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# ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

*RECOGNIZING THE ACHIEVEMENTS OF  
STUDENT – ATHLETES DURING THE*

**2022 – 2023 SCHOOL YEAR**

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

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

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

## COLLEGE — ACROBATICS & TUMBLING

### CONVERSE UNIVERSITY

#### JOSIE MCDEVITT

##### Base

##### Senior

Josie McDevitt is an excellent student-athlete and one of the hardest working athletes in our strength and conditioning program. Josie embraces working hard and meeting standards during strength training, and is very coachable. She has a key role in our Acrobatics & Tumbling program as a base. Josie's role as a base requires her to have high levels of strength and power, which she has worked hard to achieve and is among the strongest Acrobatic and Tumbling athletes in our program. In addition to being among the strongest ACRO and Tumbling athletes, Josie is also among the strongest female athletes at Converse University. Her work ethic also carries from the weight room and mat, into the classroom, and to our local Equestrian Center where she is a member of our Equestrian Team. Josie is a first generation college student whose academic awards include being named to NCATA All-Academic Team and NCATA Academic Honor Roll. Josie is a great leader by example when she's in the weightroom, is all business when it comes to training and preparation, and it has transferred to the mat where she's widely considered among the best as a base. ~Kevin Darlington

### FAIRMONT STATE UNIVERSITY

#### EMILY BROCK

##### Base / Tumbler

##### Junior

Emily Brock, a junior from Morgantown, West Virginia, is an exceptional student-athlete and one of the hardest working and determined ladies in our strength and conditioning program. Emily has embraced strength training and is extremely coachable. She has a key role on our Acrobatics & Tumbling team, as a base and tumbler, participating in 7-8 heats and the team event. Her role as a base requires her to have high levels of strength and power, which she has worked hard to

achieve. Heading into the 2023 season, Emily hit a 275 lbs back squat, a 320 lbs deadlift and 165 lbs hang power clean. Her work ethic also carries from the weight room and mat into the classroom. Emily currently has a 3.25 GPA, majoring in Exercise Science, and has been named to numerous MEC All-Academic teams and the NCATA Academic Honor Roll. Our acrobatics & tumbling program, strength & conditioning program and entire athletic department are all better because of student-athletes like Emily Brock. ~Adam Kolberg

### FROSTBURG STATE UNIVERSITY

#### KAYLEE KOSI

##### Base/Tumbler

##### Sophomore

I have enjoyed working with Kaylee during the past couple of years. She has seen tremendous growth in and out of the weight room. She understands the training process and how it can make her a better student-athlete. She holds herself and her teammates accountable and leads by example. I am proud of Kaylee's accomplishments and I am excited to see her continued growth throughout her career.

~Tim Schachtner

## COLLEGE — BASEBALL

### ALBANY STATE UNIVERSITY

#### BRADLEY SMITH

##### Utility

##### Sophomore

Strong, powerful athlete highlighted by a 462 lb. PR in Back Squat and a 275 lb. PR in Hang Clean. ~Troy Williams

### ARCADIA UNIVERSITY ATHLETICS

#### ALEX MADERA

##### Infield

##### Senior

Alex Madera is a recipient of the 2023 NSCA All American Award for his elite performance in the weight room and as senior captain on the Arcadia Baseball team. His competitive mindset and consistent pursuit of excellence is what makes him a great person, leader, and player. After this year, Madera will go on to play baseball at the next level. A-Mad – you will be missed! ~David Hughes

### AUGUSTANA UNIVERSITY

#### TATE MEINERS

##### Infield

##### Junior

Tate's deduction to lifting has been a great asset during his career. He holds team lifting records along with earning NSIC All-Academic honors in 2022. Tate upholds the standards and expectations in the weight room. He brings energy and excitement to training while continuing to push his teammates to do the same. ~Maggie Kadrlik

### AVILA UNIVERSITY

#### KEATON ASHBY

##### Pitcher

##### Senior

Keaton Ashby is great team player inside and outside the weight room. He is already one of the strongest and most consistent pitchers in the weight room. He has always been bought into our athletic development process and is strong leader of his team who helps facilitate the buy-in of others. He was already a sound pitcher and this year has had multiple great outings so far in his application of his athletic performance. He also actively assist in our sports information department and therefore demonstrates being a well rounded individual that is able to balance the complex schedules of being a students, an athlete, and social media director all simultaneously. ~Brian Ciolek

### BARRY UNIVERSITY

#### JOE MORRISSEY

##### RHP

##### Sophomore

Joe demonstrates the qualities of an NSCA All American every day. As soon as he stepped on campus this fall he impressed his teammates with his strength and competitive spirit. Joe has demonstrated leadership - taking a freshman under his wing in the weightroom and motivating him to push himself to be better. Joe has demonstrated athletic excellence - having been 2022 Centennial Conference Pitcher of the Year. Finally, but most importantly, Joe has demonstrated resiliency - by continuing to show up for himself and for his team on the field and the weightroom while faced with the highest level of adversity a baseball player can face. We are proud to support Joe in the rest of his athletic journey and can't wait to see what's to come. ~Alexa Garcia

## COLLEGE — BASEBALL

### BRADLEY UNIVERISTY

#### CONNOR O'BRIEN

Connor O'Brien is a strength and conditioning coaches dream. He is tirelessly seeking to learn about all aspects of enhancing performance. He loves technology in tracking things like sleep, heart rates, calories, etc. he sits down with me before every phase of training to add necessary program needs to give him opportunities to add and go above and beyond without over training. He seeks a healthy body that can produce high level performance. Connor is a 3 time Missouri Valley conference 1st team All Conference performer and recently was name preseason 1st team. He has countless of academic and other Bradley awards for not only on but off the field. In the weightroom he works to keep his 200 lb. frame at near 8% body fat to assure he carries no unnecessary weight. His over 300 lb. bench, 500+ lb traditional deadlift and 400+ lb squat have helped him lead through example in the weight room, increase performance on field, but also build resiliency to injury. Conner shows and plays everyday for 5 years. "Connor O'Brien is a meticulous sports performance fanatic with high levels of success as a result of his work!"

~ Eddie Papis

### BRANDEIS UNIVERISTY

#### SEAN DECKER-JACOBY

##### Pitcher

##### Junior

Sean's true athleticism shines in the weight room. He takes his lifts seriously, is goal-oriented, and enjoys the process of getting better. Sean is a true hard worker and each movement is driven by intent. He is an explosive athlete, and an energetic teammate, and challenges himself to be better every session. His drive to be a top athlete in the weight room combines well with his work ethic and transfers to success on the mound.

~Kaitlin Carson

### CLEMSON UNIVERSITY

#### JACKSON LINDLEY

##### Pitcher

##### Senior

Jackson Lindley has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman four years ago. He attacks every workout, warmup and conditioning session with the same intensity and focus that he has on the mound for the Tigers. Jackson is one of the strongest athletes on the team, demonstrated by his 335 pound reverse lunge and 500 pound split deadlift. Jackson's weight room dedication has transferred to the field where he has become a key pitcher on the staff. Jackson is a team captain and the consummate teammate. ~Rick Franzblau

### COLBY COLLEGE

#### CHARLIE FURLONG

##### Short Stop

##### Senior

Charlie has been a consistent presence in the weight room since I met him as a first year in 2019. Charlie can squat over twice his bodyweight and is a strong leadership presence for his teammates inside and outside the weight room. His character and work ethic will carry him far in his life ~Greg Cox

### EMERSON COLLEGE

#### MATT FERREIRA

##### Pitcher

##### Junior

Matt has been a consistent presence in the weight room this year both in terms of output and movement quality, as well as logging his workouts to help track his progress. He is a great role model for his team and program culture. ~Jennifer Boyden

## COLLEGE — BASEBALL

### ENDICOTT COLLEGE

#### CALEB SHPUR

#### OF

#### Junior

Caleb's desire for personal improvement, his strong work ethic, and his team-first mentality have all been major contributing factors to both our team's success and his individual success. Caleb's personal commitment to strength and conditioning was absolutely one of the key factors that led to his high level of production on the field last year, resulting in the program's first NCAA Regional Championship and Caleb earning athletic All American accolades.

Caleb's contributions to his team go well beyond the field and in the performance center. Caleb was named a co-captain of the 2023 team due to his many leadership qualities. He genuinely cares about his teammates and coaches and effectively communicates with all members of the program. Caleb also carries over a 3.6 cumulative GPA in a rigorous, Finance and Applied Mathematics double major. ~James Daley

### FAIRMONT STATE UNIVERSITY

#### TYLER HASKINS

#### Catcher / Utility

#### Senior

Tyler Haskins, a senior from Ripley, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men I have ever coached. Tyler has been extremely consistent with his training, both in the weight room and on the diamond. This commitment has allowed him to become a leader and key contributor to the baseball program over the past three seasons. He currently has a career batting average of .276 and a .429 on base percentage. Tyler also has some impressive numbers in the weight room, most notably having deadlifted 575 lbs this offseason. Tyler is equally as dedicated in the classroom, where he currently has a GPA of 3.85, while majoring in exercise

science, and has been named to multiple MEC all-academic teams. Following this season, Tyler will be pursuing his masters degree in exercise science and plans to go into coaching. Our baseball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Tyler Haskins. ~Adam Kolberg

### HUNTINGDON COLLEGE

#### INNES MACKAY

#### OF

#### Senior

Innes has poured himself into our baseball program throughout his time at Huntingdon. He has established himself as a leader throughout all phases of the year, and has been very consistent with his effort, attitude, and the expectations he has for himself and his teammates. He has taken seriously his role, and is leaving countless tangible and intangible contributions to the program. ~Charlie Goodyear

### LAMAR UNIVERSITY

#### DANIEL COLE

#### Pitcher

#### Senior

Daniel Cole (DC) recommitted himself to preparing his body last summer for his senior season leading to the addition of quality muscle mass and a newfound confidence. He was expected to lead a stable of new faces on the pitching staff and has embraced the opportunity. DC's presence and positive energy during lift sessions positively impacts everyone on the team. ~Daniel Darcy

## COLLEGE — BASEBALL

### LAMAR UNIVERSITY

#### RYAN SNELL

##### Catcher

##### Senior

Snell set an off-season goal of leaning out and building his total body strength and durability to a new level. His focused efforts have led him to being the most physically prepared for a season he has been in his career. Snell already had the respect of his teammates from his play behind the plate. This past off-season has taken his leadership to the next level amongst his teammates. ~Drew Compton

### LEWIS & CLARK COLLEGE

#### JACK THOMSON

##### Infielder

##### Senior

Jack Thomson has been an essential piece for Lewis & Clark College Baseball program for the past five seasons. His commitment to our coaching staff and programs have led Jack to have a career high junior and senior season. Thomson garnered the Northwest Conference Player of the Year, ABCA All-American honors, as well as many other D3 All-region accolades. Jack's leadership, great work ethic, discipline, and attitude in the weight room and on the diamond never went unnoticed. He truly epitomizes what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Jack is determined to make himself and those around him better every day, and in every way. It has been a privilege to work with such an outstanding young man.

~Angela Dendas-Pleasant

### MARYVILLE UNIVERSITY

#### MATT SCHULER

##### Junior

Matt fits the exact mold of leader in the weight room for the baseball team. Each and every day he approaches the lifts to get better and push to higher limits. Out of the

weight room Matt is an excellent student and hard worker in for the Exercise Science Department and the Human Performance Lab. Matt is a clear standout for this award and will be part of the future of the NSCA.

~Jake Fitts

### NORTH CAROLINA A&T STATE UNIVERSITY

#### CORT MAYNARD

##### Infield

##### Senior

Cort Maynard exemplifies everything a young student-athlete should strive to become. Cort is disciplined in his thoughts and actions, diligent in his preparation, and a great teammate. ~Faris El-Ali

### NORWICH UNIVERSITY

#### MATT MACALUSO

##### 1B

##### Senior

Matt is dedicated to his S&C program and a leader in the wt. room and on the field. ~Scott Caulfield

### POINT LOMA

#### COLE HILLIER

##### Pitcher

##### Senior

Cole Hillier embodies a Zeal Lion. Throughout his career at Point Loma he has invested time and energy into improving his strength, power, and speed in the weightroom. Cole has seen how strength & conditioning can support his playing performance as he has translated all his hard work into 40 lb of muscle over his time at PLNU in addition to setting a new league record on the field with 17 saves in a season. Cole's impact doesn't stop there, he spreads his infectious work ethic and drive with his teammates. As a leader on the field and in the weight room, Cole is a leader among men and we are blessed to have his efforts recognized by this award. ~Erik Pedersen

## COLLEGE — BASEBALL

### PURDUE UNIVERSITY FORT WAYNE

#### CADE NELIS

##### Senior

Cade embodies what every Sports Performance coach hopes an athlete will be when it comes to training. He works hard day in and day out, he loves the process, and he shares that enthusiasm with his teammates in a way that motivates them to be better. He has also shown consistent dedication to becoming a better athlete, improving all aspects of his performance throughout the last two years. The hard work and smelling salts have paid off! ~Patrick Rawle

### QUEENS UNIVERSITY OF CHARLOTTE

#### NICK MELTON

##### Infield

##### Senior

Nick has consistently displayed the character and qualities of an NSCA All-American over the course of his athletic career. He has the dedication of a true NSCA All-American with his work ethic inside the weight room and outside the weight room. He consistently shows up in a high-quality way regardless of the time of year. Nick has taken time out of his schedule to make sure he trains year-round and set a phenomenal example for a young baseball program. He consistently makes sure to be present during mandatory and voluntary times to be a leader on the team, he holds others accountable and pushes his teammates to be the best versions of themselves through his work and motivation.

~Dylan Caspar

### SAINT JOSEPH'S COLLEGE OF MAINE

#### JACKSON STANTON

##### Catcher

##### Senior

Jackson has been a tremendous leader both in the weight room and on the field for our baseball program during his time at Saint Joseph's. He has dedicated himself to developing his strength, power, speed, and athleticism with hard work and dedication. In the weight room, Jackson is pound for pound one of the strongest on his team. On the field, he has consistently been a rock behind the plate and has garnered all-conference honors. Between his tireless commitment to his craft and the integrity that he possesses, Jackson is a perfect recipient of this award. ~Jameson Collins

### TEXAS A&M INTERNATIONAL

#### MATTHEW KISSAMIS

##### Outfielder

##### Senior

Matt has been consistently the hardest worker amount his teammates. Testing shows his is the strongest Athlete in the TAMU program currently ~Cory Gilday



## COLLEGE — BASEBALL

### TROY UNIVERSITY

#### CLAY STEARNS

##### Catcher

##### Senior

Clay is described as a Leader, Unicorn-can do it all, well like and received by coaches and teammates alike. Academic wise, Clay's GPA-3.54 cum.

2021-40 games, 7HR, .278BA, .413 on base%, 2022-32 RBI's, 5HR, led Sunbelt in field %, Threw out 13 Runners. Over Past 2 years #1 in the Country in (catcher+), measurement to record best receiving catcher in College Baseball out of 302 total teams. 2023- Clay voted as Team Captain.

Clay's numbers in the weight room: Back Squat-450lbs., Bench Press-260, Vert-29, Flying 10 Average: 1.18.

~Richard Shaughnessy

### UNITED STATES COAST GUARD ACADEMY

#### BLAKE CARROLL

##### Center Field (CF)

##### Senior

2x All NEWMAC 1st team selection. 2022 Season Blake was named 2nd team for both the American Baseball Coaches Association (ABCA) and D3baseball.com All-Region teams. Carroll's performance helped his team to the first winning season since 2013 (18-15), a school-record of nine straight wins and earned a spot in the Conference tournament for the second straight season. Blake led the Bears in batting average (.358), homers (6), RBI's (30) on base percentage (.633), slugging percentage (.463) and stolen bases (11). ~Timothy Farina

### UNIVERSITY OF CONNECTICUT

#### BEN HUBER

##### First Base

##### Senior

Ben embodies everything this award recognizes. He came to UConn as a grad student last year and has consistently ranked number 1 overall in our testing metrics for the last two years. His accomplishments on the field are a direct result of his unwavering commitment to strength and conditioning and his on-field skillset. He possesses all the physical qualities of a top-tier athlete; he has elite size, strength, speed, agility and power, which combined with his consistent approach to training continues to elevate him above his peers. His work ethic and competitive edge combined with his understanding of training principles have helped him be a leader in our weight room and through his unselfish approach he has helped to guide many of his teammates to help optimize their training and performance. Ben leads by example everyday and is like having another coach in our weight room. ~Joel DeMarco

### UNIVERSITY OF MICHIGAN

#### TITO FLORES

##### Outfield/DH

##### Senior

Tito dedicated himself to the weight room the first day he set foot on campus. Throughout his 4 years at Michigan he has become a leader and a teammate our entire squad can count on. During his junior campaign he was named ABCA/Rawlings NCAA Division 1 All-Midwest Region Second Team as a DH and Big Ten All-Tournament Team also as a DH. Along with his dedication to baseball he was also a leader in the classroom. He was named to the Academic All-Big Ten list this past spring. Tito is as well rounded a student athlete that I have ever worked with during my career. It is my pleasure to nominate Tito Flores for the NSCA All-American Athlete of the Year Award. ~Jason Cole

## COLLEGE — BASEBALL

### UNIVERSITY OF SOUTHERN MAINE

#### ARLO PIKE

##### 1st base, Designated hitter

##### Senior

A team leader on and off the field. Has dedicated himself to strength & conditioning since high school. Improved power levels in weight room helped his hitting for power last year. Has cleaned 265, back squatted 475.

~James Giroux

### UNIVERSITY OF SOUTHERN MAINE

#### CHRISTIAN SICILIANO

##### Catcher

##### Junior

Dedicated year round strength and conditioning athlete. Improves every year, has Hex bar deadlifted 585. Made specific use of Medicine ball throws to improve set up for throws to 2nd base. ~James Giroux

### UNIVERSITY OF SOUTHERN MAINE

#### OWEN SULLIVAN

##### Relief Pitcher

##### Senior

Work ethic leads the team. Has seen gradual performance improvements partly due improved power levels. Will be an important part of team this spring. Has a 485 Sumo deadlift @ 195 bodyweight. ~James Giroux

### UNIVERSITY OF WISCONSIN-PLATTEVILLE

#### ISAAC BIXBY

##### Right-Handed Pitcher

##### Freshman

Since stepping foot on campus, Isaac showed his dedication to the weight room day in and day out. "Bix" is always asking detailed questions showing his attitude of leaving no stone unturned during training. Some student-athletes dread mornings, Isaac thrives in the mornings, even after getting back from away game travel at midnight. Isaac's prowess of training saw him squatting 2.0 times his body weight in the off-season. In his freshman season, Isaac appeared in 9 games, starting 6 with a record of 3-0 and striking out 48 in 47.0 innings. His dedication to the weight room showed parallel in the classroom, where he has a cumulative GPA of 3.98. From being the last to leave, to checking on his teammates, and being a team leadership council member, Isaac embodies the numerous qualities of a leader in the weight room, on the diamond and in the classroom. ~Kellen Bornbach

### VASSAR COLLEGE

#### JADEN MILLSTEIN

##### Junior

Jaden Millstein is well-rounded and passionate. Jaden brings curiosity into the weight room, always eager to experiment and try new exercises. He leads by example, with a vertical jump of 38.6 and a deadlift of over 580lbs while encouraging others to push their boundaries in pursuit of perfect movement patterns. What makes Jaden stand out is the seamless translation of strength training to athletic performance on the diamond.

~Alice Read

## COLLEGE — BASEBALL

### WEST TEXAS A&M UNIVERSITY

#### ADAM BECKER

##### INF

##### Senior

Adam puts in the work each day in order to be successful on the field. He leads by example and encourages whoever he is working with that day to do their best. Adam's work shows in the diamond where he had a very successful junior year and is looking to replicate it this season. ~Sarah Ramey

### WEST TEXAS A&M UNIVERSITY

#### NICK MARSHALL

##### Pitcher

##### Junior

Nick leads by example both on the field and in the weight room. He has a workman like nature to each task he takes on and leaves no box unchecked. Nick is always wanting new ideas for movement or mobility to add to his tool belt! His effort and dedication to improving his craft as a pitcher earns him respect from teammates and coaches alike. ~Zackary Noland

### WILLIAM WOODS UNIVERSITY

#### ZACH KRAUSE

##### Infield

##### Senior

Zach Krause went from someone who did not believe in the program to one of the most staunch believers in what we do at William Woods. He has gone from a powerlifter to an athlete that is lighter, more flexible, and can generate more power. Zach has developed into someone I can rely on to hold others accountable and follow the system we implement. ~Bob Jones

### WRIGHT STATE UNIVERSITY

#### JULIAN GREENWELL

##### Utility

##### Junior

2022 All-Horizon League First Team. Julian is a tremendous worker and a true lead-by-example athlete. He helps set the culture on and off the field.

~Cole Pittsford

## COLLEGE — BASKETBALL

### ALBANY STATE UNIVERSITY

#### MONIQUE CHRISTIAN

**Forward**

**Sophomore**

Tireless worker who continues to improve in the weightroom and on the court. Monique uses her strength to be an effective post player. Monique has a 225 lb. back squat, 135 lb. bench press, and 135 lb. hang clean. ~Troy Williams

### AUGUSTANA UNIVERSITY

#### AISLINN DUFFY

**Forward**

**Senior**

Aislinn is a diligent student, focused competitor, and dedicated leader. She has been a pillar for the women's basketball program on the court and in the weight room. She was named NSIC South Division Player of the year in 2022-23. She has been named to multiple All-NSIC and NSIC All-Academic teams as well as the NSIC All-Freshmen team in 2019-20. Aislinn strives for excellence in every aspect of being a student-athlete and her work ethic will serve her well in the future. ~Andy Stocks

### BARRY UNIVERSITY

#### CAMILLA FLEFIL

**Guard**

**Junior**

Camilla has continued to demonstrate the qualities of being an NSCA All American throughout her career as a Buc. Her dedication to her sport, her academics, and her sport performance continually shine through her personalities and her actions. ~James Karr

### BARRY UNIVERSITY

#### JAMES MONTGOMERY

**Forward**

**Junior**

James has continually shown the qualities of an NSCA All American. He trailblazes as a leader on the court, in the weightroom, and in the classroom. He continues to show up daily for his team and for himself. ~James Karr

### BRADLEY UNIVERSITY

#### JASHON HENRY

**Forward**

**Senior**

Plain and simple, Jashon Henry is an absolute beast. His strength and athleticism allow him to be so multi-faceted that he has become a match nightmare. Beside his ability to guard every position on the floor successfully, he also is a 1000 point scorer. He recently was named captain of the all bench team for the Missouri Valley Conference. In his career, his leadership and presence has had his teams accomplish 2 trips to the NCAA with back to back conference tourney titles and this year a regular season title. Off court he has taken god gifted physical talents and enhanced them to new levels. Standing 6'5 230, Jashon squats over 400 lbs. and trap bar deadlifts over 600. His bench press exceeds 300 lbs. while his 185 lb. bench press test has reached 25 reps. He can jump 44 inches and run 4.5 40 yard with a 3/4 court sprint of 3.1. These numbers don't even do justice what you can watch this young man do on the court or in the weight room. He continues to get better in all areas, as he is a true leader by example on the floor and in the weight room. He is making life very easy for this strength coach. ~Eddie Papis

## COLLEGE — BASKETBALL

### CHADRON STATE COLLEGE

#### ASHAYLA POWERS

**Forward**

**Sophomore**

Ashayla Powers was named to the 2022-23 RMAC Women's Basketball First Team All-Conference team. Powers, a sophomore, led CSC this season with 16.5 points and 6.9 rebounds per game. She finished second on the team with 34 steals while averaging 28.4 minutes a game, she shot 55 percent from the field and 72 percent from the charity stripe.

Powers finished the season ranked in the top ten in multiple categories in the conference. Her 16.5 points ranked her fourth in the league, while she was third in field goal percentage and 10th in rebounding. Powers had four double-doubles during the season and scored over 20 points nine times. On the court and in the classroom powers exceeds the standards of what is asked of her. In the weight room, she has mastered all fundamental movements and has the heaviest hang clean in the program, as the year has went on she continues to improve and be a consistent leader by helping her teammates. ~EJ Kreis

### COLORADO COLLEGE

#### VANESSA AMSINGER

**Guard**

**Sophomore**

The impact Vanessa has had on her team this season extends far outside the walls of the weight room. Her work ethic, drive and self-motivation serves as a reminder to us all that doing the little things pays off down the road. She has played an integral role in building the team culture to be what it is today.

~Rachel Nicholson

### COLORADO COLLEGE

#### TREY CRAWFORD

**Forward**

**Junior**

Trey tore his ACL at the end of last season and was in for an uphill battle. He used the weight room, along with the strength staff and training staff, to not only fully return for this season, but to also make an All-Conference team. He pushed through obstacles and never gave up. His perseverance is admirable. The hard work and dedication make Trey an obvious pick for this award. ~Derek Savage

### CONVERSE UNIVERSITY

#### ZY DAWKINS

**Guard**

**Junior**

Zy came to us this year as a transfer, immediately sat down with me and the basketball coaching staff, set goals for where he wanted his weight to be so he'd be lighter on his feet, and he reached it in a very timely manner. He wanted to increase his strength and endurance, which he also accomplished as measurable through testing in the weightroom, and the fact that he averages 34+ minutes per game. We are a second year men's basketball program at Converse and Zy's ability to play a lot of minutes along with his 14 PPG, 4.6 RPG, and 4 APG has been a key factor with us receiving a bye in the first round and hosting a second round game in the Conference Carolina's Basketball Tournament. Zy is also an outstanding young man, great student, and go getter at everything he does. ~Kevin Darlington

## COLLEGE — BASKETBALL

### DREXEL UNIVERSITY

#### LUKE HOUSE

##### Guard/Forward

##### Senior

Luke House has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Luke'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. ~Chris Hays

### DUQUESNE UNIVERSITY

#### RODNEY "RG" GUNN

##### Forward

##### Senior

Rodney "RG" Gunn took full advantage of the services available to him while at Duquesne from Sports Performance and Sports Medicine. He battled thru injuries, and came back stronger every time. RG had a major impact on a 180 degree turn around in college basketball this year. RG's accomplishments include a 275 pound bench press, 405 lb back squat, and a 250 lb. clean at 6' 7". RG transformed his physique getting leaner (single digit bodyfat) and stronger, directly impacting his athleticism and performance on the court. RG never missed a workout, always showed up for voluntary work, and often came in on his own to work on weaknesses. RG enjoyed being challenged and always had a great attitude in training. ~John Henderson

### DUQUESNE UNIVERSITY

#### MEGAN MCCONNELL

##### Guard

##### Sophomore

Megan McConnell has embodied the true meaning of a leader. Since the end of last season, she not only committed herself to the weight room but also prioritized her nutrition and recovery, demonstrating her dedication as a student-athlete. She worked to put on over 15 lbs. since the summer and has maintained her new weight throughout the current season. The extra time she's put into training, eating right, and recovering properly over the past year has elevated her game on the court. As of this writing (end of the regular season), she's currently one of two players in Division-I with multiple triple-doubles this season, 7th nationally and 1st in the A-10 with 8.3 defensive rebounds per game, and 16th nationally and 1st in the A-10 with 155 assists. I'm extremely proud to be her strength coach and look forward to what she will continue to accomplish over the next few years. ~Liz Lee

### EMERSON COLLEGE

#### JAMES BECKWITH

##### Guard

##### Senior

James has been one of the most consistent student athletes at Emerson when it comes to physical preparation. This consistency lead to significant physical changes this off-season and this is a testament to his hard work and dedication to strength and conditioning. He is a leader in the weight room and on the court. ~Ron Smithers

## COLLEGE — BASKETBALL

### FAIRMONT STATE UNIVERSITY

#### SETH YOUNKIN

##### Power Forward

##### Senior

Seth Younkin, a senior from Connellsville, Pennsylvania, is an exceptional student-athlete and one of the hardest working and most determined young men I have ever coached. During the final stages of the 2021-22 season Seth sustained a knee injury (unhappy triad). For most athletes, this may have been a career ending injury. But for Seth, it was just extra motivation to take his commitment, work ethic and mental fortitude to another level. Following his surgery, Seth spent every day rehabbing with our training staff and three-plus days a week training in the weight room. Additionally, throughout the summer, Seth would do extra training sessions on his own time. He practically lived in the weight room and the gymnasium for the seven months following his surgery. All of this hard work paid off as Seth was able to start our season opener, less than eight months post surgery. He has gone on to start every game this season, averaging 19 minutes per game and has 129 rebounds and 27 blocks on the season. Seth's work ethic and dedication as a student-athlete also carries into the classroom. He currently has a 3.7 GPA, while majoring in exercise science/pre-med, and has been named to multiple MEC all-academic teams as well as earning 2022-23 CSC Academic All-District Honors. Seth is planning on going to medical school once he finishes his career at Fairmont State. Our basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Seth Younkin. ~Adam Kolberg

### FRESNO PACIFIC UNIVERSITY

#### FELICIA DOURVA

##### Guard

##### Senior

In her final game as a senior she scored nine points, including FPU's final three-pointer, assured that the four

Sunbird seniors were the highest scorers on the team for the day. Not only has she been a tremendous athlete on the court, but she shines in the weight room. Over the summer she trains back at home and even goes above and beyond by asking for agility drills she can do to improve her game. It has been an honor working with her and I hope I will work with more athletes that have the same drive. ~Whitney Leyva-Camberos

### GEORGE FOX UNIVERSITY

#### DAVON WALKER

##### Guard

##### Senior

Davon has been an integral piece of our team through these past 4 years helping us not only on court but in the weight room and by consistently adding to a culture that will last long after he has graduated. Davon has navigated the ups and downs of collegiate basketball through a pandemic by staying driven and dedicated to the bigger picture. Year after year he worked on elevating his game and his body to compete at his highest level. The development of his leadership on the court and in the weight room has been a tremendous pillar that our coaching staff can rely on. From day 1 in the weight room as a Freshman, we knew that Davon had something different about him, the intentionality, the maturity, and the intensity he brought to every opportunity that was presented to him was on full display. As we are coming to end of his time here with us, Davon has scored 521 points and dished out 154 assists and counting. Additionally, Davon has been a starter in every game that he has appeared in over the last two seasons. These achievements have all been possible because of his dedication to his craft, starting in the weight room. He will graduate with an Exercise Science (Kinesiology) Degree from George Fox and has been accepted into the Doctorate of Physical Therapy Program at George Fox. ~Brendan Jones

## COLLEGE — BASKETBALL

### HOPE COLLEGE

#### BRADY SWINEHART

##### Guard

##### Senior

Brady is a student athlete who gives everything he's got in him when he's in the weightroom, whether its a heavy back squat day, or a lighter intensity day, Brady gives it everything. Being a senior, the younger players look up to Brady as a role model based on his effort and his positivity to improve every single day. Brady isn't a 35 minutes a game type of player, and still works to improve himself in any way possible in the weightroom, which in turn has made our team better. ~Daniel Margritz

### HUNTINGDON COLLEGE

#### AB DAVIS

##### Guard

##### Senior

AB has been a great leader throughout her career at Huntingdon. Her hard work and preparation have always been evident. AB consistently operates with a great attitude, and unmatched effort. ~Charlie Goodyear

### IDAHO STATE UNIVERSITY

#### CALLIE BOURNE

##### Guard

##### Senior

Callie has been incredible this year having to really take on a leadership role for a young team. She has created a great example for the team by showing how hard work in the weight room can translate onto the court. As one of the strongest girls who is constantly putting in additional work, she lead much of our weight room testing and this season she lead the team in minutes played, points and assists. It has been a pleasure to watch her hard work this year translate into success in her final season here at Idaho State University.

~Brandon Rodewald

### IDAHO STATE UNIVERSITY

#### BRAYDEN PARKER

##### Center

##### Junior

Brayden has been a workhorse this year. He made great improvements in his strength and speed this summer. The team motto is "Saw Wood," and being one that never shies away from hard work, Brayden epitomizes that blue collar mentality. His efforts have led to personal bests on the court as well as in the weight room. It's been a pleasure watching him mature as a leader.

~Brandon Stephens

### LEWIS & CLARK COLLEGE

#### BRENDEN PATRICK

##### Guard

##### Senior

Brenden Patrick has been an essential piece for the Lewis & Clark Men's Basketball Program for the past four years. His commitment to our coaching staff and programs have led BP to have a career high senior season. Patrick garnered All-Conference selections, and collected over a 1,000 career points in just three seasons due to the COVID-19 pandemic. BP's leadership, great work ethic, discipline, and attitude in the weight room and on the court never went unnoticed. He truly epitomizes what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, BP is determined to make himself and those around him better every day, and in every way. It has been a privilege to work with such an outstanding young man. ~Angela Dendas-Pleasant



## COLLEGE — BASKETBALL

### MORNINGSIDE UNIVERSITY

#### SOPHIA PEPPERS

##### Forward

##### Senior

Sophia Peppers is a prime example of what it means to be a Morningside Women's Basketball player. Her dedication to improving her physical abilities in the off-season was unsurpassed. Sophia is a tremendous leader on and off the court. Her dedication not only excels in the weight room and gym but follows her into the classroom as well. She has helped create a standard of excellence in the weight room and what it means to our Women's basketball program for years to come. It has been a pleasure working with Sophia and watching her benefit from all her hard work over the years. ~Aaron Jung

### MORNINGSIDE UNIVERSITY

#### WILL POTTEBAUM

##### Guard

##### Senior

Will Pottebaum is the type of student-athlete that every coach wishes of coaching one day. Every day he brings the same relentless energy and commitment to training, conditioning, practice, and his academics. His tireless work ethic and leadership is what separates him apart. His dedication to improving his physical abilities is unmatched. He gives everything he has every day while continuously bringing a positive spirit to the team and motivating his teammates to do the same in the weight room, gym, and classroom. It has been an honor and privilege to watch him grow each year, and the positive impact that it has had on the Men's basketball program. ~Aaron Jung

### NORTH CAROLINA A&T STATE UNIVERSITY

#### TALIA DAVIS

##### Forward

##### Sophomore

Talia Davis exemplifies everything a young student-athlete should strive to become. Talia is disciplined in her

thoughts and actions, diligent in her preparation, and a great teammate. ~Faris El-Ali

### POINT LOMA NAZARENE UNIVERSITY

#### ELLIE TURK

##### Guard

##### Junior

Ellie is a highly motivated athlete both on and off the court. She always brings a positive attitude to the weight room and is invested in bettering herself and her teammates. She is an athlete who truly sees the value and is reaping the benefits of consistent strength training and the effects she is noticing on the court. Ellie helped contribute to the team earning their post-season ticket to the PacWest Championships. The value she places on her strength training and her focus in the weight room will be an incredible asset to her incoming teammates as she enters her senior year in the fall. ~Erik Pedersen

### QUEENS UNIVERSITY OF CHARLOTTE

#### KENNY DYE

##### Guard

##### Senior

Kenny Dye will go down as one of the best basketball players to represent Queens. His relentless dedication to improving himself on the court carried over to the weight room on a daily basis. You will find his name on the all-time record board for back squat, bench press, and vertical jump. He is a tremendous leader who showed up every day hungry to work hard. His leadership, work ethic, and commitment to improvement helped lead the team to a very successful first season in Division I. He will finish his career at Queens with the most games played, most points scored and most assists in school history. ~Matt Donelson

## COLLEGE — BASKETBALL

### QUEENS UNIVERSITY OF CHARLOTTE

#### KASEY KIDWELL

**Guard**

**Senior**

Kasey Kidwell is a graduate student who has excelled in the weight room and on the basketball court. She always comes to lifting sessions ready to work, and stays focused and on task the entire session. She pushes herself to get stronger and better every day, and even when given the option to go lighter, chooses to continue challenging herself. She has an incredible work ethic and is willing to do whatever is asked of her. Kidwell's success in the weight room has translated to success on the court, where she leads the team with minutes played because of her effort, dependability, and composure under pressure. At the end of a close game, she is the one you want with the ball in her hand. It is important to her to know she has done everything she can to put her team in the best position to succeed. ~Lori Hofmann

### STANFORD UNIVERSITY

#### NEAL BEGOVICH

**Forward**

**Senior**

Neal is one of the most dedicated and selfless members of the Stanford basketball team. Over the years he has trained more than anyone in our program. He has become so proficient that he's essentially an assistant strength coach. His vocal leadership and physical development have earned him the respect of all his teammates and our staff. Neal is true winner on and off the court and will be leader in life after basketball. ~Michael Chatman

### STANFORD UNIVERSITY

#### JARVIS MOSS

**Guard**

**Sophomore**

Over the last year and a half since Jarvis has arrived on campus he has been a tireless worker. On off days he asks to have individuals work to get better and train. He truly cares about his development on and off court. In my 10 years as a professional I've never seen someone work hard. He's drastically changed his body and truly committed to the process. ~Michael Chatman

### THE UNITED STATES AIR FORCE ACADEMY

#### CAMDEN VANDER ZWAAG

**Wing**

**Senior**

During his time at the United States Air Force Academy, Cam embodied the quintessential quality of a warfighter: "The question isn't who is going to let me; it's who is going to stop me." ~Ayn Rand

### THE UNIVERSITY OF LOUISVILLE

#### MYKASA ROBINSON

**Guard**

**Senior**

Mykasa Robinson embodies what it means to be a Louisville Cardinal - her heart, determination, grit and toughness on and off the court make her a coach's dream, a fan favorite, and a model Student Athlete. An Exercise Science Major and aspiring Strength and Conditioning Coach, there is no doubt in my mind Mykasa has what it takes to excel at the highest level in the field. Her leadership not only shows in the weight room on a daily basis but on the practice court, in the classroom, and within the community. Her dedication to the process and strong work ethic within the weight room have helped her in becoming the all time leader in games played at Louisville along with multiple All ACC Defensive team selections. I could not think of a more deserving person for this award than Mykasa. ~Pat Ivey

## COLLEGE — BASKETBALL

### TRINITY COLLEGE MADDIE STEVENS

**Guard**  
**Senior**

Maddie is one of the most dedicated athletes I have seen in my time at Trinity. She is always asking for extra workouts and has been a favorite of every strength coach due to her dedication and effort towards our program.  
~Bill DeLongis

### TRINITY UNIVERSITY AJ CLARK

**Guard**  
**Senior**

AJ Clark has been an absolutely phenomenal leader in our program. He excels in all areas of development and reflects all of the characteristics we would like to see from our student-athletes. As such, he is more than deserving of receiving this award two years in a row.  
~Daniel Martinez

### TRINITY WESTERN UNIVERSITY CASSIDY BUCHANAN

**Guard**  
**Freshman**

Cassidy has had a tremendous first year as a Spartan. She came ready to work right away, knew her place on the court, but didn't let that stop her from putting her best effort forward in the weight room to transform herself into the player she wants to be. Truly a remarkable attitude to have as a freshmen. She loves to train, loves to get better, and is hungry for more knowledge to do that. Even as a freshmen, she often sets the tone for her team in the weight room and has excellent leadership qualities. Big things to come for Cass! ~Cole Hergott

### TRINITY WESTERN UNIVERSITY DANIEL LYBBERT

**Guard**  
**Senior**

Dan is the man. He has been grinding his whole career and I have been blessed to witness his leadership in the weight room amongst his teammates and across our department. He is always looking for the next hardest thing to do, always pushing himself to be better, and always wanting more for his teammates too. Dan has a unique drive that will take him far in athletics and life.  
~Cole Hergott

### UNIVERSITY OF BRIDGEPORT RYO KOBAYASHI

**Guard**  
**Senior**

Ryo is the kind of athlete you hope to have on your team. From the day i met him he has brought consistent intensity and attention to detail to the weight room. He elevates the rest of his teammates potential simply by the way he approaches practice and lift. I am grateful to have worked with such a dedicated athlete and i wish him nothing but success in his future endeavors.  
~Paul Spada

### UNIVERSITY OF NEW ENGLAND KAITLYN SANTOS

**Guard**  
**Senior**

Kaitlyn has been invested in the weight room since her first day on campus. She has been a warrior over her career, fighting a challenging battle against a storied injury history. Her commitment to the weight room paid dividends in her ability to stay on the court and contribute to her team over her career. She is pursuing a career as an Orthopedic Surgeon and she not only works very hard in the weight room day in and day out, but she asks insightful questions about the field of strength and conditioning because she understands the role it plays in injury prevention and recovery. ~Lyndie Kelley

## COLLEGE — BASKETBALL

### UNIVERSITY OF NORTH DAKOTA

#### JULIET GORDON

##### Forward

##### Senior

Juliet Gordon exemplifies what dedication to strength & conditioning can do for an athlete. Throughout her career she has endured two season-ending injuries. Her tireless commitment to rehab and perseverance to return to the court has led to an outstanding senior season. As a 5'11" forward, she is often unmatched in height; however, she makes up for it with her tenacity and strength. Juliet not only pushes herself, but also ensures that her teammates are challenging themselves to get better every day. She is an integral part of the team and her leadership by example is unrivaled.

~Jamie Ochsenwald

### UNIVERSITY OF WISCONSIN - WHITEWATER

#### ABBY BELSCHNER

##### Forward

##### Senior

Abby is the ultimate teammate. She leads by example, attacking each workout and practice with extreme focus. When her teammates do great things, she is one of the first ones to congratulate them. Most importantly, though, she is the team's calming presence when things aren't going well. Even when the team is down, there is no trace of fear in her eyes, no signs of distress. She is confident in her abilities, and more so, in her team's capacity to come back and compete. Her poise helps her teammates regain and maintain their confidence, which has led to 3 regular season conference titles and a birth in the national title game over the course of her collegiate career. ~John Schimenz

### VASSAR COLLEGE

#### SIERRA MCDERMED

##### Freshman

Sierra McDermed defines hard work and determination. Don't let her quiet demeanor fool you, Sierra is mentally tough and physically strong. As only a first year she is quickly becoming one of our strongest Brewers with the ability to deadlift 300lbs. It is this strength, dedication and commitment that sets her apart. ~Alice Read

### WEST TEXAS A&M UNIVERSITY

#### LARRY WISE

##### Guard

##### Junior

Larry shows up to each training session ready to get better and get his work done. Having had a couple injuries prior to his arrival to WT he knows the importance of continuing to build his resilience to perform optimally. He showed each day with a smile on his face and a positive attitude. ~Sarah Ramey

### WESTMINSTER COLLEGE

#### ASHLEY GREENWOOD

##### Guard

##### Senior

Ashley's work ethic, across all facets of development, directly contributes to her success on the court. She is a leader amongst her peers, a tireless worker, and exhibits all the characteristics of a champion student-athlete. Ashley gives tremendous effort each day, comes to training with a positive attitude, and pays meticulous attention to detail. Her commitment will serve as a model for her younger teammates for years.

~Joshua Bullock

## COLLEGE — BASKETBALL

### WRIGHT STATE UNIVERSITY

#### ISABELLE BOLENDER

**Guard**

**Senior**

Isabelle is a tremendous worker and has helped set a new culture for our Women's Basketball program.

~Cole Pittsford

### WRIGHT STATE UNIVERSITY

#### BRANDON NOEL

**Forward**

**Freshman**

2022-23 Horizon League Freshman of the Year. Brandon has put an incredible amount of time and effort into improving his body over the last 2.5 years. I'm so proud of what he's personally accomplished this year and I know that he's just started to scratch the surface of his abilities. ~Cole Pittsford

## COLLEGE — BEACH VOLLEYBALL

### UNIVERSITY OF TENNESSEE AT MARTIN

#### KAYLA CARRELL

##### Senior

Kayla's work ethic and desire to improve helped lead our beach volleyball team to a record-breaking season. Kayla and her partner went 24-1 on the way to winning the team regular season OVC title, tournament OVC title, and securing a spot as one of 16 teams in the NCAA tournament. Since arriving on campus, Kayla has sought out additional opportunities to further her athletic development. In doing so, many of her fellow teammates have joined in the process with her.

~Chris Gillies

## COLLEGE — CHEERLEADING

### FORDHAM UNIVERSITY

#### KAYLA ZORN

##### Senior

Kayla is the personification of hard work and dedication. She owns multiple school records inside Fordham Strength and Conditioning including top marks in pushups, chin-ups, and relative body strength in the Back Squat. Kayla is a team leader who walks the walk. She couples her athletic excellence while being a standout student as well. She has served as a volunteer strength and conditioning coach here at Fordham and is set to continue her studies in Law School at the graduate level this upcoming fall. ~Joe Gilfedder

## COLLEGE — CROSS COUNTRY

### EMERSON COLLEGE

#### SAM ZANNOTTI

##### Sophomore

Sam is a consistent presence in the weight room for both XC and softball, especially during the cross country season to help maintain her strength for softball. She balances the demands of both sports while attempting to shift the culture for XC to approach strength training with the same importance of long-distance mileage.

~Jennifer Boyden

### FAIRMONT STATE UNIVERSITY

#### WILL LEMASTER

##### Junior

Will LeMaster, a junior from Parkersburg, West Virginia is an exceptional student-athlete. Will has become a consistent leader in the weight room for our cross country program. Will's hard work and consistency with our strength training program and his dedication to succeed as a runner has started to pay off. At the 2022 Atlantic Region Championships, Will ran a personal best time of 31:53.3. Will's work ethic and dedication as a student-athlete also carries into the classroom. As an architecture major, he was named to the USTFCCA All-Academic Team. Will is also a member of the United States Army Reserve. Our cross country program, strength & conditioning program and entire athletic department are all better because of student-athletes like Will LeMaster. ~Adam Kolberg

### IDAHO STATE UNIVERSITY

#### BRANDON WALKER

##### Junior

This is Brandon's second consecutive year being nominated for this award, and it is very well earned. Brandon embodies what it means to be a high-level student-athlete, constantly pushing himself in the classroom, on the cross country course, and in the weight room. He is consistently putting forth his best effort in all he does, even on the hardest of days, and often pushes

those around him to keep moving forward. He has been an exceptional leader to his teammates, and I am greatly looking forward to working with him for another year and watching him continue to grow as an athlete, teammate, and leader. ~Jarrett Mitton

### IDAHO STATE UNIVERSITY

#### KEELY WOLF

##### Senior

Keely is an exceptionally hard worker in all areas required for a student-athlete to be successful at a high level. She excels not just on the cross country course but in the weight room and classroom, setting a strong example for those around her to continue pushing themselves to grow as student-athletes. As a young coach, it has been a pleasure to work with her as she strives to get better every day. I look forward to watching her excel as she pursues graduate school and furthers her distance running career at the collegiate level. ~Jarrett Mitton

### QUEENS UNIVERSITY OF CHARLOTTE

#### MITCHEL COX

##### Senior

Mitchel Cox is a cross country athlete who has taken advantage of the opportunity to strength train to become an even better runner. He attends every session prepared to learn and improve, putting forth 100% effort to do everything required to stay healthy and perform his best. He challenges himself to increase his weights and use full range of motion and technique. His work year-round has resulted in consistently improving his personal best times, and posting times for the record books at Queens. He is a great example for his teammates and has helped set a standard of work for success. ~Lori Hofmann



## COLLEGE — CROSS COUNTRY

### QUEENS UNIVERSITY OF CHARLOTTE

#### SARAH WATTS

##### **Sophomore**

Sarah Watts has shown with her effort in the weight room that she is committed to improving her running performance. She comes to every lifting session focused and ready to work, and isn't afraid to push the weights. She is one of the top female performers on the cross country team, putting up good times already and is only a sophomore. With her work ethic and drive, she is sure to make tremendous strides in her college career. ~Lori Hofmann

## COLLEGE —EQUESTRIAN

### CONVERSE UNIVERSITY

#### BROOKE DANIELS

##### Senior

Brooke has had an outstanding Senior Equestrian season. As her strength in the weightroom has increased her posture and ability to maintain her shape on the horse during competitions has continued to improve making her an overall better rider, which has led to her receiving several honors as an equestrian athlete. In addition to her ability on a horse, Brooke is a first generation college student and will graduate in May. ~Kevin Darlington

## COLLEGE — FENCING

### BRANDEIS UNIVERSITY

### MAGGIE SHEALY

#### Senior

Maggie has been a force on the fencing strip throughout her time at Brandeis, and her talent reflects the dedication she has to her training in the weight room. Maggie has shown consistency in her training year round, and continues to lift, recover, and take care of her body. She is always asking questions and finding ways to better herself and her teammates- she is a true athlete and leader. ~Kaitlin Carson

## COLLEGE — FIELD HOCKEY

### CONVERSE UNIVERSITY

#### EMILY WHITLOW

##### Forward

##### Sophomore

Emily is a walk-on athlete in our field hockey program, which finished the 2022 Field Hockey season ranked 8th Nationally with a record of 17-2 and claimed the Conference Carolinas tournament championship. Emily contributed 5 goals and multiple assists on the season and has turned herself into a contributing member of the Converse Field Hockey Program due to her commitment to our strength, conditioning, and speed program where she puts up some of the team's top numbers on our strength, endurance, and speed assessments. Emily is very coachable and schedules extra training times because she always feels she has more to learn. Emily is a true success story, and is a great example of the power of work ethic and the benefits athletes can receive when making a solid commitment to strength, conditioning, and speed training. ~Kevin Darlington

### ENDICOTT COLLEGE

#### CLAIRE BONCEK

##### Midfield

##### Senior

Claire has made a huge investment in the performance center, playing field, and classroom over the past four years. She has excelled in all three areas and that is a tribute to her work ethic and competitive mindset. Claire is a natural leader who has earned the respect of her teammates through positive action and role modeling. Changing positions this past season and continuing to find success shows the adaptability and perseverance that Claire displays. ~James Daley

### FROSTBURG STATE UNIVERSITY

#### SKYLER SLIMMER

##### Midfield

##### Junior

Skyler returned from injury prior to the start of the season. The work she put in during the summer with rehabilitation and strength and conditioning was evident as she surprised everyone with her conditioning test result. She is a team leader and she holds herself and her teammates to a higher standard. Skyler is one of the hardest workers in the weight room and on the field. Everything she does is done with 100% effort. The energy she brings is contagious and this makes everyone around her better. ~Tim Schachtner

### HOBART AND WILLIAM SMITH COLLEGES

#### SOFIA PATTILLO

##### F/M

##### Junior

Sofia Pattillo may be one of the toughest athletes I have ever had a chance to work with. Pound for pound one of the strongest athletes at HWS, she boasts a deadlift of almost 300lbs and a squat over 200lbs. What makes Sofia an easy choice for this award is that it is not solely her strength that is impressive, it is her work capacity. She is constantly practicing her run tests year round, sprinting and seeking out extra work. Sofia is an energizer bunny without an off switch. She is beyond a joy to work with and coach as she always brings such energy and effort raising the level of everyone around her. ~Chris Gray

## COLLEGE — FIELD HOCKEY

### QUEENS UNIVERSITY OF CHARLOTTE

#### KARLEE ALT

##### Forward

##### Sophomore

Karlee has displayed the characteristics of an NSCA All-American through her consistency and work ethic. A captain as a sophomore, Karlee has quickly proven her dedication to improving both herself and her teammates each semester. In the face of adversity, Karlee strives to be consistent with her training while balancing an extremely difficult academic schedule as a nursing student. Her success in the classroom and on the field is a testament to her desire for success. If you lift with or run alongside Karlee, she will continually motivate and push you to help reach your true potential.

~Zach Palumbo

### SAINT ANSELM COLLEGE

#### JOANNA ARCHAMBAULT

##### B

##### Senior

Jo always shows great work ethic, energy, and commitment on and off the field. Being a leader, helping others reach success. Jo shows consistency day in and day out to get better. ~Brennan Fleming

### SAINT JOSEPH'S COLLEGE OF MAINE

#### MOLLY MCCLUSKEY

##### Midfield

##### Senior

Molly checks off all the boxes that encompass an NSCA All-American. In her time at Saint Joseph's, she has been one of the most dedicated and committed student-athletes. She consistently sets new personal records in her team's fitness testing and is always doing the extra work that sets her apart from other student-athletes. As a captain on our field hockey team, she has received All-Conference recognition for her play on the field and All-Academic recognition for her academic excellence. Molly has left her mark here in our strength and conditioning

program and she is a very deserving recipient of this award. ~Jameson Collins

### UNIVERSITY OF NEW ENGLAND

#### KATE LINDMARK

##### Defense

##### Senior

Kate is a champion - In the weight room, on the field and in the class room. She has been a leader since the first day she stepped on campus for her squad in the weight room. Kate has also been a four year member of our Strength & Conditioning Facility Staff and has continuously found ways to leave all of Nor'easter Nation better. She has been dedicated to making the weight room a part of her success on the field, and in doing so, ensured her own constant improvement as well as that of her teammates. ~Lyndie Kelley

### VASSAR COLLEGE

#### KATE NEIKIRK

##### Junior

Kate Neikirk is strong and driven. Kate brings an on-field competitive nature to every training environment. Her ability to rep out chin-ups one second and make smooth cuts the next makes her one of our most well-rounded student-athletes. What sets Kate apart is her work ethic and commitment to the process. ~Alice Read

## COLLEGE — FIGURE SKATING

### MULLINS PERFORMANCE + FITNESS

#### PEIGHTON HARGIS

##### **Athlete**

##### **Senior**

Peighton Hargis will graduate from the University of Central Oklahoma (UCO) with a degree in Nutrition, Dietetics, & Food Science in May of 2023. Peighton is the President and Captain of UCO Figure Skating. Peighton is also a member of the UCO Food and Nutrition Club. Peighton is a two-time Intercollegiate Medalist, U.S. Figure Skating Open Collegiate Championships Competitor, and a U.S. Figure Skating Collegiate Athlete. Prior to attending UCO, Peighton was the member of the University of Oklahoma and the Oklahoma State University President's Leadership Council. Peighton is a member of the U.S. Figure Skating Association, the Professional Skating Association, a Learn to Skate USA Coach, Safe Sport Certified, and an OKAND Student Member. I have had the privilege of training Peighton for off-ice conditioning since 2019. I have observed Peighton in many roles: student, athlete, coach, friend and a co-presenter with me at the Miller-Brenner Winter Camp. Peighton is kind, patient, diligent, gives 100% of what she has each day. Peighton has a heart to educate and help others be at their very best. Peighton is a person that many in our training environment look up to and find encouragement from on a daily basis. Peighton is applying to nursing school as well as studying to take her CSCS exam after graduating in May. It is a great honor to nominate Peighton for this award. Thank you for your consideration. ~Elizabeth Mullins

## COLLEGE — FOOTBALL

### ALBANY STATE UNIVERSITY

#### JOSH SIMON

##### Offensive Lineman

##### Junior

Relentless worker. His hard work is evident by his play on the field. ~Troy Williams

### AUGUSTANA UNIVERSITY

#### BEN KEMP

##### Defensive Line

##### Senior

Ben has been a stalwart of the football program both on the field and in the weight room during his entire six-year career. His genuine love for old fashioned hard work is evident during off-season and in-season alike. His hardnosed grit and authentic leadership helped push his team to an NSIC Championship in 2021. Ben is also a multiple time NSIC Academic Team of Excellence member. We look forward to following his success moving forward. ~Brett Chambers

### CENTRE COLLEGE

#### OLIVER HUNTER

##### DL

##### Senior

Oliver is one of the strongest and most intense athletes in the country. He is the second strongest athlete in school history. He is an all conference defensive lineman on the football team and he also throws for the track team. He sets the tone in all of the training and he is a relentless competitor. He cleans 375 lbs, benches 325 lbs, jerks 335 lbs ~Carter Conley

### CENTRE COLLEGE

#### TYLER VAUGHN

##### OL

##### Sophomore

Tyler is an aggressive OL who translates his training into powerful force production on the field. Tyler Jerks 350, Cleans 315, Benches 405, and Squats 605. ~Carter Conley

### CLEMSON UNIVERSITY

#### DAVIS ALLEN

##### TE

##### Senior

Voted by his teammates as a permanent team captain ... third-team All-ACC selection ... second-team All-ACC by College Football Network ... third-team All-ACC selection by Phil Steele and Pro Football Focus ... posted career highs in receptions (39), receiving yards (443), touchdowns (five) and offensive snaps (701) while starting all 14 games ... his 701 snaps from scrimmage were the fifth-most by a Clemson tight end all-time ... Reliable receiver, physical blocker and team leader who recorded 88 receptions, 951 receiving yards and 12 receiving touchdowns in 1,842 offensive snaps over 54 games (25 starts) ... was also a core special teamer throughout his time at Clemson. ~Larry Greenlee

### CLEMSON UNIVERSITY

#### TYLER DAVIS

##### Defensive Line

##### Senior

2022 All-American who is also a three time All-ACC selection, including back to back first -team honors in 2021 and 2022. Voted by his teammates as a permanent team captain. Tyler's dedication has paid off on and off the field, in 2022 he was a Bednarik award semifinalist. Tearing a Bicep in 2021, Davis worked hard to return for the last third of the season. True Leader who has been at the front lines for Clemson football. ~Joey Batson

## COLLEGE — FOOTBALL

### CLEMSON UNIVERSITY

#### WILL PUTNAM

##### OL

##### Senior

Enters 2023 as three-year starter along the offensive line, including two seasons at guard in 2020-21 and an all-conference campaign at center in 2022 ... enters 2023 having played 2,611 snaps from scrimmage, already the 19th-most in Clemson history, over 47 career games (36 starts). ~Paul Hogan

### COACH ROZY PERFORMANCE/

#### MOUNT MARTY UNIVERSITY

#### DALYN NORMAN

##### Defensive Line

##### Junior

Dalyn Norman was selected All Conference in a program that just completed it's second year of competition. Dalyn is a team leader and is a member of the Cultural Diversity Committee at the University. He is a great leader in the weight room and has been dedicated to improve his lifts up to 275 lbs in the bench, 375 lbs in the squat while improving his vertical to 27.5 inches and dropping his 40 yard dash to 4.98 (electronic timed). ~Mark Roozen

### COACH ROZY PERFORMANCE/

#### MOUNT MARTY UNIVERSITY

#### REX RYKEN

##### Tig lbsht End

##### Senior

Rex Ryken was an All conference Tight End. Rex led all tight ends in every statistical category. While being a standout on the grid iron, Rex also carried a 3.26 GPA. Rex is one the the teams top leaders on and off the field. He Graduated this year, but has been accepted into Graduate school so will be able to be back to play another season. In the weight room, Rex's hard work has helped him climb to a Bench of 205 lbs, Squat of 320 lbs, while improving his vertical to 30.5 inches and dropping his 40 yd dash to 4.82 and his pro-agility to 4.86.

~Mark Roozen

### COACH ROZY PERFORMANCE/

#### MOUNT MARTY UNIVERSITY

#### AUSTIN VIGANTS

##### Special Teams

##### Sophomore

Austin Vigants started every game in Mount Marty's history - starting football two years ago. Austin was involved in every special teams and starts on offense. He is a Resident Advisor and member of Student Government Association. His Bench is 225 lbs, Squats 320 lbs and has a vertical of 25.7 and a 40 yd dash of 5.01. ~Mark Roozen

### CULVER-STOCKTON COLLEGE

#### DAVID HERNANDEZ

##### Defensive Back

##### Senior

Great kid, multiple time all conference, does everything the right way in the weight room helps coach other athletes up as well that are struggling ~Alex Logsdon

### DUQUESNE UNIVERSITY

#### EZEKIEL DAURE

##### Defensive Back

##### Senior

Since he stepped foot on campus, Ezekiel Daure has epitomized work ethic, accountability, and consistency. His commitment to the weight room, and to enhancing his skills is unmatched. There has never been a moment I could say that I could not count on Zeke. His high level of commitment to the program is admired by his teammates and coaches. Dependability is Zeke's most valuable asset to our program. Zeke's personal record's include: Clean = 285, Back Squat = 390, Bench Press = 315. ~Anthony Longo



## COLLEGE — FOOTBALL

### EAST TENNESSEE STATE UNIVERSITY

#### MAX EVANS

##### Defensive Lineman

##### Senior

Max Evans is one guy who we would consider to be consistent all the way around. Whether it be from being coachable throughout the game of football, to the level of effort he performs at daily. Max exemplifies the character and attributes of what we strive to uphold here at East Tennessee State University for all of our All-American Athletes and continues to work effortlessly to be a good leader for him and his peers. ~Josh Taylor

### EAST TENNESSEE STATE UNIVERSITY

#### JACOB SAYLORS

##### Senior

Jacob is a consistent hard worker. He is a very coachable student-athlete that seeks out those things that may help him improve on any weakness while continuing to work hard on his strengths. He is a very good team leader that is always out in front leading the way. His one great attribute is that his is very competitive and demonstrates unrelenting grit when performing on the football field. ~Dave Lawson

### ENDICOTT COLLEGE

#### HECTOR JOHNSON

##### DL

##### Sophomore

Hector is a hard worker and was a key member in helping the football team win back-to-back conference championships. This past season he was voted the Conference Defensive Player of the Year, Defensive Lineman of the Year, 1st Team All Conference and All Region and a Cliff Harris Award finalist. Hector has a great work ethic which shows as he is able to balance the challenges of being a college student and athlete. His fellow players recognize him as a natural leader, and a man of character. They are willing to follow him in every practice, training session, and game. In the performance

center, Hector has never been late or missed a workout and is pound for pound one of our strongest players. He leads in the weight room the same way he leads on the field by his work ethic, energy and effort. He doesn't tire, he doesn't give up. ~James Daley

### FAIRMONT STATE UNIVERSITY

#### JOSH ALT

##### Defensive Line

##### Freshman

Josh Alt, a redshirt freshman from Franklin, West Virginia, is an exceptional student-athlete and is one of the most committed and hard-working young men that I have had the pleasure to coach. Since transferring to Fairmont State last spring, Josh has been the definition of consistency in every aspect as well as the premier lead-by-example teammate. He has shown the utmost desire to get better in the weight room and on the field as he continues to improve in every aspect of athletic performance. Josh's consistency and hard work has led to success on the field. During his redshirt freshman season, he recorded 37 tackles including 7.5 TFLs and 4 sacks. Additionally, Josh is an outstanding student. He currently has a 4.0 GPA, majoring in exercise science, and was named to the MEC all-academic team. Our football program, strength & conditioning program and entire athletic department are all better because of student-athletes like Josh Alt. ~Adam Kolberg

## COLLEGE — FOOTBALL

### FAIRMONT STATE UNIVERSITY

#### TJ GUIRE

##### Defensive End Freshman

TJ Guire, a redshirt freshman from Mabie, West Virginia, is an exceptional student-athlete and is one of the most motivated and hardest working young men that I have had the pleasure to coach. TJ is the epitome of passion and intensity in the weight room. He helps uphold the standards and is truly a leader for his position group and the football team as a whole. In the weight room, TJ is relentless in his efforts to improve his strength and power. As a redshirt freshman, he already has impressive strength numbers, currently having a 550 lbs squat, 575 lbs deadlift, a 285 lbs hang power clean and a 375 lbs bench press. With his work ethic, I have no doubt that these metrics will continue to increase, as will his contributions on the football field. TJ's discipline, work ethic and leadership also show in the classroom. He currently has a 4.0 GPA, majoring in exercise science and was named to the MEC all-academic team. Our football program, strength & conditioning program and entire athletic department are all better because of student-athletes like TJ Guire. ~Adam Kolberg

### FORDHAM UNIVERSITY

#### RYAN GREENHAGEN

##### Linebacker Senior

Ryan has served as a Team Captain for Fordham University Football, earned multiple All American honors, was a Walter Campbell Trophy finalist, and was selected to play in the 2022 Hula Bowl. His dedication has led him to be a top NFL prospect. Ryan has set the standard for what hard work is inside Fordham's Strength and conditioning facility that will forever positively influence the program. ~Joe Gilfedder

### FORT HAYS STATE UNIVERSITY

#### LAYKE HEIMERMAN

##### Linebacker Senior

Layke Heimerman is a tremendous young man who exemplifies everything you would want in an athlete and student. Layke was a true leader, as was recognized for that by being a two time team captain. He made himself a outstanding football player through his hard work in training, practicing and competing. Layke proved his drive and desire to be the best that he could be everyday in the weight room and on the field. Besides being a great role model for our younger players, Layke would take on the task of speaking at the team's chapel service before games. Layke Heimerman is one of the best young men that I have ever had the pleasure in working with. He will make a difference in people's lives!

~Doug Boucher

### HOBART AND WILLIAM SMITH COLLEGES

#### MIKE ZACCONE

##### TE Senior

There is not enough room in this form to truly articulate all that Mike brings to the weight room. In all my years of coaching, I am not sure I have genuinely had someone who is as consistent with his or her physical and mental approach day in and day out like Mike. His energy is contagious. His output is tremendous. He even shows up to other lifting sessions during his day to ensure his teammates are working and executing at a high level consistently. Boasting a hang clean in the mid 200's, a bench 1RM close to 300 and a 1RM squat nearing 400lbs, Mike has the results that back up his work ethic. I wish we had 20 more Mike Zaccone's on our football roster or on any roster for that matter. He is a pleasure to coach and a great human being on top of that. Mike is a consummate professional and deserves to be recognized for his exceptional contribution to S&C. ~Chris Gray

## COLLEGE — FOOTBALL

### HUNTINGDON COLLEGE

#### KARL DORN

##### Linebacker

##### Senior

Karl has been dedicated to his training, and to the development of our program, throughout his entire career. He has pushed himself, and all of the men around him, on a daily basis. His effort and expectations have always been high for both himself and his teammates. His contributions to our program have been priceless. ~Charlie Goodyear

### LAKE FOREST COLLEGE

#### DONNEVAN PLUMMER

##### Defensive Line

##### Sophomore

Donnevan exemplifies the culture of Lake Forest Strength and Conditioning. He is a leader amongst not only his position group, but a leader within the entire football team both on the field and in the weight room. In terms of performance he is the top of all major categories of lifts that are assessed, and rather than be satisfied with what he has accomplished he looks to see what can be done next to improve his already impressive lifting endeavors. Donnevan is a great young man and is not only impressive under the barbell, but in all aspects of living to the standard of Lake Forest Strength and Conditioning. ~Andrew Parker

### LAMAR UNIVERSITY

#### LUKE WALLIS

##### Long Snapper

##### Senior

Luke went from a walk-on linebacker to a scholarship long snapper over his career. Being thrust into action as a true Freshman in a playoff game was “trial by fire” and he rose to the challenge. Wallis also left his mark in the weight room with the Specialists Back Squat record at 510 lbs. When faced with adversity in his career, his true character of being humble and hard working showed

through daily, leaving a positive impact on the program. ~Austin St.Cyr

### MCKENDREE UNIVERSITY

#### JACOB BACHMAN

##### Wide Receiver

##### Senior

Leadership, Passion, and intensity are just a few of the quality attributes that come to mind when describing Jacob Bachman. His unwavering commitment to his own development, as well as that of his teams, is remarkable. He leads from the front and brings an energy and passion to the program that motivates his teammates to compete every single day. Bach’s commitment to strength and conditioning has helped him see a rise in his own game and become a leader of the program. He committed time to his overall athletic development to earn himself an opportunity to compete for an opportunity at the next level. ~Tyler Aulbur

### NORTH CAROLINA A&T STATE UNIVERSITY

#### JOSEPH STUCKEY

##### Linebacker

##### Senior

Joseph Stuckey exemplifies everything a young student-athlete should strive to become. Joseph is disciplined in his thoughts and actions, diligent in his preparation, and a great teammate. Over the course of his career at North Carolina A&T, Joseph has grown into a physically dominant player and team leader. ~Faris El-Ali

### NORWICH UNIVERSITY

#### MATTHEW CHRISTE

##### Defensive Back

##### Senior

This individual is not only an incredible human but is consistent in the weight room and a leader on their team. Congrats on being the best! ~Maki Shuchuk

## COLLEGE — FOOTBALL

### NORWICH UNIVERSITY

#### PAT KEEFE

##### Linebacker

##### Senior

Pat is one of the most dedicated and well prepared football athletes we have here. His commitment to s&c and football preparation will take him far in life.

~Scott Caulfield

### PERU STATE COLLEGE

#### COLE NAHLIK

##### Running Back

##### Sophomore

Cole is an inspirational leader in the weightroom and on the field. He is present at every meeting and was selected as team captain for the off-season. At 5' 9" and 180 pounds, Cole has a 375 pound bench press, a 415 pound squat, a 255 pound clean, and a 40 inch vertical jump.

~Kyle Ryan

### SOUTHWEST MINNESOTA STATE UNIVERSITY

#### ONTE BURNS

##### Linebacker

##### Senior

Onte burns is an incredible young man in and out of the weight room. His commitment not only to strength and conditioning but the whole process of athletic preparation has been incredible over the past 4 years and he has emerged as a true leader for our program. In the process he set the school and conference record for solo tackles and ranks 3rd in the conference all time in total tackles. Although his feats of strength and athleticism are incredible, what was truly inspiring was what a great teammate he was. Onte is the total package; a weight room guy, a film guy, a practice guy, a locker room guy, etc. His unwavering work ethic will bring him great things in the future. ~Benjamin Servais

### TRINITY COLLEGE

#### CHRISTIAN ANZEVENO

##### D Line

##### Senior

Chrisitan is one of the most obsessed athletes when it comes to improving his performance via S&C. From building a gym in his driveway during the pandemic to performing extra workouts in season. He is always in the weight room. ~Bill DeLongis

### UNIVERSITY OF NEW ENGLAND

#### KYLE POULIN

##### Quarterback

##### Senior

Kyle has been the picture of consistency and commitment over his career as a Nor'easter in the weight room. He has always required the best effort from himself, but he has grown into a leader that requires the best effort from those around him. Over the past year, he has served as an intern for Nor'easter Strength & Conditioning and he has been instrumental in the development of not only his own team's growth as a Strength Coach, but the growth of our other 17 teams as well. He certainly leads by example in every way whether it be in preparedness, nutrition, form and technique, following his programming etc. Kyle's mentality is unparalleled. He will be pursuing his doctorate in Physical Therapy after earning his CSCS very soon. ~Lyndie Kelley

## COLLEGE — FOOTBALL

### UNIVERSITY OF NEW ENGLAND

#### NICK VAN DER MERWE

##### Defensive Line

##### Senior

Nick has not only found a way to leave it better every since he stepped on campus, he has continuously found ways to leave our strength and conditioning program better. He has brought a work ethic to every lift that will be hard for future Nor'easters to match over his career. He has also served as a year-long intern and volunteer student Strength Coach for Nor'easter Strength & Conditioning over the past two years. His positive impact has absolutely improved the experience of all of Nor'easter Nation in the weight room. His dedication is special and his determination to help others improve will make him an excellent Strength Coach in the future. ~Lyndie Kelley

### UNIVERSITY OF VIRGINIA

#### NICK JACKSON

##### Linebacker

##### Senior

Nick Jackson, a 6'0.5 235 lb. linebacker, has been an outstanding leader, student-athlete, person, and worker for our football team.

In 2022, Jackson was elected by his teammates as a permanent team captain (Jackson's second season serving as a team captain), and earned 2nd team All-ACC honors. On the football field in 2022, Jackson, battling injury, led the ACC and was 9th in the nation with 10.4 tackles per game. Jackson finished the season with 104 tackles, his third straight 100+ tackle season.

In training, Jackson has put in consistent, disciplined, outstanding work each day to improve his abilities, to perfect his craft, and to lead his teammates. As a senior, Jackson's testing numbers were as follows: bench press 375 lbs., bench press 225 lbs. 21 times, back squat 605 lbs., front squat 440 lbs., power clean 340 lbs., vertical jump 31.5", broad jump 9'1.5, and top velocity 20.5 MPH. In addition to his strength & conditioning and football

accomplishments, Jackson is a graduate of the University of Virginia, earning a degree in commerce. Jackson diligently puts in the work on and off the field. He exhibits respect, personal excellence, integrity, leadership, and incredible work habits in all he does. Nick Jackson has earned NSCA Strength & Conditioning All-America honors in my opinion. ~Adam Smotherman

### UNIVERSITY OF WISCONSIN - WHITEWATER

#### TYLER HOLTE

##### Wide Receiver, Return Specialist

##### Senior

"Leadership" is one of Tyler's greatest strengths. He is uber-focused on getting better, whether it be in the weight room or on the gridiron. More importantly, though, he spends more time on improving others. He is one of the first people to congratulate his teammates when they are successful. When his teammates are struggling, he's right there to teach them how to improve and provide encouragement. Even during tough times, he never doubts that there is a way his team can come back. His leadership has helped drive his team to 4 consecutive conference titles and a birth in the national title game during his collegiate career. ~John Schimenz

### UNIVERSITY OF WISCONSIN - WHITEWATER

#### SETH ROBERTS

##### Offensive Line

##### Senior

Seth was a great leader in the wt. room and on field. His work ethic, energy and passion for getting better every day is unmatched. He had a great Senior season and helped lead our team to a conference championship and berth in the playoffs. Perhaps his best attribute was his attitude and approach to training which transferred to the rest of our team. ~Lee Munger

## COLLEGE — FOOTBALL

### UNIVERSITY OF WISCONSIN-RIVER FALLS

#### CALVIN ROSEN

##### Linebacker

##### Senior

Cal has been through all the highs and lows a college athlete could experience, and yet he found a way to persevere. His dedication to developing his physical attributes with our staff has been a great example for all the athletes on our campus. ~Carmen Pata

### WEST TEXAS A&M UNIVERSITY

#### MAXWELL PEREZ

##### TE

##### Senior

Maxwell came to WT as a quarterback and transitioned to the FB/TE position with his diligent work in the weight room. He was dedicated to the process in the weight room and fueling to add weight for his new positions. Each day he came prepared to do the work and brought energy to the group he was training with. Maxwell's leadership both in the weight room and on the field will be greatly missed! ~Sarah Ramey

## COLLEGE — GOLF

### **BARRY UNIVERSITY**

#### **GIULIANA GOMEZ**

##### **Sophomore**

Giuliana encompasses all that is an NSCA All American. She excels in all aspects of being a student athlete - athletics, academics, and the weightroom. She deals with adversity & challenges with a mentality wiser than her years. We are excited to see the new heights she reaches throughout the rest of her athletic journey. ~Alexa Garcia

### **DALLAS BAPTIST UNIVERSITY**

#### **JORDAN KARRH**

##### **Sophomore**

Jordan redshirted her freshman year and made the most of it! She made progress that was unprecedented. She committed to the process of development, getting better every single day. From redshirt freshman to National Freshman of the Year, First-Team All-American, Lone Star Conference Freshman of the Year, Player of the Year, First-Team All-Conference... Her list of accomplishments goes on. Her work ethic on the course is only compounded by her dedication in the weight room. I regularly see her doing extra work with teammates. The future is bright for this young lady! ~Alex Spencer

### **IDAHO STATE UNIVERSITY**

#### **AINSLEY SNYDER**

##### **Junior**

Ainsley has been an absolute pleasure to work with this year. She always has a great attitude and performs very well on the course, in the weight room, and in the classroom. Ainsley's ability to motivate and show compassion for her teammates along with her work ethic is remarkable. The hard work and dedication shown by Ainsley this year has not gone unnoticed and will only build as we head towards next season! ~Wyatt Barton

### **LIPSCOMB UNIVERSITY**

#### **JASON HONG**

##### **Senior**

Jason is an athlete that is highly driven and pays close attention to the finer details in the weightroom. His dedication and respect for the game is evident in all he does. He is a very hard worker that sets a good example for all his teammates to follow. He is always on point, focused, and ready to go. He is able to carryover this focus and mental toughness from the weightroom to the course. Jason will continue the success he has had in school and on the course to whatever road his life will lead him down. It's been a real joy to work with him these last few years. ~John Hudy

### **UNIVERSITY OF TENNESSEE AT MARTIN**

#### **JACOB UEHLEIN**

##### **Senior**

Jacob continues the fantastic leadership our golf program has had over the years. He has been named each semester to the Athletic Director's Honor Roll, the OVC Commissioner's Honor Roll each year, and twice selected to the Srixon/Cleveland Golf All-America Scholar by the Golf Coaches Association of America. On the course, the golf program has won back-to-back OVC championships with Jacob integral in each of those. This year he has assumed an elevated leadership role and continues to maintain the importance of physical development within their program. ~Chris Gillies

## COLLEGE — GOLF

### WEST TEXAS A&M UNIVERSITY

#### CONNOR KURYSH

##### Golf

##### Sophomore

Connor demonstrates tremendous dedication to all aspects of athletic performance in the weight room. His effort and commitment to improving daily has garnered him the utmost respect from his fellow athletes and coaches. Connor fixates on the tiny details to enhance his athletic performance and recovery, constantly leading from the front in the weight room. ~Zackary Noland

### WRIGHT STATE UNIVERSITY

#### TYLER GOECKE

##### Senior

2022 Horizon League Golfer of the Year, 2021 Horizon All-League First Team. Tyler has been so dedicated to the weight room for the last 4 years and because of that, he has helped his teammates see the value. It's been fun to watch his year-to-year growth in the weight room and on the course because of his tireless work ethic.

~Cole Pittsford



## COLLEGE — ICE HOCKEY

### COLORADO COLLEGE

#### JACK MILLAR

##### Defenseman

##### Junior

I am honored to nominate Jack for this award. He has had tremendous consistency with his desire to increase his strength and speed, and he does it with great work ethic and a positive attitude. Jack has been phenomenal to work with and someone I think is invaluable to our team and is greatly deserving of this award. ~Cam Davidson

### ENDICOTT COLLEGE

#### JACY KUHLMAN

##### Forward

##### Senior

Jacy is the epitome of what it takes to be an NSCA All-American. Jacy's leadership in the performance center is undeniably her greatest strength. She not only was a great lifter but also made sure her teammates were consistently working their hardest. She created a culture shift within her team to push harder and understand the benefits that they can find in the performance center. This did not end with her team. Her ability to lead others to push the boundaries of strength & conditioning was endless as a female role model on campus. Her ability to move heavy weight was impressive but her ability to push others to pursue greatness was even more impressive. Jacy was undoubtedly one of the hardest-working athletes in recent history. Jacy has made us better coaches, athletes, and teammates. ~James Daley

### LAKE FOREST COLLEGE

#### CHASE FREIERMUTH

##### Forward

##### Freshman

Chase is a strong, resilient, and motivated worker in the weight room. Physically he is one of the strongest pound for pound individuals that I have had the opportunity to work with, but it is the little things that he does that exemplify who Chase is as an athlete. Coming off of a

knee surgery during juniors, he spent close to 2 hours a day between rehab, workouts, and training to make sure he could come back to compete this season. With his hard work he was able to transition back into full swing, and I look forward to what he is able to develop into in terms of both the weight room and on the ice in his career at Lake Forest College. ~Andrew Parker

### MARYVILLE UNIVERSITY

#### JAKE HANEBRINK

##### Senior

Jake has been a dedicated athlete and hard worker at Maryville University. He continued putting in the work to not only be a better hockey player but used the weight room to continue building and maintaining his health in a very physical sport. He displays great leadership qualities and is also a hard working student. ~Jake Fitts

### MERRIMACK COLLEGE

#### JORDAN SEYFERT

##### Forward

##### Senior

"Jordan Seyfert's collegiate career may have been cut short due to a potential career ending injury during the '20-21 season. It was at this point that he doubled down on his physical efforts to fully engage in the training process. Always having been a high effort performer, it was within this period of recovery that he became committed to furthering his education on training, nutrition, and lifestyle habits that would be necessary to get one more shot at playing. Fast forward to current day, two years later, as a graduate student, being named an assistant captain, and along with the team, having his most successful year in his career, Jordan embodies what the NSCA All American award stands for." ~Michael Kamal

## COLLEGE — ICE HOCKEY

### NORWICH UNIVERSITY

#### MOLLY FLANAGAN

##### Defense

##### Senior

This individual is not only an incredible human but is consistent in the weight room and a leader on their team. Congrats on being the best! ~Maki Shuchuk

### SAINT ANSELM COLLEGE

#### CHRIS LEMAY

##### Forward

##### Senior

Chris has faced adversity time and time again but always pushed through to get back on the ice. He never let setbacks effect his positive attitude and work ethic. Chris leads by example and helps those around him be better. ~Brennan Fleming

### STEVENSON UNIVERSITY

#### RYAN KENNY

##### Goalie

##### Senior

Ryan has excelled in the weight room and on the ice since his freshman year at Stevenson. He understands the importance of strength training to his sport and particularly to his position in the goal. Not only does Ryan train hard, he also does all the right things in terms of recovery, mobility and diet. This has all resulted in the following honors: Became Stevenson's all-time career saves leader at Manhattanville on 2/7/22  
MAC Defensive Player of the Year (2021-22)  
UHC Goaltender of the Year (2021-22)  
All-UHC First Team (2021-22)  
All-MAC First Team (2019-20, 2020-21, 2021-22)  
UHC All-Rookie Team (2019-20)  
Five-time MAC Defensive Player of the Week in 2021-22  
Two-time UHC Goaltender of the Week in 2021-22  
Has gone 43-14-4 in goal through three seasons at the conclusion of 2021-22. With his stats for his senior campaign yet to be added, I anticipate that he will again

be named Defender of the Year in both the MAC and the UHC. He was also selected to play for Team USA in the World University Games earlier this year.  
~MC McFadden

### TRINITY COLLEGE

#### CLAUDIA CAPONE

##### Defense

##### Senior

Claudia has been a tremendous captain and lived our S&C core values: Dedication, Effort, Attitude, Team First.  
~Bill DeLongis

### UNIVERSITY OF CONNECTICUT

#### ROMAN KINAL

##### Defenseman

##### Senior

Roman is an athlete that stands out for many reasons, but to me for his determination, leadership and perseverance. He has fully committed to our program and when presented with challenges that would deter many athletes, he has risen to the occasion. He has overcome injury and setbacks and worked his way to the top of the team in performance and testing. He challenges and demands the best from his teammates and this is why he serves as a captain. Working with an athlete like Roman has been a privilege and he has left a lasting impact on our program. ~Moe Butler

### UNIVERSITY OF MINNESOTA-DULUTH

#### TANNER LADEROUTE

##### Senior

Tanner has been a leader in the weight room. His work ethic is unmatched by anyone on the team and he sets the tone and creates the culture of success the team has established in the weight room. His Associate Head Coach Adam Krause says, "Tanner exemplifies what we look for in our student athletes. When it comes to work ethic, he sets the standard for our hockey program, in the weight room and on the ice." ~Jeremy Golden

## COLLEGE — ICE HOCKEY

### UNIVERSITY OF MINNESOTA-DULUTH

#### ANNEKE LINSER

##### Forward

##### Senior

Anneke has used the weight room to have a career year on the ice. In the weight room, she is tied for first on the team with a 170 lbs. max on bench press. Her Hex Bar Deadlift max is 365 lbs., which ranks in the top 5 and recently set a personal record of 25 inches on vertical jump.

On the ice, she has 16 goals and 10 assists with 8 games remaining. Her Head Coach, Maura Crowell, had this to say about Anneke.

“Auni is having her best on-ice season of her career. She leads our 6th ranked team in goals and has been our most consistent forward this season. She is the ultimate ‘leader by example’ who earns her teammates respect by being the most prepared and fit in the weight room. She would not be having as productive a season if it weren’t for her work in the weight room.” ~Jeremy Golden

### UNIVERSITY OF NEW ENGLAND

#### MAEVE CREHAN

##### Forward

##### Senior

Maeve's spirit and enthusiasm are unmatched. Her work ethic in the weight room is something to behold, but the electric way she brings people together is her real super power. Maeve served as an intern for our Strength & Conditioning program this fall and demonstrated her abilities in the weight room extend far beyond her athleticism. She is a natural lightning rod that will be able to connect people through fitness and health as she enters her career. She continuously fought to improve her natural gifts by way of the weight room over her career, and it is safe to say she reached her potential.

~Lyndie Kelley

### UNIVERSITY OF NEW ENGLAND

#### MCKENNA REMILLARD

##### Forward

##### Senior

McKenna is a lightning bolt of energy and has been one of the hardest workers at UNE throughout her career. She has continued to get stronger, faster and more powerful each and every season; a testament to her focus and commitment. She has been a role of consistency and effort for her teammates and for other student-athletes. She has never settled for less than her best and has sought out ways to challenge herself.

~Lyndie Kelley

### UNIVERSITY OF SOUTHERN MAINE

#### AMELIE ST-AMANT

##### Defense

##### Sophomore

Strongest and one of the fittest athletes on the team. Part of 2 consecutive conference playoff teams including this year's semifinalist. Has projected clean 1 rm of 165, squat of 250 and deadlifted 290.

~Jim Giroux

### UNIVERSITY OF WISCONSIN

#### JACK GORNIK

##### Forward

##### Senior

Jack exemplifies the type of athlete you hope to work with as a Strength and Conditioning Coach. He is dedicated to the work it takes to be successful within a college weight room and he leads by example. He is detailed in his daily habits, committed to improving off the ice to best serve himself on the ice and he is a great leader for the younger generation of Wisconsin Hockey. He is one of the best to come through the weight room at Wisconsin.

~Paul Valukas

## COLLEGE — ICE HOCKEY

### UNIVERSITY OF WISCONSIN-RIVER FALLS

#### ABIGAIL STOW

##### Forward

##### Senior

Gail has been part of some of the best women's hockey teams in our school's history and she has been in key roles for all of those teams. In her career, he has been one of the most dominant players on the ice which is due to her dedication to her physical development. Her legacy has made an impact on the women's ice hockey program and has helped set a new standard for what our athletes can rise to. ~Carmen Pata

## COLLEGE — LACROSSE

### ARCADIA UNIVERSITY

#### BRETT SCIASCIA

##### Faceoff

##### Senior

Brett Sciascia walks into the weight room with infectious energy that inspires and impacts everyone around him. Brett truly knows what it means to be great and will go to great lengths for his team and coaches. A great athlete and person, Brett is very deserving of the title of NSCA All-American! ~David Hughes

### COLBY COLLEGE

#### JACK GOLLER

##### Midfield

##### Senior

Jack is great leader among his teammates. He continues to push the program forward and holds his teammates to a high standard in and outside the weight room. ~Zachariah Marhamo

### COLORADO COLLEGE

#### GRACE BEAN

##### Attack

##### Freshman

From the moment Grace stepped into the weight room, she has been relentless in her pursuit of both athletic and personal success. She is always striving to improve not only herself but each of her teammates as well. Her work ethic, determination, and energy are unmatched and have served as an inspiration to her teammates as well as myself. ~Rachel Nicholson

### COLORADO COLLEGE

#### ELI TUROVSKY

##### Goalie

##### Junior

When it comes to utilizing the weight room to see improvements at their sport, Eli is one of the best that Colorado College has. Eli was unsure he would even make the team this season. He put in more work than

anyone and the results started to show. The constant hard work and dedication along with his leadership and communication made Eli an obvious pick for this award. Nobody is more deserving. ~Derek Savage

### CULVER-STOCKTON COLLEGE

#### SOPHEEA VOMUND

##### Midfield

##### Senior

Works hard in and out of the weight room, constantly encourages teammates during training sessions ~Alex Logsodn

### DUKE UNIVERSITY

#### ANDREW BONAFEDE

##### Goalie

##### Senior

Andrew has consistently dedicated himself to his physical preparation since his arrival at Duke. His ability to take coaching, attitude and work ethic have all allowed him to thrive athletically and academically. I appreciate the work Andrew has put in during his time and there is no doubt he will move on successfully with the path he goes down next. Go Duke. ~Carl Christensen

### DUQUESNE UNIVERSITY

#### CORINNE WEBB

##### Attack

##### Sophomore

Corinne has committed to her development immensely over the course of the past year. She has learned to own her strength and continue to develop her weaknesses. Corinne is often found training on her days off and non-lift days. She is a true weight room warrior. Not only is she strong, but has developed her speed as well, being one of the fastest female athletes recorded on our high speed treadmills. Corinne's no nonsense approach and work ethic set her apart. Corinne's personal record's include: Clean = 155, Back Squat = 240, Bench Press = 120, Speed = 19.5mph ~Anthony Longo

## COLLEGE — LACROSSE

### EMERSON COLLEGE

#### HANNAH BECK

##### Midfield

##### Senior

Hannah is a graduate student, two-sport athlete and also a member of the women's soccer team. Hannah made a concerted effort this year to get physical stronger in preparation for her lacrosse season. She has been incredibly consistent and is looking to use that preparation to have a great season. ~Ron Smithers

### EMERSON COLLEGE

#### NICK FULGIONE

##### Attack

##### Senior

Nick has been incredibly consistent over the course of his time at Emerson. He sees the importance of strength and conditioning for the physical preparation in lacrosse. He is a leader in the weight room and on the field and has worked hard to have a successful season in 2023. ~Ron Smithers

### GEORGE FOX UNIVERSITY

#### KYRA BARNES

##### Mid-Fielder / Center

##### Senior

As Kyra Barnes heads into her 4th and final season at George Fox University she does so poised to have her best year to date. Looking back on her accolades so far Kyra has an extensive resume. Her freshman year (shortened due to COVID) she was the preseason favorite to win Freshmen of the year within the NWC. Kyra started in all three games and scored 5 goals while dishing out 3 assists for a total of 8 points. Her sophomore and junior year, Kyra was named a First team Northwest Conference selection as well as being selected to the First Team All-Western Region Roster as a sophomore.

Known as an unselfish player each year she has continued to improve statistically. Her sophomore year she recorded 45 goals adding 22 assists for a total of 67 points while also collecting 47 draws controls (finishing second in offensive efficiency). Her junior year she recorded 44 goals, 26 assists for a total of 70 points while also picking up 59 draw controls (finishing third in offensive efficiency). Kyra was selected as a captain unanimously by her teammates going into the 2023 season. Only 2 games into her senior year, she is currently leading the Northwest Conference in goals and points. She scored an impressive 9 goals, while adding 3 assists to lead the conference with 12 points in her first 2 games. ~Brendan Jones

## COLLEGE — LACROSSE

### HAVERFORD COLLEGE

#### NATE ROSE

##### Defensive Midfielder

##### Senior

Nate has been a tremendous worker who has faced his share of adversity, and has grown into a truly remarkable leader in the weight room. Since his freshmen year training has been as automatic for him as going to class. He was always pushing to get better, and brought a great intensity to the weight room even as a freshman. During his freshmen season, he tore his ACL. Not wanting to miss a beat, we provided him with an upper body only program to still allow him to train while rehabbing his knee. Over the summer (during COVID) I received a text from him saying "yo coach, thanks for the program, I put 50lbs on my bench!" His success there has nothing to do with the program and everything to do with him. We don't normally see improvements like that from a program like that, especially for someone as trained as he was. Nate just brings an intensity and relentlessness that is responsible for his success. As he got older he continued being an incredible presence in the weight room. What stood out even more was his leadership ability. As a two-time captain, he was phenomenal at bringing other people along, and getting them to push themselves. Not only did he set the standard of what it means to work hard, but brought other people along who struggled to meet that standard. Everyone would have better lifts when training with him. He is also an exceptional student, holding the highest GPA of any student athlete at our school. Nate has lifted, jumped, and sprinted numerous impressive accolades during his time here, but what stands out most is his intensity, and ability to bring other people along with him.

~Nicholas Miranda

### HOBART AND WILLIAM SMITH COLLEGE

#### MICHAEL CHRISTIANSEN

##### D

##### Senior

Michael Christiansen has been a weight room standout since day one. A 5-year starter on our Division 1 men's lax team, Mike has been a constant staple of excellence both on and off the field. In the weight room, Mike has excelled in the core lifts hitting numbers on Trap Bar Deadlift over 450lbs, cleaning in the 200lbs range and almost touching 300lbs 1RM on bench press. What makes Mike a special individual to coach is his no nonsense demeanor. He is always ready to go and never has an off day. Mike is an exceptional worker and has one of the most consistent bodies of work across 5 years that I have coached. ~Chris Gray

### HOBART AND WILLIAM SMITH COLLEGES

#### LIZA DIFFLEY

##### D

##### Senior

Liza Diffley may be one of the most enjoyable people I have ever had the pleasure to coach at any level. An outstanding athlete and even better person, it is her consistent character that is always on display both in the weight room and out. Everyday Liza brings an energy and effort that is unmatched bringing others around her to a championship level. She has strength levels off the chart squatting over 200lbs, benching over 135lbs and cleaning over 115lbs consistently. From her first day on campus she has been an exceptional addition to our weight room and she will be missed the day she graduates. In my time of writing these nominations, Liza may be the one of the easiest decisions we have had as a staff. ~Chris Gray

## COLLEGE — LACROSSE

### HUNTINGDON COLLEGE

#### CADEN BACZ

##### Attack

##### Senior

Caden is one of the most improved athlete's that we have seen come through our Men's Lacrosse program. His buy-in to training, and improving other lifestyle habits, set the stage for him to transform his trajectory throughout his time here. His hard work, attitude, and effort are leaving many tangible & intangible impacts on our program. ~Charlie Goodyear

### LAKE FOREST COLLEGE

#### RYAN DOUSEVICZ

##### Attack

##### Freshman

Ryan is what I would categorize as an individual that needs to be dragged out of the weight room. It is not uncommon to see him post team lift, lace up his olympic shoes, and look to get additional snatch or clean work in, after a full workout of squats, RDLs, amongst other taxing lower body exercises. His work ethic is unmatched in the weight room and he is looked up to by his teammates for his output and work ethic in the weight room. I am excited to see what Ryan can accomplish in his very bright career as a Forester. ~Andrew Parker

### NORWICH UNIVERSITY

#### CALLUM JONES

##### M

##### Senior

Callum is truly dedicated to his s&c program. He knows his strengths and weaknesses and is able to evaluate his own program better than any college athlete I have ever known. He is a leader and a role model to his teammates. ~Scott Caulfield

### NORWICH UNVIERSITY

#### MICHAILA FURCHAK

##### Attack

##### Senior

This individual is not only an incredible human but is consistent in the weight room and a leader on their team. Congrats on being the best! ~Maki Shuchuk

### QUEENS UNIVERSITY OF CHARLOTTE

#### ADAM BARRY

##### Midfield

##### Senior

Adam has consistently displayed the character and qualities of an NSCA All-American over the course of his athletic career. He consistently shows up in a high-quality way regardless of any injuries he has sustained playing lacrosse. Regardless of any injuries he has, he is making sure to seek feedback and advice during his sessions. Adam stands out as one of the leaders on the men's lacrosse team both in terms of attitude, work ethic, and leadership qualities. This is shown from him by being nominated as the team's captain for the last two years. ~Dylan Caspar

### QUEENS UNIVERSITY OF CHARLOTTE

#### COLBY DUGDALE

##### Attack

##### Senior

Colby has consistently displayed the character and qualities of an NSCA All-American over the course of her athletic career. She has the dedication of a true NSCA All-American with her work ethic inside the weight room and outside the weight room. She consistently shows up in a high-quality way and is one of the leaders on the women's lacrosse team both in terms of attitude, work ethic, and from a strength perspective. One thing that makes her stand out outside of the weight room is her community service work. Colby has consistently been recognized with her community service at Queens. ~Dylan Caspar



## COLLEGE — LACROSSE

### ROCHESTER INSTITUTE OF TECHNOLOGY

#### SHANE LOCKHOOF

##### Defense

##### Senior

Tex never takes a day off. He comes in everyday looking for a challenge and he has been doing it consistently for the past 5 years. He leads by example and sets the bar high. Tex has several spots on our current weight room record board with a Hang Clean of 255#, Front Squat 340# a Bench Press of 295# and Pullup at 315#. ~Ryan Kelly

### ROCHESTER INSTITUTE OF TECHNOLOGY

#### CLAIRE TEMPLETON

##### Defense

##### Junior

Claire is relentless in her physical preparation and genuinely enjoys working hard. She brings her stick to every lift and when she is not in the weight room she is out playing wall ball. Claire is a regular in our weight room, spending much of her summer and winter breaks training. She has experienced tremendous growth and a prime example of what trusting the process can do. Currently, Claire has a 160# Front Squat, 125# Hang Clean, 120# Bench Press and a 190# Split Squat. ~Ryan Kelly

### SACRED HEART UNIVERSITY

#### EMMA KITTREDGE

##### Attack

##### Senior

Emma has provided our program with leadership, toughness, and grit. She works everyday to improve herself and others both physically and mentally.

~Matt Rodriguez

### SAINT JOSEPH'S COLLEGE OF MAINE

#### XAVIER MICHAUD

##### Midfield

##### Senior

Xavier has been a model of consistency in his time in Saint Joseph's weight room. As a captain of our Men's Lacrosse team, he continuously pushes his teammates to challenge themselves and make progress in their strength and conditioning. In addition to being a great teammate, Xavier is one of our strongest male athletes on campus with the ability to front squat over 300 lbs and bench press 275 lbs. In addition to his weight room success, he is a stellar student, receiving conference All-Academic honors on multiple occasions. His leadership presence on the field and his discipline in the weight room make him an outstanding recipient of this award. ~Jameson Collins

### STEVENSON UNIVERSITY

#### ERIN OLENCHALK

##### Defense

##### Senior

Erin has been nothing but a positive leader in the weight room and continues to push her teammates and herself to improve daily no matter what. ~Michael Sullivan

### TRINITY COLLEGE

#### BRIAN CASAGRANDE

##### Senior

Brian is not only a dedicated lifter but most importantly, he is the greatest captain I have ever coached. ~Bill DeLongis

### TRINITY COLLEGE

#### KEELYN MCNAMARA

##### Mid Field

##### Senior

She won our fittest athlete on campus competition last year and is currently in first. She trains 365 and always gives her all. ~Bill DeLongis

## COLLEGE — LACROSSE

### UNIVERSITY OF BRIDGEPORT

#### TEREZA KREUZOVA

##### Midfield

##### Senior

Tereza is one of the most dedicated athletes I have ever had the pleasure of coaching. Last summer she represented her country playing on the Czech Republic Women's National Lacrosse Team. Which is a testament to her relentless pursuit of excellence. Having Tereza in the weight room is like having another coach in the room, not only does she exemplify work ethic, she is constantly providing her teammates feedback on their technique. Tereza has been such an asset to the University of Bridgeport's athletic program. She will be incredibly missed but I know she will be successful in any of her future endeavors. ~Paul Spada

### UNIVERSITY OF MICHIGAN

#### ANDREW DARBY

##### Defense

##### Senior

Andrew has been the rock of our program. He has been a starter every year of his career. He demonstrates high level leadership in all facets of the program. He is a 4 year Academic All-Big Ten recipient as well as a USILA Academic All-American in 2022. Andrew was voted as a team captain in 2022. I thoroughly enjoy working with "Darbs" and I am excited to see what this year holds in store for him and the team. It is with great pride that I nominate Andrew Darby for the NSCA All-American Athlete of the Year Award. ~Jason Cole

### UNIVERSITY OF MICHIGAN

#### JULIA SCHWABE

##### Midfielder

##### Sophomore

Julia Schwabe is a sophomore Midfielder on our Women's Lacrosse team. Despite being an underclassmen, she already understands how impactful the weight room can be for staying healthy and

competing at the highest level. She's become more and more interested in her training and recovery and how to best manage that while excelling academically. She's always asking questions and trying to learn more about topics she's been introduced to in her exercise science classes. Her dedication to her team and her training have set her apart as a leader and has certainly set her up for future success. It has been a pleasure working with Julia and am proud to nominate her for the NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

### VASSAR COLLEGE

#### SOLOMON HESS

##### Junior

Solomon Hess is steadfast and hard working. Solomon's dedication shows through his outstanding progress in the weight room and consistent efforts at conditioning. His ability to move his body weight through maximal push-ups before doubling down on a 350lbs front squat demonstrates his well-versed training. Solomon's ability to balance his training and maximize each session is what sets him apart. ~Alice Read

### VASSAR COLLEGE

#### MADDY KRETTEN

##### Senior

Maddy Kretten is driven and focused. Her mental and physical strength give her a competitive edge that encourages her teammates to keep up. By continuing to push herself harder each year, Maddy has worked towards a powerful hang clean of 145lbs. Maddy's determination to constantly improve and overcome obstacles is what makes her an outstanding Brewer. ~Alice Read

## COLLEGE — LACROSSE

### WASHINGTON COLLEGE

#### EWAN TEMPLE

##### Attack

##### Senior

For outstanding leadership in all of his years at Washington College, and for his invaluable help as an intern at Washington College leading teams and setting up the weight room each and every day. Washington College Strength & Conditioning is truly grateful everything he has done as an athlete and intern over the years. ~Joshua Brown

### WASHINGTON COLLEGE

#### JACKSON TORPPEY

##### Defense

##### Senior

Jackson Torppey is a tremendous example of the growth an athlete can see over the four years in a collegiate strength program. Jackson has become a leader and role model for his teammates and has elevated his game in and out the weight room. He brings a positive unmatched energy and sense of urgency to each and every session and is of a very distinct few who can claim to have changed the entire culture of the team he is a part of in a monumental way. His hunger for growth continues to make him better each and every day. ~Joshua Brown

### WESTMINSTER COLLEGE

#### TIMOTHY MCGUIRE

##### Defense

##### Junior

Tim exhibits the characteristics of a champion student-athlete through and through. He is committed to his craft and approaches each day with tremendous attitude, effort, and attention to detail. Tim is a leader amongst his peers and consistently seeks advice from coaches and support staff about improving his craft. Tim's actions and words have the potential to be transformative, not just for the lacrosse team, but for the entire athletic department. ~Joshua Bullock

## COLLEGE — MULTI-SPORT ATHLETES

### ARCADIA UNIVERSITY ATHLETICS

#### MORGANNE DEE

**Field Hockey, Ice Hockey, Lacrosse**

**Midfield / Forward**

**Sophomore**

An impact player on the field hockey team, women's ice hockey team, and women's lacrosse team, Morganne Dee has certainly earned the title of NSCA All-American. In addition to her success on the field, she has also maintained a 4.0 GPA, has never missed a lift session, and has been an inspiration for the entire athletics program at Arcadia University. It is her work ethic, growth oriented mindset, and love of the game (whichever one it may be) that make her an outstanding role model and a deserving recipient of this award. ~David Hughes

### DUQUESNE UNIVERSITY

#### JAKE HARPER

**Baseball, Football**

**Guard Forward, Receiver**

**Senior**

Jake gained over 40 pounds during his career as a two sport athlete at Duquesne. Jake did a great job contributing to two programs as a walk on for Football and Basketball. His senior year, Jake took responsibility to push his teammates in the weight room and be an extension of his strength and conditioning coach. Jake battled thru an injury suffered in high school, working consistently with his athletic trainer and strength coach to overcome his mobility deficits, and return to full strength. Its been an honor working with Jake and I look forward to seeing his future success. ~John Henderson

### FAIRMONT STATE UNIVERSITY

#### KATY DARNELL

**Basketball, Softball**

**Guard / Outfielder**

**Senior**

Katy Darnell, a junior from Charleston, West Virginia, is an exceptional student-athlete and one of the hardest

working and determined young ladies in our strength and conditioning program. Katy is a great teammate, is extremely coachable and is dedicated to helping her team succeed. She leads by example and helps make everyone around her better. Katy's work ethic and positive attitude in the weight room carries into competition, where she plays with passion and toughness that has helped lead to her success. Katy has started every game this season and is averaging 31.5 minutes, 14.4 points and eight rebounds per game, and was voted to the all-conference second team. Katy is also a valuable member of our softball program. Last year, while batting .316, she helped our softball team win their first ever conference tournament championship. Katy's work ethic and dedication as a student-athlete also leads to success in the classroom. She currently has a 3.7 GPA, while majoring in exercise science/pre-physical therapy, and has been named to multiple MEC all-academic teams as well as the CSC Academic All-District team. Our basketball and softball programs, strength & conditioning program and entire athletic department are all better because of student-athletes like Katy Darnell. ~Adam Kolberg

### HUNTINGDON COLLEGE

#### LAUREN HINTON

**Beach Volleyball, Volleyball**

**Beach & Court (DS)**

**Senior**

Lauren has been very consistent with her preparation, and her effort, throughout her career. She has had a selfless attitude, and has not backed down from the challenges along the way. She is leaving both our Court & Beach Volleyball programs in excellent condition. ~Charlie Goodyear

## COLLEGE — MULTI-SPORT ATHLETES

### SACRED HEART UNIVERSITY

#### KENNETH WOMACK

**Basketball, Football**

**Guard / Wide Receiver**

**Junior**

Kenny has provided our programs with leadership, toughness, and grit. He works everyday to improve himself and others both physically and mentally.

~Matt Rodriguez

### UNIVERSITY OF NEW ENGLAND

#### KEAGAN DUNBAR

**Basketball, Lacrosse**

**Guard & Defense**

**Senior**

Keagan has only been a Nor'easter for one year, prior that she was a contributor for two very successful programs at Colby College for 4 years. However, in that one year, Keagan has demonstrated excellence and exuded Nor'easter G.R.I.T. (Greatness, Resilience, Integrity, Tenacity) in every way. She is a tenacious and inspiring worker in the weight room. She's pound for pound one of our strongest athletes, but she has continued to seek ways to improve as a 5th year graduate student. She came in and instantly impacted our strength and conditioning program and is certainly leaving us better than she found us.

~Lyndie Kelley & Cat Moss

### UNIVERSITY OF SOUTHERN MAINE

#### KIAYA GATCHELL

**Lacrosse, Soccer**

**Attack & Mid field**

**Junior**

Has shown dramatic improvements including conference recognition in lacrosse since committing to rigorous strength and conditioning program. Although only 5'1" and 115 has a projected double bodyweight deadlift. Overcame patella hyperextension injury with additional strength work. ~Jim Giroux

### WASHINGTON COLLEGE

#### ELLIE MORRALL

**Lacrosse, Soccer**

**Defense and Midfield**

**Senior**

Ellie has been an outstanding leader for the Washington College Women's Lacrosse and Soccer teams. As a dual-sport athlete, Ellie redefines what preparation looks like. She maintains excellent academic standing while continuously pushing her athletic boundaries. It has been a pleasure to work with Ellie throughout the years and I look forward to seeing her prosper in her future endeavors. ~Emma Hill

## COLLEGE — ROWING

### **BARRY UNIVERSITY**

#### **ABIGAIL TAUSCHER**

##### **Senior**

Abby demonstrates all the qualities of being an NSCA All American. She is a leader on her team - by taking the novice rowing team under her guise and mentoring the future of Barry Row. She excels athletically - with SSC Regatta: Cox seat of varsity four, fourth place & Dad Vail Regatta: Cox seat of varsity four, third place under her belt. Finally she excels academically - with being named to the president's list, being a superstar intern in the weightroom, and having an insatiable drive to be the best coach she can by striving to absorb all she can about the field of strength and conditioning. ~Alexa Garcia

### **CAL POLY HUMBOLDT SRC**

#### **DANA (GOLDIE) FOLEY**

##### **Rower**

##### **Senior**

Goldie has set the standards for her teammates in the weight room. She comes in and leads by example with every lift, she is never one to skip a repetition or take a day off. Her competitive nature in the weight room helps push her teammates to better themselves in hopes of beating some of her numbers. It has been a joy to coach her. ~Anthony Ratto

### **ROCHESTER INSTITUTE OF TECHNOLOGY**

#### **NATALIE SIWEK**

##### **Junior**

Natalie is the glue that holds the Women's Rowing squad together. Everything a captain should be, she has proven to be an outstanding leader wherever her team needs her to be. The guidance and support she provides her teammates have improved the program tremendously, and her leadership in the weight room has been an asset to the program. Natalie's strength numbers continuously place her among the strongest of her peers, which has carried over to her success as a veteran of the Varsity Eight boat in the water. ~Connor McJury

## COLLEGE — RUGBY

### NORWICH UNIVERSITY

#### RASHAWN FRASER

##### Senior

Rashawn is one of the hardest working and dedicated rugby athletes we have. His commitment to s&c will help him go far in sport. ~Scott Caulfield

### QUEENS UNIVERSITY OF CHARLOTTE

#### ALLE ENGLISH

##### Senior

Alle defines what leadership entails on and off the field. As a captain, Alle led her team to the NIRA National Championship for the first time in program history. As a leader of the Women's Rugby program, her and her team overcame the final hurdle they have been seeking the last few seasons. Alle helps maintain order for a large roster and communicates effectively and efficiently what needs to happen for the team to maintain their success. She demonstrates a strong work ethic in the weight room and on the field to continue improving whenever given the opportunity. Her work ethic, leadership, and consistency are exemplary of an NSCA All-American. ~Zach Palumbo

### QUEENS UNIVERSITY OF CHARLOTTE

#### THOMAS KEAY

##### Flyhalf

##### Senior

Tom has consistently displayed the character and qualities of an NSCA All-American over the course of his athletic career. Tom does not shy away from a challenge and is constantly seeking opportunities to push himself to new levels on the field and in the weight room. He consistently shows up in a high-quality way regardless of the situation his team is in. This is why he has been nominated as a vice captain and captain over the last two years. He has also taken it upon himself to make sure his teammates are present at training sessions and making sure they show up to training. He has also taken it upon himself to intern with the strength staff to continue his education about the profession and field as he wants to become a strength coach himself. ~Dylan Caspar

## COLLEGE — SKIING

### COLBY COLLEGE

### CASSIE LIEBLEIN

#### Senior

Cassie has consistently demonstrated her hard work and determination in the weight room. She continues to push her and her teammates to get stronger. She is able to back squat 1.5x her body weight and is one of the strongest females in the school. ~Zachariah Marhamo



## COLLEGE — SOCCER

### ARCADIA UNIVERSITY ATHLETICS

#### CAROLINE WEIRICH

##### Midfield

##### Junior

Caroline Weirich is receiving the NSCA All-American honor as someone who has consistently shown a willingness to do whatever it takes to be great. Every session, Caroline comes into the weight room with a positive attitude and eagerness to get better. She not only demonstrates unwavering commitment and dependability, but also serves as a great role model for younger players on her team. ~David Hughes

### AUGUSTANA UNIVERSITY

#### ALLY YOUNG

##### Forward

##### Senior

Al's positive attitude has always made training fun. She leaned on Strength & Conditioning to help her come back better than ever from a major injury. She holds the team record in the clean with 175 pounds. Al is also a standout in the classroom, earning three NSIC All-Academic Team of Excellence honors. She will be missed, but all of the things that made her a great student-athlete will propel her to new heights in the future. ~Andy Stocks

### BARRY UNIVERSITY

#### ELLEN CEDERIN

##### Midfield

##### Senior

Ellen has encompassed the qualities of an NSCA All American throughout her career at Barry. She is a leader on the court, on the field, and in the classroom. We are so proud of Ellen for striving to be the best strength coach possible with us for the past 2 years, a great soccer career, and a soon to be Masters degree in a field she is so incredibly passionate about. ~Alexa Garcia

### BARRY UNIVERSITY

#### TIMO WIRTH

##### Midfield

##### Sophomore

Timo has continually demonstrated the qualities an NSCA All American entails. Academically - has been named to the Dean, President's and SSC lists, in the weightroom - continues to dedicate himself to the improvement of his sport performance and be a leader for the rest of his teammates, and Athletically - a threat in the final third to any opponent the Bucs face ~James Karr

### CALIFORNIA STATE UNIVERSITY SAN MARCOS

#### DEVYN KELLEY

##### Defender

##### Senior

Devyn Kelley has posted very impressive numbers in the weight room this year. She is one of the most dedicated athletes I have coached and continues to try to find an edge in her sport. In addition, she is someone who holds respectable values and beliefs which she passes down through her teammates, helping to build a solid foundation of culture within the program. Lastly, she holds a spectacular overall grade point average of 3.98. Devyn is the type of athlete every coach wishes to have and is truly a pleasure to coach. ~Ryan Paniagua

## COLLEGE — SOCCER

### CLEMSON UNIVERSITY

#### HAL HERSHFELT

##### Midfield

##### Senior

Hal Hershfelt finds another gear to push herself physically and mentally to do anything her team needs on a daily basis, whether that's on the field, in the weightroom, or during conditioning sessions. Her work ethic and grit are unmatched with her ability to lead and encourage her teammates on and off the field. She is dedicated to improving and doing what it takes to accomplish her individual and team goals every year.

~Erika Troutman

### COLORADO COLLEGE

#### KAELIN ENGA

##### Midfield

##### Sophomore

I am honored to nominate Kaelin for this award. She is a tremendous person that has great work ethic, a positive attitude, attention to detail, cares about her teammates more than herself, and enjoys what she does. Things things are displayed in her work on and off the pitch and I'm extremely excited to get to work with her for a few more years! ~Cam Davidson

### CONVERSE UNIVERSITY

#### DAVID WINDMILLER

##### Goalkeeper

##### Senior

David Windmiller is a very talented athlete who is not only a natural leader on the practice field and during matches, but even more so in the weightroom and during conditioning sessions where his example drives his teammates to a high level of competitiveness and energy, and where he transformed himself into the Conference Carolina's best goalkeeper due to his increased strength and extremely high level of fitness. David played in all 19 games for a total of 1,674 minutes, made 59 saves with a .84 goals against average and a 13-

1-5 record, ranked 1st in Conference Carolinas in shutouts, shutouts per game, save percentage and goals against average, earned first team All Conference, and was named the Conference Carolina's Tournament MVP where he helped Converse University receive the automatic bid to the NCAA tournament. Now that his college soccer career is complete David is serving as a student assistant Strength and Conditioning coach for mens soccer. ~Kevin Darlington

### DALLAS BAPTIST UNIVERSITY

#### NICOLAS BARROS

##### Forward

##### Freshman

Nico has been one of the most dedicated athletes to mastering his craft. Through his freshman fall, he identified areas that he needed to improve to level up his game. He came to me to schedule times to do 20-30 minutes of extra work before practice to work on Speed, Agility, Quickness, and Explosiveness. Unlike many athletes that go through ups and downs through the season with a commitment to extra work, he was consistent. He would come into my office 10 minutes before we were supposed to meet to make sure I was ready to go! Nico will be a great leader for his team in the seasons to come, and certainly a contributor if he stays committed to the process! ~Alex Spencer

### DREXEL UNIVERSITY

#### CAROLINE THOMPSON

##### Midfielder

##### Senior

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

## COLLEGE — SOCCER

### DUKE UNIVERSITY

#### ELIOT HAMILL

##### Goalkeeper

##### Senior

Eliot represents everything the NSCA All-American S&C Athlete of the Year Award is about. His leadership as a captain and starting goalkeeper on the soccer team led the program to an undefeated regular season in 2022 (including 11 shutouts), the ACC Coastal Division title, and a berth in the Elite 8. For these accomplishments he was recognized as an All-ACC award winner. Eliot will graduate from Duke with two degrees, including a graduate degree from the Fuqua School of Business' Master of Management Studies program. His tireless effort in and out of the weightroom in all of the team's training activities helped to set new standards for our players' individual and collective dedication to strength and conditioning as a vital part of their development process for soccer. He was the voice and the embodiment of toughness, resilience, and servant leadership during his time at Duke, and for that our entire coaching staff will be forever grateful. ~Dan Perlmutter

### DUQUESNE UNIVERSITY

#### MADDY NEUNDORFER

##### Goal Keeper

##### Senior

Maddy is an outstanding person who leads by example. Over the past year, she has demonstrated immense improvements in her overall conditioning. Her ability to show progress in her strength and agility has helped her improve as a goal keeper. She is constantly working hard and is one of the most coachable athletes that I have worked with. The energy and positive attitude that she brings to the weight room helps elevate others around her. ~Chris Gilman

### Emerson College

#### Lauren Carlson

##### Forward/Midfield

##### Sophomore

Lauren is a hardworking student athlete who sees the benefit of strength and conditioning as part of her physical preparation. She is extremely coachable and leads by example. ~Ron Smithers

### EMERSON COLLEGE

#### AARON TYLER

##### Defense

##### Junior

Aaron has completed one of the highest percentages of workouts on the team while serving as a role model in the weight room and performing on the field. ~Jennifer Boyden

## COLLEGE — SOCCER

### FAIRMONT STATE UNIVERSITY

#### MACKENZIE GILLISPIE

##### Midfielder

##### Senior

Mackenzie Gillispie, a senior from Given, West Virginia, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. “Mack” started every game during her senior season and was a key contributor and team leader. She helped lead her team to their first ever conference tournament championship in program history. Her on field success led to her being named to the All-MEC second team. In the weight room, Mack was passionate about getting better and helping to motivate her teammates. Her work ethic stood out not only in the weight room and on the pitch but also in her academics. While maintaining a 3.72 GPA, she earned her nursing degree, which is one of the most demanding majors at our university. Mack earned multiple all-conference academic honors throughout her career and was named to the 2022 College Sports Communicators Academic All-District Team. Our soccer program, strength & conditioning program and entire athletic department are all better because of student-athletes like Mackenzie Gillispie. ~Adam Kolberg

### FORT HAYS STATE UNIVERSITY

#### EMILLY REITZ

##### Defender

##### Senior

Emily Reitz is an outstanding young lady both on and off the field. Even though her career was interrupted by COVID, she still played in 52 matches and her Sr. year played the entirety of 14 of 19 matches. She was an All MIAA selection her Sr. year, and was a 4 time MIAA Academic Honor Roll and Academic Excellence Award winner. Emily showed up and worked hard at everything she did and she proved it by playing a tremendous amount of minutes injury free. Emily Reitz was dedicated to everything she did on and off the field and was a

outstanding leader for her team and young women on our campus. Emily Reitz will be a difference maker in people's lives! ~Doug Boucher

### FRESNO PACIFIC UNIVERSITY

#### TORI DE LEON

##### Forward

##### Senior

For the 2022 season Tori was named Player of the year in the PacWest. She had a successful senior season scoring 9 goals and posting 21 total points, both of which were top three in the league. Her 21 point propelled her up into the Fresno Pacific record book, putting her third all-time in program history in the category with 66 in her career. She was a killer on the field and in the gym. If she wasn't at the training session with the team I would see her in the gym at some point getting after it. She came in ready to lift every time and it was truly a joy to have her in the gym. ~Whitney Leyva-Camberos

### HOBART AND WILLIAM SMITH COLLEGES

#### LINDSAY RINGBLOOM

##### F/M

##### Sophomore

Lindsay Ringbloom eat sleeps and breathes in the weight room. Coming off a serious knee injury during her first year campaign, Lindsay did everything she could to get back in the fold sooner. Her mindset, approach and injury have all contributed to being the catalyst for her weight room growth. Over the course of the last year she has doubled her squat and deadlift and reached PR's she hadn't hit prior to her injury. Lindsay seeks out information and extra work opportunities daily and is a great steward of our weight room. She has uncanny work ethic and drive that isn't often replicated making her an easy nomination for this recognition. ~Chris Gray

## COLLEGE — SOCCER

### HUMBOLDT STATE UNIVERSITY

#### KENDAL SPENCER

##### Forward

##### Senior

Kendal's consistent effort in, and true enjoyment of the strength and conditioning program was the foundation of her continued growth and success as a soccer player.

~Drew Petersen

### HUNTINGDON COLLEGE

#### COLE SIMMONS

##### Defender

##### Senior

Cole has demonstrated commitment to his training, and to his team, throughout his career at Huntingdon. His preparation has always been evident, and he has operated with the appropriate attitude, effort and mindset in every training environment.

~Charlie Goodyear

### IDAHO STATE UNIVERSITY

#### KAYLYN BUCHANAN

##### Forward

##### Sophomore

Kaylyn has been one of the most consistent hard workers and leaders on the team the past couple of years. She has been an absolute pleasure to coach, and I know I can always rely on her to lead whatever drills or lifts we have scheduled for a session. I have immensely enjoyed watching her not only get faster and stronger but improve on the field as well. I look forward to watching her continue to grow as a leader and become even more dominant on the field. ~Brandon Rodewald

### LAKE FOREST COLLEGE

#### ANNA HOFFMAN

##### Midfield

##### Freshman

Anna is a young lady of few words, but her lifting does all of the talking for her. It is not uncommon to look over and see her repping 150 on power cleans, and then as equally impressive the next day getting in a 3 mile run because she said she "needed to do something today."

She is an incredibly gifted athlete, and in her time here I see her becoming an even greater leader in the weight room and on the field. It is a pleasure to coach her and she is destined to do great things at Lake Forest.

~Andrew Parker

### LAMAR UNIVERSITY

#### NICOLE PANIS

##### Goalkeeper

##### Senior

Nicole is a leader, hard worker, and the definition of a model teammate. She constantly pushes her teammates and herself, always looking to do extra work. Her continuous work has earned her multiple conference honors and one of the lowest goals allowed percentages in the country. ~Miles Edmond

### NORWICH UNIVERSITY

#### IZZY DOHERTY

##### Forward

##### Senior

This individual is not only an incredible human but is consistent in the weight room and a leader on their team. Congrats on being the best! ~Maki Shuchuk

## COLLEGE — SOCCER

### NOVA SOUTHEASTERN UNIVERSITY

#### MICHAEL LAWRENCE

##### Forward

##### Senior

Michael Lawrence has solidified his position as the leader of his team. After struggling with the physicality of the game early in his career, he dedicated his time and effort to increasing his fitness level to match his skills. While he was always a consistent scorer, his increased strength and conditioning has allowed him to raise his minutes played from 550 in his Freshman season to over 1000 minutes in his final season as a Shark in which he also led the team with 7 goals and 2 assists. Michael is pursuing his Master's Degree in Forensic Psychology.

~Steven Orris

### POINT LOMA NAZARENE UNIVERSITY

#### OLIVER PADILLA

##### Midfielder

##### Freshman

Although having suffered from a season-ending injury during the fall opener, Ollie has approached his rehabilitation and strength training with tenacity in preparation for his sophomore year. He has always asked insightful questions as he has sought to not only recover from his injury, but to help improve strength and reduce his injury risk in the coming season. He approaches the weight room with a high-level of attention to detail and is receptive to feedback and criticism in order to give himself the opportunity to be the best he can be on the field. Even as an underclassmen to his team, he continues to be a leader in the weight room and is helping to change the culture of the team to truly embrace their strength training and the effect it has for them on the field. ~Erik Pedersen

### PORTLAND STATE UNIVERSITY

#### HAILEY GREEN

##### Defender

##### Senior

Hailey has been a consistent force for our soccer program not only in the weight room, but as well as the class room and field. She was a 2021 Academic All-Big Sky selection. Hailey came to us with not much lifting experience. She is now one of our better technicians and lifters in the weight room. She has used the weight room to further her playing time on the field and make a impact as a defender. ~Scott Fabian

### QUEENS UNIVERSITY OF CHARLOTTE

#### MARIO GOIC

##### Forward

##### Junior

Mario has displayed an increased dedication to his efforts on the field and in the weight room. Stepping up to fill one of the vacated leadership roles on the team, Mario has consistently maximized his time to get the most out of his sessions. After an injury setback finished his fall season, he has recognized the importance of being as robust as possible to maximize his availability on the field. During weight room sessions, he constantly asks what else can be done to be as prepared as possible physically for the upcoming season. As a leader, he positively influences other members of the team to join him in his additional efforts to improve during their weight room sessions. ~Zach Palumbo

## COLLEGE — SOCCER

### QUEENS UNIVERSITY OF CHARLOTTE HILDA SVENSSON

**Defender**  
**Senior**

Hilda has consistently displayed the character and qualities of an NSCA All-American over the course of her athletic career. Hilda has the type of dedication that she would be lifting and running 7 days a week if allowed. Hilda does not shy away from a challenge and is constantly seeking opportunities to push herself to new levels on the field and in the weight room. One could merely watch her go about her business and understand the work ethic needed to become a successful student athlete. This has been displayed during the offseason, as she set the current program record on the Nike Sparq test with a 49. A testament to her consistency as a top performer in the weight room and on the field.

~Zach Palumbo

### ROCK VALLEY COLLEGE JULIA THEIEN

**Defense**  
**Sophomore**

Julia Theien is currently a Sophomore at Rock Valley College, a two-year community college located in Rockford, IL. She is a positive and hardworking student athlete. She meets program standards on and off the field. As a coach you always are aware of what you are going to get from her, that consistency is important to build a healthy culture within a team. Julia leads by example and is a support for her teammates.

She was an NJCAA DIII Region IV All Region (2021 and 2022), First Team N4C All Conference (2021) and First Team Academic All American (2021). Julia has also been a leader in the off season strength and conditioning program, by modeling positive behaviors while embracing new training programs/concepts for the team. ~Timothy Hatten

### SOUTHWEST MINNESOTA STATE UNIVERSITY HAYLEIGH YOUNG

**Defender**  
**Senior**

Hayleighs is one of most coachable and consistent hard workers I have ever had the privilege to coach. Her commitment to the process of general and specific physical preparation has made her a top performer and an inspiration for her teammates in the weight room. Hayleigh's hard work and dedication will carry her to success after graduation as she pursues her career in performance nutrition/strength and conditioning.

~Benjamin Servais

### TEXAS A&M INTERNATIONAL JAYDN CASSILLAS

**Forward**  
**Sophomore**

From the moment Jordyn stepped foot on campus her intensity has been evident. She makes the strength program ten fold with her presence. ~Cory Gilday

### TEXAS A&M INTERNATIONAL MAGNUS POULSEN

**Senior**

Magnus consistent effort both on the pitch and in the weight room has inspired his teammates to consistently strive to push their own perceived limitations.

~Cory Gilday

### TEXAS A&M INTERNATIONAL LEIANNA JIMENEZ

**Defender**  
**Senior**

Broke school record for snatch. ~Cory Gilda

## COLLEGE — SOCCER

### UNIVERSITY OF NEW ENGLAND SYDNEY GILLINGHAM

#### Goalie

#### Senior

Sydney's commitment personal improvement via strength and conditioning began before she even stepped foot on campus for pre-season her freshman season. She has been 100% invested to enhancing her own athleticism over her career, and although her growth and accomplishments under the bar are impressive, what is most important to her is the improvement of her teammates. She's been instrumental in developing her team's culture over the years, as well as serving as a role model for other student-athletes at UNE. ~Lyndie Kelley

### UNIVERSITY OF WISCONSIN - WHITEWATER FIONNBHARR HARTNETT

#### Center Midfielder

#### Junior

Fionnbharr's positive leadership provides a tremendous impact to the team, his contagious energy inspires the team to always put forth their best effort. On top of his weight room and soccer success, Fionnbharr proves to be an organized and devoted student. His enthusiastic attitude and attention to detail will help lead the men's soccer team to many more victories. ~Brookelyn Campbell

### VASSAR COLLEGE

#### OWEN FAUTH

#### Senior

Owen Fauth is patient and perseverant. Owen has overcome obstacles big and small to build strength from the ground up. He is remarkably adaptable and his commitment to his training is what has built him into one of our strongest student-athletes cranking out nearly 20 chin-ups with a tempo. In addition to his impressive strength, he is also a calm and steady leader in the weight room motivating both teammates and fellow Brewers alike. ~Alice Read

### WEST TEXAS A&M UNIVERSITY

#### PHILIP LEANO

#### Midfield

#### Senior

Philip constantly is first to sessions on the field and in weight room, going above and beyond as a leader amongst fellow teammates and coaches. He is always looking for tips and exercises to aid in his recovery away from the field that he can do on his own. Philip has a nose to the grindstone mentality when it comes to training, always fixating on doing the work to the best of his ability and never complaining. ~Zackary Noland

### WEST TEXAS A&M UNIVERSITY

#### MALIYAH MENDOZA

#### Defender

#### Senior

Maliyah (Mia) showed up ready to put in the work each day. Not having any weight room experience as a freshman she improved each year and realized the value of gaining strength to her on field performance. Fitness and conditioning is an area she thrived in but once she added strength, she was able to overpower and maneuver against bigger athletes. Mia was a great lead by example student-athlete in every aspect of the word! ~Sarah Ramey



## COLLEGE — SOCCER

### WILLIAM WOODS UNIVERSITY

#### ABBY PRATHER-TURNER

##### Defender

##### Senior

Abby Prather-Turner has had the single biggest influence on a team's work ethic I have ever seen in 34 years of coaching. She did not always buy into the program but once she did the entire team took a huge step forward in effort and attitude in the weight room. ~Bob Jones

### WRIGHT STATE UNIVERSITY

#### AMBER BRANUM

##### Defender

##### Freshman

As a freshman, Amber's work ethic is incredible. She has shown such dedication to the weight room and we can't wait to see how far she'll continue to excel. ~Cole Pittsford

### WRIGHT STATE UNIVERSITY

#### PIERSON DAVIS

##### Defender

##### Sophomore

Pierson works tirelessly in the weight room and continues to get extra work any chance he gets. It is always exciting to coach an athlete with his level of dedication. ~Cole Pittsford

## COLLEGE — SOFTBALL

### ARCADIA UNIVERSITY

#### MEGAN SOOY

##### Third Base

##### Senior

Megan Sooy is receiving the 2023 NSCA All American Award to recognize her achievement, commitment, and integrity as a senior third base player on the softball team at Arcadia University. Her talent as a softball player is only surpassed by her character and commitment to others. Her presence in the weight room, on the softball field, and around Arcadia's campus will be missed!  
~David Hughes

### AUGUSTANA UNIVERSITY

#### ABBY LIEN

##### Infield

##### Senior

Abby's impact on the Augustana softball program was immediate. Her toughness and blue-collar work ethic helped lead the Vikings to multiple NSIC Championships and a NCAA Central Region Championship. She is a multiple NSIC First Team All-Conference selection as well as the 2021 NSIC Newcomer of the Year. Abby's hardnosed attitude will serve her well in the future.  
~Andy Stocks

### AVILA UNIVERSITY

#### PAYTON WALTER

##### Pitcher

##### Senior

Payton Walter is the model athlete that everyone wants. She has been committed to the Avila Softball team for four years moving from a closing roll early on in her career to the starting ace in her last two years. She became a strong leader last year and uses her excellent communication skills to help her teammates. Even while overcoming a late fall injury this year she continued to train around it and bounced back from it right before preseason without ever skipping a beat in her athletic

performance. She is dominant in the circle and powerful in the weight room. ~Brian Ciolek

### BARRY UNIVERSITY

#### HAYLEY PASMA

##### Utility

##### Senior

Upon Hayley's arrival to Barry I knew she was something special. She hands down came in as a leader, both on the field and in the weightroom. No matter novice or veteran, the team looks to Hayley for leadership. She has impressed our staff with putting up the highest numbers in the weightroom and by stepping up for her team by filling an unpredictable role. Academically all her teachers rave about her drive and pursuit of excellence in her studies. Hayley IS the definition of an NSCA All American. ~Alexa Garcia

### COLBY COLLEGE

#### JACKIE HILL

##### Outfield

##### Senior

Jackie is a very technically gifted lifter and trained hard during the 4 years I've known her. She was always willing to ask questions and take ownership of the training process. Jackie played 2 sports all 4 years at Colby and was always a regular in the weight room and trained hard year round. ~Greg Cox

### EMERSON COLLEGE

#### MAKENZIE KILLOUGH

##### 1B/SS

##### Junior

One of only two upperclassmen, Makenzie leads by example as the point person for early morning lifts and continues to work hard even during the season, improving both max lifts as well as movement quality.  
~Jennifer Boyden

## COLLEGE — SOFTBALL

### FAIRMONT STATE UNIVERSITY

#### PEYTON WETHERHOLT

##### Catcher / Infielder

##### Sophomore

Peyton Wetherholt, a sophomore from Frederick, Maryland is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. From day one, Peyton has embraced strength training and is very coachable. Her commitment to training shows. As a sophomore she has squatted over 225 lbs and has deadlifted 265 lbs. Her work ethic shows on the field as well. Peyton has a key role on our softball team as a catcher and infielder. Thus far, in her 45 game collegiate career, Peyton is batting .265, slugging .402, and has an on-base percentage of .374. During the 2022 season she helped our softball team win their first ever conference tournament championship, in which she was named to the all-tournament team. She also carries her work ethic into the classroom, holding a 3.92 GPA as a criminal justice major. For her academic success, Peyton has been listed on multiple all-conference academic teams. Our softball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Peyton Wetherholt. ~Adam Kolberg

### HAVERFORD COLLEGE

#### CARLEY PARSONS

##### Center Fielder

##### Senior

Carley has been an outstanding worker for four years during her time here. Her focus, and determination is what truly sets her apart. Carley has made outlier-level progress and that is due to her drive. She pours everything she has into getting better. And when she stalls, as all athletes do, she puts her down, gets pissed off, and trains even harder. I've seen her literally will herself into jumping higher and running faster. That willpower has led her to running some of the fastest times in school history by just chipping away at her PR's every year. She has also blown away the school record in our vertical jump. So much so that the difference from her to our 3rd highest jumper in the school is a full 6 inches away. She has gotten to the point that when she trains with her team, she is in a category of her own and everyone else is running/jumping for 2nd. And as a freshmen Carley was a solid athlete, but not near where she is now. For reference her best jump her freshmen year is 9 inches less than what she is jumping now. Some people come in as elite athletes and pop some incredible sprint/jump times, Carley did not. She has molded herself into an elite athlete through sheer force of will and a relentless drive to improve. ~Nicholas Miranda

### HUMBOLDT STATE UNIVERSITY

#### IZZY STARR

##### Catcher/Third Base

##### Senior

A four year starter and team captain, Izzy excelled on the field, in the classroom, and in the strength and conditioning program. Izzy is dedicated to improving all phases of her game, with an over-emphasis in the weightroom! She has won all-conference, all-American, and all-academic honors during her storied career, and still has her senior year and possible a bonus year to add to her accolades. ~Drew Petersen

## COLLEGE — SOFTBALL

### IDAHO STATE UNIVERSITY

#### SKYLER SETHMAN

##### Infield

##### Junior

Skyler has been as consistent as they come when it comes to effort. She's always locked in, focused and her hard work earned her 2nd Team All-Conference for the 2022 season. Sky had a great off-season which started with numerous texts asking me if she could come in early and knock out her workouts. This effort led to improvements in her strength and conditioning metrics. She's off to a strong start for the 2023 season and I look forward to watching her grow into a leader.

~Brandon Stephens

### LAKE FOREST COLLEGE

#### KYLA CHEVALIER

##### Catcher

##### Freshman

Chevy is representation of a blue collar mentality worker in the weight room. She excels in all aspects of training, being a quiet leader in the weight room, and ensures that she is pushing all around her to be the best that she can be. Her work ethic does not stop in the weight room, but in the cage, on the field, and in all aspects of being the best student-athlete she can be. Chevy is a gifted individual, with a work ethic and strength that she will carry with her to be a fantastic softball athlete at Lake Forest for many years to come. ~Andrew Parker

### LAMAR UNIVERSITY

#### SAM BEAN

##### Catcher/Infielder

##### Senior

Sam came to Lamar University and immediately made an impact. She is a natural leader and works contagiously hard. She is dedicated to the process for her and her teammates to succeed in the weight room, classroom, and on the field. She does everything in her power to

ensure the best chances of success. She increased her back squat by 25 pounds, bench press by 10 pounds, clean by 17 pounds, vertical jump by 3 inches, and broad jump by 2 inches over the past year. Sam even volunteered as an intern for our strength and conditioning staff, which she supplied us with incomparable help and work ethic beyond expectations. Sam makes those around her better and her efforts never go unnoticed. ~Drew Compton

### MARYVILLE UNIVERSITY

#### REAGAN SMITH

##### Pitcher

##### Junior

Reagan fits the definition of All-American Strength and Conditioning Athlete. Her drive and effort in the weight room along with her integrity and leadership as a student athlete goes above and beyond what anyone could ask from her. She is well deserving of this award. ~Jake Fitts

### MERRIMACK COLLEGE

#### BRY MITCHINSON

##### Pitcher / Infield

##### Senior

"Bry Mitchinson embodies the qualities of positive attitude, discipline, and exemplary drive. Throughout her career at Merrimack College, consistency is the 1 word that comes to mind. Always willing and able to do whatever the training regime called for, she has really found a passion for the process and worked to share that with her teammates. Serving as a team captain, Bry has set the standard for the women of the softball program by capturing how long term commitment can display tremendous rewards. A true leader of self, Bry has become a steward of the Athletics department, Softball team, and the Strength and Conditioning department as well." ~Michael Kamal

## COLLEGE — SOFTBALL

### NORWICH UNIVERSITY

#### NINA BIELLO

##### 2nd Base

##### Senior

This individual is not only an incredible human but is consistent in the weight room and a leader on their team. Congrats on being the best! ~Maki Shuchuk

### OAKLAND UNIVERSITY

#### ALLISA DIPRIMA

##### OF

##### Junior

Allisa exemplifies what it means to go above and beyond in order to not only achieve success on the field, but also to be an exceptional teammate, leader, and human being. She does not shy away from any challenge, whether it's during a strength or conditioning session or during practice. She leads the team by example, is extremely coachable and open to feedback. Allisa spent an entire summer staying at the school in order to prepare for the upcoming seasons and to be in the best shape possible, constantly asking for extra and pushing herself to the limit and beyond in order to be the best on the field. Her constant drive and determination to be a better softball player, athlete, student, teammate, and leader sets her apart from any other student-athlete. ~Elisa Baeron

### QUEENS UNIVERSITY OF CHARLOTTE

#### GERLEA PATTON

##### Outfield

##### Senior

Gerlea Patton is a veteran athlete who has spent her college career striving for excellence in all areas of her life. Her competitiveness and dedication in the weight room are evident in the multiple records she holds. The softball team has set high standards for themselves in punctuality, effort, and commitment, and she leads by example. If she is unable to do an exercise because of an injury or soreness, she takes it upon herself to make adaptations as needed and continue working and improving. She never just sits out or makes excuses; she finds a way to get the work done. She encourages teammates to increase the weight and challenges the team to do more and rise together. As lead off batter, she sets the tone for the team on the field, as well, and led the team with 30 stolen bases in the 2022 season. ~Lori Hofmann

### ROCHESTER INSTITUTE OF TECHNOLOGY

#### ALEXIS SMITH

##### Catcher/First Base

##### Senior

Lex has been our hardest working female athlete since she set foot in the weight room. She would train 8 days a week if she could and is always looking for an opportunity to do extra. Lex regularly comes in early just to push the sleds. She is highly invested and takes her training very seriously. Lex has a strong presence and a positive attitude in the weight room. She set the all-time chin-up record her freshmen year at 14 and it has yet to be broken. Lex has been systematically breaking our all-time records, most recently hitting a bench press max of 170#. ~Connor McJury

## COLLEGE — SOFTBALL

### ROCK VALLEY COLLEGE

#### MADDIE CARLSON

##### Pitcher

##### Sophomore

Jenna Turner was awarded the #7 by her teammates as the person who best represents what RVC softball stands for in terms of work ethic, leadership, and toughness in honor of a former player, who tragically died by suicide. She shows up daily, leads by example and elevates the people who are around her to be better. Jenna's enthusiasm for training is contagious. She never takes a rep off, executing everything to her best ability, including in strength and conditioning. In 2022, Jenna was awarded NJCAA Division III First Team All American, Second Team All-Region (Region IV), Region IV Tournament First Team, Second Team All-Conference (N4C). Next year Jenna will be continuing her education and softball career at NCAA D1 Northern Illinois University. ~Timothy Hatten

### SAINT JOSEPH'S COLLEGE OF MAINE

#### EMILY EAGLESTON

##### Pitcher/Outfielder

##### Senior

There are very few female athletes that I have coached that possess the physical abilities that Emily does. To start, she has been able to squat over 230lb for reps, bench press over 165 for reps, and complete double-digit, strict, pull-ups. In addition to her strength abilities, she is a great person, consistently motivating others to do better and push themselves. On the field, she is a consistent contributor in the circle and uses her strength to her advantage. In the classroom, she has been awarded All-Academic honors multiple times. In her time at Saint Joseph's, she has always pushed herself to her limit and always has a smile on her face. I can not think of a more deserving recipient than Emily for the award of NSCA All-American. ~Jameson Collins

### TEXAS A&M INTERNATIONAL

#### VICTORIA MALDONADO

##### C/3b

##### Senior

True leader in and out of weight room. ~Cory Gilday

### TRINITY UNIVERSITY

#### CHRISTINA GARCIA

##### Outfielder

##### Senior

Christina exemplifies what it should mean to be a Trinity University student-athlete. Her contributions to our program's leadership and culture will be felt for a very long time. Christina is someone who has left a permanent impression on our culture and we will be forever grateful for her contribution. ~Daniel Martinez

### UNIVERSITY OF CONNECTICUT

#### MEG O'NEIL

##### Pitcher

##### Senior

Meg is the pillar of consistency and work ethic. She gives her best effort in everything she does. Meg sets high expectations for herself, shows up ready to attack every session and always holds herself and her teammates accountable. Meg goes above and beyond to prepare and put herself in the best situation to be successful. Her determination has propelled her to the top of the team in training & conditioning and she is an athlete that every coach would want to work with. ~Moe Butler

## COLLEGE — SOFTBALL

### UNIVERSITY OF MICHIGAN

#### KEKE THOLL

##### Catcher

##### Junior

Keke is currently a Catcher for the University of Michigan Softball Team, playing in a significantly expanded role on the field in her Junior season. Keke serves as a member of the Leadership Council within the Softball program. Aside from her contributions within the Softball Program, she also serves as the Vice President of the Student Athlete Advisory Committee (SAAC) and as a committee member of the Advisory Board for Intercollegiate Athletics (ABIA). Keke's growth since her arrival on campus has been non-linear, but consistently trended on an upward trajectory. Much of the success she has earned can be attributed to her diligence in consistency. She has worked intentionally to prepare for the opportunities presented to her, and has served as a model in leading herself, to the point where she now serves in a variety of roles all meant to positively impact her peers in their respective student-athlete experiences. She has committed herself to improve her strength, power, and relative fitness levels, striking a tremendous balance of pushing herself and holding a high personal standard, while also recognizing the nature of her position and role on the field. She has gone above and beyond the minimum requirements in preparing her body. She knows the process requires continued effort and intention and has shown maturity in understanding how to communicate about what she needs to reach her highest levels of ability and preparation. We've shared more detailed and specific training ideas with the purpose of fine tuning and adapting training to meet the demands placed on her physically in many ways, displaying superior ownership of her health and performance. I am fortunate to be able to work with Keke as she continues to pursue greatness in pursuit of championships as a leader within our program. It is with great pleasure that I nominate her for this award. I look

forward to continuing to help her reach her goals as a student-athlete and beyond. ~Lew Porchiazzo

### UNIVERSITY OF NEW ENGLAND

#### GRACE TUTT

##### 3rd Base/2nd Base

##### Senior

Grace is an absolute force in the weight room and has been one of our top performers and hardest workers over her career as a Nor'easter. She is an incredible leader who has been a willing mentor to younger teammates over the years as they adjust to collegiate strength and conditioning. Her numbers in the weight room, her attitude toward leaving it better and her daily approach are amongst the best in Nor'easter Nation. ~Lyndie Kelley

### UNIVERSITY OF SOUTHERN MAINE

#### LAUREN MERRILL

##### Pitcher

##### Junior

Committed to strength and conditioning. Has best lifts of 200 squat, 145 clean and 215 deadlift. Improved strength and power each year helping her pitching performance. ~James Giroux

### UNIVERSITY OF SOUTHERN MAINE

#### RONA SCOTT

##### 1st base

##### Junior

Set school record with 165 power clean. Has also bench pressed 165. Competed in track & field this winter improving upon her high school shot put best by over 4 feet. Has potential for extra base hits each time she comes to the plate. ~James Giroux

## COLLEGE — SOFTBALL

### UNIVERSITY OF SOUTHERN MAINE

#### HANNAH SHIELDS

##### Outfield & Catcher

##### Senior

Has tested better each year. Best lifts include 295 deadlift and 215 squat. Hitting for power has continued to improve. Has also earned All Academic honors each year. ~James Giroux

### UNIVERSITY OF WISCONSIN - WHITEWATER

#### OLIVIA YABARRA

##### Catcher/ Outfield

##### Freshman

Olivia is a freshman this year and already a team leader in the weight room. Olivia pushes her teammates with her upbeat personality and driven nature. She is consistently challenging herself in the weight room and always encouraging others around her to do the same. ~Brookelyn Campbell

### UNIVERSITY OF WISCONSIN-PLATTEVILLE

#### KENDALL DRAKE

##### UTL

##### Sophomore

Kendall has gravitated and shown joy in the weight room from day 1 of joining our program. Kendall embodies the characteristics of leading by example. Kendall will step in to help a teammate without a second's hesitation. Kendall's smile and attitude is contagious, and that shows in the effect she has on her teammates during training sessions. Kendall's time, dedication, and attention to detail in the weight room has translated to the field and the classroom where in the fall of 2022 she had a GPA of 3.73. Kendall's growth in the past 2 year has shown tremendously in so many ways through her dedication to the weight room. ~Kellen Bornbach

### WEST TEXAS A&M UNIVERSITY

#### EMILY WILSON

##### Pitcher

##### Senior

Emily is dedicated to every aspect of her craft of softball. She checks every box each and every day. Not only is she holding herself accountable she helps bring her teammates effort to a higher level each workout. Emily sets high standards and then leads by meeting those and bringing everyone along with her. Her leadership in the weight room, on the field and off will be missed at the end of her final season! ~Sarah Ramey



## COLLEGE — SQUASH

### HOBART AND WILLIAM SMITH COLLEGE

#### GIACOMO DALLE MOLLE

##### Senior

In all my time coaching, this will be the first ever nomination for a Squash S&C All American. Giacomo has grown so much since he arrived at Hobart College. Soft spoken and full of humility, Giacomo is an amazing person who constantly puts in the work but it is the data that tells the story with him. His bench improved over 30% during his time here reaching sub maximal efforts in the low 200's. His trap bar deadlift followed in his bench press wake leading to a 1RM estimated in the mid 350's. Giacomo is a tremendous human and it is an honor to nominate G as our first ever Squash S&C. ~Chris Gray

## COLLEGE — SWIMMING

### AUGUSTANA UNIVERSITY

#### KAMRYN ROBARGE

##### Freestyle

##### Senior

Kam has been an incredibly hard worker in the pool, classroom, and weight room over her entire career. She never fails to uphold the standard and is a leader on her team. Kam is a part of the 2023 NSIC Conference Champion team, a 2023 National Qualifier, and earned multiple All-NSIC Academic honors over her career. She will undoubtedly continue to strive for excellence after her student-athlete career is over. ~Maggie Kadrlík

### BRANDEIS UNIVERSITY

#### LEONE KISLER

##### Junior

Leone sees every session in the weight room as a chance to get better as a swimmer and to better his performance. His focus in the weight room and drive to perform each lift with intention and precision speaks to his commitment to his training. Leone has played a pivotal role in incorporating dedication to strength training into the culture of the swim team. His passion for strength and conditioning has helped him and his team excel in the pool, and he will always find his way back into the weight room even outside of his swim career. ~Kaitlin Carson

### DREXEL UNIVERSITY

#### VICTORIA PALOCHIK

##### Free/Fly

##### Senior

Victoria Palochik, has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Victoria'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. ~Anthony McCloskey

### DUKE UNIVERSITY

#### CATHERINE BELYAKOV

##### Junior

Catherine has displayed her commitment to her desire to be the best she can since her first year on campus. Her enthusiastic attitude and ability to uplift others have been significant assets to the team. Catherine is a joy to coach and will be a great leader her senior year. Go Duke. ~Carl Christensen

### DUKE UNIVERSITY

#### SARAH FOLEY

##### Junior

Sarah sets the standard every workout whether it is in the weight room or the pool. She wants and takes feedback and does everything you ask her to do. A true competitor she is respected by all. It is a joy to work with her. Go Duke. ~Carl Christensen

### DUKE UNIVERSITY

#### COLEMAN KREDICH

##### Senior

Coleman has a constant presence and energy in the weight room. He sets a positive tone of leadership with his personality, encouragement of others and work ethic. I appreciate all the time, effort and work Coleman has put in during his time at Duke. Go Duke. ~Carl Christensen

### DUKE UNIVERSITY

#### CATHERINE PURNELL

##### Junior

Catherine is driven to be the best in everything she does. As one of the most fit athletes on the team, she leads by example and by attitude. It is always a pleasure to work with Catherine as you know you will get her very best every time. Go Duke. ~Carl Christensen

## COLLEGE — SWIMMING

### DUQUESNE UNIVERSITY

#### MADISON DICKERT

##### Breaststroke

##### Senior

Madison Dickert is an incredibly driven student athlete. Regardless of the circumstance she is placed in, she makes it her mission to thrive. No matter the situation -- good day, challenging practice, high external stress, or battling injury -- the same Madison shows up to lift every day. She identifies her weakness and finds a way to both work around it and work on it. Outside of the weight room, Madison uses her leadership abilities to improve the team around her. On top of being a swim captain, Madison is also a campus captain with The Hidden Opponent and seeks out opportunities to motivate and support her fellow swimmers. Madison's character and resilience has brought her to the position she is in today and is sure to carry her far into her bright future. ~Ryan Schaub

### FAIRMONT STATE UNIVERSITY

#### NATHAN FUBIO

##### Freestyle / Backstroke

##### Senior

Nathan Fubio, a graduate student from Clarksburg, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men I have coached. As a multi-year captain on the swim team, Nathan is a fantastic all around leader. Nathan has been extremely consistent with his training, both in the weight room and in the pool. The consistency paid off as he had his best season this year. During the conference meet, he qualified for the finals in four individual events and three relays, in which he ended up garnering four all-conference honors. Nathan's work ethic and dedication as a student-athlete also carries into the classroom. He currently has a 3.3 GPA, while working towards his masters degree in business/business administration, and has been honored on multiple all-conference academic

teams as well as being a member of the 2022-23 CSCAA Scholar All-America team. ~Adam Kolberg

### QUEENS UNIVERSITY OF CHARLOTTE

#### MATEJ DUSA

##### Butterfly/Freestyle

##### Junior

Matej Dusa has been one of the most dominant student-athletes in their respective sport at Queens. He is one of the highest performing athletes in the weight room and can be found on the all-time record board for vertical jump, bench press, and pull-ups. He sets the example in the room for the how workout should be done daily. He is a multiple time Division II National Champion and this year at the CCSA Conference Championships he earned 6 gold medals. ~Matt Donelson

### QUEENS UNIVERSITY OF CHARLOTTE

#### MONICA GUMINA

##### Junior

Monica Gumina is a dedicated student-athlete who has won the respect of her peers and teammates. You will find her name on the program all-time record board for pull-ups and bench press. More importantly she brings high energy day in and day out and does not shy away from doing the difficult things required to improve. She is a multiple time Division II National Champion and this year at the CCSA Conference Championships she earned 4 gold medals and 2 silver medals. ~Matt Donelson

## COLLEGE — SWIMMING

### ROCHESTER INSTITUTE OF TECHNOLOGY

#### MIKE ATANASOFF

#### Butterfly/Freestyle

#### Junior

Mike defines the term “Lead By Example.” Although he isn’t always the most vocal athlete in the weight room, his energy projects to his team via his quiet desire to improve in some capacity every day. He pushes his fellow student-athletes hard at in the weight room and the pool, and practices what he preaches, boasting some of the strongest cleans, squats, and chin-ups on the team. This intensity and effort carry over from the water, where Mike holds numerous school and pool records.

~Connor McJury

## COLLEGE — TENNIS

### **BARRY UNIVERSITY**

#### **DANIELA FARFAN**

##### **Senior**

We are proud to nominate Dani as an NSCA All American. She will undoubtedly be remembered as one of Barry's most accomplished Woman's Tennis players on the court, in the classroom, and in the weightroom. Dani leaves Barry with multiple NCAA National Championships, an immense respect from her teammates and coaches as a leader, and with a long lasting impression on her professors. ~Alexa Garcia

### **BARRY UNIVERSITY**

#### **QUINN MCLEOD**

##### **Junior**

Throughout his career with the Bucs Quinn has demonstrated the qualities of being an NSCA All American. Academically he has been named to the Dean's list multiple times, the Sunshine State Conference Commissioner's Honor Roll and been named an ITA Scholar All-American. Both on the court and the weightroom he always leads the pack when its time to get to work. ~Alexa Garcia

### **CLEMSON UNIVERSITY**

#### **DANIELLA MEDVEDEVA**

##### **Junior**

Dani has displaced an unparalleled work ethic that can be seen as she rarely takes time off and trains year round at Clemson. ~Michael Bruno

### **CONVERSE UNIVERSITY**

#### **TONYA GLOGOWSKI-WATSON**

##### **Number One Singles, Number One Doubles**

##### **Senior**

Tonya has turned herself into one of the top number one singles and doubles players in Conference Carolinas due to her work ethic at practice and her work rate in the weightroom. She's as concerned over what she might think is not her best stuff in the weightroom as much as

she is when she doesn't have her best stuff on the court. She truly doesn't settle for anything less than her best at everything she does, so to a strength coach this is where she stands out. Here in the spring of 2023 she already has a number ones doubles win over a strong Division 1 doubles team and has led us to several crucial early season match wins over some tough out of conference opponents in both her singles and doubles game. Tonya is without a doubt an athlete who has used the weightroom to develop herself into a strong enduring player who has plenty of reactive speed, which has steadily helped her improve her game and has helped turn Converse University Womens Tennis I to a Conference championship contender. ~Kevin Darlington

### **CONVERSE UNIVERSITY**

#### **GREGOIRE LEGRAND**

##### **#2 Singles, #2 Doubles**

##### **Sophomore**

Gregoire is a great athlete due to his willingness to put in the strength work in the weightroom. Greg even prefers to get a little lifting in on the mornings of tennis matches because he says it makes him feel stronger in his movements. Greg is a leader by example in the weightroom, has an incredible work ethic, and due to his attention to detail in the weightroom can be an intimidating presence to opponents on the court due to his physique. In addition to his aforementioned attributes, Gregoire's tennis performance has continued to improve due to the strength and power he has gained in the weightroom. Greg is a big reason our team is in position to make a run at a Conference Carolina's Men's Tennis Championship. ~Kevin Darlington

## COLLEGE — TENNIS

### HOBART AND WILLIAM SMITH COLLEGE

#### JETT WRIGHT

##### Senior

Jett Wright may be one of the most well rounded athletes and individuals I have had the pleasure to coach. Part of too many on-campus functions to count, yet day in and day out of the weight room we can count on him to still bring an A+ effort. Fully committed to the culture in the weight room, his approach is what has allowed him to hit tremendous efforts on trap bar dead lift of almost 400lbs and a bench near 200lbs. Jett has added so much value to the HWS Tennis programs here and the rest of our athletic department from his consistency and all-in attitude ~Chris Gray

### IDAHO STATE UNIVERSITY

#### ANDREAS KRAMER

##### Junior

Andreas has been an extremely hard worker from day one. He is a great leader and always brings great energy to the weight room, which has helped create a great culture for this team. Andreas always has a positive attitude and encourages his teammates to become the best they can be. The dedication he has shown in the weight room has transferred very well onto the court and I am excited to watch him continue to grow as an athlete and a person. ~Wyatt Barton

### IDAHO STATE UNIVERSITY

#### LOLA O'LIDEADHA

##### Junior

Lola has improved astronomically from the time we started working together. She has been very dedicated in the weight room and it has shown on the court. Lola is always supporting her teammates in all that they do and is a fantastic person in all aspects of life. She is a great competitor and has been a great leader while truly trusting in the program this year, which has made coaching her a pleasure. I look forward to watching her succeed even more in the future. ~Wyatt Barton

### LAMAR UNIVERSITY

#### JAYCI WONG

##### Senior

Jayci is an athlete that you wished every athlete could be. She is known to be a leader, hard worker, and a great person to be around. Her teammates look up to her and she takes it seriously enough to continue to set her goals higher and higher. She continues to beat the odds every day and her determination and dedication will always help her achieve greatness. It has been a true honor to coach Jayci, to see a kid become a woman that is always looking to better herself as an athlete and person. I'm more than proud of her! ~Austin St.Cyr

### QUEENS UNIVERSITY OF CHARLOTTE

#### HANNA AXELSSON

##### Sophomore

Hanna sets the standard for her team with her leadership on the court and in the weight room. As the captain of the team, she regularly displays the character and quality of an NSCA All-American. Hanna has consistently been a top performer in the weight room in all aspects of training. Hanna will not typically be the loudest in the room, but her actions ultimately speak louder. That being said, if there are situations where things need to be addressed, she will address them. She continues to push herself and welcomes every challenge presented to her. ~Zach Palumbo

## COLLEGE — TENNIS

### QUEENS UNIVERSITY OF CHARLOTTE

#### EUAN LYNES

##### Senior

Euan has continuously embodied the characteristics of an NSCA All-American during his athletic career. His presence alone elevates the standards of those around him. Euan's enthusiasm in the weight room is unmatched and is the source of energy for the entire group. He constantly pushes himself and his teammates to improve physically when in the weight room, not allowing the standards to drop while he is around. Ultimately, Euan exemplifies how a leader should act. He holds people accountable and demands the highest effort.

~Zach Palumbo

### WILLIAM WOODS UNIVERSITY

#### PATRICK SHELEPOV

##### Senior

Patrick has steadily worked and developed into one of the hardest workers we have ever had at William Woods. This year is by far the hardest worker on the hardest working team we have at WWU. He demands excellence from himself and his teammates. He will not let anyone outwork him on the court or weight room. He will be sorely missed. ~Bob Jones

### UNIVERSITY OF WISCONSIN - WHITEWATER

#### MACKENZIE LINDOW

##### Senior

Mackenzie is a tireless worker who brings energy and passion to her team. Her work ethic in her strength and conditioning sessions is amazing and she does a tremendous job of balancing a busy schedule with workouts. Mackenzie had a terrific off-season leading into this year and it has set her up well for success. She is very committed and consistent with her training and it will bode well for her future. ~Lee Munger

## COLLEGE — TRACK AND FIELD

### ALBANY STATE UNIVERSITY

#### KALEAH KLECKLEY

##### Heptathlete

##### Sophomore

Extremely hard worker; continuously improving in the weightroom to be ready for the 2023 track and field season, where she is a heptathlete. She has a 240 lb. back squat; 110 lb. bench press; and 140 lb. clean.

~Troy Williams

### AUGUSTANA UNIVERSITY

#### JED DOOYEMA

##### Sprints

##### Senior

Jed's consistency and workhorse mentality in the weight room has continually propelled him to personal records on the track. He ran the 400m leg of the NSIC Champion distance medley relay that finished with a time of 10:00.30. He is also a multiple time NSIC All-Academic team member and holder of the pound-for-pound team record in the squat. Jed's unrelenting work ethic will undoubtedly push him to success in the future.

~Andy Stocks

### AUGUSTANA UNIVERSITY

#### LIZ SCHAEFER

##### Sprints/Hurdles

##### Senior

Liz has been a high performer in the weight room since day one. She values Strength & Conditioning as essential to her success on the track. Her consistent work ethic has allowed her to battle back from injuries to earn numerous accolades. In the pentathlon she is two-time NSIC Champion and two-time USTFCCCA All-American along with multiple All-Conference finishes in numerous events. She is also a multiple-time NSIC All-Academic Team of Excellence member. The qualities that make Liz an outstanding student-athlete will be invaluable assets to her in the future. ~Andy Stocks

### CALIFORNIA STATE UNIVERSITY SAN MARCOS

#### JUSTICE CHIMA

##### Jumps/Sprints

##### Junior

Justice Chima is amongst the most focused athletes when it comes to progression and development. Aside from extremely impressive weight room metrics, Justice is a track athlete who stands out as a leader and is a symbol of hard work for his teammates, especially in a sport which tends to be individualistic. Even though he is already a standout athlete, he is always seeking coaching and is invested in his career as a track athlete, proving to never be satisfied with his current abilities. Coaching Justice is especially enjoyable, and I am always looking forward to seeing what mark he hits next.

~Ryan Paniagua

### CLEMSON UNIVERSITY

#### CAMERON ROSE

##### Sprints

##### Junior

Despite competing in what many would consider an "individual sport," Cam always trains with a team mentality. Cam consistently has a positive impact on everyone in the weight room and leads the younger members of his event group by example. Cam's commitment to training is reflected in his successes on the track, where his strong work ethic has led to many PRs in individual events, as well as success on Clemson's relay teams. Cam is an excellent teammate and leader, whose contributions to the track and field program go beyond his performance on the track. ~Billy Cedar



## COLLEGE — TRACK AND FIELD

### COLORADO COLLEGE

#### TORI MATSON

##### Mid-Distance

##### Senior

Not only is Tori at every training session and putting in her best efforts, but she also goes above and beyond by staying extra to work on additional things such as mobility or accessory work that will help her in the long run. One attribute that stands out about Tori is her leadership. Tori has helped improve the team culture of Track and Field by being the leader that she is. Tori is very deserving of this award. ~Derek Savage

### COLORADO COLLEGE

#### HOLDEN PERRY

##### Sophomore

Holden not only constantly shows up and works extremely hard, but he also brings so much more to his team. Holden has incredible leadership and is the beacon of energy that the Track & Field team needs. Holden pushes those around him to get better and his team is seeing success because of what he provides to it. ~Derek Savage

### DALLAS BAPTIST UNIVERSITY

#### AMANDA CHACON

##### Heptathlete

##### Junior

Amanda's athletic transformation was not a transformation of the body but of the mind. I've seen her make some great progress in the weight room and in performance testing numbers but her presence and self-confidence have been dramatic changes over the past two years that I've known her. She is continually working on her craft, getting better every day! She is now a leader within the team and is pouring into the other girls on the team as well. ~Alex Spencer

### DUQUESNE UNIVERSITY

#### EMILY BROZESKI

##### Multi

##### Junior

For the second straight year, Emily has demonstrated what it takes to have competitive excellence both in academics and athletics. A 2023 Atlantic 10 Conference Pentathlon Champion, she has displayed one of the best work ethics of any athlete that I have ever coached. Her grit and determination during training has propelled her has one of the team's top leaders. Excited to see her continued development over the next year. ~Chris Gilman

### DUQUESNE UNIVERSITY

#### ALYSSA WILLIS

##### Sprinter

##### Junior

A 2023 Atlantic 10 In-Door Conference Championship Bronze Medalist in the 4x400m Relay, Alyssa is a first class competitor. Over the past year, she has made significant strides both in the weight room and on the track. Her hard work and dedication have made her an impactful leader to those around her. Alyssa is tremendously coachable and I have enjoyed working with her over the past three years. ~Chris Gilman

## COLLEGE — TRACK AND FIELD

### FROSTBURG STATE UNIVERSITY

#### JARED JOHNSON

##### Thrower

##### Senior

It has been an absolute pleasure to coach Jared over the last few years. He has been a leader for the Throws team for the past couple of years. He holds his teammates accountable and pushes them to achieve more. Jared is invested in the training process. He visits me regularly to discuss how strength and conditioning can influence his sports performance. An exercise science major and current strength and conditioning intern, I have enjoyed seeing him apply what he has learned in the classroom to training. I am proud of his accomplishments and am looking forward to what his future holds.

~Tim Schachtner

### FROSTBURG STATE UNIVERSITY

#### TIA MOYE

##### Sprinter

##### Sophomore

It has been an honor to work with Tia in the weight room. She has been constantly visiting with me about how the strength and conditioning program can make her a better student athlete. She also asks for modifications if she is working through an injury that day. She is committed to her training and it shows with her constantly improving times. Tia works hard every day to be a better student athlete and teammate.

~Tim Schachtner

### IDAHO STATE UNIVERSITY

#### KYNDAL MARTIN

##### Hurdles/Sprints

##### Senior

Kyndal has been a role model leader this year for a young women's team. She has lead by example in the weight room all year, not only during the school year but she put in a tremendous amount of work in over the summer as well. This hard work has resulted in her shattering her PR

several times and earning All-Big Sky Conference honors in the hurdles. Her positive attitude has been much appreciated and I know she will have even more success continuing into the outdoor season. ~Brandon Rodewald

### IDAHO STATE UNIVERSITY

#### AXEL TIRADO-SANCHEZ

##### Thrower

##### Sophomore

Axel has had a tremendous year. From the weight room side, he has continued to get stronger and more explosive improving on all of his maxes and this hard work has translated into the ring. At the conclusion of the outdoor season last year, he was an All-Big Sky Conference athlete and an ISU school record holder in the discus. On top of his athletic abilities, he always attacks each day with a fun and positive attitude making him an absolute pleasure to work with. I look forward to watching him continue his success in the weight room and in the ring the next couple of years.

~Brandon Rodewald

### KUTZTOWN UNIVERSITY OF PENNSYLVANIA

#### MOLLY KUTZ

##### Throws

##### Junior

For the past 18 months, Molly has shown outstanding commitment to strength and conditioning both as a student-athlete and as an intern. As an athlete, she is highly coachable, has shown great aptitude for Olympic weightlifting, has led the team as a captain, and is continuing to improve her throwing performance. As an intern, she has developed into a highly competent coach with the ability to connect and create positive performance outcomes from athletes across all sports ranging from football and rugby to lacrosse and volleyball, and from freshmen to seniors. I am very proud of Molly and look forward to seeing her development as she advances into her senior year. ~Scott Hobbs

## COLLEGE — TRACK AND FIELD

### LAMAR UNIVERSITY

#### FAITH OUTING

##### Sprinter

##### Senior

Talk about a leader who is selfless and pushes herself and her team to be the best versions of themselves every day! Faith represents everything a Strength Coach wants in an athlete because of her work ethic, drive, and exceptional leadership. She is a true scholar in the classroom that also contributes to many volunteer opportunities across the community. Faith has dedicated her time to becoming the best athlete she can be but even a better person for the one's she cares about. It's more than just a sport for her and I will always be in her corner as her coach to support her! ~Daniel Darcy

### PURDUE UNIVERSITY FORT WAYNE

#### ABBI GARWOOD

##### Junior

Abbi Garwood has the mindset to come into the weight room to master everything. Her success in Track and Field is due to her strong work ethic and positive energy in the weight room. She is able to push her teammates and herself during lifts. Because of her, they too see the translation of the work put in during training to competition. ~Patrick Rawle

### ROCHESTER INSTITUTE OF TECHNOLOGY

#### CAROLINE HILL

##### Sprinter

##### Sophomore

Caroline Hill is one of our strongest overall female athletes. She is a natural in the weight room and on the Track. It seems like there is no limit to what she will accomplish. Besides breaking the school record in the 60 meter dash, Caroline also has several current weight room records. She has a Front Squat of 185#, a 135# Hang Clean, and a Bench Press of 155#. ~Ryan Kelly

### ROCHESTER INSTITUTE OF TECHNOLOGY

#### PETER STEFOS

##### Thrower

##### Senior

Peter is highly dedicated to his physical preparation and driven to be his best. He always brings contagious energy to the weight room and pushes himself and his teammates to be better. Peter spends additional time in the weight room to address his limitations and continue to grind to be his best. He has been an exceptional leader for his teammates over the past 4 years. Peter has a Front Squat of 355#, a 300# Hang Clean, and a Bench Press of 305#. ~Ryan Kelly

### SAINT JOSEPH'S COLLEGE OF MAINE

#### KIMBERLY MOULTON

##### Throws

##### Senior

Kim brings both a phenomenal attitude a great intensity into the weight room every time she has a session. She is the heartbeat of the throwing group on our Track & Field team and pushes each person to get better daily. In addition to being stellar in the group setting, she is continuously in the weight room improving her strength and power. Throughout her career, her weight room ability has made a huge impact on her throwing performance, continuously breaking personal records and getting better with each season. Finally, she is a great student, collecting All-Academic honors in our Exercise Science program on campus. Kim has given her all to Saint Joseph's and her teammates over the years and is a tremendous recipient of this award. ~Jameson Collins

## COLLEGE — TRACK AND FIELD

### UNITED STATES COAST GUARD ACADEMY

#### MICHELLE KWAFO

##### Sprinter

##### Senior

2022 Outdoor T&F NCAA All-America – 100m. 2022 NEWMAC Conference Champion in the 100m & Runner up in the 100m Hurdles. In addition to these accolades Michelle was also awarded New England Honors for both All Division and Division III during the 2022 Season. During her time at the United States Coast Guard Academy, Michelle has broken 9 School records that span both the indoor and outdoor seasons. Indoor Records in the 55H, 60m, 60H, 200m & 4x200 Relay. Outdoor Records in the 100m, 200m, 100H & 4x100 Relay. ~Timothy Farina

### UNIVERSITY OF CONNECTICUT

#### EMILY LAVARNWAY

##### Multi

##### Senior

Emily excels in the weight room in a multitude of ways. In her two years with us since transferring in, she has made incredible strides and transformations both as an individual and as a leader. This year, Emily is within the top 10% of the roster both in relative and absolute cumulative scores of back squat, bench press, and cleans. In her time here, Emily has won two indoor conference pentathlon titles, took home a silver in last year's heptathlon, and will be competing to win the heptathlon title later this Spring. Emily clearly has all the tangibles. But what separates her are the intangibles. She was voted a captain by her teammates and it's not difficult to see why observing her in the weight room. Emily is driven, focused, and determined to work hard and improve. She is also incredibly coachable. Additionally; Emily consistently brings an incredibly positive attitude and high energy into her training that fills the room and has a positive impact on her teammates and on me as a Coach. Emily supports and motivates her teammates all while giving maximum effort herself. It has been a

pleasure to watch Emily's growth and success and a joy to coach her. She exemplifies what it means to be an NSCA All-American. ~Michael Rozzi

### UNIVERSITY OF NORTH DAKOTA

#### NATALIE MOHRING

##### Throws

##### Senior

It has been a pleasure to work with Natalie over the past 5 years and watch her grow as an athlete and as a person. At UND she currently sits 3rd all time in the weight throw, 3rd all time in the discus throw, and 7th all time in the hammer throw. She has achieved 3 all-conference awards so far and has made the Summit League academic honor roll. Natalie has competed in the NCAA D1 West Region and the USATF Indoor Track and Field Championships. Natalie has always pushed herself in the weight room and dedicated herself to the process of striving for excellence even while battling injuries and other adversities. She sets a great example for her teammates as well as being their loudest supporter. With Indoor season now wrapped up, I look forward to seeing what success she will have this Outdoor season!

~Alex McKee-Crow

### UNIVERSITY OF SOUTHERN MAINE

#### ZOE BARNES

##### Throws

##### Sophomore

Has shown dramatic improvements in strength and similar improvements in throwing performances. Has improved 5-6 feet in both shot put and weight throw. Runner up @ both conference and new england championships in the shot put. Expected to challenge school record(s) outdoors in both shot and discus. Cleaned 135 and squatted 225 this past fall. ~Jim Giroux

## COLLEGE — TRACK AND FIELD

### UNIVERSITY OF SOUTHERN MAINE

#### HANNAH CORBETT

##### Throws

##### Senior

Strongest athlete on the team. Holds 2nd longest weight throw in school history. Runner up @ conference championship, part of winning team. Expected to challenge school record in hammer throw outdoors. Has 240 squat and 165 power clean. ~James Giroux

### UNIVERSITY OF WISCONSIN-PLATTEVILLE

#### JUSTIN EICHLER

##### Throws

##### Senior

When Justin steps into the weight room he is ready to perform quality work. He makes sure to complete every movement with maximal intention, setting the tone for his teammates to follow suit. Justin's persistence and attention to detail have made him a proficient athlete both in the weight room and in the throwing circle. His work ethic helped him earn a first-place finish in the Hammer throw with 59.31m and a 6th place finish in the Discus throw with 49.13m at the 2022 WIAC Outdoor Championships. Justin also made an appearance at the 2022 NCAA Division III Outdoor Track and Field Championships where he became an All-American, placing 5th in the Hammer throw with 58.54m. His personal records include 15.55m Shotput, 49.55 Discus throw, 60.39m Hammer throw, and 17.95m Weight throw. Justin's hard work is reflected equally in the classroom with a 3.312 Cumulative GPA.

~Lauren Marshall

### UNIVERSITY OF WISCONSIN-PLATTEVILLE

#### PAULINA WIENKE

##### Throws

##### Senior

Paulina has an unmatched passion for the weight room. She always shows up with a positive attitude, ready to put in her time and effort. She serves as a natural leader to her teammates both inside and outside the weight room based on her actions and her ability to encourage them to be better every day. She actively looks for ways to improve and is always ready for new challenges. Paulina's determination and hard work in the weight room have reflected onto the competition floor, earning her personal records of 12.38m Shotput, 36.97m Discus Throw, 49.05m Hammer Throw, and 16.43m Weight Throw. She excels equally in the classroom as well, as she has earned herself an All-Academic Honor with a 3.389 GPA. ~Lauren Marshall

### VASSAR COLLEGE

#### FAYE STEVENS

##### Sophomore

Faye Stevens is hard working and always full of energy. Faye arrives with a smile on her face ready to conquer the hardest of workouts. Her contagious energy motivates everyone around to overcome the challenges at hand. Faye can deadlift 300lbs in one moment then turn around and broad jump over 7.5 feet in the next breath. Faye stands out by shining her light on others while demonstrating incredible bodyweight strength.

~Alice Read

## COLLEGE — TRACK AND FIELD

### WASHINGTON AND LEE UNIVERSITY

#### ADAM ROY

##### Throws

##### Junior

Adam has a high level of love and passion for both his own athletic development as well as his teammates. His time in practice, the weight room, and film room have led to him being a major contributor to our program and him being named a team captain. He was able to see payoff from the time he put in at practice and weight room during his sophomore campaign with a new Personal Best in the Javelin of 54.39m (178'5"), and the #5 All-Time Performance in W&L history. For his performances he was the Old Dominion Athletic Conference Champion, earned USTFCCA All-Region honors, and named 1st Team VaSID. In addition to his Javelin, his Shot Put performance garnering him 3rd Team All-ODAC at the Outdoor Championships. He continues to improve his craft in all the throwing events and has seen it pay off with new personal bests in each event this Indoor Track and Field season. In the weight room he continues to build upon his foundation of athletic abilities by continually striving to be better each day and developing his weak points both for his sport and his motor patterns. In addition to his abilities as an athlete he was named ODAC All-Academic Team for his work in the classroom. ~Aron Gibson

### WASHINGTON AND LEE UNIVERSITY

#### QUINLIN ZUNK

##### Throws

##### Sophomore

Quinlin is a great mentor and role model for members of the team in both the throwing events and in the weight room. Her dedication to her craft and addition to detail has yielded her many positive results in her young career. In her freshman campaign she saw improvements in strength and performance. In the weight room she was able to develop each of our major lifts (squat, bench, deadlift, power clean) to be between 1x-2x her

bodyweight. In the throwing events she recorded numerous Top 5 performance in W&L History. Her top performance being in the discus where she set the School Record multiple times with the best being 39.84m (130'8") which was the best throw in the Old Dominion Athletic Conference, her performance also garnered her USTFCCA All-Region honors. She is also in W&L's Top 5 performances in the Indoor Shot Put, Weight Throw, and Hammer Throw. In her first year ever throwing/competing in the Javelin and Hammer she placed 4th and 5th respectively at the ODAC Championships. In addition to her abilities as an athlete she was named ODAC All-Academic Team for her work in the classroom. ~Aron Gibson

### WEST TEXAS A&M UNIVERSITY

#### LEAH BELFIELD

##### Sprinter

##### Junior

Each year Leah has pushed herself to a higher level, and now is one of the fastest women in D2 T&F! She puts in the work each and every day to make sure she is prepared and recovered to give her best effort to the task at hand. In the weight room or on the track she is focused but also smiling while putting in the work. She shows others the way with her encouragement and by competing with them to become their best selves. Her hard work and dedication to her craft does not go unnoticed. ~Sarah Ramey

## COLLEGE — VOLLEYBALL

### AUGUSTANA UNIVERSITY

#### ERIKA BUTE

##### Libero

##### Senior

Erika has played a huge role in elevating Strength & Conditioning for not only her team but for all of Augie. She is one of the strongest student-athletes pound-for-pound to ever play for the Vikings. In 2022 she was named NSIC Libero of the Year and earned D2CCA All-Region Second Team honors. Erika is a multiple time All-NSIC team member and multiple time NSIC Academic Team of Excellence member. Erika's intense work ethic, fierce competitiveness, and diligent leadership will drive her to great success in the future. ~Andy Stocks

### BARRY UNIVERSITY

#### MARIANA BERTRAN

##### Outside Hitter

##### Senior

Mariana has demonstrated and exceeded all of the qualities of an NSCA All American Athlete. She has been named to both the Dean's and President's list multiple times over the course of her college career, while also being an SSC conference standout athlete. She not only demonstrates leadership and tenacity on the court, but in the weightroom as well. ~Lauren Hall

### BRANDEIS UNIVERSITY

#### INES GROM-MANSENCAL

##### S

##### Junior

Ines is at the top of the Brandeis Strength Record Board for a reason. Her commitment to her training is unmatched, and her drive to reach her goals is admirable. She lifts with confidence and intention and is always willing to put in the work. She is strong on the volleyball court and strong under the barbell, and encourages her teammates to develop that same physical and mental strength. Lifting is a huge part of

Ines's life, and always will be, as she continually strives to beat her PRs. ~Kaitlin Carson

### CAL POLY HUMBOLDT SRC

#### MACY THOMAS

##### Setter

##### Senior

Macy set the standard for our volleyball team in the weight room. We could always count on her to come in ready to work and push her teammates to work as hard as they could. She was one of the strongest, if not, the strongest player on every team she was a part of and took pride in her work ethic. She was a leader by example and it felt like we had an extra coach in the weight room when she was there. ~Anthony Ratto

### CHADRON STATE COLLEGE

#### AIYANA FUJIYAMA

##### Hitter

##### Sophomore

Chadron State College sophomore middle hitter Aiyana Fujiyama was selected in 2022 to the All-RMAC honorable mentioned list, which is voted upon by the league's coaches. Fuji finished seventh in the conference for blocks per set, with 0.95 this fall. She also had the highest single-match hitting percentage on the team, swatting at a clip of .571 in a home win. Throughout the 2023 off-season, she has increased her vertical 4 inches finishing with a 30.3" vertical and touching a height of 10'1.5". Fuji continues to improve inside the weight room, and is one of the fastest athletes on roster throughout all laser timed sprint variations. ~EJ Kreis

## COLLEGE — VOLLEYBALL

### COLORADO COLLEGE

#### KEELEY KANDZIORA

##### Opposite Hitter

##### Junior

Keeley fully understands that the weight room is a great tool for her to use to improve at her sport. Keeley always demonstrates hard work and dedication when in the weight room. She provides excellent leadership skills and is an athlete that her teammates can look up to. It's a pleasure to work with Keeley. Her energy is infectious.

~Derek Savage

### CONVERSE UNIVERSITY

#### JASMINE FINKLEY

##### Middle Blocker

##### Senior

Jasmine is an outstanding student athlete who made major gains in strength and power in the weightroom between her junior and senior seasons as well as measurable improvements in her speed and vertical jump. The gains she made are very noticeable when viewing her stats from 2021 and 2022. Jasmine went from scoring 231 points in 2021 to a team leading 366 points in 2022. In addition she had 279 Kills and 90 total blocks in 2022 after spending several months of training with an emphasis on being more explosive. Jasmine received several honors for her athletic and academic abilities including, 2022 Third Team All-Conference, 2022 CSC Academic All-District, and Conference Carolinas Offensive Player of the Week (9/12/22). Due to Jasmine's love of training and sports she joined our Acrobatics and Tumbling team following the 2022 completion of her collegiate volleyball career. ~Kevin Darlington

### ENDICOTT COLLEGE

#### AMANDA GILBERT

##### OH

##### Senior

Amanda understood what it took to be a successful student-athlete and embraced the performance center as a significant piece of that from the start. She achieved consistent gains and was a vocal as well as physical presence in the weight room. Being able to be part of 3 conference titles as well as achieving some individual accolades, like surpassing 1,000 kills are both testaments to her commitment to conditioning, durability, and health over a sustained period of time. ~James Daley

### FAIRMONT STATE UNIVERSITY

#### BRYCE KNAPP

##### Libero

##### Senior

Bryce Knapp, a senior from Beckley, West Virginia, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. After battling back from a knee injury, Bryce's hard work and dedication paid off during her senior season. As a captain and Libero, Bryce chased down 591 digs as she helped lead her team to their first NCAA tournament appearance in six years. Her senior season efforts led to honors on the All-MEC First Team and AVCA Atlantic Region First Team. Bryce was also a leader in the classroom, graduating with a 3.41 GPA and a degree in community health education. Bryce has been recognized on multiple MEC all-academic teams and the 2022 CSC Academic All-District team. Our volleyball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Bryce Knapp. ~Adam Kolberg



## COLLEGE — VOLLEYBALL

### FESNO PACIFIC UNIVERSITY

#### CORINNE ACOSTA

##### Outside Hitter

##### Senior

She has earned the title of being the most successful Sunbird in the NCAA D2 era. She finished her season with 225 kills while registering 1,000 career kills. At the start of the 2022 season she was named preseason first team all Pac-west, and by the end of the 2022 season she was awarded First Team All Pac West Honors. ~Whitney Leyva-Camberos

### GLENDALE COMMUNITY COLLEGE

#### JORDAN CLOUSE

##### Middle Blocker

##### Sophomore

It has been a pleasure working with Jordan for the last two years. She always has a great attitude in the weight room and comes prepared to work hard and do everything exactly how it should be done. Working hard off the court was a legacy passed down to Jordan and she definitely did her part to continue that legacy and pass it down to her younger teammates and for that reason she will forever be a part of this program. Jordan's hard work helped her achieve all-american vertical jump numbers and lifting numbers as well as a chance to continue playing at the next level. Jordan also represented her team amazingly in the classroom receiving the Richard Christiansen Memorial Volleyball Scholarship and maintained a 3.9 GPA as a student/athlete. Jordan has great things ahead of her and her love for strength and conditioning has laid the foundation for that future. ~Derek Drumtra

### IDAHO STATE UNIVERSITY

#### ANDRI DEWEY

##### Setter

##### Senior

Andri hit personal bests in her final season to conclude her time here at ISU. With a standing vertical of 33.25", an approach jump of 35.5", back squat of 300 lbs, and a power clean of 210 lbs, "Granny" is by far one of our most explosive female athlete at ISU. Andri's athleticism and blue-collar work ethic has helped her excel not only in the weight room, but on the court and classroom as well. She was looked to as the leader of the team and for good reason. Andri was fantastic to work with and finished her final season entering the record books with 2,485 assists. Earning her 7th all-time.

~Brandon Stephens

### LAKE FOREST COLLEGE

#### HOLLAND SMITS

##### Outside Hitter

##### Junior

Holland is a lead by example athlete in the weight room. There always is more plates going on the bar from set to set, and is one of the most coachable athletes I have ever worked with. Her improvement from the start in September to now is unmatched and I look forward to seeing her compete for her senior season with all of the hard work she has put into developing herself into the best athlete that she can be. ~Andrew Parker

### MARYVILLE UNIVERSITY

#### ANNA JOHNSON

##### Senior

Anna was a great leader for me in the weight room. Each and everyday she put in the effort to get better in the weight room. She always displayed pride and leadership to her team and is a great example of an NSCA All-American. ~Jake Fitts

## COLLEGE — VOLLEYBALL

### **NORTH CAROLINA A&T STATE UNIVERSITY**

#### **NAIYA SAWTELLE**

##### **Outside Hitter**

##### **Sophomore**

Naiya Sawtelle exemplifies everything a young student-athlete should strive to become. Naiya is disciplined in her thoughts and actions, diligent in her preparation, and a great teammate. Over the course of his career at North Carolina A&T, Naiya has grown into a physically dominant player and team leader. ~Faris El-Ali

### **NORWICH UNIVERSITY**

#### **SARAH FARNUM**

##### **Setter**

##### **Senior**

This individual is not only an incredible human but is consistent in the weight room and a leader on their team. Congrats on being the best! ~Maki Shuchuk

### **POINT LOMA NAZARENE UNIVERSITY**

#### **TORINA HOMMES**

##### **Outside Hitter**

##### **Senior**

Torina is a leader both on and off the court for the women's volleyball team. Her passion and drive for competing in the sport of volleyball is ever apparent as she constantly pushes herself and her teammates in training. She is one of the premier outside hitters in the pac west conference with opposing teams having to game plan against her abilities. This volleyball prowess is supported by her high flying ability. Torina's dedication to her training and plyometrics has aided her in jumping over ten feet on a consistent basis. Torina's consideration for this award is a well deserved acknowledgement of her hard work and effort in the weight room. ~Erik Pedersen

### **QUEENS UNIVERSITY OF CHARLOTTE**

#### **ANANIAS HAYES**

##### **Outside Hitter/Opposite**

##### **Senior**

Ananias Hayes has brought great energy and enthusiasm to the weight room during his time at Queens. You will find his name on the program all-time record board in back squat and vertical jump. He has used his effort in the weight room to translate into being a consistent contributor on the court. His consistent effort, positive attitude, and great results make him an excellent candidate for an All-American award. ~Matt Donelson

### **QUEENS UNIVERSITY OF CHARLOTTE**

#### **KELISE TWYNER**

##### **Outside Hitter**

##### **Junior**

Kelise Twyner embodies the core values that we look for in our weight room. She brings consistent effort daily and is always willing to push herself to do better. She is a constant source of encouragement and motivation for her team. You will find her name on the all-time program record board for back squat. Her effort raises the efforts of those around her. ~Matt Donelson

### **TEXAS A&M INTERNATIONAL**

#### **DANIELA SANDOVAL**

##### **Defensive specialist**

##### **Junior**

Dominant defender, leader in the weight room In technique and intensity , makes the room better. ~Cory Gilday

## COLLEGE — VOLLEYBALL

### TRINITY WESTERN UNIVERSITY

#### GRACE MCGILLIVRAY

##### Outside

##### Sophomore

Grace stepped in our weight room this past summer for the first time, put her best foot forward and has not looked back. On a team of tremendous workers, Grace stands tall amongst them all. She has a curious mindset when it comes to her physical preparation which helps her decide what is the best course of action to take. This thinking often leads her down the road of hard work, which she is not a stranger to and not afraid of either. Grace is a work horse, a friendly person to be around, and a fierce competitor. All amazing qualities to have!  
~Cole Hergott

### TRINITY WESTERN UNIVERSITY

#### CORY SCHOENHERR

##### Middle

##### Sophomore

Cory has had a monster year in the weight room. He has come in hungry to learn, grow, and improve in all areas. He asks great questions, leads by example (even as a younger player), and busts his butt each session. He has taken his strength training very seriously and the results speak for themselves. He has had a great year on the court and transformed his body off of it as well.  
~Cole Hergott

### TROY UNIVERSITY

#### JULIA BROOKS

##### Middle

##### Senior

Julia is arguably one of the-Top Female Athletes to Attend Troy University. Here are just a few of her accolades: Sun Belt Representative at the NCAA Leadership forum, Troys all time leader in career blocks and leader in team career kills (1151), 1st Team All Conference, Four times SBC player of the week, cum GPA 3.97. From a weight room stand point, Julia's numbers

are: Bench press-175lbs., Squats-275lbs., Hang Cleans-185, Vert.-30", Approach-10'1", Broad Jump-8'. Its been an honor to coach her, there is no doubt she will continue to play beyond college, and be a winner in life as well.  
~Richard Shaughnessy

### UNIVERSITY OF MICHIGAN

#### HANNAH GRANT

##### L/DS

##### Senior

Hannah Grant, has continually demonstrated her leadership and commitment to both the strength and conditioning program and volleyball program resulting in being named a team captain this past season. Her dedication, positive attitude, attention to detail and relentless effort to her physical preparation have been instrumental in her earning a starting role, along with leading the team in aces and digs. In addition, this past season she earned post-season honors to include AVCA All-North region honorable mention, and All-Big Ten second team. Hannah's leadership by example has been paramount in inspiring her teammates to achieve new heights of physical preparedness and performance. Hannah has repeatedly earned the respect of the coaching staff and her fellow teammates due to her willingness to rise to any challenge and fulfill any role in order to make Michigan Volleyball successful. Hannah's pursuit of excellence is also evidenced by her earning Academic All-Big Ten conference recognition.  
~Michael Favre

## COLLEGE — VOLLEYBALL

### UNIVERSITY OF TENNESSEE AT MARTIN

#### LOGAN WALLICK

##### Senior

Logan has been instrumental in elevating the standard for our volleyball program. As a graduate senior, Logan's offensive impact helped lead our volleyball program to their first OVC title since 2002. She ranked top ten in several offensive categories while being selected to the All-OVC first team. During her time as a Skyhawk, Logan utilized our strength and conditioning program to elevate her athletic development. She has helped emphasize to her younger teammates the value of athletic development in their success both individually and collectively. ~Chris Gillies

### UNIVERSITY OF WISCONSIN-PLATTEVILLE

#### EMMA CARLSON

##### Outside Hitter

##### Sophomore

Emma's love for the weight room shows through her leadership both in the weight room and on the court. Her dedication to the weight room throughout the year has shown to be pivotal in her development as a volleyball player. In 2022, the outside hitter from Dixon, Illinois was First Team All WIAC outside hitter including 407 kills and 292 digs in 32 matches & 112 sets. Emma tallied a career high 27 kills against UW-La Crosse on 10.4.22. Emma's coachability and smile is the perfect example of someone maximizing each opportunity to grow in the weight room, which shows in everything she does. Emma is always looking for the next challenge or the next step of development in every session. ~Kellen Bornbach

### VASSAR COLLEGE

#### ADAM GULICK

##### Senior

Adam Gulick is powerful and consistent. He arrives at 7:00am everyday ready to grind. Adam holds himself to a high standard always striving for perfect execution of exercises. This was evident in his perfect 280lbs hang clean this year. His willingness to lend a hand and help other Brewers is what sets Adam apart as a leader in the weight room. ~Alice Read

### WEST TEXAS A&M UNIVERSITY

#### EMMA PATTERSON

##### L/DS

##### Junior

Emma is the type of student-athlete you want to have 20 of on a teams. She shows up each day prepared to put in the work, pushes herself to improve and brings her teammates along with her. Emma's smile lights up the the room and her encouragement lifts up those even on the bad days. Her work is admired by many on and off her team and appreciated by both strength and sport coach! ~Sarah Ramey

### WRIGHT STATE UNIVERSITY

#### MEGAN ALDERS

##### Outside Hitter

##### Senior

Megan is such a driving force in the weight room. She pushes her teammates to improve through her work ethic. Her willingness to push past discomfort is inspiring and makes her so easy to coach. ~Cole Pittsford

## COLLEGE — WATER POLO

**FRESNO PACIFIC UNIVERISTY**  
**ROSEMARY CHAPMAN**

**Attacker**  
**Senior**

In her 2022 season she assisted in 20 goals and scored 37 goals, and nabbed a team-high of 37 steals. She has previously been named WWPA all tournament second team and has received Academic All-American Honors. Rose is an awesome role model for her teammates when it comes to the weight room. She is someone who wants to make sure her teammates are putting in the work. I know I have always been able to count on her to keep her teammates accountable even if I am not in the weight room. ~Whitney Leyva-Camberos

**UNIVERSITY OF MICHIGAN**  
**ALEX BROWN**

**Goalie**  
**Senior**

Alex Brown is a senior Goalie on our Women's Water Polo team. In the year I've gotten to know Alex, I am most impressed by her tenacity to continue to not only work on her game but become a huge proponent of the weight room. She's been instrumental in promoting excellence and pushing her team in the pool and in the weight room. Her attitude and determination have led to her growth into the leader she is in and out of the pool. It has been a pleasure working with Alex and am proud to nominate her for the NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

## COLLEGE — WRESTLING

### AUGUSTANA UNIVERSITY

#### KOLBY KOST

174

##### Senior

Kolby has helped elevate the Strength & Conditioning program as a whole and especially for the wrestling team. He puts forth tremendous effort from off-season to in-season. Kolby is able to excel on the mat by utilizing the tools gained in the weight room. He has been a great leader and teacher for the younger members of the team. It's been a privilege to watch him grow over four years and we couldn't be prouder of him.

~Mike DiClementi

### CHADRON STATE COLLEGE

#### KAMILA MONTENEGRO

170lb

##### Junior

Kamila is as proficient as they come inside of the weight room. Our women's wrestling program is in its' second year as a program and Kamila has been an integral part in building an iron culture of success in our weight room. Kamila has used the weight room to fuel her success on the mat. She just finished as the regional runner-up in the 170lb class. In 2 weeks, she will compete at nationals. Kamila's strength shows up on the mat through her 175lb Hang power clean, 225lb front squat, 155lb bench press, and her straight bar deadlift of 275lbs. Kamila is more than deserving of this accolade and I wish I had a room full of 30 clones of her. She is a great athlete and an even better person. ~Chase McLendon

### DREXEL UNIVERSITY

#### EVAN BARCZAK

165 lbs

##### Senior

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

#### MAC HIRSH

184

##### Senior

Mac has been dedicated to his training, and to his program, throughout his entire career. He has always set the bar high with his effort and attitude, and also with his expectations for himself and his teammates. Mac's tangible and intangible contributions to our wrestling program have been priceless. ~Charlie Goodyear

### MCKENDREE UNIVERSITY

#### SYDNEE KIMBER

191lbs

##### Senior

When I think about athletes who trust the process and the people around them, I think about Sydnee Kimber. A 4x NCWWC National Champion and 2024 Olympic hopeful, Syd has been a standout athlete in the weight room and on the mat. Sydnee's leadership has been a beacon for others on the team to follow down the same path to success. ~ Tyler Aulbur ~Tyler Aulbur

### NORWICH UNIVERSITY

#### CAMERON WOOLDRIDGE

##### Senior

Cam is dedicated and disciplined as they come, he works hard every time he sets foot in the gym. Much of his success can be attributed to his commitment to his s&c and wrestling programs. ~Scott Caulfield

## COLLEGE — WRESTLING

### QUEENS UNIVERSITY OF CHARLOTTE

#### MELVIN RUBIO

**133/141**

#### Senior

Melvin Rubio has set the standard for work ethic in every workout he has been in. His consistent effort raises the performance of every teammate in the room. He is one of the most coachable athletes and is always willing to help his fellow teammates out in the weight room. Pound for pound he is one of the strongest athletes at Queens, and you will find his name on the program all-time record board for pull-ups. He was our top performing wrestler this season and embodies everything an NSCA All-American stands for.

~Matt Donelson

### ROCHESTER INSTITUTE OF TECHNOLOGY

#### JOSH HARKLESS

**197 lb**

#### Sophomore

One of our strongest pound for pound athletes, it is hard to keep Josh from training. When he is not in our weight room he is finding other ways to supplement his physical preparation. He is very dedicated to his training and has been for years. Josh's work ethic has landed him on top of our current weight room record board for Front Squat at 350# and Bench Press at 330#. ~Ryan Kelly

### TRINITY COLLEGE

#### KEVIN LYSKAWA

#### Senior

Kevin has been a leader since his Freshmen year and has been a role model with his dedication, effort, attitude and team first mentality. ~Bill DeLongis

### UNIVERSITY OF MICHIGAN

#### COLE MATTIN

**141 pound weight class**

#### Junior

Cole Mattin, a redshirt-junior wrestler, has continually demonstrated his leadership and commitment to both the strength and conditioning program and wrestling program. Cole's leadership by example, dedication, positive attitude, attention to detail and relentless effort have been paramount in inspiring his teammates to achieve personal bests within the strength and conditioning program, leading to new levels of team physical preparedness and performance. Cole's consistent effort earned him a starting role at the 141lb weight class this season. Cole has also repeatedly earned the respect of the coaching staff and his fellow teammates due to his willingness to rise to any challenge in order to make Michigan Wrestling successful. Cole's pursuit of excellence is also evidenced by earning Academic All-Big Ten conference recognition.

~Michael Favre

### UNIVERSITY OF SOUTHERN MAINE

#### JAKE PEAVEY

**Heavyweight - 285**

#### Senior

Recently qualified for 2nd consecutive NCAA D3 championship by winning Northeast regional. Has made a big commitment to strength and conditioning including significant diet changes that have helped him lean out and move much better. Has a 405 bench press.

~Jim Giroux

## HIGH SCHOOL — BASEBALL

### CAPE HENRY COLLEGIATE

#### TANNER SCHAEDEL

##### Junior

Tanner, class of 2024, is a standout in three varsity sports, and is almost always the first person in the gym. To date, Tanner has earned a bench press max of 200 pounds, a front squat max of 300 pounds, trap bar deadlift of 500, and vertical jump of 34.4". Tanner is the all around student-athlete with an earned calm confidence. He has a professional approach to his development which has already paid off, and will continue to pay dividends for years to come. ~Phil Reichhoff

### EASTCHESTER HIGH SCHOOL

#### NATHANIEL LAM

##### Right Field

##### Senior

Nathaniel has been an 3 year starter on Varsity Baseball. In that time he has been all league and all section both years. He is expected to repeat these honors as well as be all state this upcoming season. He is also a Division 1 college commit for baseball where he will be attending northeastern university next year. Nate is a high honor roll student and has worked extremely hard in the classroom, the weight room, and on the field. During our Multi High School Combine he placed first place in four of Seven events. Nathaniel encompasses everything you admire in a great student athlete and has helped make our strength & conditioning program more attractive for his peers and younger students who look up to him. He is a major part of what we do here and will be used as an example for years to come. ~Shane O'Connor

### GREER HIGH SCHOOL

#### COLE BELLINGER

##### C, 3B, SS, P

##### Junior

Cole has spent extensive time in weightroom over the past year and a half where he has gained over 20lbs of

lean muscle mass. He has exceeded previous PRs in squats, cleans, deadlifts, 10yard fly-in sprint, 30yard sprint, vertical jump, and squat jump peak velocity. Additionally, he has witnessed improvements in batted ball exit velocity and throwing velocity. ~Keith Scruggs

### NEW TRIER HIGH SCHOOL

#### GRAHAM MASTROS

##### 3B/1B

##### Senior

One of the best players on one of the best teams in the state, if not the nation. He's become an ultimate leader. Graham has made himself better every year through the off-season. His speed, vertical jump, and change of direction are elite, and he is the first baseball player in New Trier history to squat more than 500 pounds. His leadership ability continues to evolve and is truly impressive. From Coach Napoleon, "his caring attitude for teammates progresses by the game. He's the first to show, and the last to leave. He's hitting over .406 and is a team stat leader in Runs, HRs, and RBIs." Graham is a truly unique athlete, committed to Division 1 Saint Louis University. ~Jim Davis

### PUNAHOU SCHOOL

#### NOLAN SOUZA

##### Short Stop

##### Senior

During his time at Punahou School, Nolan has demonstrated his commitment to excellence in the classroom, baseball field, and performance center. Through his consistent hard work and dedication Nolan has grown stronger in the performance center and has been coachable throughout his career here at Punahou. He is a great example for his teammates and is the captain of our baseball team. We look forward to Nolan's continued success. ~Aaron Mendoza



## HIGH SCHOOL — BASEBALL

### ST JOHN'S COLLEGE PREPARATORY HIGH SCHOOL

#### ANDREW POWERS

**Pitcher / 1B / OF**

**Senior**

Andrew is a two way player ( LP / 1B / OF ) who has committed himself to the process of Strength & Conditioning at St John's College High School in Washington DC. From Bethesda Maryland, Andrew Powers is a 6'2, 220lb team captain who has raised his own level of performance, and that of his teammates throughout his 4 years at SJC Baseball. Andrew is Committed to play baseball next year at Virginia Commonwealth University and his current Performance Metrics include: 500 Squat, 520 Deadlift, 320 Clean, 7.0 (60yd dash). ~Walt Cline

## HIGH SCHOOL — BASKETBALL

### **BROOKINGS HIGH SCHOOL**

#### **JACKSON HOFFMAN**

**PF**

**Senior**

Jackson has grown tremendously as a leader in the weight room over the years as a basketball player. He is always the first one to arrive and the last one to leave. Jackson has pushed his teammates to embrace weight training and they have seen improvements in their strength and physicality. Jackson has been an athlete that I have leaned on when things were down for his team, and he has always met my expectations. Jackson will complete his high school career on the track this spring. ~Kerry Brown

### **BUTLER COUNTY HIGH SCHOOL**

#### **RYDER HARBAUGH**

**Point Guard / Shooting Guard**

**Sophomore**

Ryder started developing strength and conditioning workouts through the Wellness course at Butler County High School. Throughout the course Ryder increased his Bench Press by 55 lbs, as well as significantly measurable increases every training evolution. Additionally, Ryder is an outstanding student that maintains a 4.0 GPA and is Ranked 1st in the Sophomore Class. Ryder is also a National High School Coaches Association Academic All-American (Second Team). ~Joe Harbaugh

### **CAPE HENRY COLLEGIATE**

#### **MARTEZ HARRIS**

**Sophomore**

Martez Harris, class of 2025, has dedicated himself, year around, to develop his body and invest in his own success. His hard work has earned him a bench press max of 190 pounds, a front squat max of 300 pounds and a trap bar deadlift of 460. His investment in his physical development and approach to the process will pay off for years to come. ~Phil Reichhoff

### **CENTRAL CATHOLIC HS**

#### **MIKAH ZEPEDA**

**Center**

**Sophomore**

Mikah's dedication to training, both on and off campus, have led to significant accomplishments in the weight room and on the court. ~Glenn Revell

### **COACH ROZY PERFORMANCE/YANKTON HIGH SCHOOL**

#### **DREW RYKEN**

**Guard**

**Senior**

Drew Ryken, a 6'0", 160 lb guard for Yankton High School has used his off-season workouts to excel in basketball this year. Drew averages 18 points per game, 4 rebounds and 3 steals per game. Drew broke the YHS Single Season 3-Point Record this year with six three pointers in one night, climbing to 63 on the season for the school record. ~Mark Roozen

### **CONESTOGA JR-SR HIGH SCHOOL**

#### **JACK WELCH**

**Guard**

**Senior**

Jack is a leader in the classroom, weight room and basketball court. He is always willing to focus his effort at improving himself and others. He is fully committed to finding ways to elevate his ability on the court and is willing to accept feedback in order to improve. Jack goes out of his way to train at the highest level during the in-season and off-season. Jack earned 1st Team All-Conference honors during the 2022-2023 basketball season. ~Trenton Clausen

## HIGH SCHOOL — BASKETBALL

### DIVINE SAVIOR HOLY ANGELS HIGH SCHOOL

#### KARINNA TROTTER

##### Forward

##### Sophomore

Karina has done a great job putting in the work to prepare for basketball season, being consistent with off-season workouts and demonstrating focus and drive during her team's in-season lifting sessions. She has an ability to balance hard work with enjoying the process and is a consistently positive presence. ~Shana McKeever

### EVERGREEN HIGH SCHOOL

#### ROB BELDOCK

##### Forward

##### Sophomore

A starter in his sophomore year, Rob Beldock established himself as a leader on the varsity basketball team. Rob immediately improved the team with his basketball skills and knowledge. However, Rob has a greater impact on team culture through his work ethic. Rob's desire for self-improvement and team success is enthusiastic and contagious. As an underclassman, Rob is both a vocal and physical leader in the weight room and in conditioning exercises. By pushing himself, he raises the overall effort of others on the team. ~Kyle Ocsek

### EZELL-HARDING CHRISTIAN SCHOOL

#### AMAYA THOMAS

##### Small-Forward

##### Senior

Amaya has been a student-athlete that accepted the new strength and conditioning program this year. She had dedicated herself to not only the weight room, but in the classroom. She is a role model to her team, and to those watching her. She is a multi-sport athlete participating in Basketball, Track, and Volleyball. Her love for basketball has helped our team to the first 20 win season since 2016 and she has become a part of the 1,000 point club.

~Justin Loudon

### GREER HIGH SCHOOL

#### AMARE' ANDERSON

##### Guard/Forward

##### Sophomore

Amare' began working in the weight room last year as a freshman, trying to put on a little size and add to his bounce. He began to see small changes and how they affected his game. I was also fortunate to have him in my weight training class this fall, where we continued to lay the foundation and get him ready for a breakout sophomore season. This season he led his team with 19.7 PPG and was Region Player of the Year as well as an All-State selection. He is a natural leader on and off the court and has a bright future ahead of him. It has been an honor and a privilege to coach Amare'. He is truly deserving of this honor and is a great representative of Greer High School. ~Matt Landreth

### GREER HIGH SCHOOL

#### AMIYAH CLARK-LAMELLE

##### Point Guard

##### Junior

Amiyah is a two-sport athlete for us at Greer High School. She excels on both the basketball court and track. This basketball season, she was a captain point guard. She averaged 17.2 PPG, 4.2 Assists per game and 3.9 steals per game, earning her All-Region honors. Amiyah exemplifies a work ethic second to none, a positive attitude and an unrelenting desire to get better every day. It is an honor to coach her on a daily basis and I am thankful for all she has given to our strength and speed program. ~Matt Landreth

## HIGH SCHOOL — BASKETBALL

### GREER HIGH SCHOOL

#### BRADYN DURRAH

**Center**

**Junior**

Bradyn is one most disciplined and hungry athletes I've worked with. He has been on a mission to put on size, gain strength and power, and enhance his basketball skills. Every day he comes in ready to work and has developed into a team leader. This season, he averaged 11.7 PPG, 6.5 Rebounds, 1 block per game all while shooting 54% from the floor and 33% behind the arc. His hard work allowed him to earn All-Region honors and lead the team to a region championship. It is an honor to coach this young man and I can't wait to see what the future has in store for him! ~Matt Landreth

### LUDINGTON AREA SCHOOLS

#### ANNIE KLINE

**Guard**

**Senior**

Annie is a multi sport athlete that leads by example on the court, community, and classroom. She has gracefully overcome a couple injuries over her high school career. Lead her basketball teams to multiple conference championships over her tenure at LHS and during her junior year made it to the final 4. She has demonstrated a consistent commitment to bettering herself on all those invisible mornings that most people do not see training before the school day even starts. Over 4 years of preparation has Annie earning this honor. She is a leader on our YAC group (Youth Advisory Council) that is a philanthropic group of local high school students who award two rounds of grants in the Fall and Spring to area educators and community groups. Annie is a strong and compelled human being deserving of this recognition. ~Richard A Kirby

### MARQUETTE UNIVERSITY HIGH SCHOOL

#### MICKEY SIMI

**Forward**

**Senior**

Mickey has demonstrated exemplary character and leadership on the court, in the weight room, and in the community. He has played basketball all four years of high school, and as a forward on the varsity team he helped lead the Hilltoppers to a conference championship. Mickey has a strong presence in the weight room by providing continual motivation and encouragement for his student peers, consequently garnering the trust and confidence of the strength and conditioning coaches. His character is above reproach; outside the classroom Mickey frequently volunteers his free time to serve in the community by leading retreat trips and working in food centers to help feed hungry locals. After high school Mickey plans to maintain an active lifestyle by continuing in the weight room and rock climbing. Mickey will major in Neuroscience with a minor in Business Relations. ~Andrew Kossow

## HIGH SCHOOL — BASKETBALL

### NEW TRIER HIGH SCHOOL

#### JAKE FIEGAN

**Guard**

**Senior**

This year, Jake averaged 20 PPG on 68% field goal shooting, 40% from 3, 7 rebounds and 3 assists per game. Jake might be the hardest working, toughest player in the state. He is extremely coachable, smart, a great teammate, and has been absolutely committed to improving his game through, among other things, incredible dedication to the weight room. He trained hard alongside his teammates and over a three year varsity career, led the team to a combined 76-11 overall record, including an IHSA Final Four appearance (3rd place in state) as a senior. Jake scored 748 pts this season (a school single season record), scored over 1,000 pts in his career, was 2023 CSL South Player of the Year, Named to the All-State team, earned All-Conference recognition three times over his career while being named to multiple all-tournament teams across the nation. Also a dedicated student, Jake is committed to Division 1 Cornell University of the Ivy League. ~Jim Davis

### RAYTOWN SOUTH HIGH SCHOOL

#### ARKEISHA HINES

**Shooting Guard**

**Senior**

Arkeisha Hines is a 3 year starter for our girls basketball team. She is a huge part of the success of the basketball program that has acquired a record of 50-21 with her as a 4 year letter winner. Arkeisha Hines has earned the Heart of a Cardinal Award 2x. Arkeisha is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Arkeisha!

~Monte Yancey

### SOLON HIGH SCHOOL

#### JORDAN CHAITOFF

**Guard**

**Senior**

Jordan has made a tremendous impact on the team, he leads by example. He puts forth 100% effort in everything he does. He is constantly motivating and supporting all of his teammates. His strongest asset is his work ethic and he doesn't just prove that in the weight room, it can be seen on the court, and in the classroom. Most importantly it is seen in his relationships with family and friends. Jordan leaves a positive impact on everything around him and it is without a doubt he will continue to have a great impact in the world. ~JD Dunn

## HIGH SCHOOL — CROSS COUNTRY

### COACH ROZY PERFORMANCE/GAYVILLE-VOLIN SCHOOL WILL PIRAK

#### Sophomore

Will Pirak has used his hard work in the weight room and his dedication and effort to improve performance to excel at Cross-Country and Track & Field. Will is a 2x State Cross-Country competitor, has set a time of 19:21 in the 5K, 12:40 in the 2 mile, 5:19 in the 1 mile and 2:19 in the 800 Meter Run. Will is an active member in FCA, is one of the top students in his class and on the honor roll. Over the last year Will spent hours in the weight room, improving his Squat to 280 lbs, his Bench to 185 lbs while increasing his vertical 3 inches to 22 inches, which all helped him improve his times in his running events. ~Mark Roozen

### COACH ROZY PERFORMANCE/YANKTON HIGH SCHOOL THEA CHANCE

#### Senior

Thea Chance is a Senior at Yankton High School in South Dakota. A stand out in Cross-Country and Track, Thea will be running in college next year. Her PR's include a 5:22 in the mile, 11:57 in the 3200, 2:27 in the 800 and 18:56 in the 5K. She has been inducted into the National Honor Society, was 12019-2023 Cross Country Athlete of the Year each year, SD State Cross Country Class AA Podium finisher in 2019-2023. She is also active in the Humanitarian Club, FCA and the Y-Club at the school. She was also selected to the Academic All-State team, and recieved the Booster Club Award and Univeristy of South Dakota Ralins Scholarship. ~Mark Roozen

### CONESTOGA JR-SR HIGH SCHOOL KADEN SIMMERMAN

#### Senior

Kaden devotes great energy and commitment to using our Strength & Conditioning program to elevate his competition performance. He is always pushing himself and others during each training session. Kaden understands that training must be an ongoing process during the in-season and off-season. Kaden was voted team captain and holds the fourth fastest Cross Country time in school history. ~Trenton Clausen

## HIGH SCHOOL — FIELD HOCKEY

### CAPE HENRY COLLEGIATE

### MACKENZIE WHITE

#### Freshman

A year around participant in our strength and conditioning program, Mackenzie White leads by example on and off the field. Her relentless consistency has been the backbone of our Field Hockey program for the past four years. Part of her approach has encouraged teammates to take their preparation seriously and commit to year around development. Our program is better because Mackenzie believed, committed herself, and brought others with her. ~Phil Reichhoff

## HIGH SCHOOL — FIGURE SKATING

### MULLINS PERFORMANCE + FITNESS

#### REESE WILLIAMS

##### Athlete

##### Junior

Reese Williams is a junior at West Moore High School. Reese is a very accomplished figure skater who began her journey in the sport at 3 1/2 years old. Reese has achieved the highest honors by passing all the Gold Medalist Tests in four disciplines offered by US Figure Skating: Gold Senior Moves, Gold Solo Pattern Dance, Gold Solo Pattern Dance, and Gold Senior Solo Free Dance. Reese has also passed 11 International Solo Dances. Reese was the 2012 Beginner Test Track Regional Champion, is an 8-time Southwest Regional/Southwestern Nine-States Competition, a 3-time National Solo Dance Series Competitor (2019,2020, 2021), a 2019 Nine States Figure Skating Intermediate Excel Bronze Medalist, a 2020 National Qualifying Series Competitor, and a National Medalist in Senior Character Performance and Senior Duet. Reese is a member of the Oklahoma City Figure Skating Club (OKCFSC) and has received these awards: 2018 Team Spirit Award, 2019 Greatest Showman Awards, 2021 Nice on Ice Award, 2022 American Idol and Greatest Showman Award. Reese is a member of the Professional Skating Association, National Junior Honor Society, National Honor Society, National Technical Honor Society, Health Occupations Student & Competitor of America. Reese was one of the 36 of 184 students accepted into the Moore-Norman Technology Center Physical Therapy Technician Program. Reese also takes AP and honors classes. I have had the privilege of getting to train Reese for her off-ice conditioning over the past six years. During these six years, I have witnessed Reese be consistent with her training, work through adversity, show resilience and determination, and encourage others to see that they can do hard things. Reese has volunteered countless hours alongside her family to help other skaters in our community achieve their dreams on ice. Reese is a person of high character, a true friend to

others, always brings positive energy, and a wonderful role model on the ice and in the weight room. We have had other parents comment on how they appreciate the example she sets for their children to look up to. It is with great honor to nominate Reese for this award. Thank you for your consideration. ~Elizabeth Mullins



## HIGH SCHOOL — FOOTBALL

### ANSONIA HIGH SCHOOL

#### DAVID CASSETTI

##### Running Back & Linebacker

##### Senior

CT Max Prep Player of the Year, First Team All State Connecticut Class S (LB), Top 26 All State Team, First Team All Division, 2000 Rushing Yards & 33 Rushing TD's. Bench Press: 295lbs Squat: 405lbs Power Clean: 245lbs.

~Nicholas Johnson

### BISHOP O'DOWD HIGH SCHOOL

#### SEAN RAMIREZ-PACHECO

##### OL/DL, Linebacker

##### Senior

Sean Ramirez-Pacheco – As a Freshmen and Sophomore, Sean was one of only a handful of student to complete AND record his workouts throughout distance learning during the COVID-19 pandemic. When Sean did not have weights to train with, he would Squat with his brother on his back. Despite a torn meniscus his junior year, Sean rehabbed from surgery, only to come back even stronger his senior year - Squat 435, Bench 325, Deadlift 455, Power Clean 205 x 3. ~Jay Beito

### BISMARCK HIGH SCHOOL

#### KADEN FITTERER

##### Offensive Line

##### Sophomore

Kaden has accomplished a tremendous amount in a short period of time. Kaden brings an attitude of gritty and determine everytime he walks into the weightroom. He is constantly looking for feedback on his lifts and how he can improve. To date his best lifts include: 455 lb squat 3 times, 255 lb bench, 225 lb clean and 500 lb deadlift.

~Koopers Kelly

### BISMARCK HIGH SCHOOL

#### KADEN HEUPEL

##### Offensive Line

##### Freshman

Kaden has a bright future ahead of him. He does everything that is asked of him. He has a hunger to get better and a willingness to take coaching and correct any flaws. His current numbers to date include: 405 lb back squat, 225 lb bench press and 205 lb power clean.

~Koopers Kelly

### BISMARCK HIGH SCHOOL

#### ELIJAH HEUPEL

##### Running Back/Linebacker

##### Freshman

Elijah is a extremely hard working kid. His desire to get better and fearless approach to the weightroom is insane for a freshman in high school. He has a very bright future. His current numbers to date include: 365 lb back squat, 235 lb bench press, 225 lb power clean. ~Koopers Kelly

### BROOKINGS HIGH SCHOOL

#### JAXTON ECK

##### RB/LB

##### Senior

Jaxton was our leader through and through on the football team and in the weight room. Jaxton leaves BHS as a single season record holder for tackles, and is second all time. A natural leader in the weight room, Jaxton was easily the hardest working athlete I have ever been around. He always puts others first, and enjoys their success more than his own. Jaxton is already missed as an early enroll at the University of Idaho, where he is playing football under his father, Coach Eck.

~Kerry Brown

## HIGH SCHOOL — FOOTBALL

### **CEDARBURG HIGH SCHOOL**

#### **CAIDEN REID**

##### **RB/DL**

##### **Junior**

Caiden has transformed himself over the last year. He has dedicated himself to his training and has shown to be a leader in the weight room. Caiden is just scratching the surface of his potential and will be a force to be reckoned with over the next year. ~Jon Verdegan

### **COACH ROZY PERFORMANCE/ BERESFORD HIGH SCHOOL**

#### **JACE ADAMS**

##### **Sophomore**

Jace Adams is a Sophomore at Beresford High School where he takes part in Football, Baseball and Powerlifting. A starter as a sophomore, Jace has excelled in the weight room, squatting 425 lbs, benching 200 lbs, deadlift of 450 lbs and having a vertical of 27.9 inches.

~Mark Roozen

### **COACH ROZY PERFORMANCE/YANKTON HIGH SCHOOL**

#### **TREVOR PAULSEN**

##### **Kicker/Punter**

##### **Senior**

Trevor Paulsen, a Sr. kicker and punter for Yankton HS scored 68 points in 2022 and is 2nd all time in average kickoff with 56.5 yd average. In field goals Trevor was 8/9 (89%). As a punter for the football team, Trevor had 28 punts for 945 yards, a 33.8 average, with a longest punt of 60 yds. He was a 4 year letter winner and starter, 11AAA special teams player of the year, 2x All-State, 1x All State Honorable Mention, 1x All Conference (ESD) and was an NSCA All-American last year. He benches 220 and squats 340. ~Mark Roozen

### **DISCOVERY HIGH SCHOOL**

#### **DEMILADE MACLEAN**

##### **Defensive Back**

##### **Senior**

Demilade has been a joy to coach these last 4 years. he has shown tremendous growth both on the field and off. He strives for excellence in everything he does. He currently maintains a 4.0 GPA and his best lifts so far have been a 405lb Back Squat, 255lb Bench, 245lb Clean, and 460lb Hex Bar Deadlift. I wish him the best of lucks as continues his football career at Wingate.

~James Romaniw

### **GREER HIGH SCHOOL**

#### **BRYCE FOSTER**

##### **OLB**

##### **Senior**

Bryce has been a consistent presence in the weight room ever since his 8th grade year. The kid just loves to work and strives to get better on a daily basis. He understands what it takes to succeed and be able to make it to the next level. He has had to overcome some injuries during his high school career and I've been able to witness his discipline firsthand. This past season, he stepped into an outside linebacker position. He finished the season with 135 total tackles, 16 TFL, 5 sacks, and 1 fumble recovery. He maintained over a 3.0 GPA this fall, putting him on the Academic Award list for football. He was an All-Region selection as well. He is a leader in the weight room and on the field. He has won our Iron Jacket award for the past three years, which is given to the individual that fully embraces our standards of excellence in the weight room. He is the first, three-time winner of this award. One of the reasons that I think so highly of him is his work ethic. It has been an honor and a privilege to coach and mentor this young man. Bryce is the true definition of what it means to be a Yellow Jacket! ~Matt Landreth

## HIGH SCHOOL — FOOTBALL

### JOPLIN HIGH SCHOOL DRAVEN VANGILDER

**Linebacker**  
**Senior**

Draven is the epitome of the term commitment. A three sport student-athlete who excels both academically and athletically. Draven achieved First Team All-State honors as a middle linebacker as well as Academic First Team All-State honors. Draven also achieved All-Conference in wrestling and throws the javelin for our track and field squad. Draven is a selfless team player as he has given back to our district through his work with Peer Buddies and Fusion, both school leadership programs. Draven's best efforts in the weight room include a 285 lb bench press, 480 lb squat and 285 lb power clean.

~Michael Lawrence

### LUDINGTON AREA SCHOOLS TREY FORFINSKI

**Running Back , Linebacker**  
**Senior**

Trey Forfinski is a very energetic and charismatic student athlete who continued to excel despite battling two ACL injuries during his high school career. Trey was a starter on the Varsity Football team since his sophomore year. In his final season lead the team in tackles and rushing as a Senior. Trey will have the opportunity to be playing at the next level as well. After not playing basketball because of his injuries the past 2 seasons, he earned a spot as a 6th man on his Conference Champion Varsity Basketball team. Currently he is pole vaulting 12 feet which he has not done since his junior high days. He has committed himself to strength training over the last 6 years. He SHOWS UP! Trey brings others with him to another level! He is a compelled student athlete.

~Richard A Kirby

### MARQUETTE UNIVERSITY HIGH SCHOOL JULIUS BLANCO

**Linebacker**  
**Senior**

Julius has committed himself to developing as an athlete through our strength and conditioning program. His commitment and willingness to be coached are second to none. This has led to tremendous success on the football field, in the classroom, and outside of school. As a Linebacker, Julius has earned 1st team all-conference linebacker and was selected to play in the Wisconsin Football Coaches Association All-Star Game. His teammates selected him as the defensive player of the year. In addition to football, Julius is a powerlifter and competed in the WHSPA State Powerlifting Meet. Both inside and outside of the weight room, Julius is an outstanding leader and individual. He will have great success in the future and next year as he intends to continue playing football at the next level.

~Michael Duehring

### NORTHWEST HIGH SCHOOL TYLER DOUGLASS

**RB, LB**  
**Senior**

Tyler has demonstrated an incredible work ethic and drive to succeed the last four years in are program. His infectious personality is truly contagious. Tyler's teammates respect his work ethic and level of commitment. But most of all Tyler is a NSCA All American person. His award is a testament to Tyler's hard work and dedication to reaching his utmost potential as an athlete. Tyler will be continuing his education on a college football scholarship. ~Troy McNeil

## HIGH SCHOOL — FOOTBALL

### NOTRE DAME ACADEMY JASON VANDENHOUTEN

#### OL

#### Senior

Jason is the kind of athlete that always gets the most out of his body. Throughout his four years in our program he has consistently pushed himself and eventually developed into one of the strongest athletes we have ever had. He has set a great example for his teammates. More importantly, Jason is an all around great kid. Jason is very respected by his peers; as he is a leader on the football team, in the weight room and for our entire student body. Jason is the kind of student athlete that you build a program and culture around. ~A.J. Giovanetti

### POPE JOHN XXIII HIGH SCHOOL SEAN LINE

#### Linebacker

#### Senior

Sean is a senior linebacker on the football team. His work ethic and leadership in and out of the classrooms earned him an athletic scholarship to play at Harvard next Fall. Sean is on our leaderboard for a lot of weight room categories but more importantly he is a good person and a positive influence in our school community. ~Joe Lopez

### RAYTOWN SOUTH HIGH SCHOOL ELIJAH VAI

#### Center

#### Junior

Elijah Vai has emerged as a great leader. He is a 3 year letter winner, and he's helped turn our program around. He is a huge part of the success the program, that has consistently improved each year. Elijah's work ethic is unmatched, he is a leader for us in the weight room also, helping to guide our younger students. Elijah is a great example of what it means to be a Cardinal in the classroom and in the field of play! Congratulations Vai!

~Monte Yancey

### ROYSE CITY HIGH SCHOOL KENNETH SPRING

#### Quarterback

#### Senior

As a Jr. & Sr. Kenneth was First Team All-District Quarterback his Sr. year and was Second Team All-District his Jr. year. During his carrier he totaled 1,584 total rushing yards & 4,033 total Passing yards. Accounting for 48 total touchdowns. He is a great leader in the weight room and on the field of play. He does a great job setting the standard for all young athletes in the RCISD Strength & Conditioning Program. ~Kyle Alvarado

### ROYSE CITY HIGH SCHOOL ERIC SPRING

#### Safety

#### Senior

As a Sr. & Jr. Eric was a Second team All-District Player. His Sr. year he was awards 3rd Team All Sate Honors. Eric had a carrier total of 130 Tackles, 7 Interception and 2 cause Fumbles. Eric is not just a statistical leader, he is a vocal leader on the field and during strength & conditioning by hold other athletes accountable and leading by example.

He has been a great young man to coach and be around. He pushes himself and the other around him. Eric is a great example of what the Royse City ISD Strength & Conditioning Program Represents.

~Kyle Alvarado

### SAINT FRANCIS HIGH SCHOOL RILEY LONG

#### WR/DB

#### Senior

Riley was a significant part of our Football team this past year and it stems from his dedication to the weight room and preparing for the games/season. He is one of the hardest workers in the weight room with a high attention to detail and it carries over to the playing field.

~Jake Siebert

## HIGH SCHOOL — FOOTBALL

### **SLEEPY HOLLOW HIGH SCHOOL**

#### **ARTU ALMANZAR**

##### **Junior**

Artu is a three-sport athlete who always shows up early and ready to work. He helps those around him and is always trying to perfect his technique and get a little bit better. He is a member of the wrestling team in the Winter, baseball team in the Spring and football in the Fall. Artu is a happy, outgoing and positive young man. He has consistently demonstrated a dedication to training for his sports and is a leader in the weight room. ~Enrique Rosario

### **SOLON HIGH SCHOOL**

#### **BLAKE HOEGLER**

##### **OL**

##### **Senior**

Blake is an outstanding football player, but what he is recognized is for his passion to become best at what he does. Blake juggles a rigorous course schedule, clubs, owning his own landscaping business and sports. He not only can handle this but excels at all of them. He is a leader by example and many of his teammates look up to his strength in the weight room. All offseason and in season he made sure to get every lift in even if he had to come back later or on an off day to get it done. He just hit over a 1500lb total in the squat, bench and deadlift and he isn't stopping there. ~JD Dunn

### **STRONG ROCK CHRISTIAN SCHOOL**

#### **CHARLIE GUINADE**

##### **WR, RB, KR, & DB**

##### **Senior**

Charlie is the epitome of what this award stands for, his hard work and dedication to Strength & Conditioning has helped him become one of the best athletes ever at our school and has garnered him several football offers to play at the next level. He has been a multiple time winner of our Lifter of the Week Award, plus our Elite Patriot Award which is the highest honor one can earn in

our Strength & Conditioning program. He was named GIAA All-Star, 1st Team All-District, and Pre-Season 1st Team All-State. His leadership & passion have been contagious for our football program, helping lead us back to the post season for the first time in 5 years. He has laid a legacy of excellence & hard work which will benefit our program for years to come. He very deserving of this honor and it is my privilege to nominate him for NSCA Strength & Conditioning All-American. ~Tobias Jacobi

### **SYOSSET HIGH SCHOOL**

#### **JOHN MUNOZ**

##### **Linebacker**

##### **Senior**

John Munoz was a true leader in the weight room throughout his time at Syosset High School. He is a 3-sport athlete who recently earned all-county honors in football and a top seed in the county wrestling tournament. His work ethic in the weight room has contributed greatly to his success. One of the most impressive things about John is how he motivates his teammates in the weight room to work as hard as he does. ~Chris Gagstetter

### **VISTA RIDGE HIGH SCHOOL**

#### **AUSTIN JORDAN**

##### **D-Line**

##### **Senior**

AJ is an incredible young man, his work ethic, leadership qualities, and the desire to improve daily sets him apart. AJ is not only an incredible football player earning second team All State, he excels in the weight room. His current lifts are: Bench 295, Squat 505, Power Clean 255. AJ's enthusiasm in the weight room is contagious. His passion for the Strength and Conditioning field makes me excited to come to work daily. ~Todd Cofer

## HIGH SCHOOL — GOLF

**COACH ROZY PERFORMANCE**  
**YANKTON HIGH SCHOOL**  
**HENRY HOMSTAD**

**Junior**

Henry is one of the outstanding golfers on his team and uses performance training to achieve high levels of success. Henry was 2020 ESD Individual Champion, 2020 ESD Team Champion, All ESD in 2020 and 2021. He is a member of the Sanford Series, a member and multi-time winner of the SDGA. He has a career average of low round of 70. He is also a member of the Yankton HS Track & Field Team. Henry has been a Merit Role of Excellence award winner each year in high school, has a 4.0 GPA, is Eligible for the National Honor Society, recipient of the American Legion School Award and has participated in the Science Olympiad through Jr. High and High School. ~Mark Roozen

**COACH ROZY PERFORMANCE**  
**BERESFORD HIGH SCHOOL**  
**JULIANN SEELEY**

**Senior**

Juliann Seeley is a Senior at Beresford High School in South Dakota and is a stand out in golf. She also participates in Softball, Volleyball and Powerlifting. She is an HOSA member, NHS Member, Has won the "Heisman" High School Scholarship and has used her weight room achievements; Squat 155 lbs, Bench 85 lbs and Deadlift 190 lbs, to achieve the highest level as an athlete. ~Mark Roozen

## HIGH SCHOOL — GYMNASTICS

### **BROOKINGS HIGH SCHOOL**

#### **TAYLA DOBRENSKI**

##### **All Around**

##### **Senior**

Tayla is the most accomplished athlete I have had the opportunity to work with at BHS. She was a three starter in volleyball, a five year medalist at the state level in gymnastics, and a four year (soon to be five) medalist at the state track meet. Tayla is the most dedicated female athlete I have ever had in the weight room, and will lead large shoes to fill. She leaves the school holding 6 top 10 marks in the weight room. She will compete as a heptathlete at Northern State next year. ~Kerry Brown

### **CHRISTUS HUMAN PERFORMANCE CENTER**

#### **GREENLEE GOWIN**

##### **Senior**

Greenlee came to our facility after an almost career ending injury. From the first day she came in, she has worked tirelessly to overcome her injury so she can get back to competing at a high level. Her hard work and dedication not only got her back to being healthy, but also helped earn her a college scholarship. ~Ryan Dupre

## HIGH SCHOOL — ICE HOCKEY

### ARCHBISHOP SPALDING HIGH SCHOOL

#### KYLIE HORTER

**Forward**

**Senior**

Kylie Horter is the senior team captain for the Girls' Varsity Ice Hockey team at Archbishop Spalding High School. Kylie's commitment to strength and conditioning contributed to her abilities to earn two varsity letters as a top-six forward, win the state championship in her junior year, finish as state runner up in her senior year, and earn the respect, trust, and admiration of her teammates. Kylie has a 4.2 GPA and leads community service efforts to assist children in foster care. Kylie will attend the University of Alabama. Kylie Horter's commitment to strength and conditioning, on-ice accomplishments, academic success, community involvement, and leadership qualities make her deserving candidate for the NSCA All-American award.

~Phil Tran

### NOTRE DAME ACADEMY

#### JOE GERBITZ

**Forward**

**Senior**

Joe Gerbitz is a leader on a team known for its leadership. Joe has been a consistent hard worker in the weight room each of his four years in the program and has always set a high standard for his teammates. Even as a Freshman, Joe immediately impressed his teammates and coaches with his work ethic. They instantly looked up to him and followed his lead. Not to mention that Joe is pound for pound one of the strongest athletes we have ever had. It's been very rewarding to see his hard work off the ice pay off for him. The training culture that Joe has been a major contributor towards helped enable his teammates to stay healthy and play at a high level, earning a state championship this season.

~A.J. Giovanetti



## HIGH SCHOOL — LACROSSE

### **BEXLEY HIGH SCHOOL**

#### **MAX ESQUE**

##### **Defense**

##### **Senior**

It is my pleasure to nominate Max Esque for the All-American Strength and Conditioning Athlete of the Year. Max has not only dedicated himself to the weight room but also to the classroom. Through his hard work and dedication he has earned a 3.86 GPA. In the last year he has improved his vertical jump by 4 inches, squat max by 120 pounds, bench max by 20 pounds, and his trap bar deadlift max by 55 pounds. Max has also been named a team captain for this upcoming lacrosse season. It is his effort, drive, and attitude that made me feel he is deserving of this nomination. ~Jesse Padgett

### **CAPE HENRY COLLEGIATE**

#### **JACKSON KELLER**

##### **Senior**

Jackson Keller is a leader on and off the field. He takes ownership of his development, is a critical thinker, and very coachable. Even while training remotely he pushes himself and works to be the best he can be. To date Jackson has earned a front squat max of 295, a bench press max of 215, and a trap bar deadlift of 455.

~Phil Reichhoff

### **CAPE HENRY COLLEGIATE**

#### **MADELEINE KEOGH**

##### **Junior**

Madeleine Keogh is a leader on our campus and a great role model for her younger classmates. Maddy is a three sport Varsity athlete contributing in field hockey, basketball, and lacrosse. Even with a demanding schedule, she is committed year around. Her hard work allows her to take pride in being one of the most physically fit players on her teams. Maddy has made a great impact on our program both by performance and leadership. ~Phil Reichhoff

### **FORSYTH COUNTRY DAY SCHOOL**

#### **JESSA PACHOLKE**

##### **Midfield/Attack**

##### **Junior**

She has pushed herself in the weight room since the beginning of the school year. She has hit a top squat of 225 and 125 on the bench. She pushes herself and those in the weight room with her. On the lacrosse she has been challenged to change position from attack to midfield in order to replace last years all-state. midfielder. ~Marc Heinecke

### **ST. ALBANS SCHOOL**

#### **PASHA HAKIMI**

##### **Long Stick Midfielder**

##### **Senior**

Pasha's attitude, work ethic, and leadership define what every student-athlete at St. Albans school should inspire to be. Every strength and conditioning session, whether it's in the weight room or on the field, he gives his greatest effort and encourages his teammates to do the same. His teammates also notice his passion naming him unanimous Senior Captain for our Lacrosse team. Pasha is a 4 year starter for the St. Albans Varsity program along with being a 3x Under Armor and Nike Nationals participant. This award, like many others, Pasha has earned through his tremendous work ethic. He loves the game and understands what he needs to do to prepare to compete at the highest level. ~Christopher Tarullo

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### **BERRIEN SPRINGS HIGH SCHOOL**

#### **CJ GORDON**

##### **Football, Track & Field**

##### **Linebacker, running back and discus**

##### **Senior**

CJ is the epitome of what a true student athlete is. He has a 3.71 GPA, a member of the National Honor Society and has numerous athletic awards. He was All Conference twice and All Region once as a linebacker, All Conference once as a running back, and was a state qualifier in the discus for Berrien Springs State Champion track team. He was a two time Captain of the football team, Defensive player of the year, and team MVP. In the classroom, CJ also received the Berrien Springs Academic Award. At 6'2", 225 lb, CJ Squats 465lb, benches 300lb and cleans 275lb. He runs the 40 in 4.71 sec, broad jumps 9'4" and has a 31.5 in vertical. CJ plans on continuing his academic/athletic career at Wayne State University to study either engineering or medicine. ~Bob Taylor

### **BERRIEN SPRINGS HIGH SCHOOL**

#### **KIRSTEN KRAUSE**

##### **Basketball, Cheerleading, Powerlifting, Track & Field, Volleyball**

##### **Forward, Discus, Pole vault, 200m, 4x100m, Outside Hitter**

##### **Senior**

Kirsten is a multi talented student athlete. She has had many academic and athletic accomplishments in her four years at Berrien Springs HS. She has been honor roll all four years and involved with Student Council. She also mentors youth as a domestic abuse advocate. In Competitive Cheerleading, she was Academic All State, Second team All District and Honorable mention All Conference. In the Regional Powerlifting meet, she took second place with a 225# squat, 105# bench and 235# deadlift. In track, her 4x100 relay team took 5th place at state and she took second place in the discus at the conference meet. She also won the most relentless

competitor award and most valuable field participant award. Her track PR's were 8.3 sec in the 70 meter dash, pole vaulted 9'9", ran a 27.8 200 meter, high jumped 5'2" and threw the discus 89'2". In basketball and volleyball, she was All Conference Honorable mention. Kirsten is undecided on her college, possibly Florida State University or University of Alabama. Kirsten also was crowned Miss Spirit of Blossomtime 2022. ~Bob Taylor

### **CENTRAL CATHOLIC HS**

#### **MATEO GUTIERREZ**

##### **Football, Swimming**

##### **4X50 200 free relay, 4X100 400 free relay**

##### **Junior**

Mateo's commitment to strength and conditioning allows him to contribute as a varsity football player and state level swimmer. His quiet resolve is unmatched, but not unnoticed. ~Glenn Revell

### **CHRISTUS HUMAN PERFORMANCE CENTER**

#### **BADEN BRINK**

##### **Football, Track & Field**

##### **Sprints**

##### **Junior**

Baden has been training at the CHRISTUS Human Performance Center for over a year now. Baden is a phenomenal athlete, excelling at both 6-man football and Track & Field. He has worked extremely hard here, and it is paying off on the field and track. ~Ryan Dupre

### **CHRISTUS HUMAN PERFORMANCE CENTER**

#### **ALYSSA BRYANT**

##### **Cross Country, Powerlifting, Soccer, Track & Field**

##### **Junior**

Alyssa is one of the hardest working athletes I've had the opportunity to train over my career. Every day she comes in with a smile on her face, ready to work. Despite playing multiple sports at the same time, she makes the sacrifice to get her training in. ~Ryan Dupre

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### CHRISTUS HUMAN PERFORMANCE CENTER

#### ALYSSA STRICKLAND

**Basketball, Track & Field**

**Sprints**

**Junior**

Alyssa has been training at the Human Performance Center for over a year and a half. She has made tremendous progress during this time. All of her testing numbers, including her top end speed, have gone up. That is due to her effort and intensity she brings day in and day out. ~Ryan Dupre

### COACH ROZY PERFORMANCE

#### SPENCER KARSTENS

**Baseball, Basketball, Football, Track & Field**

**Pitcher, Point Guard, QB, Throws**

**Sophomore**

Spencer is an example of an all around athlete that uses his performance training to be successful in all sports. In Football, as Quarterback, Spencer had 61 rushes, averaging 5 yds per carry with three TD's, he had over 1000 yds passing, 11 TD's. On defense he marked 3 sacks, 2 fumble recoveries, 6.5 tackles for loss and 37 tackles on the year. In Basketball he is team captain, averages 16 points per game, 6 rebounds, 4 assists and 2 steals per game. He also finished in the top 5 in the throws in many of the track meets he was in as a Freshman. Is also is a pitcher with the baseball team and number one in the pitching rotation. Spencer also is in FCA, is on the honor roll, Church Youth Group and is captain of all the teams. ~Mark Roozen

### COACH ROZY PERFORMANCE/GAYVILLE-VOLIN HS

#### TAYLOR HOXENG

**Basketball, Rodeo, Track & Field, Volleyball**

**Freshman**

Taylor Hoaxing is a Freshman at Gayville-Volin High School in South Dakota. Taylor is involved in Volleyball, Basketball, Track and Rodeo. In track, Taylor is a sprinter and jumper, running a 14.4 in the 55 Meter Dash, 13.72 in the 100 meters, 28.34 in the 200 meter, part of the 4x400 relay and long jumps 15'2". In Rodeo, she competed this past year in the National Junior High School Rodeo championships. She does barrel racing and pole bending. In Basketball, Taylor averages 12 ppg 6 rebounds and 3 assists per game. She is also a starter on the volleyball team. She is one of the schools top lifters and leaders in the weight room as well. ~Mark Roozen

### COACH ROZY PERFORMANCE/YANKTON HIGH SCHOOL

#### RUGBY RYKEN

**Basketball, Football, Track & Field**

**Point Guard, QB, Sprinter/Jumper**

**Senior**

Rugby Ryken, 6'0", 175 lb Senior is a four sport athlete, playing Football, Basketball, Baseball and Track & Field. Rugby was Quarterback in football 2022: 210/338 (62%) 2645 yds 25 TDs/9 ints ][ 141 att / 723 yds 14 TDs  
Career: 456/730 (62%) 6024 yds 58 TDs/24 INTs ][ 1346 yds 23 TDs

\*CAREER LEADER IN ALL QB CATEGORIES IN PROGRAM

\*2021 / 2022 ALL STATE SELECTION / ELITE 45. In basketball, Rugby averages 12 PPG, 5.2 RPG, 7.4 assists and 2.1 steals. He is a stand out in baseball and on the track team. He will be going to college and play basketball and football.

~Mark Roozen

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### CONESTOGA JR-SR HIGH SCHOOL

#### SOPHIA ACKERMAN

**Basketball, Cheerleading, Track & Field, Volleyball  
Right Side Hitter/Blocker – Post – Thrower**

#### Senior

Sophia does whatever it takes to improve and encourage her teammates in all things. She carries herself as a responsible and committed individual in the classroom, weight room and in all sports. She brings out the best in her teammates through her ability to be a positive leader. Sophia earned 2nd Team All-Conference honors during the 2022 volleyball season. She was voted team captain in both volleyball and basketball. She was also a member of the 2023 State Championship cheerleading squad. ~Trenton Clausen

### GREER HIGH SCHOOL

#### CLAVON BROWN

**Football, Track & Field  
C, Shot Put, Discus**

#### Senior

Clavon has been an outstanding young man and athlete during his time at Greer. He has been a bright spot and every day presence for our football team and has recently found success as a thrower for our Track & Field program. Clavon was our starting center for our football program, earning All-Region honors as well as team Offensive Lineman of the Year and the Iron Jacket award. He is an excellent student in the classroom and will be continuing his throwing career at Erskine College in the fall. I wish I had 100 more athletes like Clavon, with his drive and discipline. He will go far in life because of these characteristics. He truly represents what it means to be a Yellow Jacket! ~Matt Landreth

### GREER HIGH SCHOOL

#### KRISTIN GRIFFIN

**Powerlifting, Softball, Volleyball  
Outfield, Outside Hitter**

#### Senior

Kristin has unmatched work ethic in the classroom, the field, the court, and the weightroom. Kristin is a multi-sport athlete in volleyball, softball, and powerlifting. She has committed to Newberry for softball. Over the past year she witnessed improvements in her squat, bench, deadlift, vertical jump, broad jump, and 10yard fly-in sprint. ~Keith Scruggs

### GREER HIGH SCHOOL

#### JACOB HEINE

**Football, Track & Field  
DL, Thrower**

#### Senior

Jacob has been an outstanding example of Greer High commitment and relentless effort since he started with us as an 8th grader. Over the years, he's developed into the type of leader who not only shows up every day, but shows up as a great teammate who exhibits a blue collar work ethic and contagious energy that will have a lasting effect on our program. He's won multiple football awards during his 3 years as a starter, including the Defensive Lineman of the Year, All-Region honors and the Iron Jacket Award. Jacob has contributed to the track & field program as a thrower and recently wrestled for the first time in his career and was a state qualifier. Personally, I'm extremely grateful to have had the opportunity to coach Jacob over the last 5 years and look forward to seeing the type of impact his positivity and competitiveness has on society. ~Matt Landreth

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### GREER HIGH SCHOOL

#### AIDEN JONES

**Football, Powerlifting**

**DL**

**Freshman**

Aiden is the type of student that all coaches would love to work with. He follows directives, asks great questions, strives to outwork everyone around him, and maintains high grades in the classroom. On the field, Aiden is the type of player that leads by example. This diligence to perfecting his craft has truly paid off. In the weight room, Aiden is a blue-collar worker. He arrives everyday with the mentality that he will use every second of the session to get better and he always does. Just recently, he competed in our South Carolina State Championship Regional qualifier on the Varsity level and placed 2nd in his weight class. He exemplifies greatness on-and off-the-field and will not settle for being mediocre. It is an honor to coach Aiden on a daily basis! ~Matt Landreth

### HAMILTON HEIGHTS HIGH SCHOOL

#### KAYLEE RHOTON

**Basketball, Golf, Softball**

**Shooting guard, #2 team position, infield**

**Senior**

Instrumental in a three time in a row sectional champions in basketball with trip to the Elite 8, Kaylee has always been able to pull out clutch performances when her teams need magic. She has elevated the level of personal competitiveness and striving to improve with each microcycle of all of the athletes participating in Advanced Physical Conditioning and has changed the perception that lifting will make you 'less feminine', that it is awesome to be strong and passionate about building a better body to be competitive in your sports. She has demonstrated that it is normal to work out in the same facility with male counterparts and everyone can stay focused on great technique and positive gains. When the department staff looks back in a decade to see the positive change in all athletics by embracing the system,

Kaylee Rhoton will be a large figure in the discussion.

~Jan Clifton-Gaw

### JAMERSON YMCA SPORTS PERFORMANCE PROGRAM

#### ADDISON COMPTON

**Softball, Volleyball**

**Senior**

Addison works hard and smiles big. She is a disciplined athlete that strives to get better every session. It has been a privilege to coach Addison. I look forward to following her next adventure as a college softball player!  
~Sarah Kline

### JARRELL HIGH SCHOOL

#### ROMAN ALLEN

**Football, Track & Field**

**Junior**

Roman is a leader in the weight room and on the field. He consistently is on time and gives everything he has to be the best athlete. He has made the most improvements over the school year despite being a two-sport athlete. He understands the goals of our strength and conditioning program and helps other athletes along the way. ~Clint Fry

### JARRELL HIGH SCHOOL

#### BROOKLYNN DANIEL

**Cross Country, Track & Field, Volleyball**

**Sophomore**

Brooklynn is a leader in the weight room and in competition. She consistently is the first to workouts and gives everything she has to be the best athlete. She leads by example with her work ethic and attention to detail. She is quick to ensure she is doing exercises with good form and strives to do her best. She is disciplined in her workouts and school work despite being a three-sport athlete for Jarrell High School. ~Clint Fry

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### JESUIT COLLEGE PREPARATORY SCHOOL OF DALLAS HOUSTON WALKER

**Football, Track & Field  
Wide Receiver, Sprinter  
Senior**

Houston Walker leads by example. He has a blue collar mentality in which he shows up and gives his best no matter the circumstance. Over this time at Jesuit he got incredibly strong, with a 265 pound bench press, a 515 pound hex bar deadlift, and 405 pound back squat at 178 pounds bodyweight. Proficiency wise, he is one of the most technically sound lifters we've ever had. Outside of the weight room, Houston excelled at speed work and field conditioning. He will be missed. ~Giuliano Sanchez

### LUDINGTON AREA SCHOOLS CHASE HACKERT

**Basketball, Football, Track & Field  
Guard, Quarterback, Sprinter  
Senior**

Chase Hackert is a special student athlete that can simply be described as a relentless competitor who made himself into a great athlete. Over the last 6 years on many invisible mornings and summer lift sessions Chase would be there. His grit and determination are evident in his contributions to his multiple sports teams where he fearlessly gave so much of himself. His Senior year he earned the starting QB position leading his team to a playoff birth. Chase was a major contributor to his Conference Championship Basketball team as well. His success on the track speaks for itself. Those invisible mornings, summer outdoor COVID workouts along with Chase's contagious competitive spirit makes him a compelled student athlete. ~Rich Kirby

### OVID-ELSIE HIGH SCHOOL ALEXIS SPITZLEY

**Cheerleading, Cross Country, Track & Field  
Base, Distance, Mid-Distance  
Senior**

Alexis has overcome incredible adversity in her high school career having torn her ACL and still qualified for the state championships in Michigan for Cross Country. Alexis is always working for the competitive edge despite her injury. Alexis also will finish in the top 3 academically in her graduating class. Miss Spitzley's character and work ethic in and out of the weight room have allowed her to continue to compete successfully in sport despite her set backs. She is more than deserving of this designation. ~Chris Winter

### PINE CREST SCHOOL JACOB PION

**Basketball, Football, Lacrosse  
Center, Linebacker/Tight End, Mid-Field  
Senior**

Jacob is a leader on and off the athletic playing field. He is in the weight room consistently 4-5 days a week and understands that being a great athlete is more than just about minutes on the court/field. He puts in the time and effort to be a stronger and better version of himself every day and he is a role model to his younger teammates. He is the embodiment of what every coach wants to see in their athletes. Dedicated, motivated, and selfless. ~Chyenne Pump

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### **PUNAHOU SCHOOL**

#### **XEVANI SALANOA**

**Soccer, Track & Field**

**Forward, Sprinter**

**Senior**

Xevani has demonstrated her commitment to excellence as a multi-sport athlete here at Punahou School. Through her consistent hard work and dedication Xevani has excelled on the track and soccer field. This past soccer season, Xevani was one of four captains for our varsity one girls soccer team that won the 2023 Hawaii High School Athletic Association State Championship. We look forward to Xevani's continued success. ~Aaron Mendoza

### **RAYTOWN SOUTH HIGH SCHOOL**

#### **JİYANI THOMPSON**

**Basketball, Track & Field, Volleyball**

**Point Guard**

**Senior**

Jiyani Thompson is a 4 year letter winner and 4 year starter for our girls basketball team. She is a huge part of the success the basketball program that has acquired a record of 50-21 with her as a Captain for 3 years. Jiyani has racked up a career point total of 1104, 200 career steals, 6 Double-Doubles, and 1 Triple Double. Jiyani has been selected to the All Conference team 4x, and has made All District 3x. Jiyani Thompson is a great example of what it means to be a Cardinal in the classroom and in the field of play! Congratulations Jiji! ~Monte` Yancey

### **SAINT FRANCIS HIGH SCHOOL**

#### **MADISON FERRARO**

**Field Hockey, Soccer, Softball**

**Forward, Inf**

**Senior**

Madi is one of the hardest workers in the weight room who is always looking for ways to improve. It definitely shows on the playing field. ~Jake Siebert

### **SCOTUS CENTRAL CATHOLIC**

#### **JACK FAUST**

**Baseball, Basketball, Football, Weightlifting**

**Senior**

Jack Faust is the 2022-23 Scotus Central Catholic Male Lifter of the Year. Jack has set the tone in our weight room by providing consistent attendance and leadership, and has earned the right to win this award in back-to-back year. Jack's weight room work ethic has carried over and shown in his athletic activities. He was able to produce over 700 yards of offense at multiple positions for the football team, in addition to being the team's leading tackler, be a top contributor in multiple stat categories in the paint for the basketball team, as well as being a top utility player for the baseball team. The program will miss Jack immensely, but even after graduation, he will continue to be a role model of what this award embodies. Congrats, Jack! ~Ryan Baker

### **SCOTUS CENTRAL CATHOLIC**

#### **MAYSA KUHL**

**Basketball, Soccer, Volleyball, Weightlifting**

**Senior**

Maysa Kuhl is the 2022-23 Scotus Central Catholic Female Lifter of the Year. Maysa's impressive weight room work ethic has been consistent throughout her time at Scotus, as she has possessed one of the highest attendance ratings while not even being in a strength training class the past 2 years. This consistency and work ethic has shown in her athletic activities as well, as she was an HM Conference Tournament selection at setter in volleyball, led the basketball team in free throw percentage shooting at 88%, in addition to shooting 38% from 3, as well as contributing as a key Defender on the state tournament soccer team. Maysa has completely embodied what this award is all about, and will continue to be a role model of what it takes even after graduation. Congrats, Maysa! ~Ryan Baker

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### **SOLON HIGH SCHOOL**

#### **MORGAN BLACKFORD**

**Basketball, Track & Field, Volleyball**

**PG, Hurdler, Sprinter, Setter**

**Senior**

Morgan is one that knows the importance of training and nutrition to achieve the highest level of success. Morgan is a 3 Sport Varsity Letter winner in Basketball, Track and Volleyball. As a 4 year starter in basketball she has gained tremendous strength through training consistently. Morgan is one of the most well balanced individuals, she holds a 4.4 GPA, a captain of basketball and track, participates in the band, and volunteers her time with food banks and coaching special Olympic athletes. Morgan is constantly in pursuit of greatness and is most deserving of this award. ~JD Dunn

### **SOLON HIGH SCHOOL**

#### **CHARLIE BUBONICS**

**Baseball, Football**

**Shortstop, Quarterback**

**Senior**

Charlie is a prime example of how hard work and dedication pays off. He didn't have an easy road to get to where he is now but he didn't back down to any challenges put in his way. Suffering a an injury late in his senior year he had his season cut short. But most kids would have called it quits, not Charlie though. As soon as he was cleared he dedicated his time in the weight room every day after school. He took the time to grow and become stronger than before. He is now entering his last season of baseball and looking to continue his sports career in college. He will continue to lead both his self and his peers to do great things. ~JD Dunn

### **ST. ALBANS SCHOOL**

#### **AIDAN CHALK**

**Swimming, Track & Field**

**Swim; Thrower**

**Senior**

Aidan has embraced strength and conditioning like no other student-athlete I've had the privilege to coach. His success in athletics can be a direct link to his commitment and consistency in the weight room. A silent leader and powerful swimmer, Aidan co-captained the 2022-2023 swim team to a very successful season. The team's dual meet record was 6-1. Our championship season was one of the most impressive in recent years - 2nd at IACs, 5th at WMPSSDLs, 17th at Metros, 2nd at DCSAAs. Aidan was a member of the school record setting 400 Freestyle Relay team. Aidan also participates on our Track and Field team as a thrower. ~Christopher Tarullo



## HIGH SCHOOL — MULTI-SPORT ATHLETES

### WATKINS MEMORIAL HIGH SCHOOL

#### RALPH MERZ

**Football, Rugby**

**Linebacker, Flanker or 8**

**Junior**

Ralph has been a key contributor to the growth of the Strength & conditioning program. While a Sophomore, Ralph particularly saw the benefits of participation in physical development, participating in preseason football training, in season, out of season rugby training, as well as an early participant in the speed development program. This has contributed strongly to the culture of both programs, Which is why the men's Rugby program has won back-to-back state championships. While participating in football this year, injury and the stepping up of other teammates hampered his role on the field. Instead of taking time away, Ralph decided to emphasize increasing his physical development to prepare for Rugby and to meet the demand of his senior year at football. He increased his body weight healthfully from 170 to 200 pounds over the past six months, increasing his strength, power, speed, and coordination. More importantly, he has led others to the growth, being a positive example to those around him and spurring increased participation in both sports. He has helped grow the culture, which has a much more meaningful impact than just metrics of individual improvement. ~Michael Bayat

### WINDERMERE PREP SCHOOL

#### JACKSON BENNETT

**Football, Lacrosse, Olympic Weightlifting, Weightlifting  
Running Back/ Line Backer**

**Senior**

It is with great pleasure to write this letter of recommendation for Jackson Bennett. I have been honored to know Jackson for the past five years as his teacher and coach. In my 10 plus years of coaching and teaching it is hard to think of a better person or harder working athlete than Mr. Bennett.

Jackson is the school record holder for yards and touchdowns for the football team. He is also the all time leading scorer for the Lacrosse team. He also holds the school record for the squat at 505 lbs and the school record for the 40 yard dash at 4.51 seconds. His hard work has helped expand our strength program. On top of that Jackson voluntarily participated in a student-athlete leadership program on Monday nights. He helped organize and hosted our culminating project which was a free community workout in which attendees brought food and gift cards to benefit needy families for Thanksgiving.

Jackson's ability to connect with individuals from all cultural and socio-economic backgrounds, coupled with his knowledge and enthusiasm, will enable him to maximize the potential in any environment he is in.

~MICAH KURTZ

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### WINDERMERE PREP SCHOOL

#### DANIELLE WORK

**Beach Volleyball, Olympic Weightlifting, Volleyball, Weightlifting**

#### Senior

It is with great pleasure to write this letter of recommendation for Danielle Work. I have been honored to know Danielle for the past five years as her teacher and coach. In my 10 plus years of coaching and teaching it is hard to think of a better person or harder working athlete than Ms. Work.

Danielle is an extremely hard worker and one of our most dedicated students in the weight room. That coupled with her being a great person, a great teammate and great role model has made my job easy. My younger student-athletes see how hard she works and this has made them 'buy in' to our strength and conditioning program from an early age. Ms. Work is a natural leader, who leads by example, and her peers gravitate toward her.

Danielle is a three time state finalist for our Weightlifting Team. Her hard work has helped expand our strength program. She is not only a great person but also a great athlete. On top of that Danielle voluntarily participated in a student-athlete leadership program on Monday nights. She organized and hosted our culminating project which was a free community workout in which attendees brought food and gift cards to benefit needy families for Thanksgiving.

Danielle's ability to connect with individuals from all cultural and socio-economic backgrounds, coupled with her knowledge and enthusiasm, will enable her to maximize the potential in any environment she is in.

~MICAH KURTZ

### WINDSOR HIGH SCHOOL

#### EMMA LAWSON

**Track & Field, Volleyball**  
**Senior**

If Powerlifting was a varsity sport at Windsor High School, I'm not sure if Emma would have competed in Volleyball and Track & Field. She loved to push her limits in all things related to strength. She and her best friend/part-rival, Maddie, are largely responsible for making it awesome for young ladies at Windsor to be strong. Her quest for strength helped build her into the strongest volleyball player at Windsor. She earned post-season honors in Volleyball and Track & Field, qualifying for state in the Javelin her junior year. Her commitment to training and athletics set her up for continuing her athletic career in college. Emma truly loved lifting weights, and her joy in setting PRs will be truly missed in the Windsor Weight Room. I'm pleased to nominate Emma Lawson for the NSCA All-American award.

~Ty Van Valkenburg

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### WINDSOR HIGH SCHOOL

#### LEXI MENNE

##### Soccer, Volleyball

##### Senior

Lexi Menne is the ultimate competitor. She played high school volleyball while simultaneously competing in club soccer and played high school soccer while simultaneously competing in club volleyball all throughout high school. While not the schedule I would have wished for her, one could not help to respect her toughness which was on display as Lexi routinely found ways to endure and excel in all facets of competition. Each year of high school, she became more serious about her strength and conditioning. By the time of her senior year, few were more serious about their training than her. She quietly attacked every training session, never skipping a rep. Her Volleyball coach, Coach Dueker, touted her as the hardest worker on the Volleyball team. The sum of Lexi's efforts resulted in her leading her volleyball team in multiple statistical categories, earning numerous post-season honors for both volleyball and soccer, and a scholarship to play Division 1 Indoor and Sand Volleyball. Lexi's professionalism as a student-athlete will be missed in the Windsor High Weight Room. It's my privilege to nominate her for the NSCA All-American award. ~Ty Van Valkenburg

### WINDSOR HIGH SCHOOL

#### MADDIE PATRICK

##### Cheerleading, Track & Field, Wrestling

##### Senior

A three-sport athlete, Maddie brought her competitive nature to the weight room year in and year out. She, and her best friend/ part-rival, Emma, are largely responsible for making it awesome for young ladies at Windsor to be strong. Maddie is one of the strongest and most powerful female student-athletes to have come through Windsor, and she is one of just a few student-athletes at Windsor to earn her Elite Classification for multiple years. Full of personality and energy, Maddie often drove

the positivity of each training session. Her infectious character was felt throughout the school as she was a member of the Student Council and the National Honors Society. Her efforts put her in the position to continue her athletic career in both Wrestling and Track & Field in college. Maddie made every training session better, and she will be sorely missed after she graduates. It's with great joy that I nominate Maddie Patrick for the NSCA All-American award. ~Ty Van Valkenburg

### WINDSOR HIGH SCHOOL

#### CLAY SCOTT

##### Baseball, Football, Wrestling

##### Senior

Clay's passion and knowledge of weightlifting helped him become one of the leaders in the weight room. He was often a second coach, helping others improve their technique in their clean and jerk. It is no surprise that he had the school record in the clean at the time of his graduation. Clay was a three-sport athlete earning post-season honors in football and baseball. His work ethic was on display in sports and the classroom, as he maintained a 4.1 cumulative GPA and was named to the National Honors Society. All of his hard work put him in the position to continue playing baseball at the college level. Clay's passion for training helped further the culture of Strength & Conditioning at Windsor, and he will be missed after he graduates. I'm happy to nominate Clay Scott for the NSCA All-American award. ~Ty Van Valkenburg

## HIGH SCHOOL — POWERLIFTING

### COACH ROZY PERFORMANCE/YANKTON HIGH SCHOOL FREDRICK NELSON

#### Junior

Fredrick Nelson Powerlifts for Yankton Powerlifting Club. Fred is a Junior who began competitive powerlifting last year. He is an outstanding student with a 3.37 grade point average, is a member of the Yankton Sharpshooters Club and a member of Future Farmers of America. Last year at the State Power Lifting Meet, Fred totaled over 1000 lbs. His best in the lifts are Squat of 500, Bench of 245 and a Deadlift of 450. He looks to better his total this year at State with a chance to be a top finisher in his weight class at 100 kg.

~Mark Roozen

### GREER HIGH SCHOOL GENESIS ANDERSON

#### Senior

Genesis is a multi-sport athlete that has excelled at powerlifting. She competed last year in the All-Female South Carolina State meet, finishing 3rd in her weight class. Just recently she competed in the USAPL South Carolina State Championship, placing 1st in her age/weight category and 3rd for overall Best Female Teen. Genesis also stars on the softball diamond as a catcher and infielder. She hit .388 last season as a junior, going 16-46 with 21 RBI and 4 HR. While she is soft spoken, her grittiness and toughness allow her to compete at a high level at all times. She is the ultimate teammate and I am thankful to have the opportunity to coach her. She is very deserving of this award and is a great representative of Greer High School.

~Matt Landreth

### PINE TREE HIGH SCHOOL PRESTON ARMSTRONG

#### Junior

Preston has been a leader in our athletic programs, school, his church and the community for many years. He leads by example daily not just by words but he has the ability to change everyone around him in a positive way. When I look at examples that I show my son of how I want him to grow up and be like, Preston is that young man. Preston loves to serve and has been on many mission trips (March 2019: Port Neches, March 2020: Waco, March 2021: Port Neches, March 2022: San Antonio) , volunteered with his leadership team at church, worked with Special Olympics for Bowling and Basketball and has served as a PAL at a local school. PALs is geared toward mentoring elementary-age students and covers the following topics: mental health, social & emotional needs, poverty, abuse & neglect, stages & theories of learning, and love & logic. Preston impressed me with his ability to articulate about peer mentoring and peer leadership with elementary-age students. He can encourage and motivate students in need while gaining their trust and respect. Recently, Preston was tasked with mentoring two PALs, a challenging and time-consuming feat he tackled with ease and confidence. He motivated them to make good choices and to believe in themselves. Preston was able to make personal connections through playing games and encouraged students to make better behavior decisions. He is also a part of the National Honor Society, Varsity Football team and Powerlifting team. ~Cody Ellis

## HIGH SCHOOL — POWERLIFTING

### **PINE TREE HIGH SCHOOL CHADEA' GIPSON**

#### **Senior**

After spending four years in Debate, Leadership, Choir, and Powerlifting, Chadea has come to serve in various forms of leadership roles in each activity.

Academically, she serves as the Debate Captain, President over all four choirs at PTHS, as well as Secretary of Leadership as a senior this year. Athletically, she has remained committed to her team both in season and out; constantly recruiting, planning, coordinating, and encouraging her teammates to ensure a smooth yet successful season each year. Even without a title, her athletic commitment is equally as important. She has qualified for Regional Powerlifting all 4 years in High School! Chadea's time spent outside of school activities consists of volunteering in the community: Teen Court, Texas Bank and Trust Student Board of Trustees, and offering her time at local businesses for yearly events like the Ellis Pottery Christmas event. Every opportunity for personal leadership growth stems from her involvement in both athletic and academic involvement throughout her high school career. She has been successful on both the athletic and academic fronts. ~Cody Ellis

### **WINDSOR HIGH SCHOOL HAYDEN BARKER**

#### **Senior**

Intelligent, diligent, and determined, Hayden fully engrossed himself in the training process. His transformation from freshman year to senior year was truly nothing short of incredible. Adults nationwide pay thousands of dollars a year to look like he does. Hayden is one of just a few student-athletes at Windsor to earn his Elite Classification for multiple years. Intrinsically motivated and passionate about training, Hayden became a member of USA Powerlifting his senior year and competed in a sanctioned USAPL meet, setting lifetime personal records and earning a top 3 finish in his class. His work ethic in training carried over to the classroom as well as he maintained a 4.44 cumulative GPA. It is clear that Hayden will be a lifelong member of the physical culture, and I look forward to seeing all he accomplishes in the future. His passion for training will be truly missed in the Windsor High Weight Room. It is my pleasure to nominate Hayden Barker for the NSCA All-American award. ~Ty Van Valkenburg

## HIGH SCHOOL — RUGBY

### **DIVINE SAVIOR HOLY ANGELS HIGH SCHOOL**

#### **YESENIA MORALES**

##### **Outside center**

##### **Senior**

Yesenia has been an exemplary athlete in the weight room, setting the example for the rest of her team in her level of focus, commitment to development, and encouraging her teammates to participate in off-season training. She is highly invested in her weight room goals and recognizes the relationship between off-field work to improved on-field potential. ~Shana McKeever

## HIGH SCHOOL — SOCCER

### CAPE HENRY COLLEGIATE

#### COOPER ANGILLY

##### Senior

Cooper Angilly has been an integral part of building our strength and conditioning program. He was one of the first students to attend before school workouts and built a culture of year around training. Cooper is a stand out in three Varsity sports along with his performance in the weight room. To date, he has earned a Front Squat of 295, a Bench Press of 235, and a Trap Bar deadlift of 560. ~Phil Reichhoff

### CEDARBURG HIGH SCHOOL

#### PEYTON WETZEL

##### Forward

##### Sophomore

Peyton is beast in the weight room and on the pitch. Being an underclassman has not deterred her from taking ownership of her training and pushing herself as hard as she possibly can. As a freshman, Peyton was the second leading scorer on the team and was voted the Rookie of the Year. ~Jon Verdegan

### CENTRAL CATHOLIC HS

#### DANILO MARINHO DE FIGUEIREDO

##### Center Mid

##### Junior

Danilo's dedication to, and love of training led to a 17% overall improvement in his athletic KPIs throughout the year. ~Glenn Revell

### COACH ROZY PERFORMANCE / YANKTON HIGH SCHOOL

#### LANCE DANNENBRING

##### Midfield

##### Junior

Lance Dannenbring is a Junior at Yankton High School in South Dakota and is an stand out on the soccer field as well as a pole vaulter on the track team. This past year lance was named to the All Conference (ESD) Boys Soccer Squad. He had 7 goals and 6 assists on the season. He

was a member and played a significant roll in the 2021 State Champion Boys Soccer Team. Lance has used performance training to elevate his soccer game and looks to improve in the state in pole vault this next season. ~Mark Roozen

### DISCOVERY HIGH SCHOOL

#### JAYELI RAMOS

##### Mid-Field, Forward

##### Senior

Jayeli has been a joy to work with these last few years. She is a great athlete who unfortunately has had her senior season cut short by an ACL injury. However, she continues to put in hard work through her rehab in the weight room and has become best friends with the Prowler. I wish her all the best and will help her return to form as she continues her playing career at Southern Wesleyan University in South Carolina. ~James Romaniw

### DIVINE SAVIOR HOLY ANGELS HIGH SCHOOL

#### MEG DORRINGTON

##### Defender

##### Senior

Meg has been steadfast in her desire to improve in the weight room - she consistently shows up during the off-season, is easily coachable, and a joy to interact with. She is clearly focused and committed to steady development, recognizing that development and growth is a long-term process. ~Shana McKeever

### GREER HIGH SCHOOL

#### MADISON HARBIN

##### Sophomore

Madison is an incredible student-athlete who always shows up ready to work with a positive attitude. She is a quiet leader who goes about her business and motivates by hard work and dedication. She competes against herself to get better each and every workout. Madison excels as a cheerleader and dancer as well. She exemplifies greatness on-and off-the-field and will not settle for being mediocre. ~Matt Landreth

## HIGH SCHOOL — SOCCER

### MULLINS PERFORMANCE + FITNESS

#### LUKE STOKER

##### Center Back

##### Senior

Luke Stoker is a senior at North High School in Edmond, OK. Luke has played on his high school team as well as his Oklahoma Energy Football Club (OEFC) team all throughout high school. Luke is a member of the Oklahoma Honor Society and the National Honor Society. Luke was chosen as a co-captain for his club team and also named Player of the Week two times as a Junior. Luke earned First Team All-Conference as a Junior for his Varsity team in 2022. Luke is a dedicated student-athlete, a kind and loving son and brother, good friend, and a true leader on and off the field. This past summer Luke dedicated time in the weight room and on the field to improve his abilities. Luke is committed to play at the University of Mary Hardin-Baylor in the fall of 2023 to fulfill a dream of getting to play college soccer. It is with great honor to nominate Luke Stoker for this award. ~Elizabeth Mullins

### SLEEPY HOLLOW HIGH SCHOOL

#### YWOMIE MOTA

##### Center back

##### Senior

Ywomie exemplifies the true definition of this award. She represents what our strength and conditioning program stands for. Ywomie has become a tremendous leader within our school, community and our sports programs all while maintaining a 4.0 GPA. She is coachable, self-motivated, has a positive attitude and an outstanding drive to outwork everyone around her. Ywomie sets the standard for hard work when she is in the weight room. She has an uncanny ability to improve the work of those around her just because of how she works. I know that with this kind of mentality, she will be successful in life no matter what she chooses to do. ~Enrique Rosario  
~Enrique Rosario

### WINDSOR HIGH SCHOOL

#### MACI MAYFIELD

##### Midfielder

##### Senior

There has never been a more deserving recipient of the NSCA All-American award than Maci Mayfield. No student-athlete has given more of themselves to training throughout their high school career, and it's not likely that anyone ever will. She is the most devoted student-athlete I've ever worked with. During the soccer off-season, in almost any weather condition, you could find her on the soccer field, working on her fitness and skills, often well into the evening hours. She attended every virtual strength & conditioning training session during the 2020 shutdown and almost every single strength & conditioning open gym over the last four years. If she ever had to miss school, she trained during lunch or after school to make up any missed training sessions. One of the toughest athletes I've ever worked with, just days after knee surgery, she was back in the weight room doing additional rehab. And it was her relentless approach to training and rehab, often doing two-a-day sessions, that helped her return to play four months faster than the average athlete. Her work ethic was recognized by staff and students as she was named to the National Honors Society as well as Team Captain of her soccer teams in her Junior and Senior years. Her efforts set her up to continue her soccer career at the college level. Throughout her time, Maci set the standard of excellence for all student-athletes who step foot in the Windsor High School Weight Room. If every student-athlete at Windsor approached life with the same discipline and will, we'd contend for the state championship in all sports year in and year out. Maci gave everything she had to training every day and will be deeply missed. It is my honor to nominate Maci Mayfield as an NSCA All-American. ~Ty Van Valkenburg



## HIGH SCHOOL — SOFTBALL

### **BOW HIGH SCHOOL HANNAH MCGONIGLE**

**OF/P  
Senior**

Hannah has been committed to the weight room for five continuous years, 2-3x per week year-round. The strength accomplishments speak for themselves: 305# trap bar deadlift (2RM), 305# box squat (2RM), 405# rack pull (3RM), 225# RDL (5RM), 355# Anderson squat (3RM), 115# Pendlay barbell row (5RM), 115# power clean (2RM). But she has also improved her softball-specific metrics as well over the past 12 months: 87.8# grip strength (+8.0#), 3.06 sec. 20-yard dash (-0.43 sec.), 5.41 sec. 40-yard dash (-0.42 sec.), 4.84 pro-agility shuttle (-0.53 sec.), 6'6" broad jump (+5"), 16.94" vertical jump (+0.31"). Hannah is a true role model for dedication to long-term development, and she will continue both her softball career and her weight room acuity next year at the University at Buffalo. ~Jennifer Boyden

### **BROOKINGS HIGH SCHOOL MORGAN LINSTAD**

**Catcher  
Senior**

Morgan is our leader in the room for our softball team. She began to embrace the weight room as a sophomore, and really blossomed her junior year. Morgan is always the athlete that will push herself in the weight room, often saying "Coach, it's only 10 more pounds...I can do it." Morgan has always pushed her teammates to get better and is a leader in the weight room and softball diamond. She will play softball at Concordia College next year. ~Kerry Brown

### **GREER HIGH SCHOOL TATE DAVIS**

**3B, C  
Junior**

After successful repair of Tate's UCL she has spent extensive time in the weightroom improving her overall athletic performance. Tate, an Ole Miss softball commit, has witnessed improvements in her squats, deadlifts, broad jump, vertical jump, and 10yard fly-in sprint times. Additionally, she has seen improvements in her batting ball exit velocity and throwing velocity. ~Keith Scruggs

## HIGH SCHOOL — SWIMMING

### ASHEVILLE SCHOOL TUCKER VALLIERE

#### Senior

A four-year letterman and team captain, Tucker Valliere has been influential in bringing Blues swimming and the strength and conditioning program together during his time at Asheville School. As powerful in the pool as he is in the weight room, Tucker claimed four NCISAA state titles in his senior season. He raced to 55.09 seconds in the 100m breaststroke, earning automatic All-American selection and a school record in that event. He was also a USA Swimming national qualifier in the 100 and 200m breaststroke. Equally impressive, Tucker was a member of state championship teams during all four years at Asheville School. He is well respected by teammates, coaches, and teachers alike, known as an excellent student and resilient in the face of challenges. Tucker will graduate in May 2023 and matriculate at UNC Chapel Hill where he will continue his swimming career as a Tarheel. ~Douglas Harger

### CAPE HENRY COLLEGIATE CARSON POULUS

#### Senior

Carson is one of the hardest workers to participate in our program. He often starts and finishes his workout with extra and never finishes till he is satisfied with his work. An excellent communicator and listener, he has grown tremendously over the years in our program. As a three sport Varsity athlete Carson is a regular in the Fitness Center before school, never allowing himself to miss a day. Carson has earned a Front Squat of 205, a Bench Press of 200, and a Trap Bar deadlift of 305. ~Phil Reichhoff

### RAYTOWN SOUTH HIGH SCHOOL EMILY MANCERA

#### Sophomore

Emily is a 2 year letter winner for our girls swim team. She is a huge part of the success the program, that has consistently improved each year. Her work ethic is unmatched. She is a leader for us in the weight room also, helping to guide our younger students. Emily is a great example of what it means to be a Cardinal in the classroom and in the field of play! Congratulations Emily!  
~Monte Yancey

## HIGH SCHOOL — TENNIS

### CAPE HENRY COLLEGIATE

#### ANDREW MCGUIGAN

##### Junior

Andrew McGuigan brings a smile and a consistent energy that is contagious. His love for a challenge has allowed Andrew to accomplish some impressive physical feats. To date, he has earned a Front Squat max of 280, a Bench Press of 215, a Trap Bar Deadlift of 360, and a Vertical Jump of 29.5". Andrew is part of a unique group of students who choose to workout before school in the early hours of the morning. Even while competing on three Varsity teams never misses a workout. He comes into the room excited and focused to push himself to the limit and we are all better being around Andrew.

~Phil Reichhoff

## HIGH SCHOOL — TRACK AND FIELD

### BEXLEY HIGH SCHOOL

#### SYDNE SMITH

##### Thrower

##### Senior

It is my pleasure to nominate Sydnie Smith for the All-American Strength and Conditioning Athlete of the Year. She has a tremendous work ethic and demonstrates great leadership qualities. She is a true leader by example as she is consistently one of the hardest workers in the room. This is evident as she has been named captain in all three of her sports. Her dedication is not limited to the weight room, she is equally dedicated to her academics. As a result of her hard work in the classroom, she has been a member of the National Honor Society for 3 years. In the last year she has improved her vertical by 2.5 inches, squat max by 45 pounds, and bench press max by 30 pounds. It is her attention to detail, work ethic, and strong leadership qualities that make her deserving of this nomination. ~Jesse Padgett

### CAPE HENRY COLLEGIATE

#### ELENA GRANADOS

##### Junior

Elena, class of 2024, brings a positive and excited energy to her workout group. We can always count on Elena to push herself but also help anyone who might have a question or need. Her confidence is infectious and has been a tremendous addition to our program

She made quick improvements with a steady approach that separates her from her classmates. To date, Elena has earned a bench press max of 120 pounds, a front squat max of 180 pounds and a trap bar deadlift of 270. These impressive numbers are the strongest in the school for female students.

~Phil Reichhoff

### CAPE HENRY COLLEGIATE

#### ANDREW HART

##### Junior

Andrew has been an integral part of building our strength and conditioning program. His relentless consistency has built a culture of year around training in our community. A multi-sport standout, Andrew has earned a Front Squat of 320, a Bench Press of 250, and a Trap Bar deadlift of 560. ~Phil Reichhoff

### COACH ROZY PERFORMANCE

#### PRESTON KARSTENS

##### Throws

##### Freshman

Preston places in every High School track meet as an eighth grader. He placed 1st or 2nd in every Jr. High Track Meet in both the shot and the discus. His PR in the shot for the year was 47 feet and 150 feet in the discus. He was Jr. High Conference Champ in the shot and discus. Preston also started this year on the Varsity football team, with 34 tackles, 7 for a loss and 2 sacks as a Freshman. He also was on the Varsity basketball team and played 1st base and pitched for the baseball team. A member of the school band, Preston also is in FCA, active in the Church Youth Group and is on the High Honor Roll in school. ~Mark Roozen

### COACH ROZY PERFORMANCE/ BERESFORD HIGH SCHOOL

#### ZACH BODEN

##### Sprints & Javelin

##### Senior

Zach is a Senior at Beresford High School in South Dakota. He is an all around athlete, competing in Track, Football and Powerlifting. He will be playing college football next fall. In track, Zach helps in the sprints, running the 100 and 200; with a PR of 12.57 in the 100 and 29.4 in the 200. He has thrown the Javelin 157'8" for his PR. In the weight room Zach is a leader and squats 335 lbs, benches 235, pulls a 405 lb deadlift and has a 25.5 inch vertical. ~Mark Roozen

## HIGH SCHOOL — TRACK AND FIELD

### COACH ROZY PERFORMANCE/ BERESFORD HIGH SCHOOL

#### RACHEL ZANTER

##### Sprinter

##### Senior

Rachel Zanter is a Senior at Beresford High School in South Dakota. A sprinter on the track team, Rachel has run a 12.94 in the 100 meters, a 27.47 in the 200 meters and is on the 4x100 relay team, 4x200 relay, Sprint Medley relay team and also long jumps, with a best jump of 14'8.5". She also is on the Volleyball team and power lifts. She has a 23.7 inch vertical jump, bench 110 and pull a 235 lb deadlift. ~Mark Roizen

### COACH ROZY PERFORMANCE/YANKTON HIGH SCHOOL

#### CODY OSWALD

##### Hurdler

##### Senior

Cody Oswald, a 6'2", 200 lb athlete is a stand out in track and field, but also excels at football and basketball as well. Cody has used his time in the weight room and in performance training to be one of the top athletes in South Dakota. On the grid iron, Cody this year had 52 catches for 719 yds, averaging 13.8 yards a catch along with 11 TD's. He has 100 rec for 1417 yards on his careet with 25 TDs. On the hardwood - Cody averages 6.5 ppg and 4.2 rebounds per game. In track, Cody has won the Conference (ESD) in high hurdles, with a best time of 14.98 in the 110m Hurdles and 41.55 in the 300m Hurdles. He also is on the 4x100 Relay and the 4x200 relay. Cody will be going to college to play football. ~Mark Roizen

### CONCEPTS IN FITNESS

#### LILY SCALLION

##### Pole Vault & Javelin

##### Junior

Lily has been competing in track and field events since her 7th grade year as a thrower (discus & shot put and the 400). Her interest in track started in the 6th grade when she ran races during the "track & field" day. Lily decided she wanted to learn pole vaulting so she found a facility and coach to teach her. Since those first lessons, she has developed a passion for vaulting and for working out in then gym to improve her performance. Lily as also competed javelin in high school. Lily is a well balanced athlete who has developed lateral speed, strength and power. She has accomplished this through learning great technique in the Olympic lifts, and performing them on a regular basis. She is getting to max RM in Olympic lifts. Her biggest attribute is that she is one of the hardest working, most dedicated and determined athletes in the gym. Physically she has developed all that she needs to be successful.

Lily maintains a 3.5 GPA while taking college courses and giving back to her sport through being a volunteer coach for the middle school track team. She is a member of the Red Cross Club, centered around increasing blood donations, and is an active Member of Family Community & Career Leaders of America.

Accomplishments: 2022 - qualified for USA junior Olympics in pole vaulting.

After graduating from high school, Lily would like to compete at the collegiate level, and she is interested in serving her country.

She would like to study nursing. ~Debbie Pitsos

## HIGH SCHOOL — TRACK AND FIELD

### CONESTOGA JR-SR HIGH SCHOOL

#### HAVEN ZIMMERMAN

##### Sprinter - High Jump

##### Senior

Haven is committed to improving herself and her teammates. She has utilized our Strength & Conditioning program to develop into a highly competitive track athlete. She has improved her times in her sprinting events and her heights in high jump to be a medalist at all meets through her hard work. She is a leader amongst her peers and is a high achiever in the classroom.  
~Trenton Clausen

### GI NORTHWEST HIGH SCHOOL

#### AVYN URBANSKI

##### Sprinter

##### Senior

Avyn has demonstrated an incredible work ethic and drive to succeed the last four years in our program. Her infectious personality is truly contagious. Avyn's teammates respect her work ethic and level of commitment. But most of all Avyn is a NSCA All American person. This award is a testament to Avyn's hard work and dedication to reaching her utmost potential as an athlete. Avyn has received numerous individual awards and been a part of a State Championship in the 4x1 relay (state record) and softball.  
~Troy McNeil

### GREER HIGH SCHOOL

#### JALASIA LEWIS

##### Jumps and Sprints

##### Junior

Jalasia is a multi-sport athlete (volleyball, basketball, track and field) who excels in the sprints and jumps for the Greer High School Track and Field team. Although Jalasia is a multi-sport athlete she continues to train and lift year-round where she's witnessed increases in her squat, deadlift, clean, bench press, pull-ups, vertical jump, broad jump, and 10yard fly-in sprints.

~Keith Scruggs

### GREER HIGH SCHOOL

#### ALSTON MCGEE

##### Long Jump, 4x100

##### Senior

Alston is an outstanding multi-sport athlete that has been in our weight training program for 5 years. He is a very hard worker, perfecting his craft on the track and on the gridiron. Alston shows up ready to work every day and has improved drastically because of it. He excels at long jump and is also a member of our 4x100 team. On the football field, he was voted All-Region as a defensive back and will continue his career at Newberry College. It has been a pleasure to coach Alston over the years and I look forward to following his career at the next level.  
~Matt Landreth

### IOWA CITY HIGH SCHOOL

#### MICHAEL ETUMA

##### Throws

##### Senior

Michael is one of those rare athletes that comes along that possess "raw" qualities of strength, power, and speed that can transform the culture in a weightroom. At Iowa City High School, Michael has done that over his career as a Thrower in our track and field program; his commitment to excellence in very lift and drill is exceptional, as this hard-work carries over to not only our veteran throwers group, but to our entire sprints, hurdles, and jumps event groups. Michael's numbers are only one part of his story in the weightroom, as his leadership and personal accountability makes our entire track and field program train and compete at the highest level possible day in and day out; Michael's character and relentlessness to be the "best" makes every day an honor for me to be his strength and conditioning coach over his career within the City High Track and Field Program.  
~Jason Dwight

## HIGH SCHOOL — TRACK AND FIELD

### OID-ELSIE HIGH SCHOOL

#### KEVIN LEY

##### Offensive/ Defensive Line, Thrower

##### Senior

Kevin was a first team All-Conference Selection as well as a All-Region selection in football. As an undersized player, Kevin has dedicated himself to strength and power in the weight room to develop himself into a successful football athlete. Additionally, Kevin competes at a high level in track and field as well. Kevin currently holds top 5 All- Time records for squat and bench press at OE. Kevin has served as a strong example both in and out of the weight room of hard work, dedication, and leadership. He has displayed strong character and work ethic throughout his time as a student-athlete at OE.  
~Chris Winter

### POPE JOHN XXIII HIGH SCHOOL

#### GABRIELLE LABRADA

##### THROWER

##### Senior

Gabby has been a member of the track and field team for four years. Her attention to detail has been evident as she has progressed in the field of strength training. Gabby is a leader and an asset to the Pope John community. Gabby works hard all the time and her work ethic inspires others to do the same. ~Joe Lopez

### RAYTOWN SOUTH HIGH SCHOOL

#### NAJEE SIMPSON

##### 400m

##### Senior

Najee has demonstrated a high level of consistency, and work ethic as a Cardinal. Najee has emerged as a leader in the weight room and on the track. Qualifying for state last season. His hard work is contagious, he pushes others around him to be better. We are looking forward to an even better season this year. Najee you are a great example of what it means to be a Cardinal! Congratulations Najee! ~Monte Yancey

### SOLON HIGH SCHOOL

#### HANNAH OLSZEWSKI

##### Thrower

##### Senior

Hannah is one of the most outstanding humans I have met. She is the type of athlete and student that every coach and teacher wants more of. She has a 4.39 GPA, was recognized as the conference athlete of the month, for two months in a row. She is a well rounded individual that comes to the weight room 3-5 times a week, is a leader in the band, gives free music lessons to kids, volunteers her time at shelters and food banks. She is impressive in the weight room, she has PR'd continuously in everything we test but that's not what is most impressive about her. Its how she impacts others, she is a student and a teacher in the weight room constantly helping other athletes lift better while also learning herself. Hannah will continue to do great things and is very deserving of the All-American Athlete of the Year Award. ~JD Dunn

## HIGH SCHOOL — VOLLEYBALL

### **BISMARCK HIGH SCHOOL**

#### **SYDNEY KIEFER**

##### **back row**

##### **Sophomore**

Sydney has worked her tail off. She takes coaching and applies it effortlessly. She is detail oriented and fearless under the bar. Her best numbers to date include: 265 lb back squat, 160 lb bench press and 150 lb power clean. ~Koooper Kelly

### **BROOKINGS HIGH SCHOOL**

#### **GRACIE ADAMSON**

##### **OH**

##### **Senior**

Gracie has silently become one of the strongest girls in the high school. Gracie has been a consistent presence in the weight room over the last four years, and has never been a vocal leader. Rather, she puts her nose down and (in her words) "just gets it done...I don't need the rah rah." Gracie has achieved lifter of the season award two times, as well as most improved. She also is a record holder for the broad jump, and top 3 for vertical and clean. Gracie will take her talents to Jamestown University next fall to play volleyball. ~Kerry Brown

### **COACH ROZY PERFORMANCE/ GAYVILLE-VOLIN HIGH SCHOOL**

#### **KEELEY LARSON**

##### **Senior**

Keeley Larson is a Senior at Gayville-Volin HS in South Dakota. A volleyball, basketball and softball player, Keeley also used performance training to help achieve high levels in all her sports. In Volleyball, Keeley played and started all 31 possible matches (90 sets), she recorded 751 assists this season, recorded 75 kills with a .134 kill efficiency as a setter, she recorded the second most digs on the team with 385, and she recorded 41 serve aces with a serving percentage of 95%. She broke the school record with over 3000 assists. ~Mark Roozen

### **COACH ROZY PERFORMANCE/YANKTON HIGH SCHOOL**

#### **CHAYSE DROTZMANN**

##### **Outside Hitter**

##### **Junior**

Chayse Drotzmann is a 5'10" Junior at Yankton High School in South Dakota. A strong leader on all sports she participates in; volleyball, basketball and softball, Chayse also leads by example in the weight room with a Squat of 175 lbs, Bench of 125 and a Vertical Jump of 17 inches. In volleyball, Chayse is an outside hitter and has been an strong force for a young team working to build a winning program. ~Mark Roozen

### **DIVINE SAVIOR HOLY ANGELS HIGH SCHOOL**

#### **HELENA CESARZ**

##### **Middle Blocker**

##### **Senior**

Helena is outstanding in her focus and dedication to putting effort into the weight room. Throughout the years working with her, she has continued to demonstrate maturity and attention to detail while remaining highly coachable; she is well deserving of this recognition! ~Shana McKeever

### **OVID-ELSIE HIGH SCHOOL**

#### **EVALYN COLE**

##### **Mid-Field, Point Guard,**

##### **Junior**

Evalyn has been an all-conference and all- region player since beginning her varsity career at Ovid-Elsie High School. She has consistently demonstrated a relentless work ethic and a standard of competitiveness for our female athletes. Evalyn has set both the 20 yd and 40yd speed records for female athletes at the school and is in the top 10 for many strength records as well. Evalyn competes everyday in the weight room and is not swayed by social dynamics or other distractions in her pursuit of individual and team success. ~Chris Winter



## HIGH SCHOOL — VOLLEYBALL

### RAYTOWN SOUTH HIGH SCHOOL

#### ELIZABETH KRUEGER

##### **Freshman**

Elizabeth is a freshman volleyball player, we are so excited to have her here at Raytown South. Her work ethic is unmatched! She is a leader for us in the weight room, always pushing herself and teammates to be better. Elizabeth is a great example of what it means to be a Cardinal in the classroom and in the field of play! Congratulations Elizabeth! ~Monte Yancey

## HIGH SCHOOL — WEIGHTLIFTING

### JOPLIN HIGH SCHOOL

#### ANNA WALLACE

##### Senior

Anna handles any challenge thrown at her with a infectious positive attitude. She offers no excuses and meets challenges head-on with little guidance. Anna has participated in softball, served as a manager for our football team and competed for our powerlifting team. Anna gives back to our students through her work with Peer Buddies and expects nothing in return. She has excelled in her chosen emphasis of study and will graduate with her CNA. She has set such a high standard in the CNA program, that he serves as an ambassador for our technology school. Anna's best lifts include a 115 lb bench press, 220 lb squat and 125 lb clean. ~Michael Lawrence

### PINE CREST SCHOOL

#### EMMA CHIN

##### Sophomore

Emma is a first year Weightlifter, but she showed an unparalleled level of dedication to the sport that is not often seen. She consistently demonstrated effort and a desire to learn. She tested her limits and surprised herself nearly every day with how strong she is. She qualified for both Districts and Regionals in her first season and the sky is only the limit for this athlete. ~Chyenne Pump

### WINDERMERE PREP SCHOOL

#### ALEXIS BEAULIEU

##### Senior

It is with great pleasure to write this letter of recommendation for Alexis Beaulieu. I have been honored to know Alexis for the past five years as her teacher and coach. In my 10 plus years of coaching and teaching it is hard to think of a better person or harder working athlete than Ms. Beaulieu.

Alexis is an extremely hard worker and one of our most dedicated students in the weight room. That coupled with her being a great person, a great teammate and great role model has made my job easy. My younger student-athletes see how hard she works and this has made them 'buy in' to our strength and conditioning program from an early age. Ms. Beaulieu is a natural leader, who leads by example, and her peers gravitate toward her.

Alexis is a three time state finalist for our Weightlifting Team and currently holds the school record for the squat and bench press. During this year's weightlifting season she was a District Champ, Region Champ, Citrus League Champ and placed 2nd overall at the State Championships. Her hard work has helped expand our strength program. She is not only a great person but also a great athlete. Additionally, Alexis serves as an assistant coach for our FASST program, which is for our younger athletes in 4th-8th grade. On top of that Alexis voluntarily participated in a student-athlete leadership program on Monday nights. She organized and hosted our culminating project which was a free community workout in which attendees brought food and gift cards to benefit needy families for Thanksgiving.

Alexis' ability to connect with individuals from all cultural and socio-economic backgrounds, coupled with her knowledge and enthusiasm, will enable her to maximize the potential in any environment she is in.

~MICAH KURTZ

## HIGH SCHOOL — WRESTLING

### **BROOKINGS HIGH SCHOOL**

#### **TYSON BRANDT**

**171**

#### **Senior**

Tyson has been a consistent leader for all 4 years I have had him as an athlete. He has continually taken younger athletes under his wing, whether in the weight room or on the athletic field. Tyson leaves our school as our record holder for the pro agility (overall) and pound for pound clean. He will take his talents to the college level to compete at Minnesota - Moorhead. ~Kerry Brown

### **GREER HIGH SCHOOL**

#### **JILLIAN LACKEY**

#### **Senior**

Jillian is an outstanding and hard working 2-sport athlete at Greer High School in South Carolina. She is a member of the wrestling team in the winter and soccer team in the spring. This past season, she repeated as the 106 women's state champion! Jillian is a happy, outgoing and positive young lady. She has consistently demonstrated a dedication to training for her sports and is a natural leader in the weight room. ~Matt Landreth

### **GREER HIGH SCHOOL**

#### **CHANDLER SEWELL**

**126**

#### **Junior**

Chandler is an outstanding young man and hard working student-athlete. He is intense on the mat and in the weight room. Chandler always goes out of his way to make other students feel more confident in the weight room and praises their efforts. He placed 3rd at the State Championship this year in the 126 weight class. He is an excellent athlete and always pushes himself to get better in every aspect (nutrition, training, etc.). He is a very friendly, positive young man and I have enjoyed the opportunity to work with him for the past few years. ~Matt Landreth

### **RAYTOWN SOUTH HIGH SCHOOL**

#### **NORMAN SCHNEIDER**

#### **Junior**

Norman is a 3 year varsity letter winner, and 3x state qualifier in his weight class. He has also earned his 100th career win this past season. Norman has a work ethic that is out of this world. We are so proud of his sport accomplishments, as well as his leadership and dominating performance in the weight room. Norman is a great example of what it means to be a Cardinal in the classroom and in the field of play! Congratulations Norman! ~Monte Yancey

### **RAYTOWN SOUTH HIGH SCHOOL**

#### **ZAYLA VANN**

**#141 Class**

#### **Junior**

Zayla has a work ethic that is out of this world. She is a 3 year letter winner, and a state qualifier. We are so proud of her sport accomplishments, as well as her leadership and dominating performance in the weight room. Thank you for representing Raytown South High School. Congratulations Zayla! ~Monte Yancey

### **VISTA RIDGE HIGH SCHOOL**

#### **SOLOMON ARNDS-VOLCIN**

#### **Senior**

Solomon "Solo" is hands down the hardest worker in the weight room. I have never seen a young man so dedicated to push himself. Solo is the true definition of intrinsic motivation and his work ethic continues to pay off. He was a Second place finisher at State Wrestling in the 175 lb, 4A classification. Solo always has a smile on his face and brings the best attitude with him every single day. I couldn't be more proud of this young man. Solo's Currents Lifts: Squat 425, Bench 245, Deadlift 500, Power clean 255 ~Todd Cofer