushing. While competing at Lindenwood University Brad has played in 32 tournaments (will be 37 at the end of the season). In 2017-18 he was named a finalist for the Ken B. Jones award, which is given to the top student-athlete in the MIAA. During this same season, he had a career-low average score of 74.95 strokes per round over 21 rounds. In his 2016-17 season he was selected to the MIAA Academic Honor Roll and received the MIAA Excellence Award (he also received this award in the 2015-16 season) ~Hunter Haralson

Lindenwood University

Kayleigh Stevens

Women's Golf

Junior

Kayleigh is an athlete who has complete buy in to our strength and conditioning program. She has made huge personal strides in the weight room this year. She constantly goes out of her way to help her teammates understand movement patterns and how it will carry over to the course. Kayleigh puts in extra time on her own and is very coachable. ~Maddie Bohr

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Lindenwood University

Taylor Colwell

Bars, Beam, Floor

Junior

Taylor Colwell has grit. She faced an injury this year but she did not let it set her back. She constantly completed workouts to the best of her ability and always asked for extra. She is a great role model for all student athletes as she is able to balance school and give 100% to her sport. -Maddie Bohr



2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

American International College

Luka Maver

Forward

Sophomore

Luka Maver has been a go-getter from day one. Every time he comes to lift he always asks "Coach how can I do this better" or "what do I need to work on". Maver is a perfectionist and does not settle for anything less. He is always going the extra mile to better himself in any way possible on and off the ice. I have never seen anyone more determined than Maver to have the best time in a preseason conditioning test. Luka Maver has a very bright athletic future.
~Rob Bouchey

Merrimack College

Jessie Kuhlman

Forward

Senior

"Jessica Kuhlman is a 4-year member of the Inaugural Women's Ice Hockey team at Merrimack. She has earned a Bachelor's Degree in Marketing and Management and is currently working on her Master's Degree. Jessie is a staple in the Merrimack College weight room holding multiple school records. Not only is Jessie one of the strongest athletes at Merrimack College, she is one of the loudest and most supportive. She can always be counted on to push others to be their best and to do one more even after she has lost her voice for the day."
~Michael Kamal

Saint Anselm College

Sean Verrier

Forward

Junior

From the start of last off-season Sean took his already extraordinary effort to another level. His work ethic, both on and off the ice paid dividends during his junior season as he almost tripled his career points total. Throughout the long season the dedication to off-ice training in the weight room was unprecedented. ~Corey Barboza

University of Michigan

William Lockwood

Forward

Junior

Will has represented everything our program stands for. He is diligent, relentless, organized and most of all, a true leader. He faced a season-ending injury last year and persevered through it; and continued to support his teammates through the rest of the season. Through his incredible work-ethic and commitment to training, Will has overcome this injury and returned to the lineup and is having a career best year. He has created an example for all of his teammates to follow. Will Lockwood is the definition of an NSCA All-American.
~Joseph Maher

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of New England

Brady Fleurent

Forward

Senior

Brady is one of the most successful student-athletes in recent UNE Athletics history. Brady is a senior member of the Men's Ice Hockey team. He has garnered Commonwealth Coast Conference Player of the Year honors, been named the top New England NCAA DIII Player of the Year and been a finalist for the National NCAA DIII Player of the Year during his career. He has helped lead his team to top-ten national rankings as well as multiple conference championship games and NCAA appearances while leading the nation in points in '16-'17 and '17-'18. As impressive as Brady's individual accolades are, they are born of his determination in the weight room to maximize his abilities and the development of exceptional preparation habits. He has consistently gone above and beyond during his team lifts for four years, paying great attention to detail on everything from soft tissue work to warm ups to Olympic lifts while challenging his teammates to do the same. He is a true leader in the weight room and on the ice.

-Lyndie Kelley

University of Wisconsin-River Falls

Haley Nielsen

Defense

Senior

-Carmen Pata

Wilkes University

Laura Brezinski

Defense

Senior

Laura's major is earth and environmental science and minors in geology and studio art. She maintains a 2.88 GPA while challenging herself academically and physically with a demanding hockey schedule. Laura was the lone senior leader on the fledgling Wilkes University Women's Ice Hockey program. On a team of nine she played in every game and made every preseason and in-season workout. Laura exemplifies what it means to be a hard working, dedicated, female collegiate student-athlete. -Keith Klahold

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Catawba College

Joey Barber

Midfield

Senior

Joey is our strongest athlete and best leader in the weight room. He is coachable and always lifts with great intent. Each and every lift he is very focused and it always training with the end goal in mind. His passion and efforts in the weight room motivated his teammates both on and off the field. He is a captain and he takes that role seriously. Always setting a good and example for his teammates with his efforts and actions. He is well respected by his peers and coaches. ~Ben McConnell

Colgate University

John Donohue

Close Defenseman

Junior

After suffering a major injury to his leg his freshman year, John aka, "baby hue", has worked his way back to being a constant and consistent force on his team both on the field and in the weightroom. ~Liaaron White

Emerson College

Austin Franklin

Attack

Junior

Austin's dedication in the weight room and willingness to always be learning and improving shows every training session. He trains with effort, energy and intent. He is by far one of the most consistent athletes at Emerson and it shows by the big strength gains he's achieved in the past year. He understands the value of physical

preparation training and he has become a leader for his team in the weight room. ~Ronald Smithers

Fitchburg State University

Marguerite Belcher

GK

Senior

Marguerite is the definition of leading by example. Her consistent effort and energy in the weight room led the way for her team. Through two fall seasons of 6:00am voluntary sessions, she had 100% attendance and was always the hardest worker in the room. She has helped to lay the foundation for a culture of hard work, enthusiasm, and effort in Strength and Conditioning for our Women's Lacrosse team. ~Jim McGuire

Goucher College

Zephan Harnish

Attack

Senior

1 RM Hang Clean: 195
1 RM Backsquat: 315
1 RM Bench Press: 275

Zephan is a great athlete at Goucher with impeccable work ethic in the weight room. One of the most coachable athletes I have had the pleasure of working with. He's made great strides with his technique and has noticeably increased his maxes since the beginning of the year. On the field in 2018, he lead the team with 27 goals and plays a crucial role as a leader. Zephan is an economics major with a business minor and I look forward to hearing about all of the great things he will accomplish in his life outside of college ~Erika Moyer

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Goucher College

Alyssa Long

Midfield

Junior

Broad Jump: 6'10"

1 RM Backsquat: 205

1 RM Bench Press: 100

Max Push Ups: 30

Alyssa has played an integral role as a leader during our time in the weight room this year. Everyday she walks into the gym ready to work and push not only herself but her teammates to be better. She holds herself to a high standard to not only make the lift but to do it with great form and technique. On the field last year she was tied for first with 14 goals scored and started every game as a Sophomore. Alyssa is a biology major with a concentration in pre med. I look forward to working with her next year and can't wait to see how she progresses in her senior year. ~Erika Moyer

Haverford College

Rina Rosnow

Attack

Senior

Since the day she walked onto campus, Rina was a deeply committed member of both the Strength and Conditioning program and the Women's Lacrosse team. This commitment only grew after adversity struck her sophomore year. During the Fall season, Rina had an unfortunate knee injury that kept her out the entire year. She managed to turn this into a year-long opportunity to grow stronger, faster, and more fit, all while influencing others. Currently she is in the top three on her team

for deadlift, speed, change of direction, and vertical jump, plus has the best scores on the team's fitness assessment. The focus she demonstrates in the gym translates to success both on the field and in the classroom, as Rina was a Second-Team All-Region player her Junior year while maintaining high levels of academic success. Furthermore, as a three year member of the school's Strength and Conditioning Advisory Committee, Rina has helped shape the present and future of our program - a legacy that will last well past her graduation. ~Cory Walts

Lindenwood University

Brent Altieri

Midfielder

Junior

Brent is a hard worker and dedicated athlete both on and off the field. He shows leadership and work ethic day in and day out in the weight room. ~Boston Alverson

Lindenwood University

Meghan Rea

Defense

Freshman

Meghan has come in as a freshmen and silently lead others in the weight room by her work ethic and drive to get better. She makes those around her work harder and the team notices when she goes above and beyond. ~Boston Alverson

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Pace University

Bryce Clark

Midfield

Junior

Bryce Clark has continually pushed himself to improve his on-field performance by his efforts in strength and conditioning. Bryce holds max numbers of 460 pounds in the Box Squat and 340 pounds in the Bench Press. Bryce has also recorded a 31" Vertical Jump and 30 consecutive strict pull ups and 40 consecutive strict dips. Bryce has transformed his body and skill set in order from a young player not seeing significant playing time to earning a starting spot on a nationally ranked team this coming season.

~Troy Thompson

Pace University

Amanda Dickerson

Midfield

Senior

Amanda Dickerson has continually progressed and pushed herself to become better in every aspect of her sport. Amanda has been the leader of a senior class that has truly embraced the process of the offseason program. Amanda holds max numbers of 190 pounds in the Box Squat and 120 pounds in the Bench Press. On the field, Amanda played in all 19 games last season and started 18. She had nine goals, collected 19 ground balls and caused 11 turnovers. Amanda's work ethic on and off the field has helped her to be named captain on a nationally ranked team for this coming season. ~Philip Ryder

Pace University

Alexandra Maitland-Ward

Defense

Senior

Alexandra Maitland-Ward is one of the hardest working student-athletes at Pace University. Alex has been a part of a senior class that has truly embraced the process of getting better through strength and conditioning. Alex holds max numbers of 240 pounds in the Box Squat and 140 pounds in the Bench Press. On the field last season, Alex recorded 15 caused turnovers and collected 15 ground balls while playing in 15 games and starting 12. Alex's dedication to the strength and conditioning program has set the path for younger members of the team to see the value in the offseason program. ~Troy Thompson

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Rochester Institute of Technology

Katherine Cameron

Midfield/Attack

Junior

Kat, strong silent type, does not need to speak to make her presence felt. Always pushing herself, Kat is constantly striving for one more rep or a just a bit more on the bar. Despite balancing a heavy workload, Kat never missed an opportunity to train. Frequently, she would be the first athlete I would see that day, determined to get conditioning in before work. Kat, a Biomedical Engineering Major and American Sign Language minor, holds a GPA of 3.8. She was a Liberty League Academic All-American in 2018. Currently, Kat works with the University of Rochester Medical Center designing artificial organs with 3D printers. She also is involved with Love your Melon and the No Voice Zone. Kat has a Front Squat of 165#, a Bench Press of 120# and a Hang Power Clean of 115#. ~Ryan Kelly

Rochester Institute of Technology

Cam Isaac

Midfield

Senior

Cam approaches the weight room with precision and tenacity. He's an individual who truly loves the process. A selfless leader, Isaac has the capacity to make everyone around him better. He continues to set the standard that his teammates chase. Pound for pound-he is one of our strongest athletes with exceptional character. Cam is a Biomedical Science major with a 3.3 GPA and in 2018 was selected to the Google Cloud All-American Division III Men's At-

Large Team. Cam Front Squats 345# (190% of body weight); Bench Press 315# (175% of BW) and Hang Power Cleans 255# (140% of BW). ~Ryan Kelly

Sacred Heart University

Landon Kramer

Defense

Senior

Landon's work ethic and athletic ability are special and he has earned everything in his career through hard work. ~Chris Fee

Sacred Heart University

Olivia Millard

Midfield

Junior

Olivia's intensity and effort pushes her team all year in the weight room and field. ~Chris Fee

Trinity College

Ben MacShane

Middy

Senior

Ben is a student athlete that has taken extra workouts to a new level in his 4 years here. He is constantly in the weight room and has transformed his game and body with this work ethic. ~Bill DeLongis

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of Bridgeport

Geovanna Ferreira

Defense

Senior

Geo is one of the most committed athletes in our program. She has been instrumental in setting a higher level of expectation for her teammates through her dedication to training. Regardless of whether she is training in or out of season, Geo gives 100% effort on every rep and every exercise and frequently comes in for extra work. She is a two year captain, has placed first in numerous strength & conditioning challenge workouts, and has improved her strength, power and fitness levels every year. She was also a driving force on SAAC to advocate for a full-time strength coach at UB. ~Tristan McLaren

University of Lynchburg

Allie O'Leary

Defense

Senior

Allie has been a staple and cornerstone in the Women's Lacrosse Strength & Conditioning program here at Lynchburg. A double sports athlete as a freshman, Allie has pushed to become 1% Better Every Day in the weight room and continues to lead her team while being an enforcer on the field. Her work ethic has allowed her the opportunity to be recognized by the conference and help her team become a conference contender each of the last four years. ~Ed Smith

University of Lynchburg

Logan Adams

Attack

Senior

Logan has been a process player for an already highly performing Lynchburg Lacrosse program. A skilled athlete on the field, Logan's frame forced him to buy into the process work harder than many others for the better part of his 4 years as a part of a successful attack unit. 1% Better Every Day is something Logan used to his advantage and didn't allow anything to get in his way to completing his goals in the weight room. His successes in the weight room, on campus, and on the field are unmatched by most. ~Ed Smith

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of New England

Samuel Sahl, NSCA-CPT

Face Off / Midfield

Senior

Sam is one of the hardest working athletes I have ever had the pleasure to coach. He is constantly seeking to maximize his abilities and has grown into one of the finest leaders in our weight room. Not only have Sam's strength numbers consistently improved over the past four years, his confidence has soared as well as his love for the field of Strength and Conditioning. Sam is a senior Men's Lacrosse athlete and has anchored his team in the weight room during his career as a Nor'easter. He has helped lead his team to 3 consecutive Nor'easter GRIT Strength & Conditioning Team of the Year awards with his enthusiasm, sense of humor, tremendous work ethic and willingness to embrace our Leave it Better philosophy. Sam is an Applied Exercise Science major who has been integrally involved in several academic research projects related to athletics and he has served as a Strength & Conditioning Intern for the duration of his senior year. He plans to pursue a career as a Strength Coach and has already earned his NSCA-CPT. ~Lyndie Kelley

Virginia Military Institute

Kyle Walsh

Defender

Senior

Kyle is a hard working and tough competitor and he lives these qualities on the field and in the way he trains. He is a great team leader that holds himself to a high standard and also his teammates. His consistency with training and on field performance is remarkable considering the toughness of the sport combined the rigorous academic schedule here at VMI. ~Dave Lawson

Wilkes University

JT Weitzel

Midfield

Senior

Being a leader in and out of the weight room is just the norm for JT. He is an incredibly hardworking and humble student-athlete; who, with a combination of his lacrosse skills, hard work, and commitment to the weight room brought him an all conference honorable mention as a sophomore and second team all conference as a junior. Along with that, JT also puts in a tremendous effort in the classroom with one of the highest GPAs on the lacrosse team as a mechanical engineering major. ~Kevin Zingaretti

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Rensselaer Polytechnic Institute

JT Kelly

Lacrosse, Football

Attack & Running Back

Senior

JT has been a consistent presence in his 4 year career at RPI. At the conclusion of his junior year he decided to become a 2 sport athlete and join the football team. Through his commitment to the weight room, he has added over 30 lbs since his freshman year and increased his production year to year. JT is an exemplary teammate, selfless, motivated and pushes those around him to better themselves. JT has been a consistent top 5 point producer and an all conference selection his sophomore and junior season. ~Sergio Merino

University of Wisconsin - Whitewater

Ashton Doll

Volleyball, Track & Field

Middle Hitter and High Jump

Junior

Ashton is a two sport athlete for the Warhawks excelling as a Middle Hitter with the Volleyball team and a High Jumper on the Track & Field team. In Volleyball she led the team to an NCAA regional semi-final and her tremendous work ethic helped her earn All-Region and All-WIAC accolades.

She is an outstanding student and manages to balance multiple sports with academics exceptionally. Her dedication to strength and conditioning has allowed her to excel as an athlete and we are looking forward to her having an outstanding senior season. ~Lee Munger

Wilkes University

Gabrielle Giordano

Basketball, Softball

Guard (WBB), Utility (SB)

Senior

Despite transferring to Wilkes the summer before her senior year, Gabrielle has made an immediate impact on both of her teams. In her first year, she received All-MAC (Middle Atlantic Conference) Honorable Mention honors. She led her team in rebounds, points per game, assists, steals and minutes played. She played a pivotal role in accomplishing the teams best conference record in the past 5 seasons. Along with being a great athlete, Gabrielle is the strongest athlete to ever be at Wilkes. Her dedication to improving herself not only on the court or field, but in the classroom is bar none. She is currently a volunteer intern at Wilkes University and hopes to open her own gym in the future. ~Zachary LeDuc

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

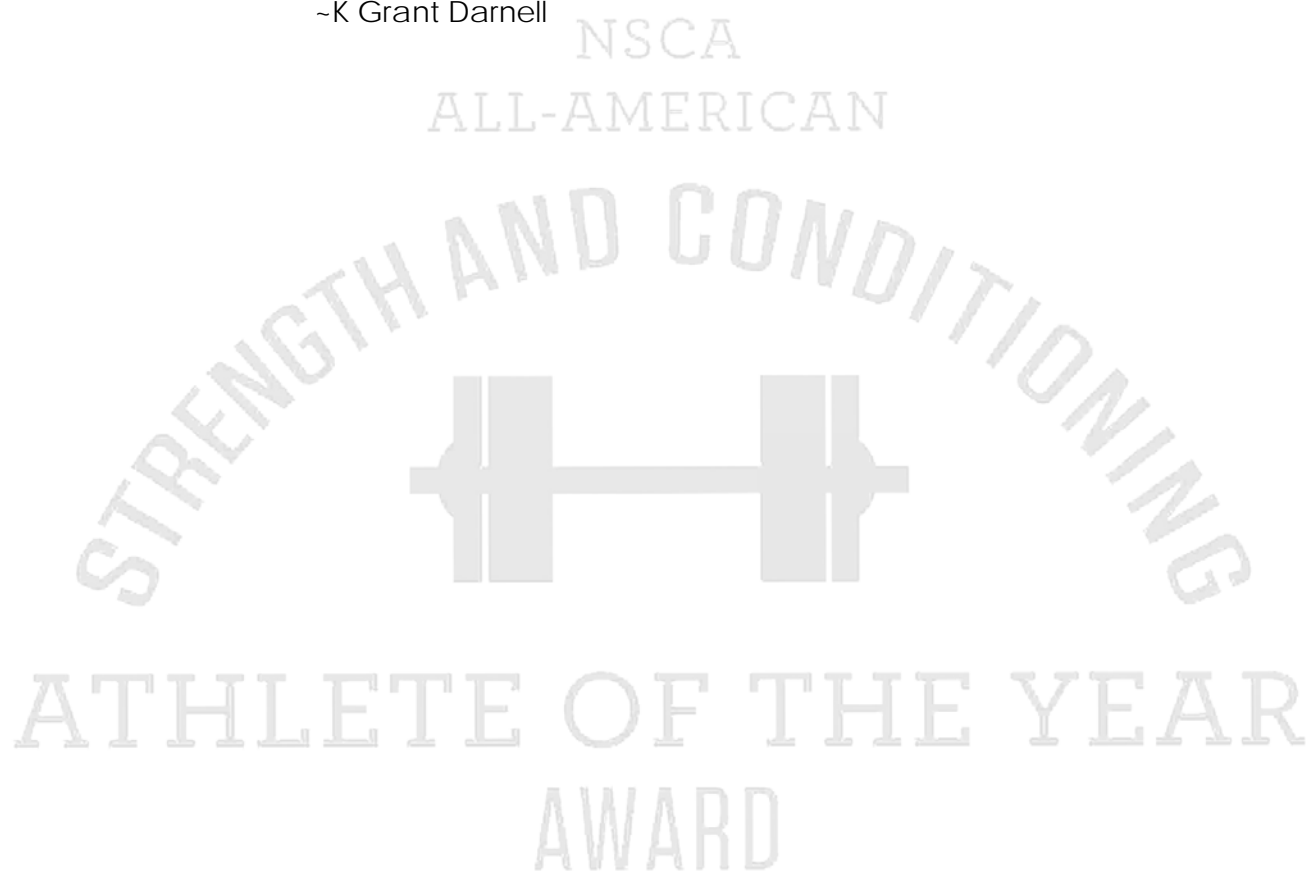
Wayne State College

Mason Gooch

Junior

I have known Mason for many years. His lifting numbers and size are impressive but this is a byproduct of the hard work he puts in. Mason lives the life of a champion and his hard work will pay off.

-K Grant Darnell



2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Humboldt State University

Ciera Lathe

Senior

Ciera finishes her career as a four-year varsity athlete for the Humboldt State University Crew Team. Before rowing, Ciera was a dedicated weightlifter and cross fitter, so she showed up to the gym and quickly became our go-to example for technique. Her dedication in the weightroom won the respect of her coaches and peers, and made Ciera one of the most productive and valuable members of the team. It wasn't long before Ciera was a "de facto" assistant coach anytime her team was in the facility. She is now a highly valued member of the Strength Staff, and as she heads into her senior season, she's in charge of each of the Crew team's lifting sessions.

~Andrew Petersen



ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Central Washington University

Suiluana A'au

Center

Junior

Sui has been awesome for me in the weight room at Central Washington. She displays a great attention to detail, as well as being a hard worker and self starter. She has great Leadership skills and always pushes everyone to be their best. Sui has made continuous strength gains throughout the course of her career at Central. These skills has turned her into an All-American as well as being selected to the 2019 USA Women's Rugby Eagles Performance Squad.

~Brock Behrndt

Lindenwood University

Ayden Hurst

Flanker

Sophomore

Consistently demonstrates a strong work ethic, positive attitude, focus, technical execution, leadership, and the motivation to keep improving above his fellow Lions.

~Michael Cullen

Lindenwood University

Penina Tuilaepa

Tight Head Prop

Sophomore

Consistently demonstrates a strong work ethic, focus, technical execution, leadership, and the motivation to keep improving above his/her fellow Lions.

~Michael Cullen

Sacred Heart University

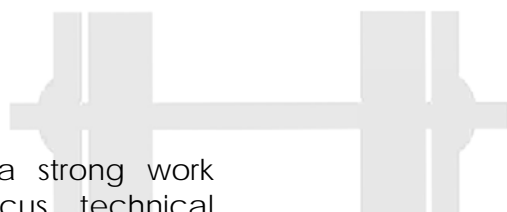
Allie Rinaldi

Scum-Half/Fly-Half

Junior

Allie has transformed herself and pushes the people around her to be better.

~Chris Fee



ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Avila University

Taylor Cossairt

Defender

Senior

Taylor is being nominated for her ability to focus on what matters most. She was a DII athlete who made the best decision for herself and her family to transfer to an NAIA school closer to home so that should be with her father who was ill. She has made sacrifices and overcome adversity to continue to pursue the career path and sport she loves while still remembering that her family is her greatest priority. Taylor was a quiet leader in the weight room who always lead by example to her teammates while giving her best. I appreciate all her hard work and wish her the best of luck in the future. ~Brian Ciolek

Black Hills State University

Rose Miller

Midfielder

Junior

Rose has been dedicated to making herself the best soccer player she can be since she arrived on campus. It has shown on the field with her strong play, by her team as she was selected a captain, and in the weight room by increasing her strength, speed, quickness, and conditioning. Rose has not missed a game in her career and despite all the minutes played she continues to improve throughout the season. ~Aaron Siekmann

California Lutheran University

Zandra Stewart

Defender

Junior

Zandra ("Z") is the ultimate student-athlete. As a three-time member of Cal Lutheran's Scholar Athlete Society and an All-West Region and All-Conference selection, she has achieved excellence on and off the field. Over the past three years, she has spearheaded a defense that is ranked among the Nation's best in shots-on-goal and goals allowed. Z's success is the result of her outstanding work ethic, unwavering persistence, and genuine commitment to the Regals Soccer program.

~Patrick Holmberg

Catawba College

Shelby Thompson

Goalie

Senior

Shelby is extremely dedicated to her own success as well as her team's success. She is a great leader that takes time to help the growth of each athlete on the team. In the weight room, Shelby is by far the strongest female athlete we have. She is stronger than a lot of the male athletes as well. Her dedication to pushing maximum weight and maximum efficiency in the weight room is unmatched. In an effort to "fill her shoes" in the weight room after she graduates I instituted the "Shelby Rack" and put 3 athletes with her that have the potential to take over her leadership in the weight room. Shelby was tasked with teaching, coaching, and motivating these athletes to push themselves to new levels in order to help the team to succeed after she is gone.

~Ben McConnell

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Clemson University

Nolan Lennon

Goalkeeper

Senior

Nolan Lennon

Nolan Lennon has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman four years ago. Nolan has demonstrated tremendous resilience during his career, coming back from 3 ACL surgeries to earn his first varsity letter last season. He has spent countless hours in the weight room during his career, bringing his knee back up to strength while attacking all other areas he was able to train while being injured. His hard work and dedication towards building the Clemson men's soccer culture has not gone unnoticed; this spring he was named a team captain for the upcoming fall season. Nolan is one of the strongest guys on the team and is among the tops on the team in bench press, split squat. Lennon also is tops on the team in vertical jump and among the team leaders in 30 meter sprint. ~Rick Franzblau

Endicott College

Kadrianna Letts

Defense

Sophomore

Kadrianna Letts epitomizes the ideals you would ask for in a complete student-athlete. Letts is a dedicated student first and works extremely hard in perfecting her athletic abilities. In addition to her leadership and dedication to strength & conditioning, she was named Commonwealth Coast Conference Defensive Player of the Year and 1st-Team All-Conference. She helped to anchor a defense that allowed only 164 shots total over 18 games, leading to the 1st ranked team in conference in shutouts for and shots against. Clean: 115lbs. Back Squat: 205lbs. Bench: 105 lbs. Hex DL: 245lbs. ~James Daley

Eastern Michigan Univeristy

Kristin Nason

M/F

Senior

Kristin Nason's leadership has been a catalyst to raise the standard of Eastern Michigan Soccer both on and off the field. The team's game day performance, fitness, and overall culture have changed dramatically due to Kristin's work ethic and ability to show others what is possible when a team fully commits to one another and their goals. ~Sean Conaty

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Humboldt State University

Haley Miller

Midfielder

Senior

Haley came to HSU in 2015 as a freshman coming off an ACL. In her first game she suffered the same injury in the same knee. That entire season she dedicated herself to strength training with us to be as strong as possible before going in to her surgery around. By the time she got to her surgery she was probably the strongest woman on the team even without an ACL. After her surgery her dedication throughout the entire offseason program was apparent and she completely transformed herself as an athlete only to get to the season and develop knee instability. Upon further examination the ACL reconstruction did not take! After all that, Haley went through another ACL reconstruction and had to take another medical redshirt. Most people would have quit after 3 ACL surgeries or accept that they will not be the same player they used to be, but Haley did no such thing. Haley committed herself to the process of rebuilding herself as she had done already twice before and by the time she got to her senior year was a true leader in the weightroom and one of the most skilled and physical players on the soccer field. I am excited to submit my nomination for Haley Miller do to her tireless work ethic, commitment and resilience.

~Benjamin Servais

Lindenwood University

Cole Luby

Goalie

Junior

Cole has been a leader on the field and in the weight room for the Lindenwood Men's Soccer team ever since he stepped foot on campus. While his playing time has been limited, Cole hasn't let that deter him. He continues to push himself and his teammates to better themselves both on the field and in the weight room all while exhibiting positive leadership qualities. As a result, I believe Cole would be a great candidate for the NSCA's All-American Athlete Award. ~Michael Reese

Radford University

Claire Dundon

Defender

Senior

Claire put in a tremendous amount of work in preparation for her competitive seasons. If the saying "It is what you do when no one is watching" has any merit, Claire certainly proved it. She was a tireless worker with her team as well as training alone when her team was out of sight. Her drive and example helped contribute to a Big South Conference Championship. ~Scott Bennett

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Stony Brook University

Julie Johnstonbaugh

Forward

Senior

I only had the pleasure to work with Julie during her Junior and Senior year but in that short time her work ethic and leadership in the weight room was unwavering. Her hard work and dedication throughout the off-season helped her and her team to win the America East Regular Season Title. Julie was able to stay healthy her whole senior season scoring 9 goals and starting in every game. As a retired athlete she is still in my office once a week asking for workouts. Her leadership and never quit mentality will be missed in our athletic department.

~Kaitlyn Newell

University of Bridgeport

Lucas Santos

Midfield

Junior

Lucas has taken advantage of every opportunity to get better from the first day he stepped on campus. He is frequently putting in extra hours on the field and in the weight room and it has helped him perform consistently at a high level. He has embraced strength training as part of his routine has transformed into a more explosive athlete as a result. He dropped 5% body fat while adding lean muscle mass, back squats 305 lbs, bench presses 215 and hit a 94 inch broad jump. His leadership as a captain has been invaluable at developing a hard working culture amongst his teammates in the weight room.

~Tristan McLaren

University of Lynchburg

Dylan McLaurin

Goalkeeper

Senior

Dylan was a consistent weight room warrior over his four years at Lynchburg. His 1% Better Every Day mentality allowed him to become the strongest player in Men's Soccer history at Lynchburg. In addition to his success in the weight room, Dylan was recognized as one of the best GK in the conference and the country. ~Ed Smith

University of Lynchburg

Kara Rombough

Mid-Field

Senior

Kara continued to grow the culture of the already very successful Lynchburg Women's Soccer team. Kara's 1% Better Every Day mentality in the weight room allowed her to grow into a force in the mid-field and was highly recognized for during her time as a starter. ~Ed Smith

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of Wisconsin-Milwaukee

Erin Corrigan

Defender

Senior

Erin was hurt during the 2016 season with her second ACL injury. Throughout her career at Milwaukee Erin was always a hard worker during Strength and Conditioning training. The off-season before her redshirt senior year Erin displayed even higher level of determination and strength of character. Though with her injury, Erin had obstacles to overcome she worked hard, lead her teammates and fought to achieve high levels of physical preparation. Erin helped to lead her team to be Horizon League Champions and received the following accolades:

Second-Team All-Horizon League
Google Cloud Academic All-District Soccer
First Team
Soccer Scholar All-North/Central Region
Second Team
6th in the nation in Assists per game (.63)
~Matthew Holt

University of Wisconsin Whitewater

Kyle Clancy

Midfielder

Senior

Kyle has always been a very hard and dedicated athlete in and out of the weight room. After suffering ACL injury his sophomore year, Kyle worked exceptionally hard on rehab to make his way back to the weight room. Once he was cleared, he worked everyday to get bigger, faster and stronger. Once he returned for his senior season, he was a great senior leader in the weigh room, showing the younger athletes

what you can achieve to become a better soccer player. ~Cory Chapp

Washburn University

Mackenzie Heiman

Midfielder

Senior

Since her freshman year, Mackenzie has lived in the weight room. During her time at Washburn, she has spent it improving not only herself, but dedicating her time to making the team better physically and mentally. Being named team captain for her Junior and Senior seasons only motivated her more to lead the team to success. She put in extra work in the weight room and on the field individually but also motivated other members of the soccer team to put in the extra work. While leading the team she was also completing Nursing School while holding a 4.0 and collecting post-season All-Conference accolades. Future career success for Mackenzie is imminent ~Trent Smith

Wayne State College

Alexis Strothers

Def

Senior

Strong is an understatement for Alexis- her near 400lb deadlift and 275lb back squat are impressive feats of strength. Even with her senior season of soccer completed Alexis is still training hard, Training is apart of her healthy lifestyle and will be with her for a long time. ~K Grant Darnell

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Wayne State College

Rachel Grisham

Goalkeeper

Junior

Rachel is a relentless worker that always brings a positive attitude to the weightroom. Her work has translated to on-field successes
~Sergey Sokolov

Webster University

Lilly Brauer

Defenseman

Junior

Lilly is an extremely talented soccer athlete and works even harder physically preparing herself for competition. Even after undergoing her 3rd ACL surgery, Lilly has shown her relentless drive to ensure she is optimally prepared to compete in her final season. Her strength and power expressed in the weight room and on the field is unmatched. Lilly was named the SLIAC Conference Defensive Player of the Year and was also named a United Soccer Coaches Women's Scholar All-Region Selection. ~Matt Saitz

Webster University

Justin Schmidt

Defenseman

Junior

Justin is a joy to both coach and watch compete as an athlete. Justin is punctual, precise, and attentive in all of his pursuits. He is a selfless leader, prioritizing the needs of the team over his own. Justin constantly seeks to improve the interactive and competitive dynamic of the team. Justin earned SLIAC Conference Defensive Player of the Year honors, All-Region honors, and was named to the NCAA Division III United Soccer Coaches Scholar All-America Team.
~Matt Saitz

Western Colorado University

Jessie Jacobsen

Forward

Sophomore

Jessie brings an intensity to the weight room that sparks a competitive nature amongst the team. Although young, she is emerging as one of the team's leaders. Jessie's dedication and commitment to her training is unmatched as she is currently the pound-for-pound strongest female athlete at Western and is consistently finding ways to do extra drills to master her craft. Jessie has been a joy to work with so far and I look forward to seeing her grow as a leader on a young soccer team. ~Brandon Stephens

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Albany State University

Aryn McGowan

Pitcher

Senior

Aryn McGowan is a leader on and off the field. She is a tremendous worker in the weightroom. Her work in the weightroom shows in her play on the diamond.

~Troy Williams

Augustana University

Maggie Kadrlik

Catcher

Senior

Maggie's leadership, work ethic, and grit have led her to great things in the weight room and on the diamond. She has a tremendous ability to lead her team both vocally and by example. Her toughness and love for lifting has earned her team records in the clean, squat, bench press, deadlift, and vertical jump. ~Andrew Stocks

Black Hills State University

Samantha Schoen

Shortstop

Junior

Sammy has worked to become one of the strongest and fastest on the team. She puts in extra time on her own to make sure she stays healthy and keeps her strength up during the season. Her play on the field is a credit to her work ethic and commitment to become the best player she can be.

~Aaron Siekmann

Catawba College

Sydney Goertzen

Outfield

Sophomore

Sydney is an amazing athlete with an even better work ethic. Her desire to train and push herself has surely led to the success she has seen in the weight room, classroom, and on the field. She has been a great leader for the program and person the staff can always lean on to motivate and lead her teammates. ~Wayne Adams

Catawba College

Leah Huggins

Outfield

Senior

Leah has been a great leader for the program. She has been able to push herself and her teammates to success in the weight room, classroom, and on the field. She has an amazing work ethic, values all things training related, and has proven to be an extension of the coaching staff.

~Wayne Adams

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Clemson University

Ansley Gilstrap

Short Stop

Senior

Ansley Gilstrap has consistently dedicated relentless perseverance on the field and in the weight room. Ansley will attack every training session with full effort, high intensity and focus. As a senior transfer she has only trained with me for about a year and has already made tremendous strides physically by demonstrating a 275lb trap bar deadlift, 9 pull ups, and a 3.17 20 meter sprint. Aside from Ansley's physical capabilities, she has set an incredible example for her team as to what level of commitment is needed to be a successful softball team in the ACC conference and is a strong contributor to help build the culture of a new program.

~Jessica Prencipe

Denison University

Colleen Hoffman

Pitcher

Senior

Colleen was named to the All North Coast Athletic Conference second team as a junior with 15 starts with a 9-4 record and a 3.12 ERA. Threw a no hitter with six strikeouts against Hiram College. Colleen also hit .324 at the plate with a .316 on base percentage as a junior. Colleen is an economics major with a minor in Spanish. In addition to her accomplishments on the field, Colleen has been a student worker in the weight room for the past three years. Over the course of her career she has increased her squat max from 200 to 285 lbs, her bench press max from 120 to 185 lbs, her hang clean max from 110 to 165 lbs, her pull up max from 3 to 10, and added two inches on her vertical jump.

~Beau Scott

Emerson College

Micaela Dix

Shortstop

Junior

Micaela has been the foundation for softball in the weight room this year. With an incoming freshmen class of 9, she has provided guidance to help instill a culture of performance while consistently completing team-best lifts on bench press (100#) and deadlift (235#). ~Jennifer Boyden

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Emory & Henry College

Erin Anderson

Outfield

Senior

A natural fit as a 2018 captain on the Emory & Henry softball team, Erin Anderson brings great passion, enthusiasm, and positivity to her team. Since helping her team to its second NCAA tournament appearance in 2017, Erin has increased her drive to be a standout on the field and get her team back to the regional tournament. For the 2018 season Erin was selected for the Academic All-District Team by CoSIDA, the Conference Tournament All-Tournament Team, and was also named First Team All-Conference. She also led team the team in batting average at .395, hits (51), triples (3), and stolen bases (16) in 2018. In addition to her athletic accolades, Erin is also the president of the Emory & Henry Alpha Beta Chi sorority. As a Health and Human Performance Major, with a focus in Physical Education, Erin has spent her senior year student-teaching while balancing all of her other academic, athletic, and Greek-life responsibilities. Despite her busy schedule, Erin's persistence to complete all of her strength and conditioning training has led to greatly improved athletic abilities. Her innate drive to success will undoubtedly benefit her and her team this season. ~Mike Caro

Haverford College

Julia Blake

Second Base

Senior

Julia has a unique zest for life that allows her to intently focus on excelling at every endeavor, all while having a smile on her

face throughout. She is a fierce worker who has a rare combination of strength (345 pound deadlift) and speed (school record in the sprint) which translates to athletic success. Julia is a three time All-Conference player, a two year captain, and the reigning Centennial Conference Batting Champion. But it's her diverse set of passions that make Julia special. She is committed to her Softball family, traveling the world with friends and family, school government, healthy eating, and learning the why's to all she does - from the technique of an Olympic lift to the influence she has on Haverford College as it's Students' Council Co-President. Julia has set a high standard for what being a Haverford College student-athlete is all about. ~Cory Walts

Humboldt State University

Illa Haley

Utility

Senior

Illa has been a force in the weight room since the day she arrived at HSU. She leads by example on and off the softball field by setting the benchmark for success. During her 2018 season, she was able to be one of her teams leaders in batting average and hits while playing through multiple injuries. These injuries did not stop her from becoming the strongest player on her team during that season either. Her success is the product of all of the hard work she puts in in the weight room and on the field. She is extremely deserving of this award. ~Anthony Ratto

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Huntingdon College

McKenzie Ridgway

Infielder

Senior

McKenzie has been very dedicated to training, and has been a positive impact on the culture of our softball program.

~Charlie Goodyear

Lindenwood University

Ceaira Perez

Outfield

Sophomore

Ceaira is a great example of how to lead by example. She holds herself accountable and does all the little things right. She is willing to push outside of her comfort zone. Ceaira's character and work ethic sets her apart from others. She has made huge strides on all three main lifts we have focused on throughout the semester.

~Maddie Bohr

Lipscomb University

Sarah Higgins

Catcher

Senior

Sarah is the epitome of a hard worker. She has done nothing other than work hard since stepping foot on campus. Some of her numbers in the weight room include: 285 LB back squat, 145 LB bench press, 132.5 KG Deadlift, and 80 KG power clean all for 3 rep maxes. She was tested this past fall season when she tore her ACL and had to put that work ethic and tenacity to use as she rehabbed from the injury. She never took a day off and got herself ready for her senior season only missing the opening weekend.

She continues to be a pivotal player on the team and leads by example through her work ethic and positive attitude. Her personality continues to make her one of the most influential players on the team.

~Clint Woods

Nova Southeastern University

Kayla Kight

Infielder

Senior

Kayla Kight has been described as the emotional leader on her team. Since joining the team as a transfer student, Kayla quickly established herself as an extreme competitor known to push herself to the limit in every training session. She consistently sets high expectations for herself and most importantly, motivates her teammates to rise to the highest level. Kayla has been instrumental in leading her team to new levels of strength, endurance, and toughness. If Kayla struggles with something, she will "bear down and grind" until she has found a way to show improvement. Additionally, Kayla is a leader in the classroom as well, carrying a 3.10 cumulative GPA majoring in Criminal Justice. ~Steven Orris

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Rochester Institute of Technology

Sarah Thayer

SS/3B

Senior

Sarah was one of the first athletes to introduce herself and has not left the weight room since. She truly loves training. Sarah brings a contagious and enthusiastic energy every time she walks through the doors. Outside of softball Sarah is a Packaging Science major and member of The Industry Packaging Professionals, and dedicates her time to the Athletics Department Home Events Management team. It has been a joy to work with her. I am confident that Sarah's personality and work ethic will bring her continued success in all endeavors after graduation. Sarah has a Hang Power Clean of 135#; Front Squats 185# and a Bench Press of 130#. ~Ryan Kellt

Sacred Heart University

Kristen McCann

Pitcher

Senior

Kristen has transformed her game through a great commitment to strength and conditioning ~Chris Fee

Saint Anselm College

Maggie Murph

Outfield

Junior

Murph's innate ability to excel in competition is unmatched. In all aspects of training she is setting the tone for the rest of her teammates and peer female athletes at Saint Anselm College. Her success throughout her career has come from hard

work and dedication to her craft. Her most impressive accolades are her 20 yard sprint and pro agility times being at or near the top for all female athletes at the college.

~Corey Barboza

Stony Brook University

Katelyn Corr

Outfield

Senior

Kate Corr has begun her senior season as one of our fastest and strongest all-around female athletes. She continues to push her limits in the weight room, and is constantly looking for a new challenge to compete in. Kate has excelled in all aspects of strength and conditioning this year, making sure to set a great example for her teammates. She is always the first to cross the line in conditioning, and the first to cheer on her lifting partners during their sets. Her work ethic and commitment to improvement is unwavering. She continues to lead her team in attention to detail, effort and competitiveness each day. ~Kelly Cosgrove

University of Lynchburg

Mackenzie Chitwood

INF

Senior

Mackenzie (Chitwood) has been a four-year staple to the Softball Strength & Conditioning program here at Lynchburg. She continues to push herself and her teammates to become 1% Better Every Day. Chitwood's successes and hardworking mentality in the weight room have helped her grow and continue to be a key in the Lynchburg Softball line-up. ~Ed Smith

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of Michigan

Mackenzie Nemitz

Third Base

Senior

Mackenzie is currently a senior third baseman for the University of Michigan softball team and a member of the 2016 and 2018 Big Ten Championship teams. Mackenzie's commitment to strength and conditioning over her career has helped her to achieve notable improvements on the field. Over the course of her career, she has added 15lbs to her 1RM clean, 35lbs to her 1RM back squat, and 25lb to her 1RM bench press while also decreasing her 20yd sprint by .23 seconds. Mackenzie's improvements certainly did not come easy. During the fall of her sophomore year, she suffered a season-ending knee injury. Throughout her rehab process, she had her share of struggles. She could have easily let the injury serve as an excuse to end her career, but instead, she found a new level of motivation and commitment. Over the last 2 years, she has made a concerted effort to improve her strength and overall fitness. To her credit, her growth goes beyond just her physical development, she has committed to improving on a personal level who she is for herself and others. I am fortunate to be able to work with Mackenzie as she works to contribute to the success of her team. Without question, Mackenzie is a student-athlete I will continue using as an example for years beyond her Michigan career. It is with great pleasure that I nominate her for this award. I look forward to helping her reach her goals as a student-athlete.

-Lew Porchiazzo III

University of New England

Avery Alberghini

Catcher

Senior

Avery is a gifted athlete who I have never seen outworked. She possess an extraordinary level of strength and quickness. Avery's lightning speed and plyometric prowess is second to none. She owns numerous Nor'easter Strength and Performance Testing records and although she is naturally talented, her work ethic and desire to reach her full potential has been something to behold. Her competitive fire has helped spark her team's emergence as a leader among the women's athletics teams in the weight room. Avery has been an impact player for the Softball program since stepping on campus and her growth trajectory has exploded exponentially over the past four years. Just when I think she has maximized her potential, she proves me wrong and box jumps her height! Avery is a power house behind the plate as a catcher and is a threat on the bases with her speed. Her impact on Nor'easter Strength & Conditioning will be felt for years to come and she will be leaving me a better Strength Coach. Avery is the ultimate competitor, both on the softball diamond and in the weight room. -Lyndie Kelley

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of Wisconsin Whitewater

Caitlin Catino

Centerfield

Senior

Cait is a very hard working and excellent senior leader for the softball team in the weight room. Cait continuously puts up life numbers that are above and beyond expectations in the weight room. Cait's dedication to strength and conditioning has not only separated herself but also has motivated the rest of the team to push themselves in the weight room.

~Cory Chapp

Washburn University

Savannah Moore

Infield

Senior

In the three years I have worked with Savannah, she's been one of the most dedicated athletes I have ever worked with. The gains she has made in strength and speed has led her to break numerous offensive school records including most RBIs in a single season. With the numerous school records she has broken she has also received post-season accolades such as 1st team All Conference and All Region. Throughout her three years with the program she has helped lay the foundation for future student-athletes in showing them what they need to be successful not only on the field but in the classroom as well. As she continues with her senior season she is always encouraging and motivating the team to be more than what they believe and consistently the one to step up on field when it is needed. ~Trent Smith

Wayne State College

Raquell Penke

Catcher/Infield

Sophomore

Raquell is a hard worker that always brings a positive attitude to the weightroom. Her work has translated to on-field success.

~Sergey Sokolov

Wayne State College

Riley Vanderveen

Pitcher

Senior

Riley brings it everyday, even on her non training days still will come in and do extra work. She has been fun to coach and will be successful in the athletic performance field.

~K Grant Darnell

Webster University

Abby Burroughs

Infielder

Junior

Abby is one of the most consistent and hardest working athletes at Webster University. As a Biology major, her schedule is extremely busy with minimal free time. Abby makes it a point to stop in each and every day to work on the physical qualities necessary to both retain and improve performance on the field. Abby leads by example and has served a major role in the softball team's off-season physical preparation. Abby has twice been named to the SLIAC All-Conference Team, and has twice been recognized for her high achievement as a student being selected as an Easton/NFCA All-America Scholar Athlete. ~Matt Saitz

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Eastern Michigan University

Delaney Duncan

100/200 Breast Stroke

Senior

I have had the pleasure of being Delaney's strength coach for 4 years. I have seen her grow from a pure swimmer doing dry-land, to 100% buying into the weight room. This dedication in the weight-room has led to not only weight-room PR's but NCAA accolades as well. In the weight-room she can now Squat 260#, Bench 135#, and Power Clean 145#. She is a leader and a voice in the weight-room, dedicating 4x a week to train with me. She has been a 3x Mac 100, 200 breast stroke champion, holds both school and MAC records. She has anchored winning relays at multiple MAC Championships. This conference success has continued on the national level as she is a 3x NCAA All-American, 4th place last year at NCAA's in the 100 breast, as well as competing at US Trials. She additionally excels in the classroom with a cumulative gpa of 3.75 while majoring in Marketing. Last summer she swam, lifted and handled at internships with Quicken Loans. She has dedicated herself fully to this sport and this team. For these reasons I believe she would be a great candidate for NSCA All-American. ~Aaron Short

Lewis & Clark College

Kassie Kometani

Freestyle

Senior

Kassie Kometani has been an essential piece for the Lewis & Clark Swimming Program. Her commitment to our coaching staff and programs have led Kass to become a Conference Champion her senior year. Kass has been a force in the water every year earning All-Northwest Conference First Team honors each year she's competed for the Pios. Her leadership, great work ethic, discipline, and attitude in the weight room and in the pool never went unnoticed. Kass epitomizes what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Kass is determined to make herself and those around her better every day, and in every way. It has been a privilege to work with such an outstanding young woman. ~ Angela Dendas-Pleasant
~Angela Dendas-Pleasant

Pace University

JunWoo Moon

Free/Back/ Sprinter

Senior

JunWoo Moon has shown growth and dedication in the weight room to further push his abilities in the water. Through focusing on his lower body power output, he has been able to establish himself in his sprinting capabilities in the pool. He holds the program record in the Front Squat at 300lbs and Hang Clean at 220lbs. He had several individual wins in the 100-back during dual meets this season, and was a member of three top-five relay teams at Conference finals. ~Philip Ryder



2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

NSCA
ALL-AMERICAN

STRENGTH AND CONDITIONING

A stylized, light gray icon of a barbell is centered below the arched text. It consists of a horizontal bar with two vertical weights on each end, representing a barbell.

ATHLETE OF THE YEAR
AWARD

[COLLEGE or HIGH SCHOOL] – [SPORT]

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Catawba College

Emily Corcoran

N/A

Senior

Emily's work ethic and determination have been unmatched. She has been a great leader for the program and continually pushes herself and her teammates. Emily is a great athlete who has seen success in the weight room, classroom, and on the court.

~Wayne Adams

Emily far exceeds all weight room abilities of most athletes. Her natural athleticism combined with her work ethic make her a strong competitor. In addition to her performance in the weight room, Emily is always encouraging her teammates to push themselves to get better in all aspects of training. She uses her full potential to push the limits at what she can accomplish.

~Ben McConnell

Emerson College

Thea Nagle

Freshman

Thea has jumped right into the weight room expectations for the tennis team as a freshman and has put up some of the best numbers on the team (both men's and women's combined). More importantly, she has worked independently on her program and always completes the assigned workouts, even jumping in with other teams to add to the culture. ~Jennifer Boyden

Lindenwood University

Tudor Ghenea

Senior

Tudor is an excellent example of hard work and dedication in the weight room. He is constantly challenging himself to be the best athlete he can possibly be. His positive attitude and grit set a standard for his team to follow. In his 2015-16 season, he was named to the ITA All-American team.

~Hunter Haralson

Lindenwood University

Fernanda Poblete

Freshman

Fernanda is a dedicated individual that is always seeking for more. She always goes the extra mile to continue to better herself, even when the odds are stacked against her. Even though she is only a freshman, she shows qualities of leader. We are excited to see how her first season as a lion begins.

~Hunter Haralson

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Stony Brook University

Elizabeth Pam

Sophomore

Elizabeth “Lizzy” Pam injured her wrist halfway through her freshman year and couldn’t play tennis for spring season or fall season of her sophomore year. The entire time, she was in the weight room doing anything she could to stay strong while supporting her teammates out on the court. She has been a true leader of the team for a year without playing any tennis. While focusing on what she was able to do, she improved her lower body strength and tested a back squat 1RM of 295lbs at the end of fall semester. This focus, combined with her dedication to her rehabilitation has earned back her spot in the starting lineup out on the court for this spring season. ~Valerie Cohen

University Missouri St. Louis

Marina Prediger

Junior

Marina shows amazing drive and motivation towards Strength and Conditioning. She understands how vital physical performance is to being successful on the court. She leads by example to her teammates and has the heart of a champion. She always has the drive to push herself to the limits and then some. ~Trenton Crain

University of Lynchburg

Lilli Altenburg

Senior

Lilli, the backbone of the Women's Tennis program here at Lynchburg. Through coaching transitions, Lilli continued to set the standard of what it means to come in and get 1% Better Every Day. Lilli's hardworking mentality has gained her personal recognition and helped lead Lynchburg Women's Tennis to become a contender within the ODAC. ~Ed Smith

University of Lynchburg

Nick Savino

Senior

Nick, the backbone of the Men's Tennis program here at Lynchburg. Through coaching transitions, Nick continued to set the standard of what it means to come in and get 1% Better Every Day. ~Ed Smith

University of Texas at San Antonio

Diya Menon

Junior

Diya has a relentless work ethic and makes the most out of every minute she is in the weight room. She is the type of athlete that will do what she's supposed to regardless of who is there watching. Diya's positive, ambitious attitude is contagious and she has developed into a strong, capable leader for her team. ~Lexi Beeson

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Albany State University

Ashley Harrell

Thrower

Junior

#1 discuss in the SIAC, #5 hammer thrower in the SIAC. She is also does the javelin and shotput. Conference champion in discuss in 2017. She is a hard worker in the weightroom, and the strongest thrower on the team.

~Troy Williams

Augustana University

Paul Meloche

Hurdles

Senior

Paul's determination, work ethic, and love for lifting have propelled him to great heights in the weight room and on the track. He holds team records in the clean, squat, bench press, and deadlift. Paul's PR of 8.02 seconds in the 60 meter qualified him for the 2019 DII Indoor National Championships.

~Andrew Stocks

Augustana University

Ashley Solano

Hurdles

Senior

Ashley has dedicated herself to the weight room year round throughout her career at Augustana. She holds team records in the bench press and deadlift including an impressive 2.72 body weight coefficient for the latter. Ashley's consistent hard work has been a model for all Augustana student-athletes. ~Andrew Stocks

Aurora University

Jocelyn Ocon

Weight Throw, Shot Put, Hammer Throw

Senior

Jocelyn's determination to improve our student-athletes while maintaining academic prominence is a great model for all of our Spartans. She consistently met or surpassed all weekly facility and program tasks, which included program design, facility maintenance, and volunteering in the local community. Of particular value to me as the Director of Strength & Conditioning was her team player mind-set, enthusiastic embrace of change, ability to work with minimal supervision and unwavering commitment to exceeding expectations. I regularly received unsolicited praise from coaches commending her outstanding professionalism, knowledge, and capacity for learning. ~Chad Trudo

Buffalo State College

Ronni Kordrupel

Cross-country/Mid Distance

Senior

Ronni has been dedicated to her running and lifting since her freshman year. Every year she continues to improve and has become one of our school best runners in history! ~Nathan Young

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

California Lutheran University

Obasi Dees

Defensive Back and Sprinter

Junior

Obasi is a three-year starter and All-American defensive back for the Kingsmen Football team. He is also an All-Conference 100m, 200m, and 4 x 100m sprinter for the Kingsmen Track and Field program. From day one, Obasi has demonstrated tremendous character, integrity, and work ethic on and off the field/track. His commitment to physical preparation is noteworthy. Without question, Obasi is the epitome of what so many Cal Lutheran student-athletes represent.

~Patrick Holmberg

Clemson University

Janell Fullerton

Throws

Sophomore

Since coming to Clemson in the Spring of 2018, Janell Fullerton has placed an enormous emphasis on her physical preparation. She has trained consistently throughout the spring as well as on her own throughout the summer to prepare herself for her first year of competition. Her hard work and consistency has established her as one of the strongest females in the weight room, demonstrated by her 445 pound trap bar deadlift, 330 pound back squat, and 215 pound bench press. Janell's efforts in the weight room have translated to the circle with a 2nd place finish in shot put at her first ever ACC Indoor Track and Field Championship. ~Andy Earp

Clemson University

Grant Voeks

Throws

Junior

Grant Voeks has made tremendous improvement over the past two years in the weight room as well as in the circle. Through his dedication to training as well as his nutrition he has been able to add 40 pounds of bodyweight over the past year and has become one of the strongest members of the throws squad, demonstrated by his 670 pound trap bar deadlift. His strength has translated to the circle with a 3rd place finish in shot put during the 2019 ACC Indoor Track and Field Championship. Grant has become a leader amongst the group and promotes a culture of hard work and attention to detail. ~Andy Earp

Colgate University

Oliver Moe

Sprinter

Senior

All this kid knows is to work hard. Even, when school was out, oliver never missed a chance to get better attending early morning lifting and sprint workouts.

~Liaaron White

Lindenwood Univeristy

Miya Dorsey

400m Hurdles, 400m, 4x400m Relay

Senior

Miya comes to the weight room, focused and ready to work. She pushes herself and others to get the best of out of their training session and is an example of never being complacent. ~Matthew Matau

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Lindenwood University

Jerod Broadbooks

Cross Country

Senior

Jerod brings the juice. His constant energy feeds to the rest of the team. His positive attitude pushes others and gets them excited for training. Jerod is a rock for the cross country team on and off of the track.

~Maddie Bohr

Lindenwood University

Kayli Brower

Cross Country

Junior

Kayli is a phenomenal athlete who has natural talent. Compounded with that natural talent, she works hard day in and day out to make sure she does the extra work. Whether it is extra recovery, workouts, nutritional suggestions, she is always looking for that extra push. Kayli has great character and is a role model for her teammates.

~Maddie Bohr

Ox Strength

Thomas Bojalad

Throws

Sophomore

Tom has excelled as a shot putter and discus thrower beyond belief in only a year. This is very largely attributed to his hard work and dedication in the weight room. As a thrower, Tom focusses strongly on the Olympic lifts and has increased his clean, jerk and snatch by roughly 100 pounds in the off season alone. Besides him gaining obvious strength, this athlete has progressed technically in all of his lifts, which translate directly into his

sport. There is no doubt in my mind that Tom can keep growing as a thrower and weight lifter with the work ethic and coachable traits that he possesses. ~Jonathan Yohman

Peru State College

Julia Zurek

Cross Country

Junior

Julia Zurek led the team in every race she competed in the Fall of 2018, recording her best time of 22:21 in a 5K. She was a Daktronics-NAIA Scholar-Athlete and carries a grade point average of 4.00. Julia was recently named the recipient of the Heart of America Athletic Conference Larry Lady Academic Scholarship and currently serves as the President of the Kinesiology Honor Society Phi Epsilon Kappa at Peru State College. ~Kyle Ryan

Shawnee State University

Hunter Ashton

Multi Event

Sophomore

Presidents list for two semesters. As an athlete placed in the Mid-South Conference 2018 Indoor Season High Jump 5th place, Triple Jump 8th place. 2018 Outdoor Season 4th place Decathlon, 5th place Long Jump, 5th place Pole Vault, 6th place High Jump. 2019 Indoor Season 7th place High Jump. Hunter is a hard worker in the weight room and the class room. Hunter has made a lot of strength gains since coming to Shawnee State increasing his bench press by 80lbs., squat by over 100lbs., and his cleans by 80lbs. He has a lot of potential to grow not only as an athlete but also a leader as well these next few years. ~Blaike Smith

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Shawnee State University

Dylan Haynes

Long Jump/Triple Jump/Javelin

Junior

Presidents list for one semester, Deans list for three semesters, Academic All-Conference 2017 and 2018. She is part of the Environmental Club, Shawnee Ambassador, Community Standards Board, and was also a supplemental instructor for the bridge program which helps incoming freshmen get college ready. As an athlete Dylan has placed in the Mid-South Conference, 2017 Outdoor Season 5th place in Javelin, 6th place in the 4x100m relay. 2018 Indoor Season 8th place Triple Jump, 2018 Outdoor Season 8th place Javelin, 8th place Triple Jump. Dylan has a great work ethic and is a great teammate who leads by example by coming in and working hard while also encouraging her fellow teammates. She is not only a great leader on the track or weight room but also out in the community and class room. Dylan has made tremendous gains in the weight since coming to Shawnee by improving her bench by 30lbs., squat by 59lbs. and cleans by 40lbs. ~Blaike Smith

Troy University

Michael Alvernaz

Hammer thrower/ 35lb weight throw

Senior

Michael is a two time East regional NCAA 1st round qualifier in the hammer throw. Two time indoor USA national championships qualifier in the 35lb weight. He is the school record holder in the hammer and 35lb throws. Michael is a senior getting his BS degree in Economics with a 3.146 GPA.

Michaels lifts are Snatch-285, Clean-335, Back squat-425, Front squat-355, Bench-300, vert-33.5. ~Richard Shaughnessy

University of Southern Maine

Emily Close

Hepthalon

Senior

Emily used weight training and plyometrics extensively during the recent track and field season. She made big improvements in her Olympic lifts and jump abilities that transferred well into improvements in all her Hepthalon events. Emily was a little over a year removed from an ACL tear. She was able to surpass her pre ACL times and distances. She finished the year as New England Division III champion, school record holder and NCAA qualifier. ~James Giroux

University of Southern Maine

Adela Kalilawa

Horizontal Jumps

Junior

During her time here at USM Adela has become a dedicated strength athlete. She has been a 2 sport athlete only starting track & field after soccer season. Her time spent in the weight room has helped her become a several time NCAA qualifier in the triple jump. As her weight room strength and power has improved so has her triple jump distances. Adela's dedication helps her teammates see the importance of strength training. ~James Giroux

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of Southern Maine

Jared Marshall

Sprints/Hurdles

Senior

Jared has returned from hip surgery with a record setting season. His dedication to fall workout cycle led to a 40 pound improvement in power clean during December testing. He is currently ranked in the top 10 in both the 60 hurdles and 60 dash in Division III. Jared is great leader by example and has helped his teammates in the weight room as well as athletes from other teams. ~James Giroux

University of Southern Maine

CJ Moody

Heptathlon

Junior

CJ's tremendous work effort and dedication have led to a record setting season. Currently he is ranked in the top 10 in Division III indoor Heptathlon. He has made himself a better track and field athlete by improving his strength and power in the weight room. This improvement has come after learning during the summer that he is diabetic. ~James Giroux

Western Colorado University

Bailey Sharon

Hurdles, Middle Distance

Sophomore

Bailey is one of the toughest people on the planet, and that is not an exaggeration. Bailey has had many an opportunity to make excuses but has never taken one. She has battled her entire career and is more deserving of the success she is seeing on the

track than anyone. She is an extremely coachable young woman and will do whatever her coaches ask of her and more. She brings a contagiously positive energy every time she steps foot in the weight room and it has been a pleasure to watch Bailey run and succeed. Her notable accomplishments are the following: National Champion in the DMR 2018, 2-time All-American in 800m and Cross Country, school record holder in the 400m, and 800m, Academic All-American in 2016, 2017, 2018, and has made the Dean's List as a Chemistry Major. ~Brandon Stephens

Western Colorado University

Luke Wuesthoff

Multis

Sophomore

As a sophomore and in his first year at Western, Luke is a NCAA Provisional Qualifier indoors and ranked 4th all time in school history in the pole vault. Luke holds a 4.0 GPA in Pre-Med and is an Academic All-American. Luke is the definition of a hard worker. Coming into college with a 1RM Back Squat of 185 lbs. and increasing that number to 355 lbs. in 1.5 years time takes hard work, tenacity and dedication. Luke doesn't shy away from work and will do anything his coaches and support staff ask of him. He is emerging as a huge asset to the team as both a leader and an athlete. Luke is extremely dedicated in all that he does. We at Western, are extremely excited to see what he can accomplish in his years to come. ~Brandon Stephens

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

William Woods University

Anna Houston

Multi's, Jumps

Senior

Anna Houston has been dedicated to our program almost from the beginning of her career. She quickly became a leader through her work ethic. Few student-athletes will work hard then she does. This has been infectious to many of our athletes. Anna appreciates being pushed and accepts trying various training methods. She has developed into a great multi-event athlete. She has qualified for nationals in multiple events on several occasions. She has finished 2nd in the nation in Heptathlon and is a many time NAIA All-American. Ann has been one of the best I've had the pleasure to work with here at WWU. Anna would have been able to graduate after the fall semester but choose to stay in order to train and compete with some of her teams. Her unselfishness and desire to push her teammates is truly a great asset to our team.

~Bob Jones

NSCA
ALL-AMERICAN
STRENGTH AND
CONDITIONING
ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Augustana University

Kathryn Nasby

Defensive Specialist/Libero

Senior

Kat's hard work and leadership has driven not only herself, but her entire team to greater heights in the weight room and the volleyball court. She was the catalyst of a cultural shift in Augustana volleyball. Kat was a tremendous leader who always brought great energy to training and practice. She holds team records in the squat, bench press, and deadlift. ~Andrew Stocks

Black Hills State University

Laurel Lech

Setter

Junior

Laurel has seen great improvements in her strength and vertical since freshman year. She is a two time All-Conference winner, along with being Academic All-Conference, and is the current vertical record holder for the team. Her dedication to the weight room has developed her into the player she is today and set her up to have another successful season.

~Aaron Siekmann

Colgate University

Katie Stansbury

Outside Hitter

Senior

It is with great pride I nominate Katie Stansbury for the NSCA All-American Award. Katie has been a tremendous leader both on the court and in the weight room during her career at Colgate. Katie has always set the tone in the weight room for her teammates, and with her great work ethic and positive attitude she earned the respect of her teammates as an underclassmen, and that continued during her entire career. Katie's weight room numbers increased tremendously during her four years, which had a direct correlation to her improved play on the court. ~Paul Helsel

Endicott College

Mackenzie Kennedy

Defensive specialist

Junior

Mackenzie Kennedy was named Libero of the Year and 1st-Team All-Conference by the Commonwealth Coast Conference this year. Followed by an Academic All-Conference and AVCA All-Region Honorable Mention nod, Kennedy has seen the dedication that she has put into strength & conditioning pay off. She recorded a conference best 468 digs in the Fall season and averaged 4.82 digs per set. She had 20+ digs in 8 matches this year. Kennedy demonstrates strong leadership and effort in the athletic performance center. She drives her teammates to be better and is well respected. Hang Clean: 155 lbs. Hex DL: 275 lbs. ~James Daley

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Lewis & Clark College

Kortney Meyer

MB/OH

Senior

Kortney Meyer epitomizes the importance and benefits of strength and conditioning from her freshman year to her senior year. Her commitment to our coaching staff and programs have led Kort to become an All-Northwest Conference First Team selection her senior year, the first for the Pios since 2015. Her leadership in the weight room and on the court never went unnoticed. Her great work ethic, discipline, and attitude, all of which epitomize what the Lewis & Clark Strength and Conditioning Program is all about, resulted in Kort statically improving year after year on the court. It has been a privilege to work with such an outstanding young woman. ~Angela Dendas-Pleasant

Northwestern College (IA)

Lauryn Hilger

Outside Hitter

Senior

Lauryn Hilger was a strong and fearless leader throughout her volleyball career at Northwestern. Whether it was on the court, in the athletic performance center, classroom, or community, Lauryn radiated palpable passion in becoming the ultimate best student-athlete she could become. She demonstrated this through her energetic, dedicated efforts and servant-hearted attitude. These altruistic pursuits gravitated her teammates and others around her, which not only led to team unity but also success. As a distinguished student and athlete she forged an outstanding career. Over the course of her tenure at

Northwestern she was a 3 time GPAC First Team All-Conference, 2 time NAIA All-American, 2 time AVCA All-Region, and most notably a 2 time NAIA Scholar Athlete. ~Kyle Ochsner

Peru State College

Nadja Janjevic

MH

Senior

Nadja continued to excel this year on the volleyball court, in the weightroom, and in the classroom. Her list of accomplishments include being twice named team captain, starting all four years at Peru State College, an American Volleyball Coaches Association Midwest honorable Mention, two-time NAIA Heart of America All-Conference Second Team, Heart of America All-Conference First Team as a Sophomore, Heart of America All-Conference Honorable Mention as a Freshman, four-time Omaha World-Herald All-Nebraska NAIA Honorable Mention, seven-time Academic Dean's List, and two-time Daktronics NAIA Scholar-Athlete. ~Kyle Ryan

Trinity College

Rachel Underwood

OH

Senior

Underwood is an incredible athlete, lifter, leader and more importantly a human. She is at the top of record boards in numerous categories and has transformed her game over the past 4 years by dedicating herself to weight room and to her sport. I could not ask for a better role model for our younger athletes. ~Bill DeLongis

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Trinity University **Jade Schoenberger**

RS
Senior

Jade has been an exemplary model for what we can and plan to continue to achieve as a strength & conditioning program. Her attitude, commitment, hard work, and discipline have all benefit her from a performance standpoint, and has positively influenced her team to continue the same process. ~Daniel Martinez

University of Missouri-St. Louis **Kylie Rudsinski**

Right Side Hitter
Junior

Kylie is the type of student athlete we all wish we had. She's one of the most driven people I've ever met. She's always looking for ways to better herself as a student athlete. The sky's the limit for her! ~Josh McMillian

Washburn University **Shayla Connor**

Setter
Senior

After having her junior year cut short to an injury, Shayla dedicated herself to making comeback for her senior year. She came back stronger than ever physically but also stepped to become a leader for the team and inspire them to take advantage of the off-season and become stronger both physically and mentally. At the end of the season her hard work had paid off as she was an integral part in leading Washburn to the Final Four in the NCAA tournament and her post-season accolades included being

named 1st Team All MIAA, All-Region, and as an AVCA All-American. Her dedication and discipline from the past season will no doubt lead to future success for her. ~Trent Smith

Wayne State College **Morgan Alexander** **Defensive specialist and setter**

Junior

Morgan always brings a positive attitude to whatever she does. Her ability to push herself to new limits is unlike anyone else's. She excels in endurance activities and that ability pushes her teammates in the process. ~Sergey Sokolov

Wayne State College **Tarrin Beller**

Middle Hitter
Junior

Tarrin is a leader in the program. Her natural abilities combined with the work she continues to put in during training has her set to have a big season next year. ~K Grant Darnell

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Webster University

Kristen Farrah

Defensive Specialist

Sophomore

Kristen's physicality on the court has made quite an impact on the Webster University Volleyball Program. Her technical skill is apparent earning both the SLIAC Conference Player of the Year and Defensive Player of the Year honors this past season and was also named the NCAA Division III National Statistical Champion for Digs per Set. Kristen's dedication to her physical preparation, sport specific training, teammates, and scholastic pursuits is unmatched. Kristen's authenticity and innate ability to motivate others through action allows her the opportunity to serve as a leader for student-athletes. -Matt Saitz

Wilkes University

Shayna Fehrle

Defensive Specialist

Senior

Shayna was a leader for the Wilkes volleyball team and was the team's only senior this past year. Her passion and drive for getting herself and her teammates better and stronger helped lead Wilkes to their first winning season since 2013. The hard work she had put in each year in the weight room had 100% paid off for her on the court. Because of her determination, she was able to see a major increase in matches played and sets played from her sophomore year to junior year. She also saw a massive increase in service aces in her senior year, having 3 more than her first three years combined. Shayna has set the bar high for Wilkes volleyball in the future. -Kevin Zingaretti

ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of Michigan

Julia Sellers

Attack

Senior

Sellers is a four year starter and senior season captain on the Michigan water polo team. Her pursuit of academic and athletic excellence is unmatched and her ability to lead and encourage others is contagious. She has become a second coach on the floor through her attention to detail and desire to help others succeed. At the same time, she has left no stone unturned in her own physical preparation these past four years. Sellers is deserving of her numerous conference and national accolades and she has been an integral part of this team's success in and out of the pool.

~Ashley Jackson

Virginia Military Institute

Emma Perez

Attacker

Junior

Emma's hard work in the weight room and in daily practice separate her from the average student-athlete. She is a great leader by example with her focus, effort and ability to coach others and help them to improve. She is not only a student-athlete, but also serves the Corps as a Emergency Medical Technician during field training exercises. ~Dave Lawson



STRENGTH AND CONDITIONING
ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

The University of Alabama

Michael Auprince

4

Senior

Michael is one of the most consistent and dedicated student-athletes at the University of Alabama. His dedication to self and team improvement, coupled with his resilience as a competitor, have lead him to success in every facet of his life. He truly embraces and values strength and conditioning and utilizes it to become the best person he can be. Michael competed in swimming in the 2012 summer Paralympics in London and won a gold medal in the 4×100 meter freestyle relay and bronze in the 4×100 meter medley relay. He helped his national wheelchair basketball team win a bronze medal at the 2018 International Wheelchair Basketball Federation World Championships. He was named the Most Valuable Player at the National Intercollegiate Wheelchair Basketball Tournament, a performance that helped lead the wheelchair basketball team to the 2017-18 National Championship. Michael has also been awarded the Order of Australia Medal which recognizes Australian citizens for outstanding achievement and service. In addition to his numerous successes in sport, Michael will complete his bachelor's degree in English in May with a GPA of 3.63.

~Will Wright

The University of Alabama

Arinn "Juice" Young

4.5

Senior

Arinn is one of the most dedicated athletes I have had the privilege to work with. Her work ethic is contagious and there is hardly ever a time you enter the arena and she is not shooting, conditioning, or doing extra work in the weight room. Arinn understands that her performance is a result of multiple parameters (strength and conditioning, nutrition, practice) and she always strives to be the best in each area. Arinn helped lead her national wheelchair basketball team to a World Championship in 2014 on her home soil of Canada. She was named Most Valuable Player at the Canadian Wheelchair Basketball League's women's National Championship in 2017. Arinn helped the University of Alabama wheelchair basketball team win the 2016-17 National Championship and has received the Outstanding Offensive Player award three years in a row. Finally, Arinn is on track to graduate with her bachelor's degree in Kinesiology in May, 2020. ~Will Wright

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Drexel University

Joey Goodhart

Heavyweight

Senior

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

Huntingdon College

Cody Dixon

184 weight class

Senior

Cody is a dedicated young man with a solid mindset. He has used training to improve not only himself, but everyone else in the program as well. ~Charlie Goodyear

Ithaca College

Ferdinand Mase

125

Senior

Ferdinand's commitment to excellence has been unwavering since his arrival on South Hill. Named to both the National Wrestling Coaches Association (NWCA) and Empire Collegiate Wrestling Conference (ECWC) All-Academic Teams, Ferdinand is a leader in the classroom and on the mat. He has an infectious work ethic that teammates look up to and follow, an unrelenting never quit attitude that sets him apart. His outstanding dedication to his teammates and the wrestling program sets the standard for character. He understands the leadership

to continue the legacy of the wrestling program and leaves Ithaca College an NCAA All – American. ~Victor Brown

Lindenwood University

Hunter Haralson

133 weight class

Senior

Hunter's work ethic and commitment to his team every day set an example for not only his teammates but everyone he encounters. He invested his time and efforts in the himself, his teammates, and the program.

~Mitch Schwartzman

North Carolina State University

Hayden Hidlay

157 pound weight class

Junior

Hayden is an exemplary student-athlete; he excels in the classroom, in the weight room, and on the mat. His sophomore year he achieved All-American status and was national runner up at NCAA wrestling championships in the 157lbs weight class. This year he is consistently ranked top 5 in the nation. His strength training accomplishments include a 330lbs barbell back squat and deadlift as well as a 308 Bench. Apart from his individual mat and weight room success, he is an assertive leader in the weight room. Consistently contributes in moments of motivation during team breakdowns, and leads by example.

~Sam Craven

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of Mary

Nate Humann

125 pounds

Senior

Nate has shown tremendous growth and dedication in the weight room. His commitment and effort not only shows in the lifting numbers he has hit, but also in the performance he has achieved in his sport.
~Jensen McTavish

Western Colorado University

Brandon Supernaw

174 lbs.

Senior

Brandon is a senior majoring in Chemistry with an emphasis in secondary licensure. His current GPA is a 3.48 and has been named to the NWCA All-Academic team three times. He has been a part of two different academic national championship teams. One recognized by the NWCA each year and the other recognized by the NCAA. Brandon is also a 4 time national qualifier and a one-time regional champion. In 2018, he placed 3rd at the NCA Division II National Championships. During the 2018-2019 season he was voted the RMAC pre-season wrestler of the year and the RMAC wrestler of the year. On January 12th he surpassed the 100 win mark. Brandon has been voted captain 3 times during his career at Western. In addition to being one of the top wrestlers in Division-II this year, Brandon is also one of the strongest athletes in our university. All of these accolades are a reflection of Brandon's dedication to the weight room, his sport and his schooling. It has been a pleasure to watch Brandon grow over the course of his career. ~Brandon Stephens

Wilkes University

Nicholas Racanelli

165 lbs

Senior

After a devastating knee injury kept him off the mat last year, Racanelli took full advantage of his senior year. Along with having a 31-1 record and achieving MAC (Middle Atlantic Conference) wrestler of the week 3 times, he also has a first and a second place finish at individual tournaments this year. He also notched his 100th career victory earlier this year. His most notable accomplishment this year was his first place at the Southeast Regional tournament which qualified for the NCAA national tournament March 8-9. What his numerous accolades don't highlight is Racanelli's commitment to becoming the best athlete and teammate he can be. He is always the first to arrive and the last to leave, often gets on his teammates if he feels they are putting out a subpar effort and asks for extra work. Racanelli is a dual major in Biology and Spanish. ~Zachary LeDuc

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Charlotte Christian School

Matthew Siverling

Pitcher/First Baseman

Senior

Matthew Siverling had a dominant Junior Year for the Knights. He batted in the Middle of the lineup, played flawless defense and was the undisputed number 1 for the knights on the mound. He went 8-4 with a 1.71 ERA and 93 Strikeouts in only 13 appearances. After losing in the state title game last year Siverling has committed himself fully in the weight-room, on the field and as a leader. He is the kind of athlete that wants to do more work. The kind of kid that asks for finishers after a tough lift. He has drastically increased his strength and athleticism from last season and is primed for a dominant senior year and an excellent collegiate career at Virginia Tech. ~Matthew Korman

Kalinowski Performance Academy

Ryan Harris

Pitcher

Senior

Ryan has been training with me for 3yrs. He is a very self-motivated athlete and a pleasure to coach. He has significantly increased his mobility, strength, and power over the last 3yrs. He was a significant reason for The Pennington School Baseball programs 2018 success, including the Prep B Championship (1st time in 33yrs). I wish Ryan the best as he pursues his baseball and academic career at Vassar College.
~John Kalinowski

Lincoln North Star

Miles Farr

2nd Base

Senior

Miles Farr is an outstanding student/athlete with a 3.54 GPA. Miles is an outgoing you man that not only plays football but baseball as well. He is well liked by his peers, Teachers and Administrators too. Miles is a great student to have in the classroom and the weightroom, he is a dedicated and determined young man. ~Stewart Venable

Notre Dame Prep

Wade Bonnici

P/RF

Senior

Wade, who has signed to play at the next level, has been the example of using strength & conditioning to better himself on the field. Whether that was to stay healthy or improve performance, he has done a great job of both. It has been a lot of fun working with him. ~Jake Siebert

Notre Dame Prep

Joseph Joppich

P/3B

Senior

For 4 years, the one person I can count on that will be in attendance at baseball training and will put in 100% effort has been Joey. He is the definition of consistency and hard work and it has shown on the field. I am looking forward to what our team will do this spring and I know Joey will be a big part of it. ~Jake Siebert

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Power Zone Performance

Jeremy Aguirre

Infield

Senior

Jeremy Aguirre has been a dedicated athlete to the Power Zone Performance training program. As an infielder for Coronado High School, he has been recognized as an All 1-6A District performer as a Junior and is currently rated as one of the top 100 players to watch for the 2019 Region 1 6A Texas High School Baseball Season. In the weight room Jeremy measured 5'10" and 175 pounds. He squatted 345, benched 225, deadlifted 365, vertical jump 28.5", and standing long jumped 9'1". His accomplishments on the baseball field and his dedication in the weight room will allow him to continue playing at the college level at Park University in Glendale, Arizona. ~John Barela

Strike Baseball Training

Luke Savage

Pitcher

Junior

Luke is an All-American young man across a full range of life dimensions including sport, academic, faith, and citizenship. Other young athletes are positively impacted when Luke is present, as he truly represents the phrase that "Iron sharpens iron, as one man sharpens another." Luke is a TCU baseball commit and has achieved such an honor due in part to a mid-90's mph fastball, 4.6 GPA, and position as incumbent class president. I can only assume that hard work is integral in his other life dimensions but I have the opportunity, first-hand, to watch Luke as one of the hardest working, highest

performing, and caring athletes that I have had the honor to coach.

~Dennis Kelly, CSCS, CSPS

The Weber School

Shami Frenkel

Freshman

2018-2019 was Shami's first year in the Strength and Conditioning program at Weber. Although having been active in sports, he was brand new to strength training. In his first few months, Shami greatly increased his mobility and learned the fundamentals of lifting. Shortly thereafter, Shami began to increase his weights. He was diligent and followed the program. Naturally, this led to him becoming much stronger. The greatest moment of the semester was immediately after Shami tried out for the Maccabi Baseball team. Shami arrived in the weightroom the day after his tryout and was completely baffled by his own performance. He wasn't sure what to attribute his new strength gains to, but he was "hitting so much harder and throwing so much further than he ever has in his whole life." His only logical explanation must be all the work he's been doing in the strength training class. Shami is the star example of an athlete's increased performance on the field through dedication in the weightroom.

~Jessica LaGala

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Whitewater High School

Maddox Mueller

Outfielder

Junior

Maddox Mueller is a multiple year Letterman for the Varsity Baseball and Football team at Whitewater High School. Maddox has a relative strength index of 4.89 for 3 of our core lifts. He back squats 465lbs (250% of his body weight), Power Cleans 235lbs (125% of his body weight), and benches 225lbs (120% of his body weight). While he most certainly excels in the weight room, he also excels as a leader on and off the field. He is a gifted multi-sport athlete that represents the NSCA All-American award well. ~Evan Bryant

Windsor High School

Connor Hartmann

Short Stop

Senior

Very few athletes work with the same level of intent and purpose as Connor Hartmann. After experiencing a back injury his junior year, Connor left no stone unturned while in pursuit of rebuilding his body during the offseason of his senior year. Connor has the rare ability to raise the level of intensity of anyone that trains with him. This work ethic helped Connor earned All-Conference and All-District honors on the baseball field. Through relentless hustle and commitment, Connor has earned the title of NSCA All-American. ~Ty Van Valkenburg



ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Asheville School

Major Eason

Guard

Senior

Major Eason enrolled at Asheville School in 2017-18, a weight room novice, who quickly established himself as one of the most dedicated and high-performing athletes in the Blues athletic program. In 2018-19 he led the Blues basketball team to a state tournament berth for the first time in 13 years, won Western North Carolina Player of the Week honors and led his team in several statistical categories, including three-point and free throw percentage and assists. Major is meticulous in his training, spending countless hours on both skill work and physical preparation. The weight room has been instrumental in Major's ability to negotiate multiple sports with conflicting physical demands. In 2019 he became only the fourth athlete to win the school's Oak Sapling Award for strength and conditioning. In addition to his success in basketball, Major is a state runner-up in the 800m with a personal best of 1:56.3, and an all-state cross country runner. He holds a 4.39 GPA and numerous student leadership positions. Major is expected to graduate in May of 2019 and will play basketball at Swarthmore College in Pennsylvania.

~Douglas Harger

Charlotte Christian School

Efosa U-Edosomwan

Point Guard/Shoot Guard

Senior

Efosa is a Work Horse. Over the two years that I have trained him, Efosa has grown exponentially in the weight-room and on the

court. The work that Efosa has put in paid off as he had a dominant senior year helping lead the Knights to a 27-2 Record. Efosa did everything on the court, averaging 13.1 Points per game, 2.3 Assists, 3.6 Rebounds and 1.7 Steals. He had smothering defense, always being asked to cover the other team's best player. Efosa is an excellent player and leader. His presence will be hard to replace at Charlotte Christian.

~Matthew Korman

Coach Rozy Performance

Matthew Mors

Forward/Post

Sophomore

Matt is being nominated for the 2nd year in a row for NSCA S&C ALL-AMERICAN. He was selected as a Freshman and continues to use strength and conditioning to excel at his performance levels - improving his numbers this fall; his vertical by 4 inches over the last year to 32 inches, his squat max up by 40 lbs to 350 and his bench max up by 30 lbs 285 lbs. Here are some of his accomplishments thus far into his career.

Awards/honors/recognitions:

Currently holds Division 1 Basketball Scholarship Offers from Creighton, South Dakota State University, University of South Dakota, Texas Christian University, University of Nebraska, University of Iowa, University of Wisconsin and University of Colorado.

2019 (January 3-10) Awarded Midco Sports Network Game Ball for player of the week in SD.

2018 South Dakota Class AA All-State Team.

2018 Class AA All-Tournament Team.

2018 All ESD Conference Team.

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2018 Midco Sports Network – South Dakota
Class AA Boys Basketball Player of the Year.

2018 Argus Leader – South Dakota Boys
Basketball Player of the Year.

2018 Argus Leader First Five for South Dakota
Boys Basketball.

2018 Argus Leader Sports Awards Finalist for
South Dakota Boys Basketball Player of the
Year.

2018 Sanford Pentagon/KELOLAND Media
Group Finalist for South Dakota HS Boys
Basketball Player of the Year.

2018 South Dakota Boys Basketball
Gatorade Player of the Year Finalist.

Member of 2018 Sanford
Pentagon/KELOLAND Media Group's South
Dakota HS Boys Basketball Team of the Year.

2018 Yankton High School Basketball Team
MVP.

2018 National Strength & Conditioning
Association All-American nominee in the
sport of Basketball.

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 All ESD Conference Team.

2017 Yankton High School Basketball Team
MVP.

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").

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).

Broke Yankton High School's Single Game
Scoring Record as a Sophomore (45 Points).

2018 South Dakota Class AA State
Champions (17-7)

Tied Class AA State Tournament Record in
2018 – Most Points in a Semifinal Game (38)

YHS School Record – Points in a Season (585)

YHS School Record – Highest Scoring
Average in a Season (24.4)

YHS School Record – Most 3 Pointers Made in
Career (160 & Counting)

Scored 1000th Career Point in Watertown on
February 17, 2018.

Currently 2nd All-Time Leading Scorer in YHS
School History (1557 points & counting)
~Mark Roozen

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Collinsville High School

Gaige Longshore

G/F

Junior

Gaige has been putting in the work and effort in the weight room since August, and has worked himself into being a big contributor on the Collinsville High School basketball team as a Jr. In the weight room he has proven his work ethic and commitment to making himself better for the team. ~Adam Hass

Dobyns-Bennett High School

Courtney Whitson

Guard/Post

Senior

Courtney Whitson is the heart and soul of our team. She is an unbelievable leader and a tremendous role model. She brings it every single day and has an incredibly high competitive drive. She has played in over 130 consecutive games throughout her career, has never missed a game, and started every game. She is the all-time leader in scoring in school history (boys or girls) with over 2400 points. Additionally, she has over 1400 rebounds, over 280 assists, and over 170 steals. These stats are wonderful, but incomparable to the type of person she is. Her attitude during practice and training is contagious and her work ethic rubs off on every one of her teammates. It has been a honor to coach Courtney. ~Tilden Fleming

Dorman High School

Nina Otah

Wing, Post

Senior

Nina Otah is well deserving of this honor. She has matured mentally and physically through four years in our strength and conditioning program. Nina has grown to see the value of strength and conditioning and the benefit of training on her development as a basketball player. Nina was a great defensive player for our girls basketball team which resulted in her being named our girls basketball teams Defensive MVP. She was also named to the all-region team. Nina has a squat max of 260lbs, power clean of 170lbs., and a bench press of 140lbs. She also has a vertical jump of 27.5 inches and pro agility of 4.41. It has been a pleasure to watch Nina grow over the last four years! ~Eric Cash

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Jonathan Dayton High School

DJ Alicea

Guard

Junior

Entering his Junior season, DJ is a three-year starter on the varsity, averaging 20 points a game. As a sophomore DJ scored 450 points, holding the school record, and received 1st team all-conference honors. Aside from leading the team in all statistical categories including steals, rebounds, assists, and blocks, Dj also excels in the classroom as an exceptional student. In the weight room DJ leads the program in attendance with over 90% of off-season workouts attended, and is a true leader both physically and verbally to all of our athletes during each training sessions. DJ is an athlete who knows the importance of working on all aspects of his game all year round and has not only fully committed to our strength & conditioning program, but has made everyone around him better. ~Mark Cugliari

Rock Creek High School

Laney Scott

Senior

Laney has used her dedication to our Strength and Conditioning program to become a success in all facets of her life. ~Mark Oberkrom

Saint Francis Community High School

Cody Baxter

Forward

Senior

For having only been on a strength training program for a short period of time, Cody has displayed incredible progress. Cody is the strongest student in the program, as of this day. Cody has committed to play football at the next level and he will certainly continue to see improvement in the weight room and on the field, due to the dedication and consistency that he has displayed during his time in the weight room.

~Nick Fawcett

Saint Francis Community High School

Hannah Zimbal

Forward/Post

Junior

Hannah is consistent in the weight room, never skipping sets or reps and putting in the effort that is necessary to improve herself. Hannah has established herself as one of the strongest females in our school, if not the strongest. Hannah is a leader and a positive role model for her peers in the weight room, which also carries over to the classroom and the basketball court. ~Nick Fawcett

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

St. Mary's High School

Training location is Core FIT

Josephine Howery

Guard

Junior

Josephine has been the embodiment of commitment over the course of the 3yrs she has been attending our strength and conditioning groups. She has shown herself to be a very diligent and hardworking young lady who makes the time to strength train 2-4x per week. Her goals were stated early on and she has never wavered from the process. Josephine also captains the defending state champion St. Mary's High School Pirates basketball team. She averages over 20 pts, 7 rebounds, and 3 assists per game, and in less than three years of high school basketball surpassed the 1,000 point mark. Josephine is also a 2018 state track and field silver medalist in the 4x 800m relay. Her leadership qualities are characterized by a relentless pursuit of excellence and she leads by example 100% of the time. Academically she is an honor student with a 4.3 GPA. Her total body of work speaks for itself. ~Cass Barrett

The Woodstock Academy

Tre Mitchell

Center

Senior

Mr. Mitchell approached me with a goal of improving his body composition and performance on the basketball court in the summer of 2017. Since then, Tre dropped 28 pounds and decreased his body fat percent from 33% to 16%. In addition, he has

received 72 Division I offers and has been rated as an ESPN top 100 player. Tre displays academic achievements and exemplary character. Currently, Tre is within the top 7% of his high school class with a GPA of 3.95.
~Brenden Ostaszewski

Viking Performance Training

Briston Bennot

Guard

Senior

Briston has worked a great extent find success in basketball. One of the biggest contributors to his success is the fact that he shows extraordinary work effort in the weight room and does everything in his power to progress. ~Jonathan Yohman

Viking Performance Training

Zyon Dobbs

Forward

Senior

Zyon is a fantastic example of the classic leader. Leads in the classroom, on the practice floor, in the weight room, and brings it all together on the court. I've been honored to see Zyon transform from an incoming 8th grader to the multi-year team captain which he has become, and am excited to see where he continues to take his leadership skills and sports talent as he graduates high school. Zyon's commitment to improve himself and his game is a daily one, and guided by one simple reason - to be the best version of himself she can for himself, his teammates, and his family.

~Jerry Handley

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Ardrey Kell High School

Michael Hetzel

WR/RB

Junior

Michael is an incredibly hard-working young man full of integrity and drive. He dedicated himself to the weight room following his sophomore campaign and throughout his junior season. He quickly grew into a team leader through his work ethic and constant effort. Michael is one of the best self-starters and most motivated individuals I have ever coached. His drive led him to improve his strength and nearly double his PRs throughout this season with a 400lb squat and 250lb bench press. He earned second team all-conference honors as both a running back and offensive specialist while spending the bulk of his time at receiver. He is a leader on the field and in the weight room. Michael also holds himself to a very high academic standard and maintains a 3.9 GPA. Michael's work ethic and integrity are best illustrated by his response to a teammate who asked how he improved so much in the most recent offseason. His response was simply "I showed up every day and did every rep." Michael can always be counted on to do everything possible to work towards his goals and the goals of the team. ~Charles Enlow

Cate School

Drew Anastasio

Senior

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. His presence will be missed next year.

~Erik Hansen

Cate School

Scott Holmes

Junior

Scott doesn't quit. Period. As a freshman, his eyes were much bigger than his stomach, so to speak. But he learned from his mistakes and never gave up. He put in the effort every week, asked for feedback and worked hard to make the necessary adjustments to improve. Now, he's one of the strongest athletes in the school seeking to translate that strength into power and speed. I think the other players in his league will be surprised who shows up on the field next season because it certainly won't be the same player they encountered last year.

~Erik Hansen

Charlotte Christian School

Blake Long

D-Lineman

Senior

Blake Long is one of the strongest high school athletes I have ever met. He has a Full Range Back Squat over 600 lbs, a front squat over 400 lbs, deadlift over 500 lbs, and a nearly 300 lb bench press. His strength and power in the weight room transferred directly to the football field. Blake had 62 tackles 13 of those going for a loss, 3 sacks, 2 fumble recoveries and a pick. Blake helped anchor a dominant Knights defense, that led to an undefeated state championship season. ~Matthew Korman

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Caid Koletzki

Running Back

Senior

Caid has used strength and conditioning to excel and set himself up for success in football, hockey and baseball. At 6'1", 215 lbs, Caid was able to use his 4.5 forty yd dash speed, his agility (Pro Agility Run of 4.29) his strength and power (400 lb squat, 320 lb bench) to set himself up as one of the top running backs in school history as well as make his mark at the State level. In his Jr. Year, Caid was All-State and All conference in Football and All-State in Baseball. He was on the hockey team that finished 2nd at State. In his Sr. Year, Caid was again selected to All Star and All Conference honors, as well as rushing for over 1100 yds, leading the State in receptions for a running back and leading rusher for yards in the State. He was 3rd for rushing TD's, 4th in Receiving TD's and 2nd in receiving yards at the State Level. He looks to have another great year in baseball with a batting average of over 400 - and keeping a grade point average of 3.6. ~Mark Roozen

Dobyns-Bennett High School

Ian Hick

Running Back

Senior

Ian Hicks is the epitome of a work horse. The intensity he trains with carries was unmatched on our team and it carried to the field. Prior to his senior season, Ian squatted 415 lbs., Benched 290 lbs., and Power Cleaned 275 lbs. A 3 Lift Total of 980 lbs! While these numbers are great, his numbers on the field were even more

impressive. His senior year, Ian had 240 rushes for 1687 yards for 15 TDs as well as 14 receptions for 160 yards and 1 TD. He is one of the most successful running backs in the history of Dobyns-Bennett with 587 rush for 4141 yards and 36 TDs as well as 35 receptions for 372 yards and 1 TD over 29 career games. Ian is a special player that has a level of dedication that was unmatched on our team. He was a joy to coach and I am excited to see how he goes on to impact the world. ~Tilden Fleming

Dorman High School

Thomas Morgan

Running Back

Senior

Thomas Morgan was a running back that rushed for over 3,000 yards and averaged 8.6 yards a carry in two years as a starter. Thomas is an unbelievably special young man. Thomas has been an all-state running back for two consecutive years, as well as all-region and football's Offensive MVP. Thomas has developed a great work ethic that has resulted in phenomenal strength and conditioning numbers. Thomas has a 545 1RM squat max, 325 1RM bench max, 325 1RM power clean max, 600 1RM deadlift max. Thomas also has a 9'6 broad jump and a 4.60 forty yard dash time. Thomas is also a state strength meet champion in the 190lbs. weight class. It has been a privilege and pleasure to coach Thomas for the last four years. ~Eric Cash

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Kalinowski Performance Academy

Sam Cooper

OL

Junior

Sam set all of the strength records at Conwell Egan Catholic when I trained him as a high school football player. He continues the same trend through his college career. "Coop" was the first athlete to enter the Conwell Egan Catholic FB 1300lb Club (Bench, Dead, Squat)! Since then, Coop has worked his way in to the Kalinowski Performance Academy's 1500lb Club (Bench, Dead, Squat)! He has a strong desire to achieve greatness and to continually better himself, in and out of the weight room. Not only is he a tyrant on the field for the Merrimack Warriors, but he, also, has earned several All-American Academic honors. Sam Cooper is exactly what parents, teachers, and coaches dream of. ~John Kalinowski

Kalinowski Performance Academy

Pat Garwo

RB/DB

Senior

Pat has been training with me for the last 4yrs. He has developed into one of the best running backs in the history of Conwell Egan Catholic football (breaking all rushing and scoring records), as well as in the state of Pennsylvania. He has received many honors including the Philadelphia Catholic League MVP, 1st Team All-Area, and being selected to the 2019 Pennsylvania High School Big 33 Football Team. In addition, Pat became a member of the Kalinowski Performance Academy (and Conwell Egan Catholic) 1400lb Club (Bench+Squat+Deadlift). But

what is most impressive about Pat is his determination to get better everyday and the quality individual that he is! Besides being an outstanding and talented athlete, Pat is a humble leader and excellent teammate. He is a great person and the ideal example of what an athlete/mentor should be. I look forward to watching him on Saturdays as he plays running back for Boston College. ~John Kalinowski

Lake Central High School

Carlos Mancera

Fullback

Senior

Carlos was a two year starter at fullback for our football team. Carlos demonstrated his leadership through his hard work on the field and in the weight room. At 185 pounds Carlos bench pressed 270 pounds, power cleaned 300 pounds, back squatted 400 pounds, and had a 31 inch vertical jump. He always demanded the best from himself and his teammates. ~Thomas Halterman

Lincoln North Star

Tariq Goode

Corner Back

Senior

Tariq Goode is an excellent student/athlete with a 3.14 GPA. He not only plays football but is also a great Track & Field Athlete. Tariq is not only a multi-sport athlete, an excellent student but he is also employed by a local HyVee Supermarket. Tariq is a solid lifter with great technique and he is truly a leader among his peers. Tariq is a joy to have in class and is respected by peer, Teachers and Administrators alike. ~Stewart Venable

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Marquette University High School

Nathan Penix

Running Back, Linebacker

Senior

Nathan has been dedicated to the weight room throughout his entire high school career. This dedication and enthusiasm for strength and conditioning has resulted in some of the most impressive gains that I have seen in my 20 years at the high school level. Besides being committed to our strength and conditioning program, Nathan has also competed in Football, Rugby, Track & Field, Powerlifting, and Weightlifting. As a powerlifter, Nathan has received regional accolades and been a two-time qualifier for the state championship. Upon graduation, Nathan plans to pursue a degree in business finance and continue competing in powerlifting. Nathan's presence and leadership in the weight room and our school community will be missed. We are excited to follow Nathan at the next level and believe he will attain high levels of success on his future endeavors.

-Michael Duehring

North Hagerstown High School

Chase McCoy

Running Back / Safety

Senior

Chase was the unsung leader of our football program over the last two years. His work ethic, accountability, and respect for others reflected not only to his wt. room/on-field accomplishments, but most importantly the influence he had on his teammates. Chase is known in our school as the All-american good guy, who works tirelessly at all he does, achieves success, yet humbly goes about his

day. He does well in school (3.394 in our International Baccalaureate program), is a 2-sport athlete (baseball/football), was named to our football All-League Team for both Offense and Defense, was a 2-way started in football, played on all Special Teams, and is best known for the size of his heart and not his body. Chase is 5'2 141 lbs and has "off-the-charts" wt. room numbers - Bench - 250, Clean 215, Squat - 350, Snatch - 145, Incline - 215, Front Squat - 300, Deadlift 405 - 1 Minute Pushup - 101 reps, Vertical - 27 inches, Broad Jump 8 1/2 feet, Max Chinups - 30 reps, Max Dips - 55 reps. He was not only our pound-for-pound strongest athlete on our football team, but also in our school! The most impressive characteristic that makes him an NSCA All-American, is the fact that his growth and success in academics and athletics is as he refers to is the work ethic and discipline he learned in the wt. room and the determination to overcome all adversity has helped him in all aspects of his life. Chase has done more for his school, coaches and teammates than we could ever do for him. I am proud to nominate and to be an associate of Chase McCoy.

-Anthony "Pete" Yurish

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Payson High School

Jesse Conway

Wide Receiver/Defensive Back

Junior

Jesse is a dynamic player on the football field but his work and accomplishments he has made in the weight room were even more impressive. At 175 pounds, Jesse is constantly in the top 5 in our school for every measurement that we test. In 2018 he was selected for 1st team All Region and Honorable Mention All State. His Current measurements are: Bench: 215, Squat: 335, Power Clean: 255, 40 Yd Dash: 4.65, Pro Agility: 4.24, Vertical: 33". In 2017, He also earned All region honors in Baseball.

~Bryan Burke

Rock Creek High School

Josh Feldkamp

Senior

Josh's dedication to our Strength and Conditioning Program has made him a success in all facets of his life.

~Mark Oberkrom

Saint Francis Community High School

Colton Nietzel

Offensive Line

Sophomore

Colton is continuously the first one in the weight room and the last one out and never skips any reps or sets. Over our Summer Strength & Conditioning Sessions, he had over a 95% attendance rate, only missing for sports related camps. While not the strongest athlete just yet, Colton's determination and consistency continually sets him apart from the pack and will lend itself to him eventually becoming one of the

best athletes both inside of the weight room and on the field of play. ~Nick Fawcett

The Peddie School

Cameron Bariteau

Defensive Line

Junior

Only a Junior, Cameron has amassed an impressive set of weight room numbers challenging some of the All-Time records at our school. 405 lbs Barbell Back Squat for 5 reps. 495 lbs Hex Bar Deadlift for 5 reps. 405 lbs Barbell Front Squat for 5 reps. 315 lbs Bench Press for 5 reps. 7 pull-ups. Over 40 push-ups. 265 lbs Hang Clean for 5 reps. 39" no step Box Jump. 8' Broad Jump. 4.65 Pro Agility. 1.93 Second, 10-yard sprint. All at a body weight of 295 lbs. Equally as impressive are his character and scholarship. He carries a 3.33 (B+) GPA and is a "yes, sir and no, sir" type of kid who brings his best effort into the weight room every day. He also earned 1st team all MAPL as a defensive lineman for football. ~Michael Volkmar

TopSpeed Strength & Conditioning

Eric Olson

Running Back & Safety

Senior

Eric is the epitome of what this award stands for, his dedication to bettering his athletic ability enabled him to become one of the fastest athletes in the region and a multiple-time All-State athlete. ~Joseph Potts

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Whitewater High School

Chris Mitchell

DB

Junior

Chris Mitchell is a DB for the Varsity Football team at Whitewater High School. Chris has a relative strength of 5.31 for 3 main lifts: 360lbs in the Squat (~250% of his body weight at 145lbs), 190lbs in Bench Press (130% of body weight) and 225lbs in Power Clean (150% of his body weight). Chris is a leader by example both in the classroom, weight room, and football field. He is a great representation of the NSCA All-American award for Strength and Conditioning.

-Evan Bryant



STRENGTH AND CONDITIONING
ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Michael Frick

Senior

Michael is the perfect example of what S&C can do for an athlete. Michael used performance training to come back from a broken back to not only get back to athletics - but excel at the highest level; both on and off the golf course and tennis court. In this past off-season, because of his schedule demands, Michael would come to an adult Bootcamp Class we taught and go through a program 3x a week to get back to his high level of performance. His determination, dedication and drive have helped him to achieve the following:

Extra-Curricular and Community Activities:

Member of National Honor Society
Member of the Humanitarian Club
Member of YHS Young Republicans
Member of the Y Club
Member of Fellowship of Christian Athletes (FCA)

YHS Tennis Player

YHS Golfer

Help preschool kids at Webster Elementary every Monday for 30 minutes

Helped with the Roger Haas Basketball Tournament for many years

Served at the Sacred Heart Parish bazaar

Served the Yankton area banquet

Volunteer coach with Junior Golf at Fox Run Golf Course the past two years.

Volunteer at the Beadle School Carnival

Helped with Dive-In Yankton. Passed out flyers

Volunteer at Sacred Heart Parish

Honors and Awards:

Golf:

4-Time Varsity Letter Winner

3- times named to the All- Eastern South Dakota Conference Golf Team (Top 15 at ESD Golf tournament) (8th, 10th, 6th)

3- times been a place winner at the State Golf Tournament (Top-25) (23rd,6th,13th)

1- time been named to State All Tournament Team (Top 6 at State Tournament)

3 time golfer of the year – Yankton High school

Tennis:

4-Time Varsity Letter Winner

Eastern South Dakota Conference Flight 3 Doubles Champion

1 time tennis player of the year – Yankton High school

Leadership Positions:

3-Time Captain of YHS Golf Team

Pro Shop attendant at Hillcrest Golf and Country Club

~Mark Roozen

Payson High School

Rayce Mathews

Senior

Rayce is a 3 sport athlete in Golf, Soccer, and Basketball. Although he has been successful in all 3 sports he excels in golf as a 3 time state qualifier. His success in athletics is no coincidence if you were to watch his effort in the weight room. Rayce takes tremendous pride in his effort in the weight room and trains with a purpose. Not only is he self motivated he is a great leader and motivates others to push themselves. Rayce Benched 205, Squatted 365, Power Cleaned 215, and had a 27" Vertical Jump.

~Bryan Burke

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Cate School

Peter Bulkley-Armas

Goalie

Junior

Every program has a person who shows up early, leaves late and never quits. In our program, that is "PBA." Most high school athletes aren't willing to work very long on the more "boring" technique aspects of lifting but Peter is. As a result, he's made tremendous growth not only in the weight room but as a person. ~Erik Hansen

Cate School

Flora Troy

Senior

In my experience, female students make quicker progress in the weight room because they're more likely to have a growth mindset, taking instruction not as criticism but as helpful feedback they can use to improve. Flora is the prime example of this phenomenon. She came in with little experience and got after it everyday, soaking up every piece of advice and feedback she could at every moment. Her focus was inspiring. Her presence will be missed after she graduates. ~Erik Hansen

Kalinowski Performance Academy

Nicole Burney

Goalie

Junior

Nicole has been training with me for 3yrs and cannot be challenged enough! She crushes anything that you throw at her. Any free night that she has, she wants to train to make her the best goalie in the history of Notre Dame High School Women's Lacrosse. Nicole has gotten significantly stronger, more

powerful, and quicker. Her progress and performance has been noticed by many college coaches. As a result, Nicole has committed to continue her lacrosse and academic career at Richmond University. I expect 2019 to be Nicole's best high school season, yet! ~John Kalinowski

Kalinowski Performance Academy

Jake Krefetz

Middie/Face-off

Junior

Jake has been training with me for 4yrs. He has greatly matured and gotten much bigger, significantly stronger, more powerful, and much quicker. He is a very determined athlete and very skilled at face-off. I expect his junior season to be his best yet as he leads the Pennsbury High School Lacrosse team into the 2019 season. ~John Kalinowski

Princeton High School

Serena Bolitho

Midfielder/Attack

Senior

"Serena is a leader in the weight room, on the field, and in the community. She is always looking to improve herself, her team, her high school, and the Princeton community. Serena takes it upon herself to include, encourage, and support the younger athletes on her team, as well as, leading by example for her veteran teammates. Serena always helps her fellow athletes in the weight room to understand and perform exercises properly, and, to motivate her teammates to reach their full potential. Serena has not yet committed to a college. However, she will be a credit to whatever institute she decides to attend." ~John Torrey

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Notre Dame Academy

Riley Onell

LW

Junior

Riley Onell is a true leader in every sense of the word. His relentless effort towards improvement is a constant each day Riley is training and sets a high standard for his teammates to follow. Because of Riley's consistent effort, he is one of the strongest athletes in our school. Having Riley in the weight room is like having an additional coach in the weight room as Riley is a key contributor to one of the best team cultures that I have ever been around. Riley is an absolute pleasure to coach! ~A.J. Giovanetti



ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Discovery High School

Ariel Gonzalez

Football, Swimming

Center (Football), Events (Swimming)

Junior

Ariel always comes in, works hard, listens, and follows instructions. He encourages others and leads by example. He sets the bar for the mentality we are trying to foster here at Discovery High School. I can't wait to see what his future will hold.

~James Romaniw

Edgewood Academy

Tyler Abernathy

Baseball, Basketball, Football, Track & Field

RB/LB, PG

Senior

Tyler Abernathy was the only kid in the 1000lb club with bench 330lb, squat 450lb, broke the school record from 320 to 360lb in clean at 186lbs. Tyler made Top Alabama Independent School Association football performers 6 times, helped his football team make the playoffs since 2015, and made the allstar team in the 2019 season. Tyler was apart of his team that won Alabama Independent School Association 2019 state championship for basketball. In 2016 Tyler was recognized as the Joe Sewell Memorial Award for academics, athletics, leadership, and church, community, and character. Tyler was 1A/2A Most Valued Player of the Meet with a total of 38 individual points. First in the mile, 800, long jump and second in the two mile by two hundredths of a second. I couldn't be prouder of your hard work and discipline. ~Bruce DeWalt

Faribault High School

Mitchell Nelson

Baseball, Basketball, Football

RB/Safety, PG, P/IF

Senior

Mitch is an outstanding leader for our programs. He truly dedicated at being the best version of himself each and everyday. His commitment to his teammates, coaches, and teachers defines what his character is all about. Mitch excels on the field, in the weight room, and most importantly in the classroom. He is a 3.75 GPA student in the classroom, Mitch takes great pride in his education. Mitch tested out at 215lb on the Bench Press, 220lb on Power Cleans, and 375lb on Squats. ~Johnny Frank

Faribault High School

Taylor Prieve

Track & Field, Danceline

Cross Country, Distance

Senior

Taylor is an exceptional leader, she is a captain of the cross country and dance team. She was elected Big 9 Scholar Athlete back to back seasons, 2X all state dance all tournament team. Taylor also takes great pride in the classroom with a 3.9 GPA. Her dedication in the weight room is evident with all her success thus far. Her teammates look up to her as she displays great character and is a positive attitude. She is constantly in pursuit of excellence in the classroom and during competition. ~Johnny Frank

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Hebron Academy

Konstantin Hellege

Football / Basketball

Tight End / Center

Senior

Konstantin was a leader to his teammates and a role model for both present and future student-athletes at Hebron Academy. He traveled to Hebron Academy from Germany and become a two-sport athlete, participating in football where he served as team captain during the 2018 season and was voted Team MVP; he also participated in varsity basketball where he was voted Most Improved Player. As a standout in football, Konstantin was recruited to play football by two Division I programs and was offered (and accepted) a full scholarship to the University of New Hampshire. His dedication to our strength and conditioning program fueled by his unmatched work ethic set the standard at Hebron Academy for what is expected of an elite athlete. ~Jim St. Pierre

Emilia epitomizes what an elite level student-athlete should represent. ~Jim St. Pierre

Perry High School

Jacob Allen

Football, Track & Field

RB, WR, LB, DB, 100M, 4x100M Relay, 100M, 4x200M, Shot Put

Senior

Jacob has been record setting athlete at Perry HS (OH) on the football field, track and in the weight room. He is one of our hardest workers in the weight room and he has achieved the highest score in school history on our Pirate Athlete Rating Scale. Throughout Jacob's football career, he has been awarded All-Ohio, All-District, Offensive Player of the Year for Lake County (OH), and 1st Team All-Conference CVC. He is also a member of the National Honor Society and volunteers with the Perry Rec Department. ~Mike Crissinger

Hebron Academy

Emilia Malinen

Field Hockey, Hockey, Lacrosse

Defense

Senior

Emilia's dedication to academics is unprecedented. As a three-sport athlete, Emilia traveled to Hebron Academy from Finland. She received the Coach's Award for hockey in both 2018 and 2019; she also received the Coach's Award for field hockey in 2018. Emilia's work ethic and dedication to our strength and conditioning program has earned her several spots on Hebron's All-Time Top 10 Performance Lists.

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Sidwell Friends School

James Landy

Football, Lacrosse

RB/LB & Defensemen

Senior

Jamie has been the model student-athlete during his high school athletic career. He has been a four-year starter on the football and lacrosse team while serving as the team captain for his junior and senior years in football and senior year in lacrosse. Jamie was an immense part of a turn-around for the football program that brought a DC state championship during his junior year where he averaged 11.5 tackles/game and was the 2nd leading scorer on the team. In addition, due to Jamie's level of enthusiasm and desire to improve the overall athletic program, he was nominated and chosen by numerous coaches to serve on the Athletic Director's Advisory Committee.

His athletic achievements have been outstanding, but his passion and dedication to serving his community while upholding his academic excellence sets Jamie apart. He works with Iona Senior Services where he goes every Saturday morning to pack groceries/prepared food that would go out to seniors in the area who were home-bound or needed extra assistance. Jamie also helped train/facilitate the new volunteers and confirm and assist with the delivery. He also volunteered in the summers with a daytime program where the seniors could congregate in a social setting while being provided free lunches, activities, and exercise programs. Furthermore, Jamie was the head of Mental Health Awareness Week at Sidwell Friends, in which, he organized

guest speakers, presentation, and parent meetings.

Jamie managed handle all of these obligations while maintaining an unweighted 3.83 GPA taking honors level courses, being on the staff of the school newspaper, and having a relentless level of devotion to training 4 times/week during the off-season and 3 times/week during in-season.

Jamie truly embodies all of the characteristics that every student-athlete should strive to be, and I am pleased and honored to nominate him to be apart of the NSCA All-American Strength and Conditioning Athletes of the Year.

Back Squat: 385/Deadlift: 475/Bench Press: 275/Hang Clean: 275x2/40 yd: 4.73

-Chan Cho

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Viking Performance Training

Zach Frazier

Football, Wrestling

Lineman, Heavyweight Wrestler

Junior

There isn't much you CAN'T say about Zach - polite and well mannered in person, an absolutely dominant machine in football and wrestling. A serious student, and an equally serious and committed athlete. Zach loves the preparation, and the outcome even more. As a captain in the weight room and on the field of FSHS's undefeated championship football season, and a 3-time state champion in wrestling, Zach still has a year to go. The entire community benefits from that. Zach is a pleasure and an honor to coach.

~Jerry Handley

Wills Point ISD

Kaylee King

Powerlifting, Track & Field

Cross Country

Sophomore

Kaylee King as a freshman went to State as a pole vaulter and currently has a personal record of 11'6". She was an important contributor to the District Winning Girls Cross Country Team. She qualified for regionals in powerlifting in the 123 pound class with a 230lb Squat, a 120lb Bench and a 245lb Deadlift. She also has a 4.6 GPA on a 4.0 scale. Kaylee works very hard at everything she does athletically and academically.

~Robert Gail



STRENGTH AND CONDITIONING
ALL-AMERICAN
ATHLETE OF THE YEAR
AWARD

HIGH SCHOOL – MULTI-SPORT ATHLETE

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

The Peddie School

Aylin Karagozoglu

Sophomore

Only a sophomore, Aylin was my first ever IRON FALCON. The IRON FALCON is a program I created that quantifies our foundational exercises for Strength, Power, and Speed relative to her body weight. A lightweight rower, she Barbell Front Squat 125 lbs for 5 reps, Hex Bar Deadlift 185 lbs for 5 reps, Barbell Back Squat 165 lbs for 3 reps, 5 pull ups, 25 push-ups, Barbell Hip Thrust 165 lbs for 10 reps, Box Jump 39", and Broad Jump 7'. She is a natural, no nonsense athlete in the weight room who inspires the rest of her teammates to give their best efforts in the weight room. Her grades are above the school average, top 25%, (3.57 GPA, A-). ~Mike Volkmar

The Peddie School

Zen Rizzuto-Flanbaum

Senior

Zen walks, talks, and looks the part of "Gym Rat". During his re-visit day of his 8th grade year, he promised (like so many others) to be in the weight room every day. Difference bring, Zen has kept up his side of the bargain. With our Rowers in the weight room and Zen a 4-year, 3-season rower, I am not sure any one student has spent more time in the weight room over his or her 4 years. With that time in the weight room, Zen has literally transformed his body into the body of a college rower. It is beyond the weight on the barbell for him. Zen has also persevered through injuries. From those experiences with injuries and his body transformation, he counsels his peers' proper exercise technique and nutrition habits. Zen's grades are above average for the school, top 20% (3.41 GPA, B+) and was on the boat of the first ever team at the Peddie School to win the 2018 MAPL title. ~Mike Volkmar

ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Payton Wolfgram

Junior

Payton Wolfgram is a member of the Class of 2020 at Yankton High School. Payton has used strength, conditioning and performance training to elevate her abilities in Soccer - Basketball and Track at the highest level. Payton does a great job of training year round to get the best results in training to carry over to sport. A few of her accomplishments over the past few years - and more to come as she moves into her Senior Year:

Sophomore Year 2017-2018

All ESD Conference - First Team - Soccer
AA All-State- Second Team - Soccer
AA State Qualifier in the 400 meter dash

Junior Year 2018-2019

All ESD Conference - First Team - Soccer
AA All-State- First Team - Soccer
Captain - Soccer

Other Academic Achievements and Affiliations

National Honor Society Member
Roll of Excellence - Freshman, Sophomore and Junior Years
Y Club Member
FCA Member

Service Work

Sacred Heart Church Bazaar
Coach at Yankton youth basketball camps
- Freshman, Sophomore, and Junior Years

Coach at Yankton youth soccer camps - Freshman, Sophomore, and Junior Years

Volunteer at The Banquet

Volunteer at Special Olympics State Basketball Tournament

Volunteer at concessions for soccer fundraiser

-Mark Roozen

Viking Performance Training

Jordan August

Keeper

Senior

Jordan is the student-athlete coaches and parents dream of - a leader in practice, an intelligent and vocal leader on the pitch, and a year-long competitor in the weight room. The commitment to improve herself and her game is a daily one, and guided by one simple reason - to be the best version of herself she can be for herself, her team, and her family. ~Jerry Handley

Viking Performance Training

Grace Stire

Junior

Grace has worked a great extent to better herself in the domain of soccer. One of the biggest contributors to her success is the fact that she shows extraordinary work effort in the weight room and does everything in her power to progress. There is no doubt that she will succeed in any sport she does and as a coach, I am blessed that she has given the effort she has to improve in the weight room and on the field. ~Jonathan Yohman

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Sydney Nelson

2B/SS

Senior

Sydney is a natural leader. She used strength & conditioning as a tool to pursue a collegiate softball career. Along with being a highly recruited softball talent, she was a standout basketball player. Whenever Sydney wasn't traveling for softball, she was in the gym preparing herself for the next level. She was also the one that got all the other teammates and athletes in her group fired-up for workouts. She has a great energy, work ethic, and determination.

~Kyle McKelvey

Collinsville High School

Mackenzie Crow

Pitcher/1st Base

Junior

Mackenzie is a multi-sport athlete who competes in softball and track. She has been training since she was a sophomore and has reaped the benefits as a Junior. She was an All-District player and Regional honorable mention softball player in 2018, and is currently training to compete throwing the discus. ~Adam Hass

Dobyns-Bennett High School

Griffin Mullins

Outfield

Senior

Griffin Mullins, daughter of a former powerlifter, was not too excited to come to the weight room as a freshman. 4 years later, I can't get her to leave the weight room. Griffin has truly fallen in love with the weight room and the process of getting better every day. She consistently comes ready to

work at a high level and loves to push herself and those around to reach their best. Although she plays softball in HS, she plans on getting into competitive Olympic weightlifting in college. I am excited to see her growth and development in the sport of weightlifting because of natural internal drive to be great at whatever she is doing. From dreading the weight room to being one of our most consistent, hard-working athletes, Griffin has truly earned what we call, the Iron Indian. ~Tilden Fleming

Jonathan Dayton High School

Rachel Rodrick

Catcher

Sophomore

Rachel is the type of athlete who goes above and beyond in her training, and will do anything needed to make her teammates and the program succeed. Rachel is always the last one to leave the weight room each day, regularly putting in extra work upon completing group training sessions to improve her fitness. Rachel played a large role starting in the varsity line-up during her freshman year, and while she may not have had the performance she was looking for, her sport coaches see the potential she is going to bring to the team in the following seasons. She is also incredibly coachable and always eager for feedback in order to improve her performance on the field and in the weight room. Having the highest off-season workout attendance of all our female athletes, Rachel sets the bar for commitment, hard work, and dedication to improving all aspects of her game. Rachel is the definition of a student athlete as she brings that hard working attitude and competitive spirit into the classroom as well. ~Mark Cugliari

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Lincoln North Star

Hanna Roth

Short Stop

Junior

Hanna Roth is an outstanding student/athlete with a 4.09 GPA. Hanna has played softball since she was a little girl and performs just as well on the softball field as she does in the classroom. Hanna is truly dedicated to her chosen sport of softball and has been a constant presence in the weightroom. She is an excellent lifter and displays extraordinary technique. Hanna has been a pleasure to have as an athlete.

~Stewart Venable

Payson High School

Raci Miranda

Pitcher

Sophomore

As Freshman Last year Raci excelled on the softball team earning All Region honors her first year on varsity. This may have been a surprise for some people, but if you saw her effort in the weight room it was not a surprise at all. As a sophomore she Benched 135, Squatted 225, and Power Cleaned 135. Her work ethic is what sets her apart and what will drive her to continue being successful throughout her high school career. On top of being named by our school as "best Freshman Athlete" she has maintained a 3.95 GPA. ~Bryan Burke

Sacred Heart Academy

Kate Karamouzis

Catcher & 3rd Base

Senior

A leader on the diamond, in the classroom, and in the weight room; Kate's level of consistency and dedication to be the best

athlete is topped only by her desire to better herself the next day. Over the past three years, Kate's progress in the S&C setting has improved immensely. Her strength, speed, endurance, and power improvements have had a direct correlation to her on-field improvements. Evidence of this was by being selected to play for the Greek National Softball team and having the chance to compete in the 2020 Olympics. Finally, through her discipline and constant work in the S&C setting, she has enhanced her leadership abilities which in turn have helped raise the level of play of all her teammates around her. It has been an honor watching Kate grow and mature to be an amazing young student-athlete. She will excel at the collegiate level because she already has the tools that are required to succeed. ~Phillip Giackette

The Peddie School

Jane Anderson-Schmitt

SS

Junior

Jane sets an amazing example for the other girls in the weight room. She crushes the stereotype, "Heavy weight will bulk a girl up." She loves the traditional Barbell lifts and has personal records of a 185 lbs Sumo Deadlift and 135 lbs Back Squat. However, beyond the numbers, Jane embraces the process of getting stronger each day in the weight room. She is a leader by example as she goes about her warm ups and work sets with a quiet determination that inspires other girls in the weight room. As only a sophomore last year in the weight room, Jane acted as an assistant coach helping the other girls in her group. She accomplished all this while earning a 3.57 GPA (A-). ~Mike Volkmar

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Kalinowski Performance Academy

Sara Matson

Junior

Sara has been training with me for the last 4yrs. She excels in the pool and on the lacrosse field for the George School. Sara continues to set new personal records (including setting pool records). Her dedication to training has lead to her significantly increased her strength and power, as well. I expect big things from Sara in the rest of her junior year at George School. ~John Kalinowski

Notre Dame Preparatory School

Ellen Brooks

Junior

I am Phil Tran and I was the Strength and Conditioning Coach for the Mariner Swim Club from 2017 to 2018 and I am also the NSCA Maryland State Director. During my time with the Mariner Swim Club, I had the opportunity to coach Ellen Brooks. Ellen Brooks is one of the top swimmers in the region thanks to her commitment to strength training and swim training along with her intense focus on her challenging academic studies. At the elite club level, Ellen was the 2017 Maryland Swimming Long Course State Champion in the 200 meter butterfly for the Mariner Swim Club. She has routinely qualified for sectional meets and has continued her success with her recent move to Loyola Blakefield Aquatics. Ellen's success in club swimming has transferred to her high school swim team. Swimming for Notre Dame Preparatory School, Ellen has helped her Varsity Swim Team win silver medals in 2017-2018 and 2018-2019 in the IAAM A Conference, the most competitive private school classification for girls' athletics in

Maryland. Ellen is a fierce competitor and she also brings joy to her teammates and coaches. She responds very well to coaching and is highly supportive of her teammates. As a coach, she is what you want in a student-athlete. On the basis of Ellen's athleticism, intellect, and integrity, I nominate Ellen Brooks for the National Strength and Conditioning Association's All-American Strength and Conditioning Athlete of the Year Award. ~Phil Tran

Tennessee Aquatics Club

Coleman Kredich

Senior

Coleman Kredich is a senior at West High School in Knoxville TN and a member of the Tennessee Aquatics club team. He is a natural leader both vocally and in his acts. Coleman has a great work ethic and his enthusiasm for life is contagious. Coleman in the Tennessee State champion in the 50 and 100 Freestyle events. He is also an excellent musician, very accomplished with the saxophone. He will be attending Duke University in the fall. ~Britton Leitch

Tennessee Aquatics Club

Chase Lahr

Senior

Chase Lahr is a senior at Farragut High school in Knoxville TN and a member of the Tennessee Aquatics club team. Chase has nearly perfect workout attendance, is very driven both in her training and academics. She is a fantastic piano player, student, role model, and person. Her best races are the 500 Free style and the 200 Backstroke. Chase will be attending Johns Hopkins in the fall. ~Britton Leitch

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Tennessee Aquatics Club

Melanie Moczadlo

Senior

Melanie Moczadlo is a senior at Farragut High school in Knoxville TN and a member of the Tennessee Aquatics club team. Melanie is a very thoughtful and inquisitive young lady, she is an excellent student both in the classroom and at the pool. She is very driven academically and athletically, and has achieved very high marks in both arenas. Her best events are 100 Fly and 200 Free. Melanie is in the process of choosing between Johns Hopkins, Carnegie Mellon, and the University of Tennessee.

~Britton Leitch

Tennessee Aquatics Club

Emily Pye

Senior

Emily Pye is a senior at the Maryville Christian School in Maryville TN and member of the Tennessee Aquatics club team. Emily has a very energetic personality, a huge smile, and is a friend to everyone. Emily rarely misses a workout in the water or the weight room, has achieved great things in the classroom, is a wonderful singer, and has set very high goals for herself. Emily's best races are the 100 and 200 Breaststroke. She will be attending LSU in the fall. ~Britton Leitch



STRENGTH AND CONDITIONING
ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Cate School

Brad Gordon

Senior

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. And he hasn't stopped since. 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. His presence will be missed next year. ~Erik Hansen

Collinsville High School

Trent Brown

#1 Doubles

Senior

Trent is a multi-sport athlete that plays Tennis in the Spring. Trent has committed himself to strength training and has not wavered. He has worked himself to be #1 Doubles for his Senior year. Trent was also selected Linebacker of the Year during the 2018 football season. He continues to train with a purpose and is a leader for any team he is a part of. ~Adam Hass



ATHLETE OF THE YEAR
AWARD

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Jaiden Boomsma

Sprinter/Jumper

Senior

Jaiden has been involved in three sports throughout her high school career and excelled in all areas of Track, Soccer and Gymnastics. She has used performance training to improve each year in all areas, but the biggest benefit to training was being able to come back from a severe back injury to be selected Female Athlete of the Year for the region in 2018. A few of her highlights are listed below.

Track

PR for the indoor 60 meter dash: 8.10 – School Record

PR for long jump: 18'0 feet

PR for triple jump: 35'2.75 feet

Anchored the 4x100 (6th at state) and 4x200 (5th at state) in 2018

Placed 5th in long jump in 2016, 3rd in 2017, and 2nd in 2018

4 Year Varsity Letter

Gymnastics

All State Gymnast in 2016-2017 season

Placed 5th on vault in the 2014-2015 State Gymnastics meet

Placed 6th in All around, 5th on the Balance Beam, and 6th in Vault at the 2016-2017 State Gymnastics Meet

Yankton High School Athlete of the year for Gymnastics 2015

4 Year Varsity Letter

Soccer

Leading scorer with 9 goals in the 2016 season

Led the team again with 9 goals in the 2017 soccer season.

Made All-Conference Soccer Team in 2017 & 2018

First Team All-State Soccer 2018

Team Captain 2018

ESD Champions 2018

Yankton High School Single-Season scoring record with 16 Goals 2018

Yankton High School Career Scoring Record with 35 Goals

Yankton High School Single Season Assist Record tied with 6 assists in 2018

4 Year Varsity Letter

2018- Press and Dakotan Female Prep Athlete of the Year

2019- National Honor Society

High School GPA: 4.0

Interested College Major: Medical Field
~Mark Roosen

Collinsville High School

Machenzie Robinson

Thrower

Junior

Machenzie has dedicated herself to strength and conditioning in order to improve her ability to compete in shot and discus. She qualified for the 5a Oklahoma state track meet, as a Sophomore, and finished 10th. She is currently a Junior and has made tremendous gains in strength.
~Adam Hass

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Goshen Central School District

Stephen Serkes

Offensive Line, Shot Putt, Discus

Senior

Stephen's hard work in the weight room to improve his strength, power and technique has resulted in development on the track, field and court. Stephen comes in to the weight room focused to get his work done but is also there to help less experienced lifters improve their technique. Stephen's biggest asset is his willingness to put in the necessary work to be successful.

~Robert McIntee

Hamilton Heights High School

Abigail Roth

Distance Runner; all-Around gymnast

Senior

"A spark plug of positive energy in and outside the weight room." Abby has the amazing ability to motivate fellow students and even a staff member or two with her own Herculean efforts of achievement in a Mighty Mouse physique. Early in her high school career, she remained focused on gymnastics, but switched to distance running for track and cross country during her sophomore year. She will regularly bench and power clean more than her body weight, double her weight in squat activities, all the while cheering on others to be bigger, stronger, and faster. She will compete in indoor and outdoor track as she finishes high school, consistently improving her times. Abby plans to continue her fitness regime in college this fall, where I am certain she will first surprise and then motivate all around her. ~Jan Clifton-Gaw

Kalinowski Performance Academy

Jeremy Goll

Thrower

Senior

Jeremy is a "quiet Giant". He lets his tenacity and performance talk for him. Jeremy has only been training at the Kalinowski Performance Academy for a short time, but has gotten significantly stronger and more powerful. He placed 7th at the 2018 SOL National Conference Championships in the Discus for the #1 ranked Pennsbury High School Falcons. He set a PR at 104'7". The 2019 season just started and he has already PR'ed in Discus and Shot. I expect this season to be his best, yet! ~John Kalinowski

Lincoln North Star

Addison Barrow

Thrower

Senior

Addison is an outstanding student/athlete with a GPA of 3.93. She is a multi-sport athlete that also plays Softball and is a member of the Powerlifting Team. Addison is one of the hardest working athletes in our weightroom and consistently gives maximum effort to everything she does.

~Stewart Venable

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Marquette University High School

Michael Szymanski

100, 200, 400

Senior

Michael has been an absolute pleasure to coach and work with. He is an individual that truly enjoys being in the weight room and has a sincere desire to maximize his potential. There is not a challenge which he won't except and attacks his goals with a relentless pursuit. Michael has competed in Football, Powerlifting, Weightlifting, and Track & Field. He has excelled in competition having competed at state competitions in powerlifting and track while attaining 1st honors academically. Upon graduation, Michael plans to pursue biomedical science and compete in track and field as a decathlete. Nathan has been a great team member and positive influence within our strength program. It has been an honor to coach Michael and we are confident that he will achieve great success in the future.

~Andrew Kossow

Ox Strength

Adam Park

Throws

Senior

Over the past year, Adam has found a completely new love for the weight room. He has grown from the typically high schooler mentality to the mind of a great athlete. With the revamping of his strength and dynamic training, Adam has gained 10 feet in the shot put solely based on his technical and strengths gains. There is no doubt in my mind that this kid will succeed in anything he puts his mind to and I am

excited to see what the college level will offer him. ~Jonathan Yohman

Payson High School

Meredith Kiekintvled

Hurdles

Senior

Meredith has been one of the hardest working athletes I have had the privilege to coach. Through her positive attitude and work ethic she has been able to succeed on the track, in the classroom and in the weight room. In the weight room Meredith has broken almost all female records including the Squat record of 250 pounds. Considering her body weight of 140 pounds this was a huge accomplishment. Last year she was the State Champion in the 300 Hurdles and she has done all of this while maintaining a 3.92 GPA. ~Bryan Burke

Pope John XXIII High School

Maura Campbell

Shot Put

Junior

Maura made incredible strides throughout the year as she dedicated herself to developing her strength and explosiveness. Maura is only a junior and she won the Non Public A State championship for the shot put. Most importantly Maura is a great person with a work ethic to match. This is why I am nominating her as an NSCA Strength and Conditioning All America.

~Joe Lopez

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Pope John XXIII High School

Emma Myer

Cross Country, Distance Runner

Senior

Emma is an athlete who has excelled at her own development over the last four years. Her dedication to strength and conditioning has allowed her to receive an athletic scholarship to the University of Virginia. Most importantly Emma is a leader on the track team and an inspiration for all of the underclassmen who want to follow in her footsteps. ~Joe Lopez

Princeton High School

Paul Brennan

Thrower

Senior

“Paul is a leader on the Track and Field team. He is an accomplished thrower who has helped his team win both the Mercer County Championship and New Jersey State Championship, as well as, achieving numerous individual titles and milestones. Paul is a proven leader who always takes the time to take young athletes and teammates under his wing to teach them and motivate them in the weight room. Paul will be attending Princeton University next year where he will be a member of the Track and Field team.” ~John Torrey

Princeton High School

Nils Wildberg

Jumper/Sprinter

Senior

“Nils is an accomplished jumper and sprinter for the Track and Field team. Nils has helped his team win both the Mercer County

Championship and New Jersey State Championship, as well as, achieving numerous individual titles and milestones. Nils is a weight room warrior. He is always looking to improve himself with consistent hard work in the weight room. His work ethic is an example that inspires his fellow teammates. Nils is a great teammate who always goes out of his way to help his fellow athletes reach their full potential. Nils will be attending Dartmouth University next year where he will be a member of the Track and Field team.” ~John Torrey

The Peddie School

Gianna Zanghi

Sprinter

Junior

Gianna sets an amazing example for the other girls in the weight room. She crushes the stereotype, “Heavy weight will bulk a girl up.” She is a terrific teammate and is an exemplary example of how to work hard and perform well when it counts. She is early to practice and stays late working almost every day. She finds time to get into the weight room year round while being a 3-sport athlete. Her best lifts are the Trap Bar Deadlift 225 lbs for 5 reps, the Barbell Back Box Squat 225 lbs for 5 reps, 25 push ups, and a 36” Box Jump. Her grades are at the top 10% of her class (3.89 GPA, A) and was a 2019 All-MAPL Track for 55-meter sprinter. ~Mike Volkmar

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

The Peddie School

Dennis Zhang

Cross Country, Middle-Distance and Throws

Junior

Dennis is a rare breed in the sport of cross-country and distance running. He is a Powerlifter trapped in a Distance Runner's body. He has nearly a double bodyweight squat (225 lbs for 5 sets of 5 reps at a body weight of 135 lbs) with exquisite depth and technique. He also has the athleticism and power for a 135 lbs Hang Clean for 5 reps. In regards to upper body strength, his best effort is 17 pull-ups. As a versatile 3-season varsity athlete, he runs distance in the fall, middle-distance throughout winter and spring, and throws javelin to top it all off. Dennis is a quiet leader who leads by example and rallies the group to encourage every teammate to give their best effort. An amazingly well-rounded kid, Dennis carries a 4.08 GPA in the classroom, was one of the varsity 7 that lead boy's Cross Country to their first MAPL championship title since 2014, a freshman varsity letterman in the 800m, and the NJISAA Prep A Javelin Champion. Outside of running, he was inspired by his time spent training outdoors in the New Jersey wilderness and chose to give back by devoting much of his time as the president of the environmental club and advocating for conservation as the editor-in-chief and founder of a weekly environmental newsletter to his school community.

~Michael Volkmar

The Weber School

Shayna Leibowitz

Freshman

Shayna is a new lifter that has already exceeded beginner lifting expectations. She is always ready to take on a new challenge, and does so with enthusiasm, excitement and determination. In just a few short months of dedicated training, Shayna is able to deadlift about twice her body weight. She is extremely coachable, a good listener, a hard worker, and ready for the next challenge. All this hard work has prepared her for her first high school track season where she continues to excel. Her hard work in the weightroom has proven to be beneficial for her performance in her track and field events. I would take 100 more just like her in the weightroom.

~Jessica LaGala

Viking Performance Training

Isabella Belko

Cross Country

Sophomore

Bella is a very hard working individual and has made great athletic gain with her foundation in the weight room. Just because your sport is distance running does not mean that you should not focus on the weight room. ~Jonathan Yohman

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Payson High School

Raegen Ashby

Middle Hitter

Senior

Raegen Ashby is an exceptional student athlete who excelled in both Volleyball and in Basketball while maintaining a 4.11 GPA. Her performance on the court was not a surprise if you saw her effort in the weight room. Raegen benched 105, back squatted 205, and power cleaned 125 pounds. Her effort has allowed her to 1st team earn All-Region honors 3 years in a row and this year she was selected as the Offensive player of the year. ~Bryan Burke

Saint Francis Community High School

Katie Wurm

Sophomore

Katie has quickly fallen in love with the weight room and is often times seen putting in work on her own time. Katie is a competitor both inside of the weight room, as well as on the volleyball court and is always striving to improve herself. With Katie's consistent work ethic inside the weight room, she will continue to be one of the strongest females and an example for others to follow. ~Nick Fawcett

TopSpeed Strength & Conditioning

Audrey Klemp

OH

Senior

The 6-foot-2 senior outside hitter led the Thunder to a 34-8 record and a second-straight Class 5A state championship this past season. Klemp slammed 527 kills to go with 100 digs, 39 service aces and 30 blocks while posting a kill percentage of .528 and a hitting percentage of .395. An American Volleyball Coaches Association Second Team All-American selection, she was a setter as a junior before moving to hitter for her senior year. She has signed to play college volleyball at Loyola Marymount. ~Joseph Potts

Viking Performance Training

Alayna Corwin

Setter

Sophomore

Alayna has been an honor and blessing to have in the weight room - athletic and talented, hard-working, humble yet always working for improvement, and most of all committed. Though only a sophomore she is seen as a leader on her teams and is always one of the hardest workers and most vocal leaders in the room. With a couple of years still go to at the high school level, I am VERY excited for Alayna's future! ~Jerry Handley

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Andrew Jensen

Senior

After suffering a season ending knee surgery last year, Andrew was on a mission to come back faster and stronger. He showed up every day, was always on time, and out-worked many of the other athletes. His dedication to recovery led to an outstanding senior football season, earning all-state honors. He then went on to qualify for the South Dakota State Wrestling Tournament. ~Kyle McKelvey

Dobyns-Bennett High School

Cade Salyers

Offensive Line/Heavyweight

Senior

Cade Salyers can be described in one word. CONSISTENT. Cade consistently over the past 4 years has shown up every day, done exactly what he was asked to do, exactly the way he was asked to do it. All at a high level with a great attitude. As a multi-sport athlete he played football and wrestled. During his football career he compiled 34 starts, 59 knockdown blocks, 69 blocks leading to touchdowns, 9 tackles, 2 tackles-for-loss, and 1 pass break up. On the mat his career record was 80-18. He finished a 3x Region 1-AAA champion and obtained a 6th place finish at the state tournament in 2018. ~Tilden Fleming

Kalinowski Performance Academy

Chris Seifert

Heavy Weight

Senior

Chris has been training with me for 6yrs. He is one of the most determined and driven athletes that I have had the pleasure of training, He has become the strongest athlete in the history of Ewing High School athletics. Chris became a member of the Kalinowski Performance Academy 1400lb Club (Bench+Squat+Dead) this year. He competed in the 220 Class with a 34-1 record. In the Districts and the Region he moved up to the Heavy Weight class. He came in 2nd in the Region and won the 1st round of the States in Atlantic City. Chris is an outstanding athlete (Football and Wrestling), teammate, and young man. ~John Kalinowski

Perry High School

Kyle Rowan

106

Junior

Kyle is currently the strongest athlete at Perry HS (OH) pound for pound. He is an accomplished wrestler that finished as the state runner up as a sophomore. He also placed 6th at Nationals in Fargo, ND. Kyle went 7-0 at the Junior Freestyle Nationals at Tulsa, OK and claimed All-American status. Kyle is also a 2 year starter for the soccer team at Perry. ~Mike Crissinger

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Saint Francis Community High School

Shadryon Blanka

182 lbs.

Sophomore

Shadryon is continuously one of the first ones in the weight room and the last ones out and never skips any reps or sets. Over our Summer Strength & Conditioning Sessions, he had over a 95% attendance rate, only missing for sports related camps. Shadryon's determination and consistency continually sets him apart from the pack and he is quickly becoming one of our most powerful athletes in the weight room due to these characteristics. If Shadryon's work ethic continues to grow, the sky will be the limit for his achievements in the weight room and on the mat, as well as the football field. ~Nick Fawcett

The Weber School

Stephen Rusnak

Weight Class 182

Sophomore

Stephen has been a consistent face in the weight room since he started 9th grade at The Weber School. There is never a challenge too big for him. When faced with a new obstacle, Stephen tackles it at 100%. You will never hear anything negative from Stephen, only a "yes coach" or "no problem coach." Stephen branched out this year and wrestled on our Varsity Wrestling team. Even though this was his first year, the benefits from his strength training coupled with his coach-able attitude helped bring his team to a very successful novice season. Stephen is the epitome of an All American Strength and Conditioning Athlete of the

Year, taking the advantages he has gained from his strength training and translating that to success on the mat. ~Jessica LaGala

Veterans Memorial High School

Jackie Ghent

Senior

Jackie is a fixture in the weight room and mat room. She squats double her body weight. Cleans 170 at a bodyweight of 120. She is a two time Champion Wrestler in two different weight classes. She also is a member of National Honor Society and holds a 3.8 GPA. ~John Mitchell

Whitewater High School

Drew Munsey

120lb Weight Class

Senior

Drew is a 4 year Letterman of the varsity wrestling team at Whitewater High School. Over the course of the last four years he has improved his placement in the individual state competition up to 5th place in the 120lb weight class. He has been able to do this and maintain a high academic standing and be a leader in clubs, such as FCA at Whitewater. In the weight room, Drew became one of the strongest athletes in the school and on his team relative to size by Back Squatting over 260lbs (>200% of body weight), Benching 180lbs (150% of Body Weight), and Power Cleaning 200lbs (160% of Body Weight). He is a hard working leader and a great example of what the NSCA All-American Strength and Conditioning award represents. ~Evan Bryant